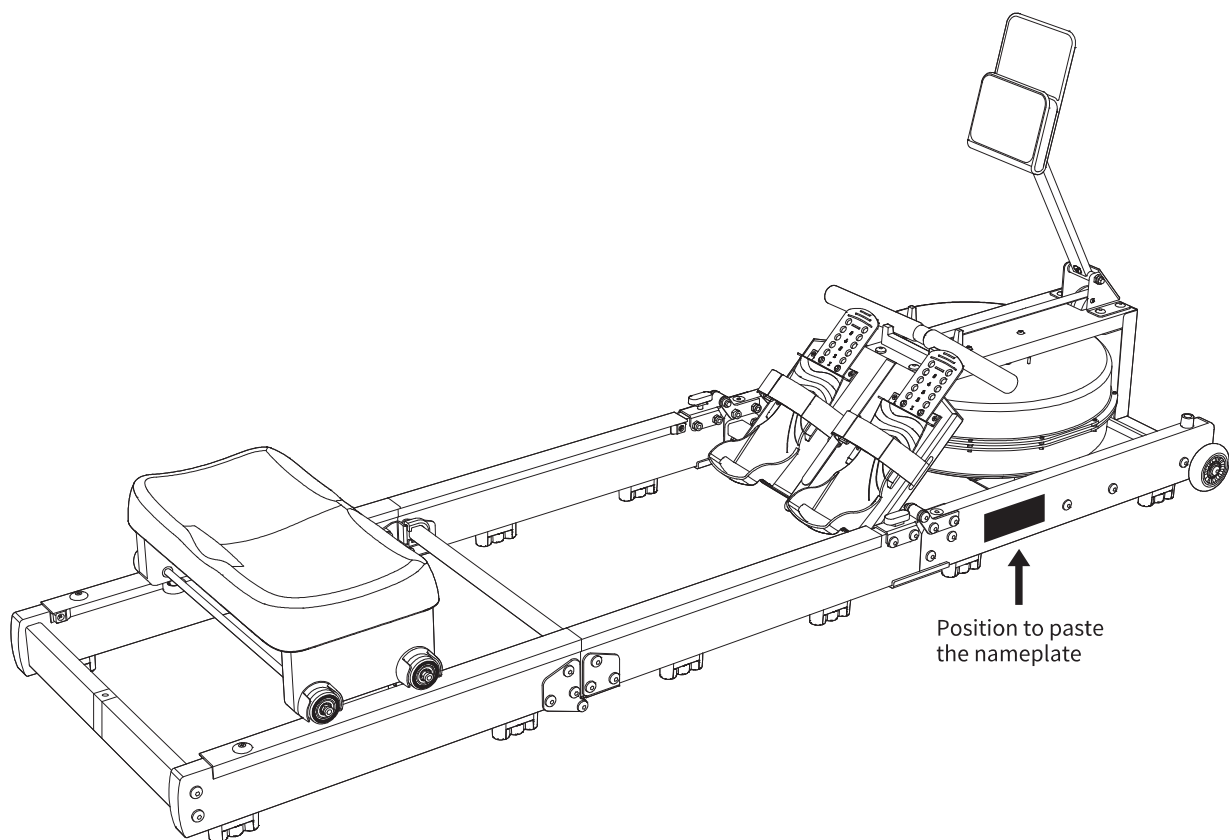


KINGSMITH

Trifold Water Rowing Machine

WR3L

User Manual



Scan the QR code for
app download



Scan the QR code for
more languages

Please read the user manual carefully before using the product.
Keep it properly for future reference.



Safety Precautions

Thank you for choosing the KINGSMITH Trifold Water Rowing Machine (hereinafter referred to as "the equipment", "the product", etc) . It is a speed training product. To ensure that you fully understand and use the product correctly, please read the following instructions carefully before use.

DANGER - TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the equipment from the electrical outlet immediately after using and before cleaning.

WARNING - TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- 1) Equipment should never be left unattended when not in use, and before putting on or taking off parts.
- 2) Inspect the product for any signs of wear and tear prior to use. If you find any damage, contact customerservice immediately. Do not use the product until the issue is resolved.
- 3) This equipment is only to be used by healthy and able-bodied adults. Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
- 4) The equipment is intended for consumer and residential use only. Do not use it in a commercial or light-commercial setting or outdoors or medical treatment purpose.
- 5) Do not use attachments not recommended by the manufacturer.
- 6) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 7) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 8) Ensure there is a distance of at least 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) on other sides.
- 9) Wear appropriate athletic clothing to use the equipment and exercise according to your own condition. Do not exercise barefoot or in socks only.
- 10) Do not wear loose or dangling clothing while using the product.
- 11) Do not stand or step on the head of the equipment.
- 12) Keep children away. Do not use this equipment with, near or around pets.
- 13) The elderly, children, and pregnant women Must use this product with caution. Please consult a doctor and obtain relevant guidance before using this equipment.
- 14) Store the equipment as instructed in the manual for safety.
- 15) Do not exceed the maximum specified user weight.
- 16) Avoid exposing this equipment to direct sunlight. Keep it in a cool and dry place.
- 17) For optimal performance and stability, use the equipment on a level solid surface and ensure there are no obstructions underneath it.
- 18) The product is for ages 14 and up, single use only.
- 19) This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- 20) Children should be supervised to ensure that they do not play with the equipment.
- 21) This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved.
- 22) Children shall not play with the equipment.
- 23) Cleaning and user maintenance shall not be made by children without supervision.
- 24) The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- 25) Pay special attention to components most susceptible to wear, such as pedal.
- 26) Replace defective components immediately and/or keep the equipment out of use until repair.
- 27) When the equipment stops, please approach and escape the equipment from either side. If you want to dismount this equipment, you must stop the equipment completely.
- 28) The equipment is not suitable for high accuracy purposes.
- 29) Our company is not liable for any personal injuries or property losses caused by improper use of this product. We reserve the right to update, revise, or terminate the user manual and related instructions without prior notice.

WARNING:

- Non-rechargeable batteries are not to be recharged.
- Rechargeable batteries are to be removed from the equipment before being charged.
- Different types of batteries or new and used batteries are not to be mixed.
- Batteries are to be inserted with the correct polarity.
- Exhausted batteries are to be removed from the equipment and safely disposed of.
- If the equipment is to be stored unused for a long period, the batteries should be removed.
- The supply terminals are not to be short-circuited.

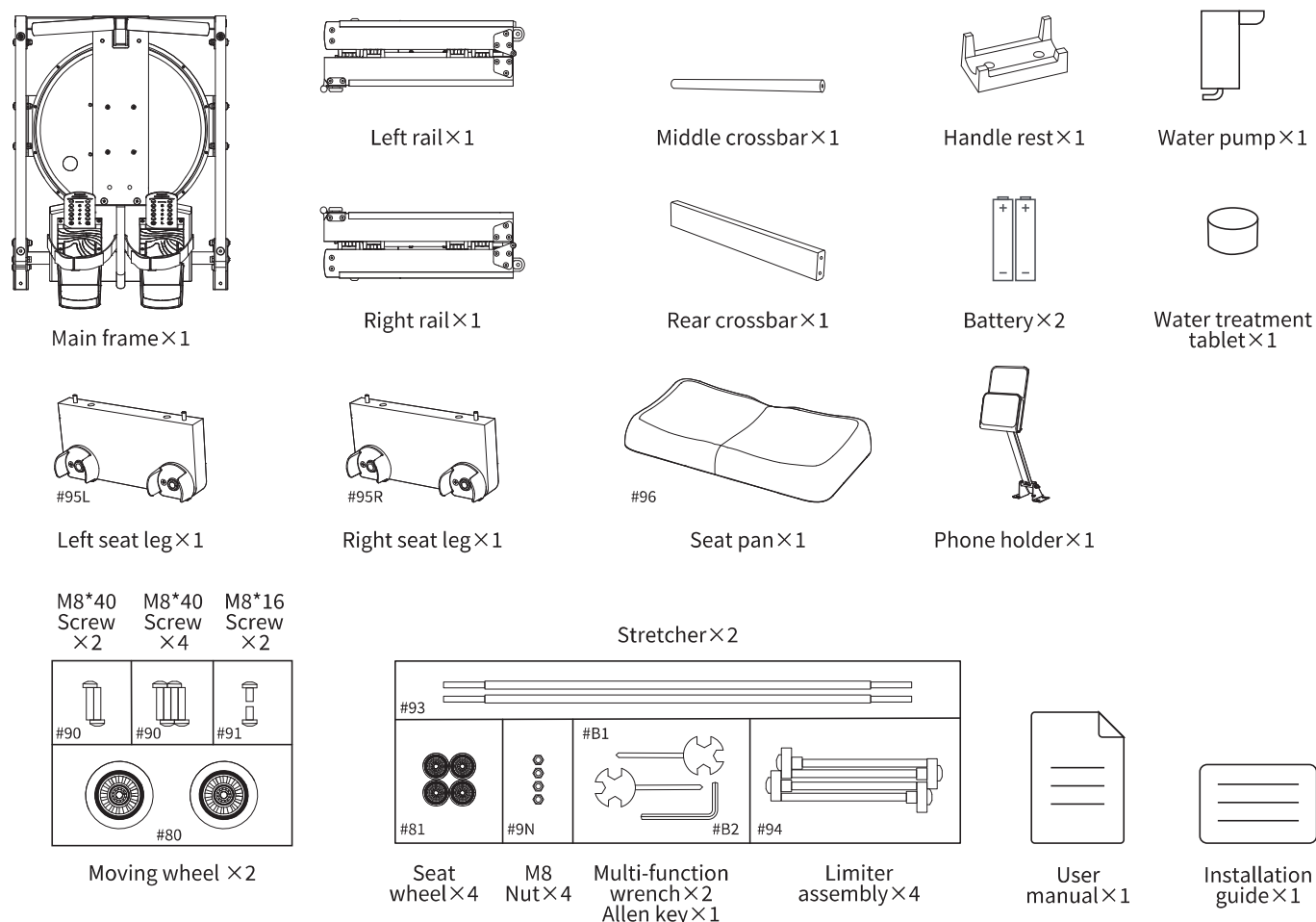
Contents

1. Product Introduction	4
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3. Care and Maintenance	15
4. Trademark and Legal Declaration.....	16
5. Regulatory Compliance Information.....	17

1. Product Introduction

Unpack the product and check the contents inside. If there is any damage or missing parts, please contact the seller.

01 Packing List



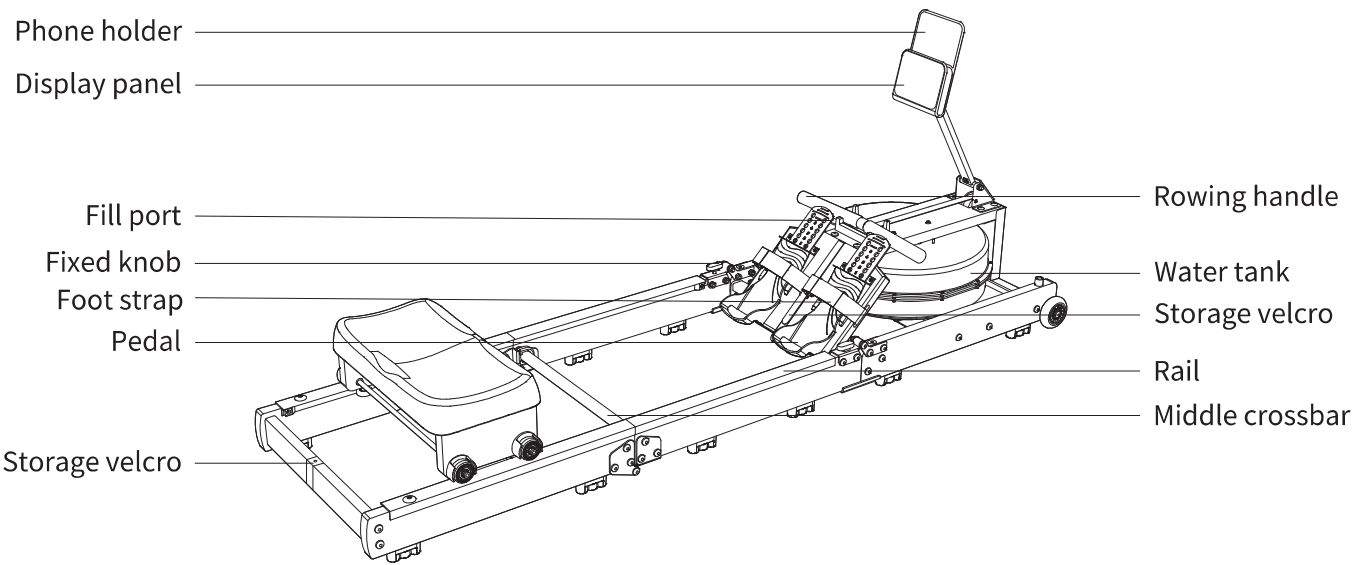
02 Tech Specs

Product name	Trifold Water Rowing Machine	Class	HC
Model	RMWR3LF	Unfolded size	1850 mm × 570 mm × 300 mm 72.8 in × 22.4 in × 11.8 in
Rated input	3 V $\equiv$	Folded size	700 mm × 570 mm × 345 mm 27.6 in × 22.4 in × 13.6 in
Number of rails	2	Age range	14 years and above
Rail length	1090 mm / 42.9 in	Max resistance	40 kg / 88.2 lb
Nominal capacity	16 L	Resistance type	Water resistance
Actual capacity	14 L	Resistance levels	1-5
Max user weight	180 kg / 400 lb		
Net weight	27 kg / 60 lb		
Number of blades	2		
Water pump			
Rated voltage	5 V		
Rated power	4 W		

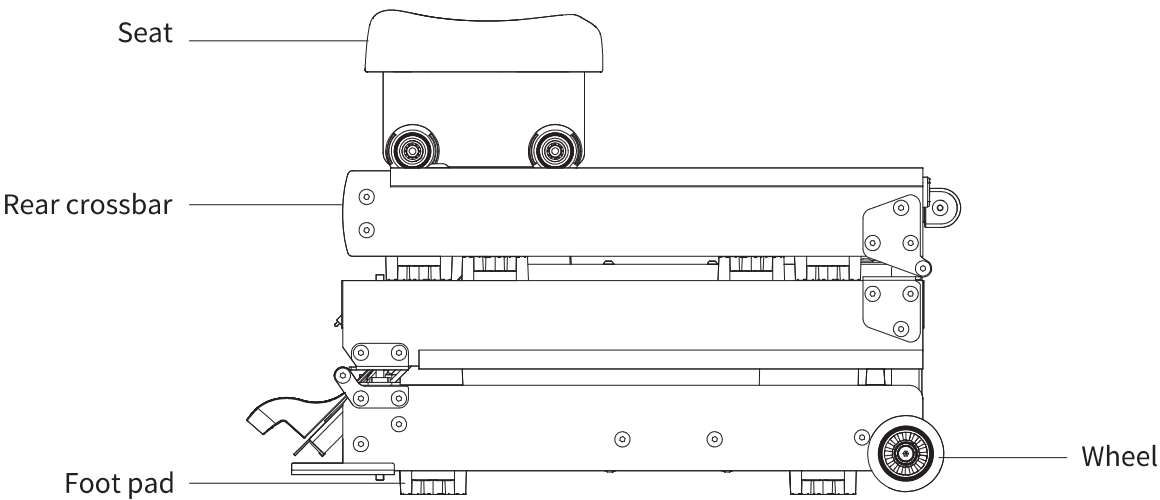
Radio Frequency and Radio Transmission Power

RF Specification	Working Frequency	Maximum Output Power
Bluetooth	2402-2480 MHz	8.51 dBm (EIRP)

03 Part Names

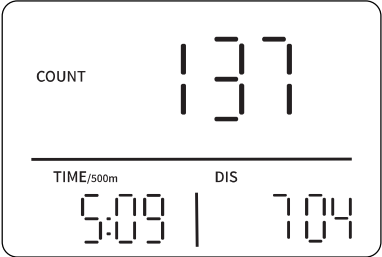
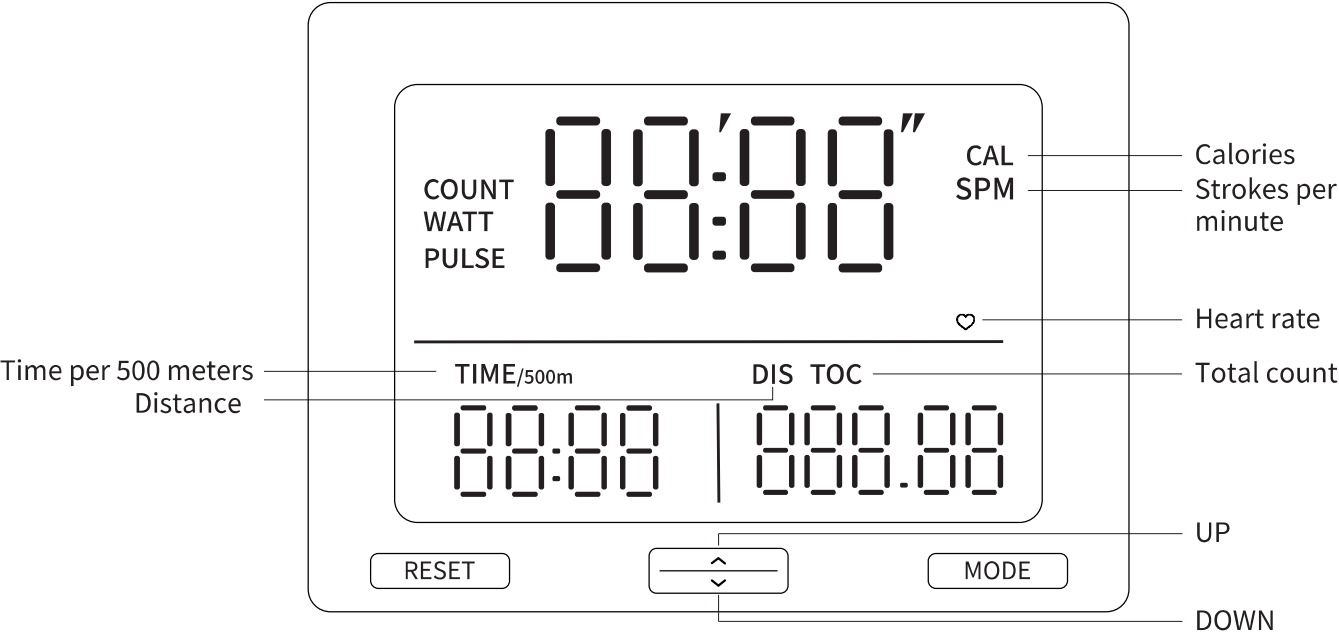


Unfolded state

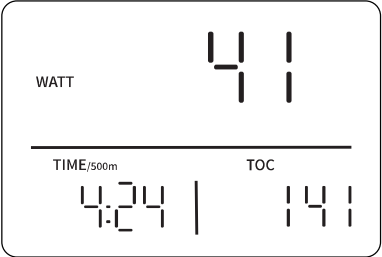


Folded state

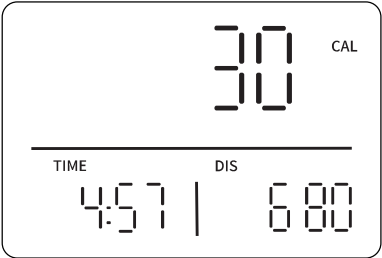
04 Display Panel



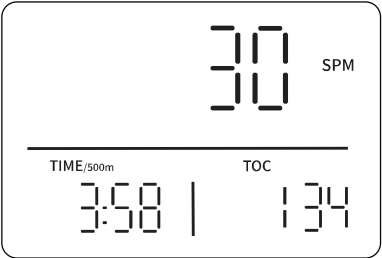
Count: 137



WATT: 41 W
Time per 500 meters: 4 min 24 sec
Total count: 141



Calories: 30
Workout time: 4 min 57 sec
Distance: 680 m



Strokes per minute: 30

MODE	Operating status: Press MODE to switch between TIME, TIME/500m, DIS and TOC. Stop status: Press MODE to set display options.
RESET	Settings status: Press RESET to clear the current data. Stop status: Press RESET to clear all data except TOC.
^ UP	Operating status: Press UP to select and lock the previous display option. Stop status: Press UP to increase the numerical value.
~ DOWN	Operating status: Press DOWN to select and lock the next display option. Stop status: Press DOWN to decrease the numerical value.

Operating Instructions

1. Operating Status

- The display options cycle through on the display every six seconds:
COUNT → WATT → PULSE (if have) → CAL → SPM
- MODE: Press to switch between TIME/500M, DIS and TOC.
- UP: Press to switch to the previous display option.
- DOWN: Press to switch to the next display option.
- Caution: Pulse display requires a properly worn heart rate monitor.

2. Stop Status

- MODE: Press to access Settings with pending options:
COUNT → CAL → TIME → DIS
- When any of TIME, DIS, CAL or COUNT is set, a countdown will display upon workout start. At zero, the equipment beeps "DIDI" and begin counting up.

3. Sleep and Wake Up

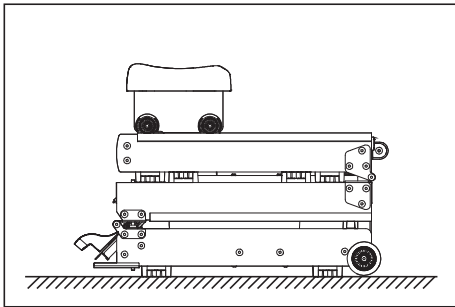
The equipment will automatically enter Sleep mode (display off) after 4 minutes of inactivity. To wake it up, press any button.

05 Customized Resistance Workout

Resistance Levels	Strokes Per Minute	Resistance	Use Case
Level 1 (10 L / 2.64 gal)	25	26 kg / 57 lb	Warm-up
Level 1 (10 L / 2.64 gal)	30	39 kg / 86 lb	Quality Cardio
Level 3 (12 L / 3.17 gal)	25	28 kg / 62 lb	Warm-up
Level 3 (12 L / 3.17 gal)	30	43 kg / 95 lb	Sprint
Level 5 (14 L / 3.70 gal)	25	30 kg / 66 lb	Quality Cardio
Level 5 (14 L / 3.70 gal)	30	45 kg / 99 lb	Sprint

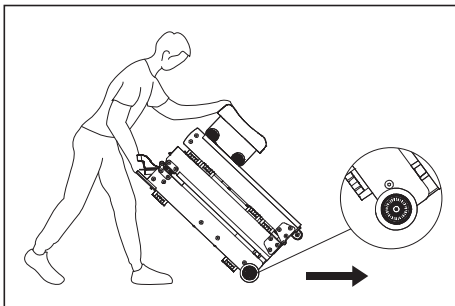
2. Operation and Adjustment

01 Moving your rowing machine



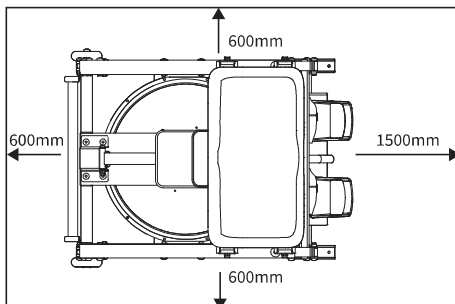
① Place the equipment on a solid level surface. Do not place it on thick and soft carpet or mats, as this may affect its performance or stability.

Caution: Before moving the rowing machine, make sure the equipment is completely folded.

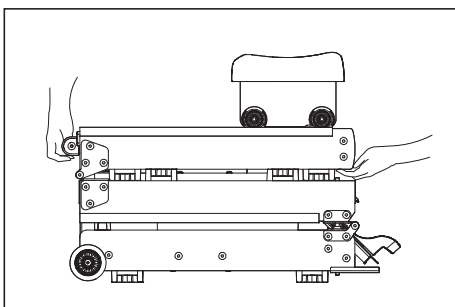


② While holding the seat, raise the rowing machine from the bottom and move it to your desired spot.

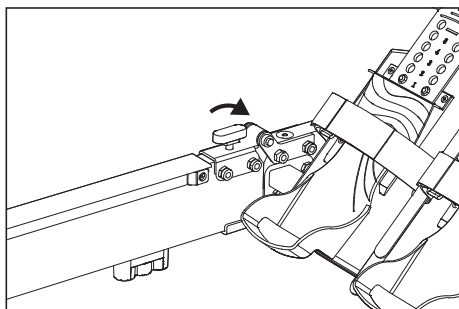
02 Unfolding your rowing machine



① Before unfolding the equipment, ensure there is a distance of at least 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) on other sides.

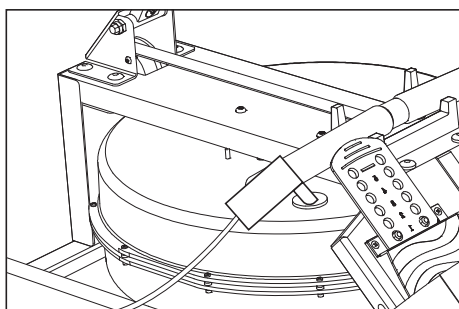


② While holding the folding handle and rear crossbar, raise the rail and move horizontally to fully unfold the equipment into position.

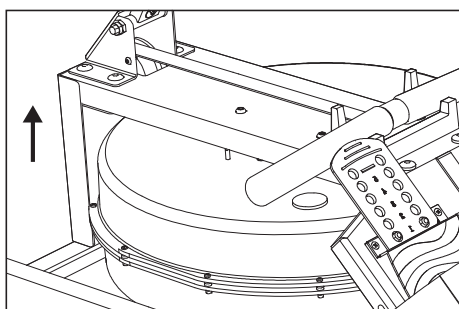


③ Press down and rotate the fixed knobs clockwise to secure the front wooden board.

03 Filling water



① Remove the lid and insert the pump's outlet into the filling port.



② Fill the water tank below the max water line.

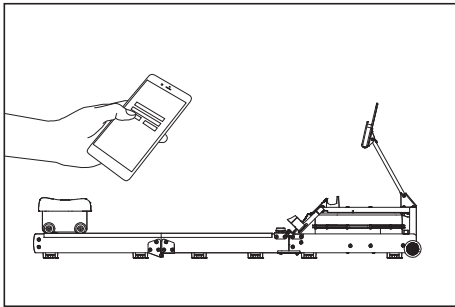
Caution:

- Different water lines indicate different water resistance levels.
- Please fill the water tank with purified or distilled water to keep it clean.

04 Connecting the App



① Scan the QR code, download and install the KS Fit app.

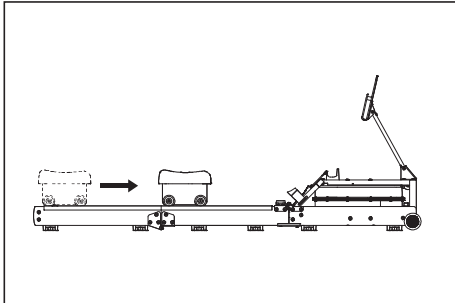


- ② Bring your mobile phone close to the rowing machine.
- ③ While illuminating the display by pressing any button, turn on Bluetooth and allow it to search for nearby devices.
- ④ Open the KS Fit app and add the rowing machine.

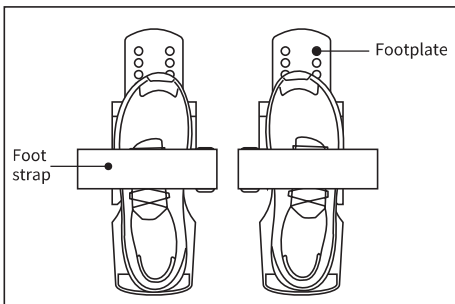
Caution:

- The rowing machine can only be added through the KS Fit app. If you've already added it via Bluetooth settings, please remove it and add it again in the app.
- In case pairing fails, unplug the power adapter, wait for 10 seconds and repeat step ② to ④.
- For safety, avoid connecting another mobile phone when the rowing machine is in use.

05 Fastening the foot strap

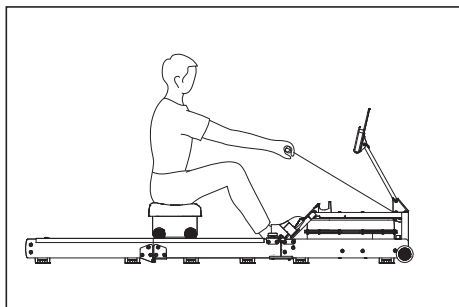


① Slide the seat to your desired position.

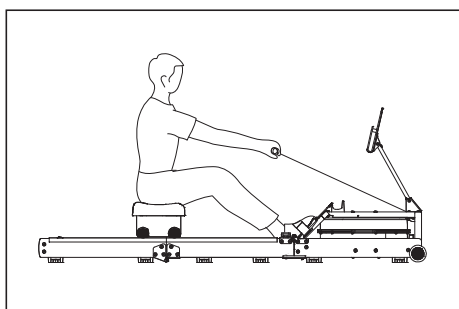


② Sit on the seat, place your feet on the footplate and adjust it vertically for a proper fit. Then, secure the foot straps.

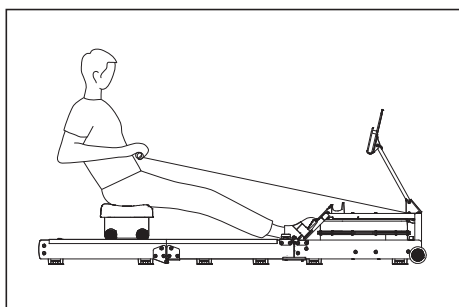
06 Starting workout



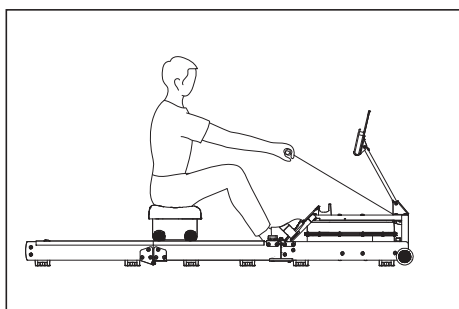
① Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



② Drive: Press the pedals with the soles of the feet, and straighten the arms simultaneously.

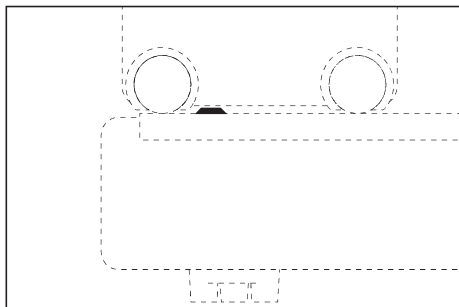


③ Release: Pull the rowing handle under the ribs with the legs fully straight to light up the screen of knob panel.

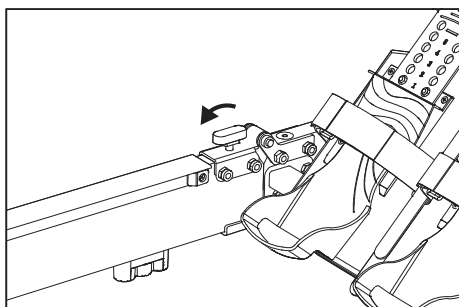


④ Recovery: Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

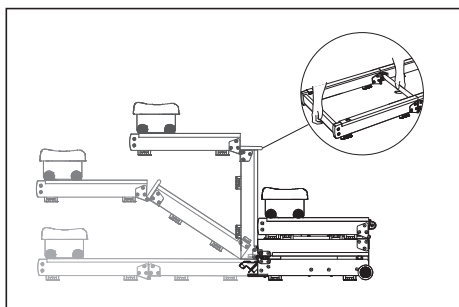
07 Folding your rowing machine



① Slide the seat backwards until it clicks into place.



② Rotate the fixed knobs counterclockwise until they click into place.

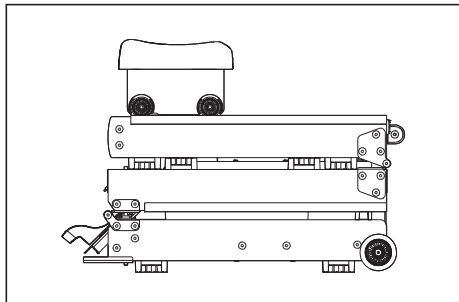


③ Lay the stand and display panel flat (screen side up). Raise the rail (as shown) while moving it forward to fold the equipment completely.

08 Storing your rowing machine

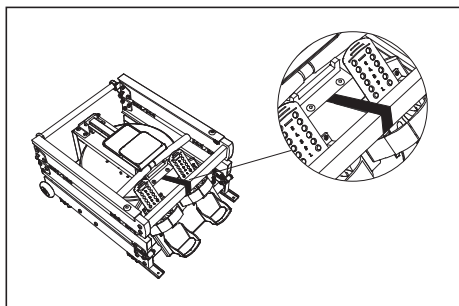
Choose a safe spot, such as a corner in the room and store the rowing machine in either of the following ways.

Horizontal Storage

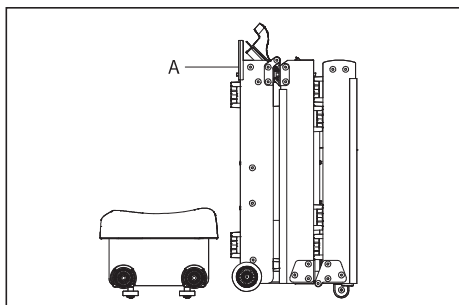


- ① Store the equipment flat on a solid level surface.

Vertical Storage



- ① Wrap around and secure the rear crossbar using the storage velcro when the equipment is placed flat.

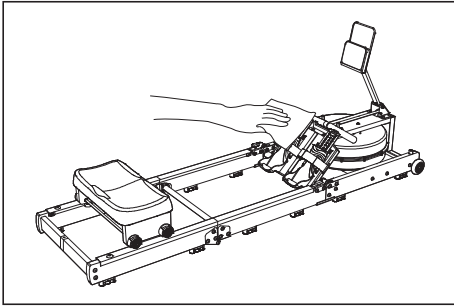


- ② Remove the seat and raise point A until the equipment is vertical (head down).

Caution:

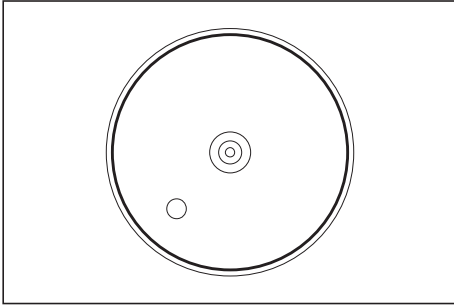
- When placed vertically, the rear crossbar must be secured with the storage velcro to prevent the equipment from tipping over.
- The seat can also serve for daily use.

3. Care and Maintenance



① Wipe away sweat and dust on the product surface with a clean cloth after each use to keep it dry and clean.

Caution: Do not use detergent or bleach to clean the inside of the water tank.



② Check the water quality and water level regularly. Change the water every 3-6 months depending on the situation.

4. Trademark and Legal Declaration

Various patents relating to the Kingsmith Trifold Water Rowing Machine series are developed and copyrighted by Beijing Kingsmith Technology Co., Ltd. ("Kingsmith" for short). Without the written permission of Kingsmith, any organization or individual shall not copy or distribute all or any part of this User Manual and shall not use the patents contained thereof. This User Manual, as far as possible, has included various latest function introductions and operational instructions at the time of being printed. Nevertheless, there might be discrepancies between the purchased rowing machine and those described herein due to a continuous optimization in functions and designs. Therefore, the actual rowing machine shall prevail in case of any deviations in color and appearance.

5. Regulatory Compliance Information

WEEE Disposal and Recycling Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

EU Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR3LF] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
<https://de.walkingpad.com/pages/weitere-informationen>

UKCA Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR3LF] is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following internet address:
<https://uk.walkingpad.com/pages/other-information>

UKCA PSTI Statements of Compliance

Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWR3LF] is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. The full text of the PSTI declaration of conformity is available at the following internet address: <https://uk.walkingpad.com/pages/other-information>

Manufacturer: Beijing Kingsmith Technology Co., Ltd.
Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China
MADE IN CHINA

