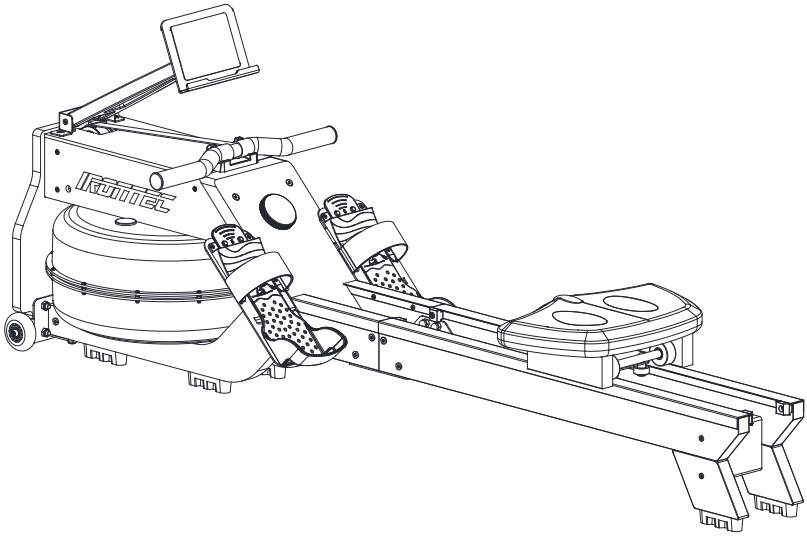
RW900

Rowing machine user manual



CAUTION!

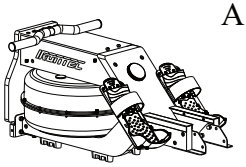
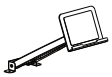
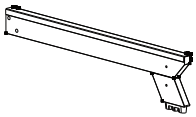
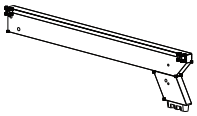
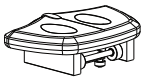
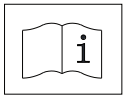
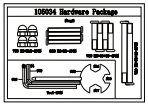
Read all precautions and instructions in this manual before using this equipment.

Important Safety Notice

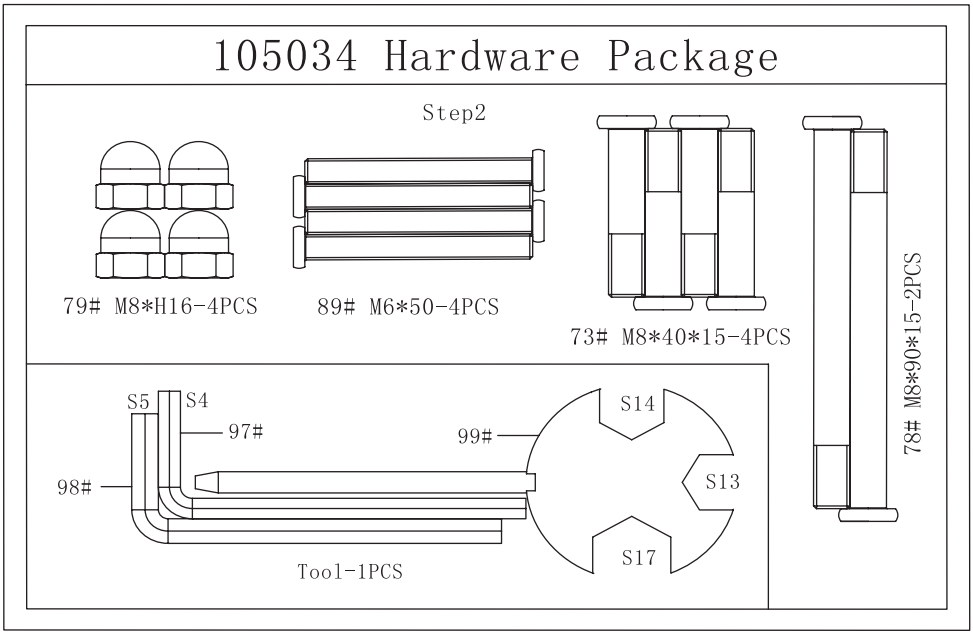
1. Assemble the Rower exactly as described in this manual. Do not modify it.
2. Check all the screws, nuts and other connections before each use for any signs of damage of looseness. Do not use the trainer if it is impaired in any way.
3. Ensure that the trainer is in a safe and secure indoors location on a level floor away from moisture and water.
4. Place a suitable base (e.g. mat) beneath the trainer during assembly to limit dust and dirt entering the components. Only use the supplied tools or suitable tools of your own for assembly.
5. Before beginning training remove all objects within a radius of 2 meters.
6. Wipe all sweat from the trainer with a soft absorbent cloth after training. Avoid aggressive solvents or harsh brushes when cleaning.
7. Your health can be affected by incorrect or excessive training. Consult a doctor before beginning a health program. Your doctor can define settings (heart rate, duration etc.) to which you may train yourself. This trainer is not for therapeutic purposes. It is for private home use.
8. Use only original spare parts for any necessary repairs.
9. This trainer should be used by only one person at a time.
10. Never use when under the influence of drugs, alcohol or medication that causes disorientation.
11. Wear training clothes and shoes that are suitable for fitness training. Your training shoes should be enclosed and tight fitting.
12. Do not put hands, fingers, feet, toes or any objects on or near this equipment when in use.
13. If you have a feeling of chest pain, shortness of breath, dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
14. Disabled or handicapped persons should only use the trainer after gaining doctor's approval and in the presence of an adult who can give aid and advice.
15. This trainer is not designed for use by children. Keep pets away from trainer during use.

Parts List

No.	Name	Quantity		No.	Name	Quantity
A	Main frame assembly	1PC		B	Phone holder assembly	1PC
C	Rear left track assembly	1PC		D	Rear right track assembly	1PC
E	Seat assembly	1PC		F	PU roller assembly	2PCS
G	Instruction manual	1PC		H	Parts tray	1PC
53	Angled handlebar mount	1PC		95	Track connection plate	1PC
96	Water pump	1PC		119	Adapter	1PC
120	Water purification tablets	1PC				

A 	B 	C 	D 
E 	F 	G 	H 
53 	95 	96 	119 
120 			

Accessory Tools:



Assembly

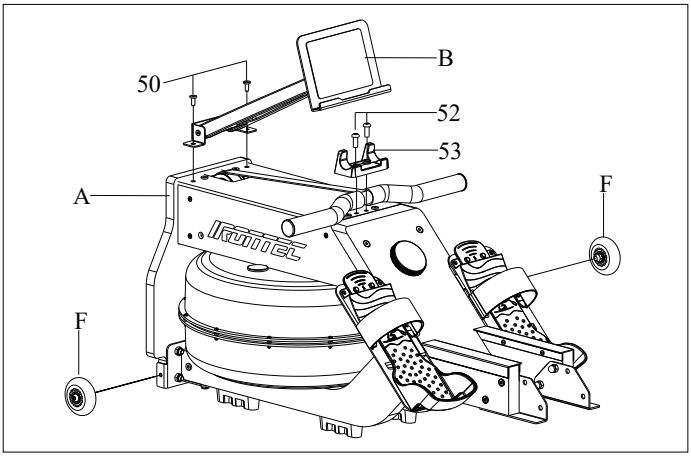
STEP 1

Take out the various components from the carton and lay the main Main Frame (A):

1) Unscrew the Hexagon Grub Screws (50) pre-installed on the Main Frame (A) with the Allen Key S4. And then assemble the Phone Holder Assembly (B) to the corresponding position on the Main Frame (A). Finally, tighten the Hexagon Grub Screws (50).

2) Unscrew the Hexagon Head Screws (52) pre-installed on the Main Frame (A) with the Allen Key S4. And then assemble the Handlebar Holder (53) to the corresponding position on the Main Frame(A). Finally, tighten the Hexagon Head screws (52).

3) Screw the PU Roller Assembly (F) with the Allen Key S5 on the Main Frame (A).

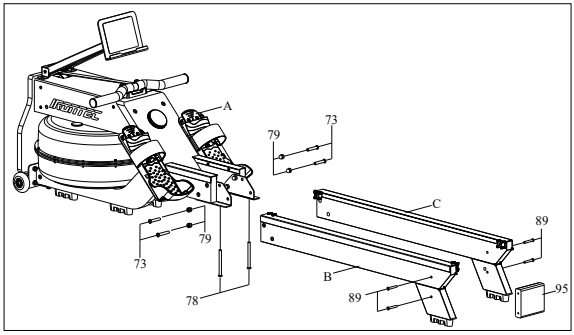


STEP 2

1) Install the Left Rear Rail Assembly (C) and the Right Rear Rail Assembly (D) to the corresponding positions on the Main Frame (A). And then pre-lock them to the Main Frame (A) with the Hexagon Grub Screws (73), the Hexagon Nuts (79), and the Hexagon Grub Screws (78).

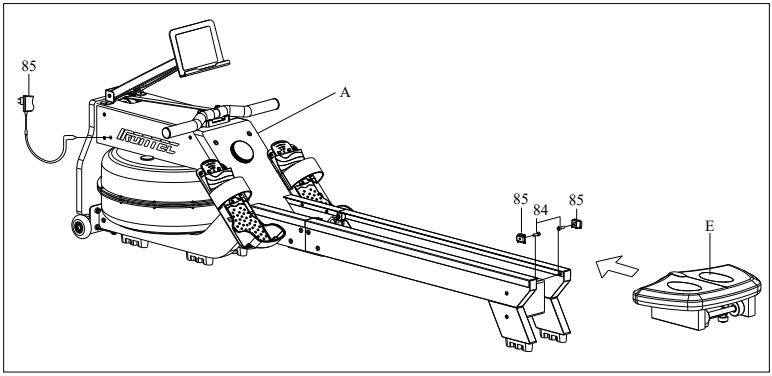
2) Pre-lock the Rail Connecting Board (95) to the Main Frame (A) with the Hexagon Grub Screws (89).

3) Finally, tighten all of parts.



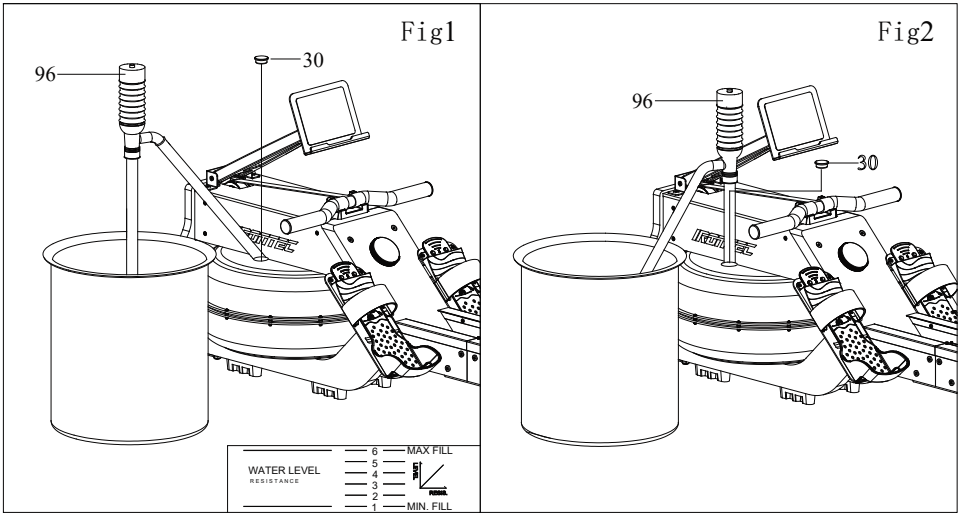
STEP 3

Unscrew the Hexagon Cheese Head Screws (84) and Seat Stopper (85) from the rear rail with the Allen Key S5. Slide the Seat Assembly (E) along the center of the rear rail. And reinstall the Seat Stopper and tighten the Hexagon Cheese Head Screws (84).



STEP 4

1) Unplug the Water Tank plug (30) from the water tank.
2) Fill the water tank as shown in Figure 1: Insert the Water Pump (96) into the water tank. Then fill the water tank with the Water Pump (96) and a bucket. Measure the amount of water by referring to the digital markings on the side of the tank.
3) Pump water as shown in Figure 2: Place a bucket next to the rowing machine and pump water from the water tank into the bucket with the Water Pump (96) .Plug the Water Tank Plug (30) into the water tank. Wipe off any water droplets on and around the machine with a dry cloth.



Monitor Instruction

1. Dispaly of Data

TIME:
Duration of exercise. Can be set for forward timing cr countdown.

SPEED:
Current rowing speed.

DISTANCE:
Exercise distance. Can be set for forward accumulation or countdown.

CALORIE:
Calories burned during exercise. Can be set for forward accumulation or countdown.

WATT:
Current power output.

STROKES:
Number of rowing strokes.

TIME/5OOM:
The ime required to row 500M at the current speed.

RPM:
Number of strokes per minute.

2. Operating Logic

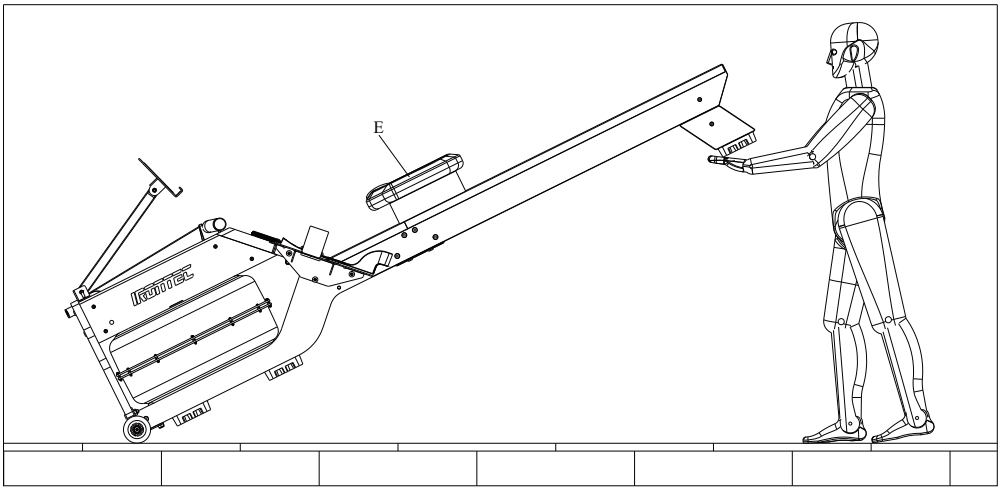
Short touch: Enter the target value setting state before starting exercise. Long touch:Reset all data to zero. Rotation: Increase or decrease the target value before starting.Or manually select the data to be displayed during exercise.

3. Scan mode

After powering on, the electronic display will enter Scan Mode. in Scan Mode, thescreen automatically cycles through the data being displayed. Rotating the knob canexit Scan Mode and manually select the value to be displayed.

Product Movement

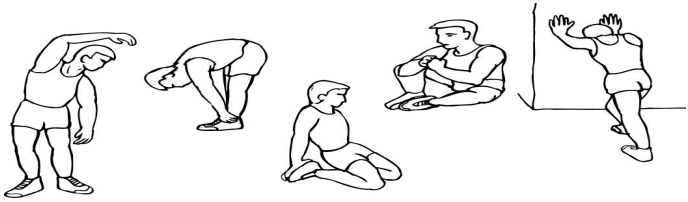
Sliding the Seat Assembly (E) to the front of rail(to prevent the Seat Assembly from falling down quickly and damaging) before moving. Then lift the left and right track rear feet with your hands until the PU roller touching the ground. Finally, you can move the machine as you like to where you want to place it.



Exercise Instructions

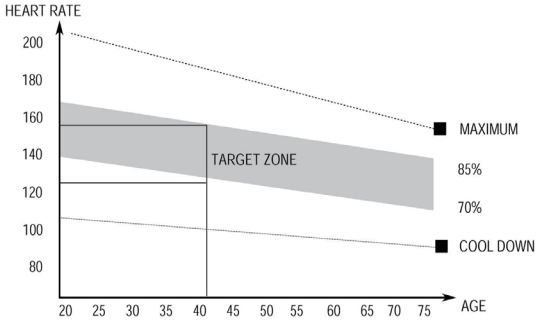
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch- if it hurts, STOP.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. It is important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes for most people

3. The Cool Down Phase

This stage is to let your cardio-vascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should be repeated remembering not to force or jerk your muscles into the stretch. As you get fitter you may wish to train longer and harder. It is advisable to train at least three times a week, and if possible, space your workouts evenly throughout the week.

- **Muscle Toning**

  To tone muscle while on your trainer you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

- **Calorie Burning**

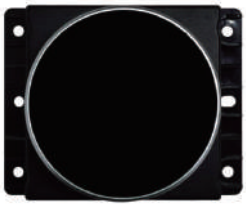
  The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Display Screen Overview

1.1 Display Function Table

NO	Item	Display	Description
1	Display Overview		1. 24 effect lights in the outer ring 2. Display "TEMPO" , Unit "spm" (strokes per minute) 3. Display resistance level, Level 1~32” 4. Display heart rate 5. Display workout such as "speed," "time," "distance," "calories," "stroke count," and "500m pace" 6. Display blue-tooth status
2	Carousel Mode		1. Carousel for each data,3s display time for each data 2. The small window displays resistance "LEVEL", heart rate (heart rate display requires connecting a heart rate belt, which can be directly connected to the shuttle or App), and stroke rate "TEMPO", switching every 3 seconds.The heart rate icon lights up when displaying the heart rate. 3. Main display "Speed" "Time" "Distance" and "Calorie" "Stroke Count" "500m Pace" 4. Bluetooth indicator shows the status of the blue-tooth 5. All outer ring lights are lit by default during exercise
3	Lock Mode		1. Press the knob to switch display mode and lock the data you need 2. Main display "Stroke Count" "500m Pace" "Speed" "Time" "Distance" and "Calorie 3. The small window displays resistance "LEVEL", heart rate (heart rate display requires connecting a heart rate belt, which can be directly connected to the shuttle or App), and stroke rate "TEMPO", switching every 3 seconds.The heart rate icon lights up when displaying the heart rate 4. All outer ring lights are lit by default during exercise

1.2 Instructions

NO	Item	Display	Description
1	Awaken Device		1. In sleep mode, the display is off. 2. The knob will be waked up if it is pressed or any motion is detected.
2	Press Knob		1. Knob display turns into sleep mode after 3mins without any action. 2. Press the knob to awaken the device in sleep mode 3. Press the knob to get started in wake up mode 4. Press the konb to switch display mode during exercise 5. Long press the knob for 2s to reset data and change to wake up mode 6. There is a buzzing sound when the knob is pressed.
3	Rotate Knob		1. Rotate the knob clockwise to increase resistance 2. Rotate the knob anticlockwise to decrease resistance 3. There is a buzzing sound when the knob is rotated

1.3 Detailed operating instructions

①When the knob is turned on, the buzzer emits a long beep. The knob display lights up and enters the READY state (Figure 1). After power on, the resistance automatically resets to "1" position. If there is no operation for 3 minutes, the display will turn off completely and enter standby mode (Figure 2).



1 2

②In the READY state, a short press on the knob or starting rowing can directly enter the exercise state; The small window's digital carousel displays resistance "LEVEL", heart rate (heart rate display requires connecting a heart rate belt, which can be directly connected to the shuttle or App), and stroke rate "TEMPO", switching every 3 seconds.



③The main window displays default rotating numbers, with the "SCAN" icon illuminated. The following metrics are displayed and switch every 3 seconds: "Speed," "Time," "Distance," "Calories," "Stroke Count," and "500m Pace" (Figure 5, Figure 6, Figure 7, Figure 8, Figure 9, Figure 10).



5



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④By pressing the knob briefly, you can adjust the display mode to "Lock." In this mode, the "SCAN" icon is not displayed, and the display shows a fixed data type: either "Speed" "Time" "Distance" "Calories" "Stroke Count" or "500m Pace" (Figure 11, Figure 12, Figure 13, Figure 14, Figure 15, Figure 16).



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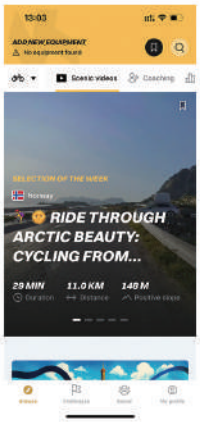


16

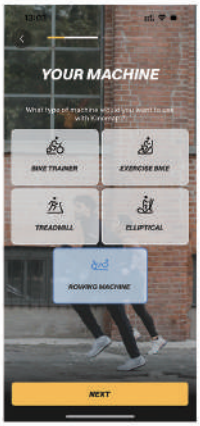
1.4 Data Display Instructions

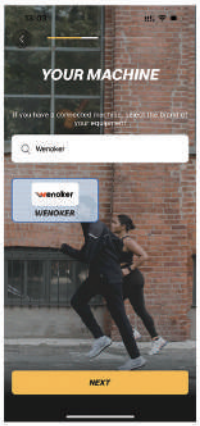
NO	Item	Display	Description
1	TEMPO		0 ~ 999 Display real-time stroke rate
2	Resistance Level		1 ~ 32 The higher the level, the greater the resistance
3	SPLIT		0 ~ 999 Display real-time rowing stroke count
4	500M with speed		0:0 ~ 99:9
5	SCAN		Display: indicates that the data is in carousel mode. Not displayed: indicates that the data is in lock mode.
6	Speed		0.0 ~ 99.9 km/h
7	Time		0:0 ~ 99:5 In the wake-up state, a short press of the knob or detection of movement starts the timer. The timer stops after 4 seconds of inactivity following the cessation of movement
8	Distance		0.0 ~ 999 km Depending on the intensity of rowing, it can be measured in meters per stroke, ranging from 1 to 6 meters per stroke.
9	Calories		0.0 ~ 999 kcal It has a direct proportional relationship with the resistance level Resistance 1 corresponds to 32 kcal/ kilometer, while resistance 32 corresponds to 73 kcal/ kilometer.
10	Blutooth Icon		Display: Bluetooth connected. Not displayed: Bluetooth not connected.
11	Heart Rate		Heart Rate Value: If real-time heart rate display is supported, it will be shown; otherwise, it will not be displayed

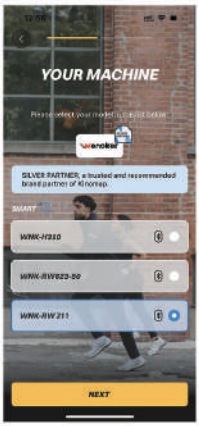
Kinomap Connection Operation

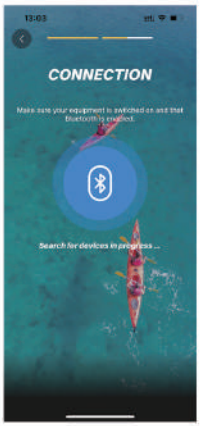












Search, download & install Kinomap over Apple Store or Google Play depending on your smartphone system.

【1】Enter Kinomap and see a prompt 'ADD NEW EQUIPMENT ' 'No equipment found ' in the upper left corner.

【2】Select and click [Add new equipment].

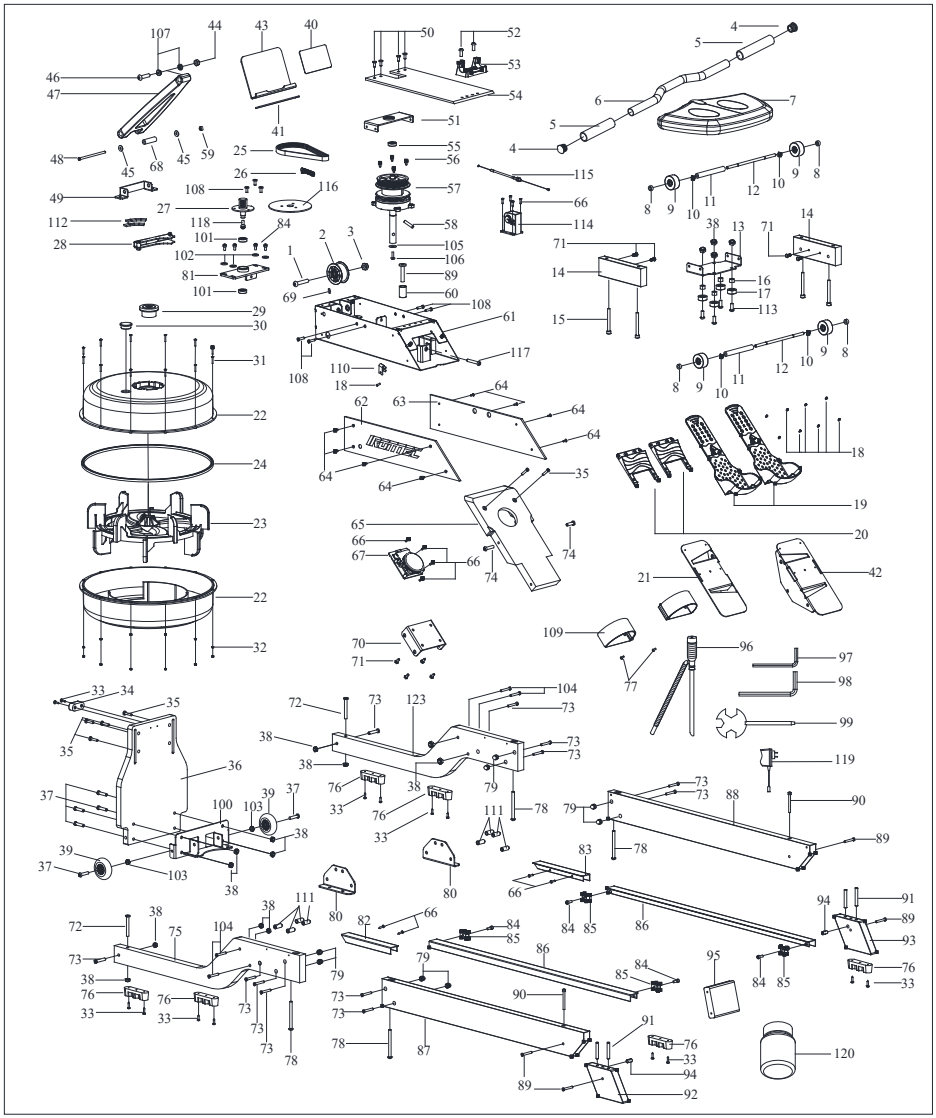
【3】Select [ROWING MACHINE] and click [NEXT].

【4】Search and select [Wenoker], and then click [NEXT].

【5】Select [WNK-RW211] and click [NEXT].

【6】Wait for the Bluetooth connection to be successful.

Detailed Explanation Of Product Parts



Detailed List Of Product Parts

NO.	Part Name	Specification	Quantity	NO.	Part Name	Specification	Quantity
1	Hexagon socket pan head screw	M10*50*15*S6	1	34	Front foot pad	53*23*20	1
2	Plastic large pulley	ϕ68*ϕ54*32	1	35	Hex socket flat head screw	M6*30*S4	6
3	Nylon nut	M10*H9.5*S17	1	36	Front baffle	390*302*20	1
4	Aluminum round plug	ϕ32*13	2	37	Hex socket flat head screw	M8*35*15*S5	6
5	Handlebar grip	ϕ23*ϕ30*205	2	38	Nylon nut	M8*H7.5*S13	18
6	Handlebar tube	ϕ25*1.2*420	1	39	PU rollers	ϕ69*23.5	2
7	Seat	269.5*405*46.7	1	40	Non-slip pad for phone holder	160*115*δ1	1
8	PVC sleeve (6 pieces)	ϕ15*ϕ8.2*7	4	41	Sliding pad for phone holder	178*18*δ1	1
9	Seat roller	ϕ46*22	4	42	Right pedal	280*179.2*δ2.5	1
10	Open retaining ring	D7*0.9	4	43	Phone holder	Assembly	1
11	PVC sleeve (20 pieces)	ϕ15*ϕ8.2*121	2	44	Nylon nut	M6*H6*S10	1
12	Seat roller shaft	ϕ8*217	2	45	Flat washer	d6.5*Φ25*2.0	2
13	Seat small roller mounting plate	228*100*δ2.5	1	46	Hexalobular flat head screw	M6*58*S4	1
14	Seat mounting plate	190*60*27	2	47	Phone holder	350*100*27	1
15	Hexagon socket flat head screw	M8*55*15*S5	4	48	Hexalobular flat head screw	1/4"*115*20*S4	1
16	PVC sleeve (3 pieces)	ϕ15*ϕ8.2*10	4	49	Electronic watch base plate	169*57.5*δ2	1
17	Small roller	ϕ28*11.5	4	50	Hexalobular flat head screw	M6*15*S4	4
18	Phillips pan head screw	M4*6*Φ7	9	51	Upper mounting plate assembly	Assembly	1
19	Adjustable pedal	327*115*64	2	52	Hexalobular pan head screw	M6*15*S4	2
20	Footrest base	126*107*18	2	53	Angled handlebar mount	96*52*40	1
21	Left pedal	280*179.2*δ2.5	1	54	Water tank mounting plate	403*180*6	1
22	Water tank (3rd row)	ϕ440*100	1	55	Bearing	6904ZZ	1
23	390 propeller blades	ϕ390*145	1	56	Phillips pan head self-tapping screw	ST4.8*12*Φ9	4
24	Water tank seal	ϕ430*7	1	57	Retractor assembly	Assembly	1
25	Belt		1	58	Retaining pin	ϕ8*40	1
26	Tension spring	ϕ1.2*ϕ10.8*73	1	59	Hexalobular pan head screw	H8*S11	1
27	Small pulley shaft assembly	Assembly parts	1	60	Guide wheel	ϕ22*ϕ15*34.5	1
28	Magnetic base assembly	Assembly parts	1	61	Water tank mounting assembly	Welding	1
29	Seal mounting assembly	Components	1	62	Left cover	522*112*6	1
30	Water tank port plug	ϕ33.5*3.5*ϕ26*9	1	63	Right cover	522*112*6	1
31	Phillips pan head screw with washer Nail	M3*18*Φ6	12	64	Phillips countersunk pan head self-tapping screw	ST4.2*16*Φ7	8
32	Nylon nut	M3*H3.8*S6	12	65	Foot pedal	381*196*27	1
33	Phillips pan head self-tapping screw with washer	ST4.2*19*Φ9	14	66	Phillips pan head self-tapping screw	ST4.2*13*Φ7	8

67	Shuttle	Assembly	1	94	M6 cylindrical nut	ϕ10*20	2
68	PVC sleeve 23mm	ϕ15*ϕ8.2*50	1	95	Rail connecting plate	112*100*27	2
69	Strong magnet	ϕ10*6	1	96	Water pump	650*ϕ6822	1
70	Connecting U-shaped plate	182*93*δ3	1	97	S4 Allen wrench	25*60*4 S4	1
71	Hexalobular pan head screw Head wood screw	M6*15*S10	8	98	S5 Allen wrench	30*80*5 S5	1
72	Hex socket flat head screw	M8*65*15*S5	2	99	With cross wrench	S13-14-17	1
73	Hex socket flat head screw	M8*40*15*S5	12	100	Front connecting plate assembly	Assembly parts	1
74	Hex socket pan head screw	M8*15*S5	2	101	Bearing	d12*D28*B8	2
75	Radiator lower support plate	841.4*187.5*27	2	102	Flat washer	d6*Φ18*1.5	4
76	Foot pad	100*25*25	6	103	Hex nut	M8*H4	2
77	screw	M6*8	2	104	Hex socket flat head screw	M8*45*15*S5	4
78	Hex socket flat head screw	M8*90*15*S5	4	105	Flat washer	d8*Φ16*1.5	1
79	Acorn nut	M8*H16*S13	8	106	Hex socket pan head screw	M8*20*S5	1
80	Track connection fixing plate	140*98*δ3	2	107	Stepped bushing	ϕ18*8*ϕ6	2
81	Aluminum disc adjustment plate assembly	Assembly	1	108	Hex socket flat head screw	M6*10*S4	7
82	Front left aluminum rail	35.3*22*223.5	1	109	50mm wide tie wrap	Component	2
83	Front right aluminum rail	35.3*22*223.5	1	110	Inductor		1
84	Hex socket cylindrical head screw	M6*16*S5	8	111	Sleeve	ϕ12*ϕ8*27	8
85	Seat stopper	25*15*21	4	112	Strong magnet	15*13*4	8
86	Rear aluminum rail	35.3*22*914	2	113	Hex socket pan head screw	M8*30*S5	4
87	Rear left rail	915.2*91*27	1	114	Motor		1
88	Rear right rail	915.2*91*27	1	115	Motor cable	ϕ1.2*85*160	1
89	Hex socket flat head screw	M6*50*S4	5	116	Aluminum disc	ϕ137*δ3	1
90	Hex socket cylindrical head screw	M6*60*16*S5	2	117	Hex socket pan head screw	M8*60*35*S5	1
91	Wooden dowel	Φ8*70	4	118	Hex socket cylindrical head screw	M8*16*S6	1
92	Left rail support plate	168.2*99*27	1	119	Adapter	power cord	1
93	Right rail support plate	Right rail support plate	1	120	Water purification tablets		1