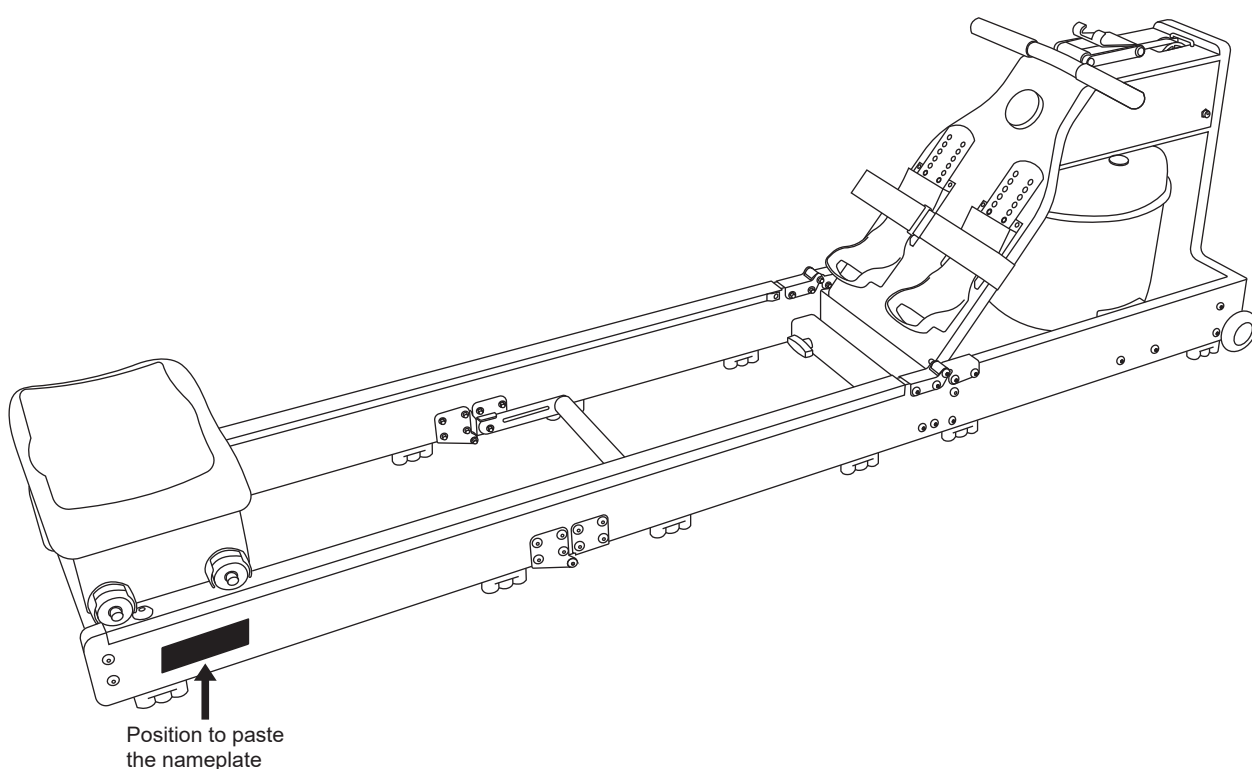


KINGSMITH

Trifold Water Rowing Machine WM10

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 customer service 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. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this equipment if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact customer service for examination and repair.
- 6) Do not carry this equipment by the supply cord or use cord as a handle.
- 7) Keep the cord away from heated sources.
- 8) Do not use attachments not recommended by the manufacturer.
- 9) Disconnect all power before servicing the product.
- 10) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 11) To disconnect, remove the plug from the outlet.
- 12) Connect this equipment to a properly grounded outlet only.
- 13) If you feel uncomfortable, please stop exercising immediately and consult a doctor to avoid damage to your health.
- 14) Ensure there is a distance of at least 4.92 feet (1.5 m) behind the equipment and a distance of at least 23.62 in. (600 mm) on other sides.
- 15) Wear appropriate athletic clothing to use the equipment and exercise according to your own condition. Do not exercise barefoot or in socks only.
- 16) Do not wear loose or dangling clothing while using the product.
- 17) Do not operate electrically powered equipment in damp or wet locations.
- 18) Do not stand or step on the head of the equipment.
- 19) Keep children away. Do not use this equipment with, near or around pets.
- 20) The elderly, children, and pregnant women Must use this product with caution. Please consult a doctor and obtain relevant guidance before using this equipment.
- 21) Do not fold this equipment when the power is on. Otherwise, it may affect the service life of the product and lead to other safety hazards.
- 22) Store the equipment as instructed in the manual for safety.
- 23) Do not exceed the maximum specified user weight.
- 24) Avoid exposing this equipment to direct sunlight. Keep it in a cool and dry place.
- 25) For optimal performance and stability, use the equipment on a level solid surface and ensure there are no obstructions underneath it.
- 26) The product is for ages 14 and up, single use only.
- 27) The safety level of the equipment can be maintained only if it's examined regularly for damage and repaired.
- 28) Replace defective components immediately and/or keep the equipment out of use until repair.
- 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.

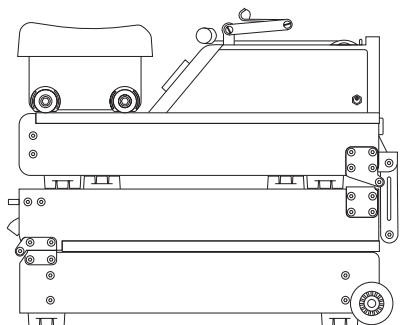
Contents

Product Introduction	01
Operation and Adjustment	05
Care and Maintenance	12
Trademark and Legal Declaration	13
Compliance Statement	14

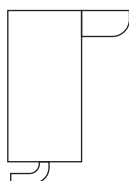
Product Introduction

Unpack the product and ensure all items are present. If anything is missing, please contact the seller.

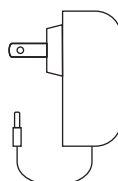
01 Packing List



Rowing machine×1



Water pump×1



Power adapter×1



User manual×1

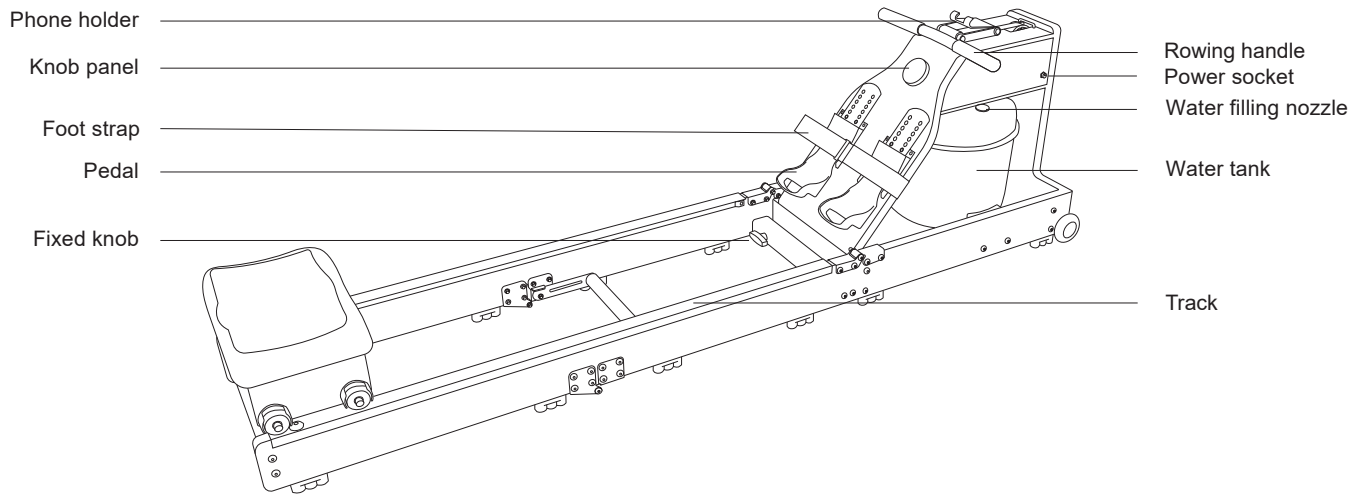
02 Tech Specs

Product name	Trifold Water Rowing Machine		
Model	RMWM10F	Unfolded size	81.49×18.89×22.83 inches
Rated input	9.0V $\overline{=}$ 1.0A		2070 mm×480 mm×580 mm
Track	Dual track	Folded size	28.8×18.8×20.8 inches
Track length	49.21 inches		735 mm×480 mm×580 mm
	1250 mm	Class	For consumer use only
Nominal capacity	25 L	Age range	14 years and above
Actual capacity	15 L	Max resistance	500 N
Paddle	4 blades	Resistance type	Water & magnetic dual resistance
Max user weight	330 lb / 150 kg	Resistance range	Water resistance (5 levels)
Net weight	79 lb / 36 kg		Magnetic resistance (32 levels)
Operating temperature	5~50 °C		

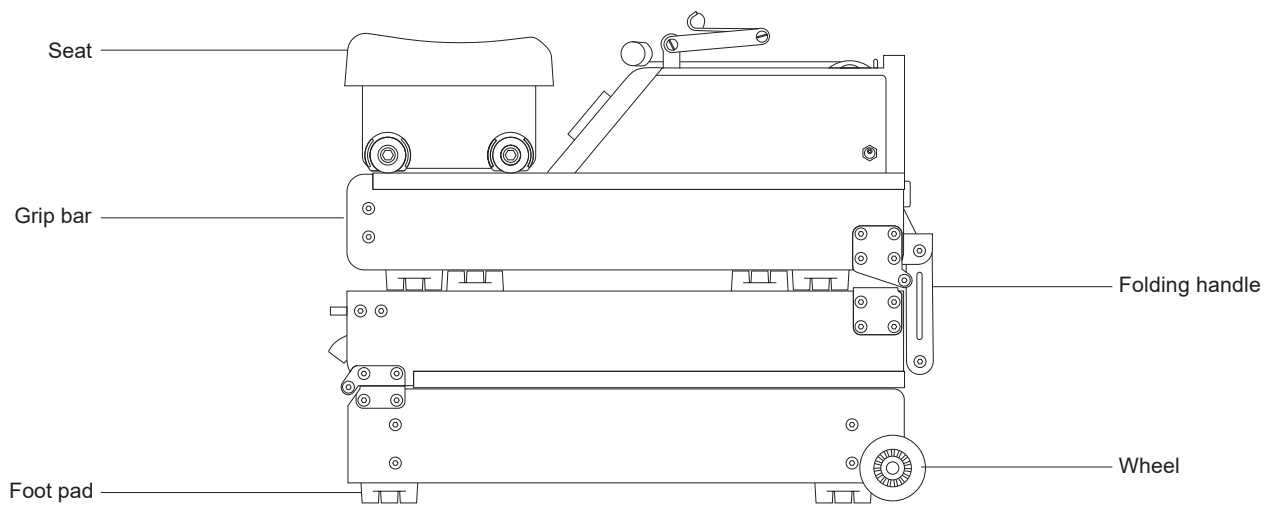
Power Adapter :

Input	100-240V~ 50/60Hz 0.6A MAX
Output	9.0V $\overline{=}$ 1.0A

03 Part Names

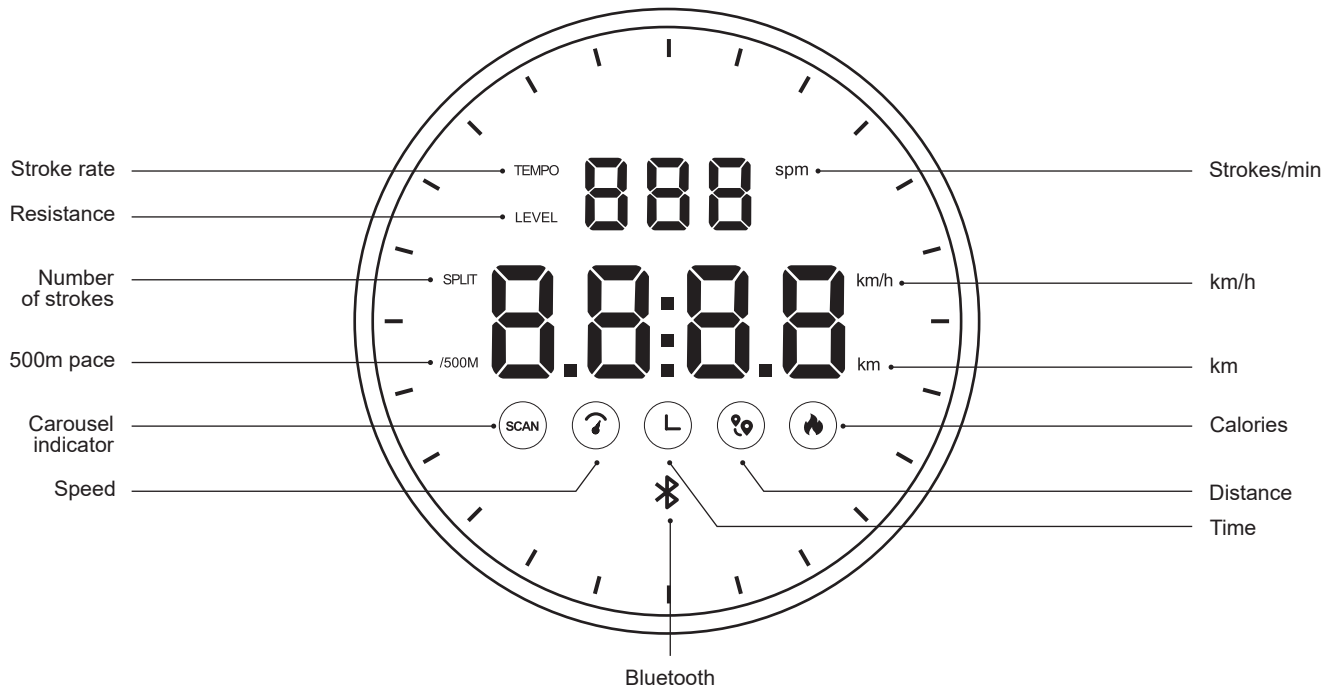


Unfolded state



Folded state

04 Knob Panel Functions



Stroke rate: 88 strokes/min



Resistance: 8 levels



Current speed: 8.8 km/h



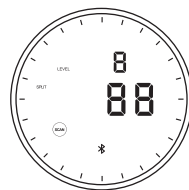
Workout time: 38 s



Distance: 8.8 km



Fat burn: 8.8 kcal



Number of strokes: 88



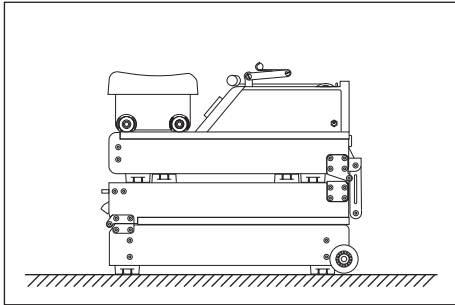
Pace: 38 s/ 500 m

05 Customized Resistance Workout

Water Resistance Level	Magnetic Resistance Level	Stroke Rate	Total Resistance	Use Case
3	1	25	48.4 lb / 22 kg	Casual Fitness
3	16	25	55 lb / 25 kg	Casual Fitness
3	24	25	61.6 lb / 28 kg	Casual Fitness
3	32	25	72.6 lb / 33 kg	Body Shaping
3	1	29	61.6 lb / 28 kg	Casual Fitness
3	16	29	70.4 lb / 32 kg	Body Shaping
3	24	29	77 lb / 35 kg	Body Shaping
3	32	29	83.6 lb / 38 kg	Body Shaping
5	1	25	77 lb / 35 kg	Body Shaping
5	16	25	83.6 lb / 38 kg	Body Shaping
5	24	25	90.2 lb / 41 kg	Weight loss
5	32	25	99 lb / 45 kg	Weight loss
5	1	29	88 lb / 40 kg	Weight loss
5	16	29	96.8 lb / 44 kg	Weight loss
5	24	29	103.4 lb / 57 kg	Weight loss
5	32	29	110 lb / 50 kg	Weight loss

Operation and Adjustment

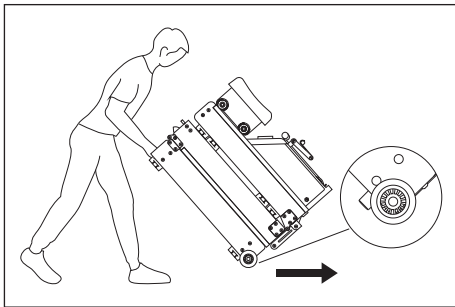
01 How to move the rowing machine



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

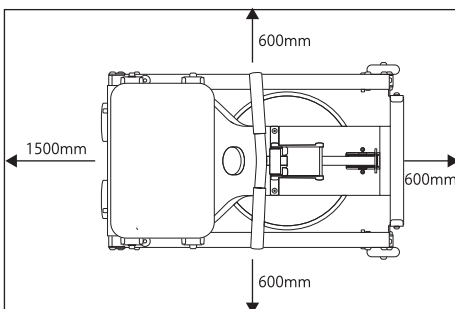
① Place the equipment on a solid level surface.

Caution: Avoid thick carpet or mats, as it may make the equipment less stable.

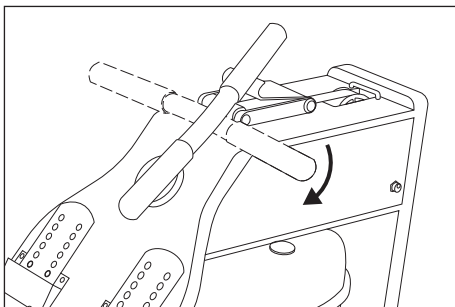


② Lift the rowing machine by the third grip bar and move it to your desired spot.

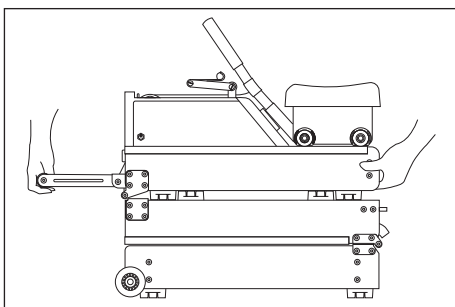
02 How to unfold the rowing machine



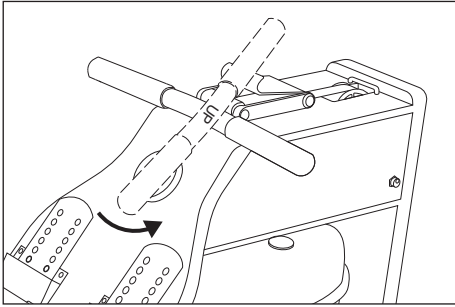
① Before unfolding the rowing machine, ensure there is a distance of at least 4.92 feet (1.5 m) behind the equipment and a distance of at least 23.62 in. (600 mm) on other sides.



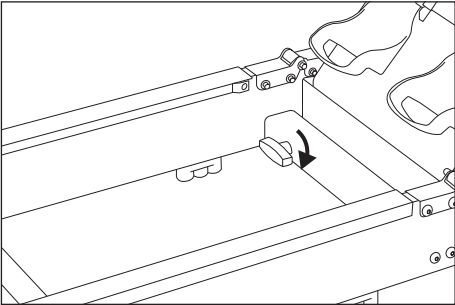
② Turn the rowing handle until it is vertical.



③ Hold the first grip bar with one hand and lift the folding handle with the other hand until the rowing machine is completely unfolded.

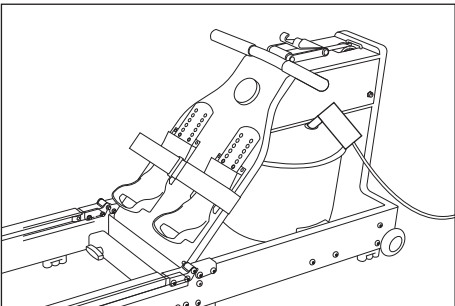


④ Turn the rowing handle until it is horizontal.

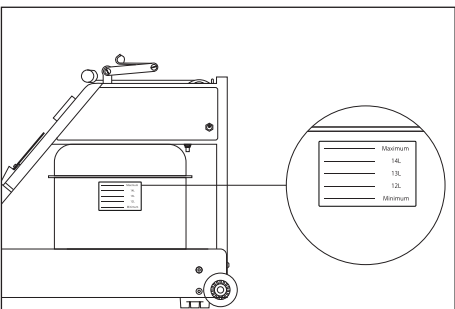


⑤ Rotate the fixed knobs clockwise to secure the wooden boards at the front ends.

03 How to add water to the tank



① Remove the water tank cap and insert the water outlet into the water filling nozzle.



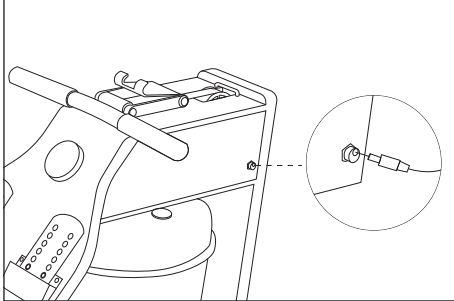
② Add water to your desired water line and tighten the lid.

Caution:

- Different water lines indicate different water resistance levels.
- Do not add water beyond the max water line (15 L).
- Please fill the water tank with purified or distilled water to keep it clean.

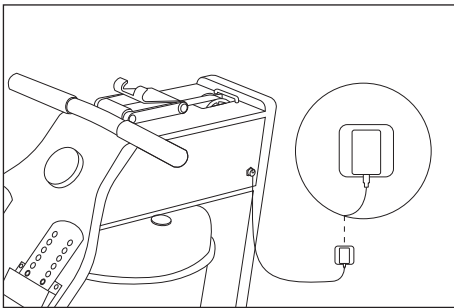
04 How to plug in the power cord

This product must be grounded when in use and our equipment meets the grounding requirement. If there is a malfunction or damage, grounding can provide a path with the least resistance for the electric current, reducing the risk of electric shock.



- ① Insert the equipment end of the power adapter into the power socket on the rowing machine.

Caution: Please ensure the power adapter is securely plugged in.



- ② Insert the wall outlet end of the power adapter into the power outlet.

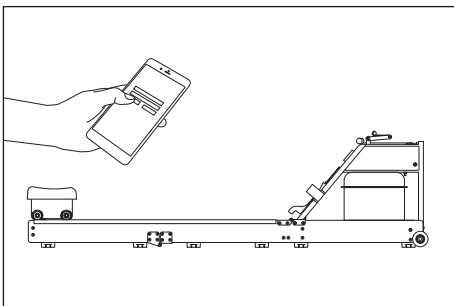
Caution: After connecting the power, the display panel lights up and the equipment emits a single “beep” sound. If it is left idle for 5 minutes, the panel will turn off and the equipment will enter Sleep mode.

05 How to connect the app

Elevate your workout experience with the KS Fit app. Real-time data tracking and personalized guidance will help you reach your fitness goals faster.



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

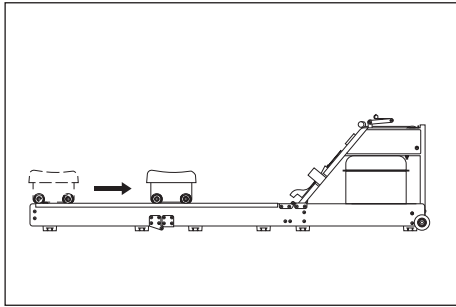


- ② Bring your mobile phone close to the rowing machine.
- ③ Turn on Bluetooth (allow it to search for nearby devices) while connecting the power adapter.
- ④ Open the KS Fit app and add the rowing machine.

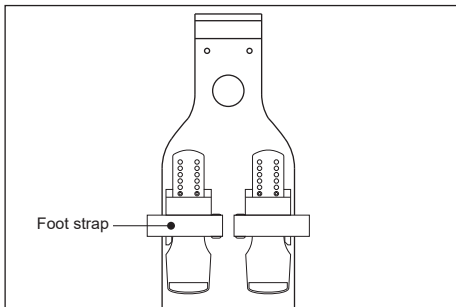
Caution:

- 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.

06 How to fasten the foot strap



① Slide the seat to your desired position.

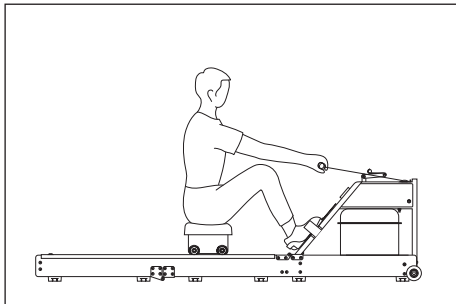


② Sit on the seat, adjust the foot straps to the appropriate holes and secure your feet.

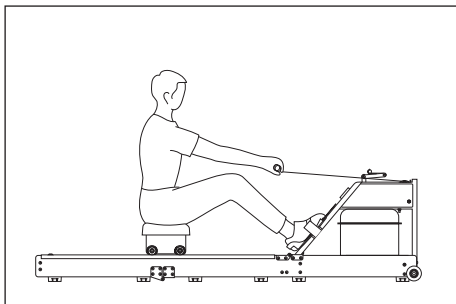
07 How to use the rowing machine

Essentials of movement

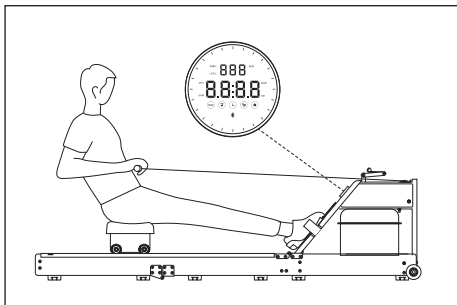
- Begin with a relaxed forward stroke, then stretch legs hard while keeping arms and back straight.
- Pull arms backward beyond knees, until to the position of pelvis, and rotate over the pelvis to complete the stroke.
- Return to the original position and repeat the cycle.



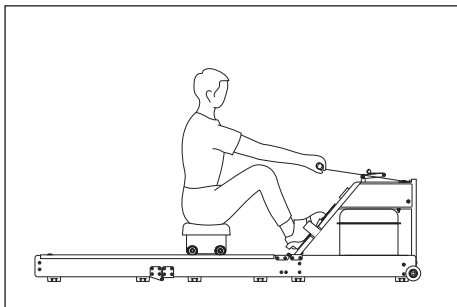
① Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



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

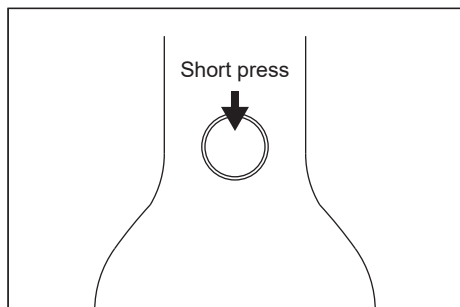


③ **Release:** Pull the rowing handle under the ribs with the legs fully straight to light up the screen of knob panel.



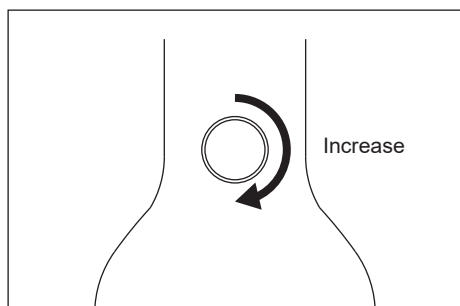
④ **Recovery:** Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

08 How to use the knob panel



① **Start Rowing:** Pull the handle to start rowing. The SCAN carousel indicator will light up and the workout data will cycle through the screen.

Caution: To turn off the carousel indicator and display a single data type, press the knob panel.



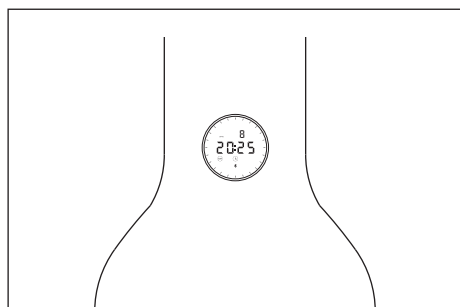
② **Resistance Adjustment:**

Method 1: Turn the knob panel to adjust resistance.

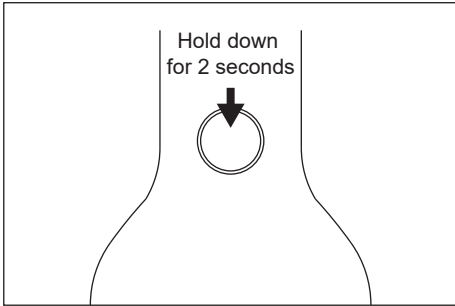
Method 2: Add or remove the water from the tank.

Caution:

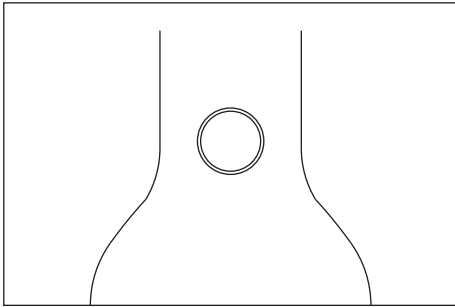
- Initial resistance setting: level 1.
- Maximum water capacity: 15 L.



③ **Pause Rowing:** Stop rowing for 5 seconds and the workout data will be saved.

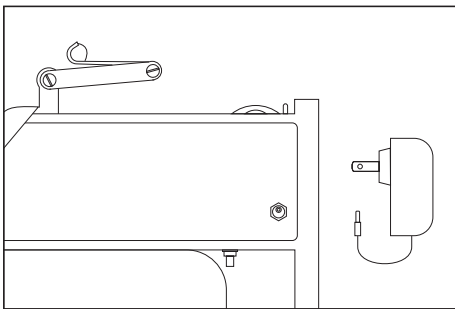


④ **End Rowing:** Hold down the knob panel for 2 seconds when the rowing machine is moving, or let the equipment idle for 5 minutes after pausing rowing. The workout data will be reset.

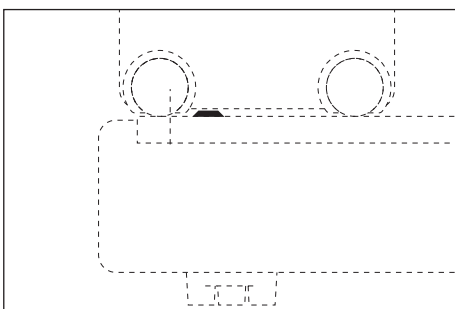


⑤ **Sleep:** Leave the rowing machine idle for 5 minutes after ending rowing. The knob panel will turn off.

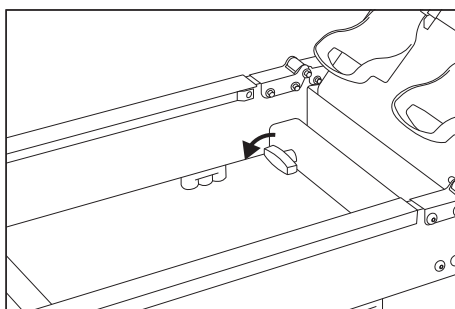
09 How to fold the rowing machine



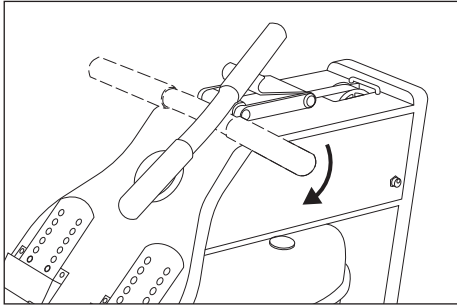
① After each use, remove both ends of the power adapter and store it properly.



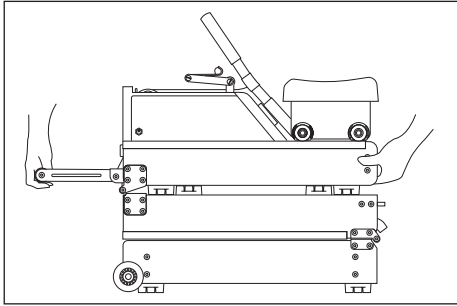
② As shown in the figure, move the seat backwards until it clicks into place.



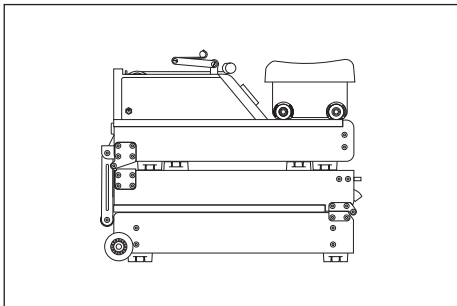
③ Loosen the fixed knobs by rotating them counterclockwise.



④ Turn the rowing handle until it is vertical.

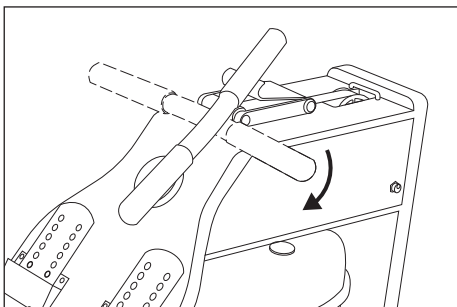
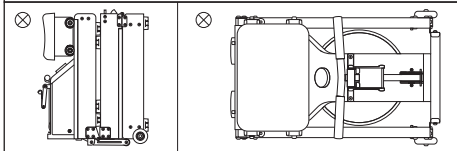


⑤ Hold the grip bar with one hand and lift the folding handle with the other hand until the rowing machine is completely folded.



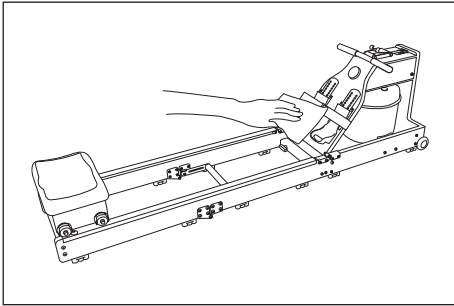
⑥ Lift the rowing machine by the grip bar, move it to your desired location and lower the folding handle.

Caution: Do not place the rowing machine either upright or on its side.



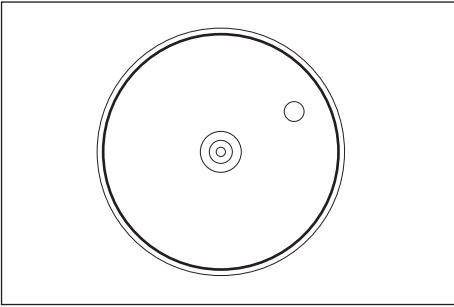
⑦ Turn the rowing handle until it is horizontal.

Care and Maintenance

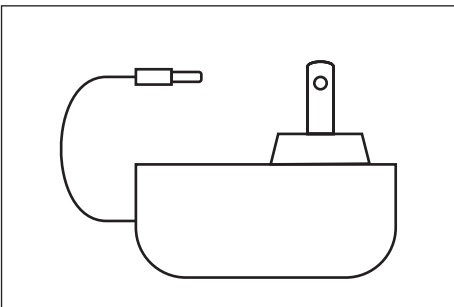


① Wipe away sweat and dust on the product surface with a clean cloth after each use to keep it dry and clean.

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.



③ Check the power adapter. If any damage and wear is found, stop using it and replace the power adapter immediately.

Caution: If any replacement is needed, use the components designated by the manufacturer.

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.

Compliance Statement

FCC Compliance Statement:

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

ISED Warning

This device complies with Innovation, Science, and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d' Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil n' doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

RF Exposure Warning

The device is compliance with RF exposure guidelines, users can obtain Canadian information on RF exposure and compliance.

Le présent appareil est conforme Après examen de ce matériel aux conformité ou aux limites d' intensité de champ RF, les utilisateurs peuvent sur l' exposition aux radiofréquences et la conformité and compliance d' acquérir les informations correspondantes.

Supplier's Declaration of Conformity 47 CFR §2.1077 Compliance Information

Unique Identifier:

Trade Name: Trifold Water Rowing Machine
Model Number: RMWM10F

Responsible Party - US. Contact Information

KINGSMITH TECHNOLOGY CORPORATION
5900 BALCONES DR STE 100
AUSTIN, TX
78731-4298

Email: support@walkingpad.com

FCC Compliance Statement

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Customer service

Email: support@walkingpad.com

Tel: (US) 1-(888)-292-4009

Manufacturer: Beijing Kingsmith Technology Co., Ltd.

Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China

MADE IN CHINA



FCC ID: 2ARDB-RMWM10F
IC: 25276-RMWM10F