

! WARNING

- Do not allow children to touch or use this product.
- Please keep away from moving parts all the time. Constant moving parts may result in serious injuries.
- Do not use this device in a high temperature or high humidity environment.
- Refer to the owner's manual for additional warnings and safety information.

! ATTENTION

- Ne pas permettre aux enfants de toucher ou d'utiliser ce produit.
- Gardez-vous toujours éloigné des pièces en mouvement. Les pièces en mouvement constant peuvent entraîner des blessures graves.
- Ne pas utiliser cet appareil dans un environnement à haute température ou à haute humidité.
- Consultez le manuel du propriétaire pour des avertissements et des informations de sécurité supplémentaires.

! ADVERTENCIA

- No permita que los niños toquen o utilicen este producto.
- Por favor, manténgase alejado de las partes móviles en todo momento. Las partes móviles constantes pueden provocar lesiones graves.
- No utilice este dispositivo en un entorno de alta temperatura o alta humedad.
- Consulte el manual del propietario para obtener advertencias adicionales e información de seguridad.

! WARNUNGEN

- Lassen Sie Kinder nicht dieses Produkt berühren oder verwenden.
- Halten Sie sich jederzeit von beweglichen Teilen fern. Ständig bewegliche Teile können zu schweren Verletzungen führen.
- Verwenden Sie dieses Gerät nicht in einer Umgebung mit hoher Temperatur oder hoher Luftfeuchtigkeit.
- Lesen Sie die Bedienungsanleitung für zusätzliche Warnhinweise und Sicherheitshinweise.

! ATTENZIONE

- Non permettere ai bambini di toccare o utilizzare questo prodotto.
- Mantenere sempre le parti in movimento lontane da sé. Le parti in movimento costante possono causare gravi lesioni.
- Non utilizzare questo dispositivo in un ambiente ad alta temperatura o alta umidità.
- Consultare il manuale del proprietario per ulteriori avvertenze e informazioni sulla sicurezza.

! WAARSCHUWING

- Laat kinderen niet toe om dit product aan te raken of te gebruiken.
- Houd altijd uit de buurt van bewegende onderdelen. Voortdurende bewegende onderdelen kunnen ernstige verwondingen veroorzaken.
- Gebruik dit apparaat niet in een omgeving met hoge temperatuur of hoge luchtvochtigheid.
- Raadpleeg de handleiding van de eigenaar voor aanvullende waarschuwingen en veiligheidsinformatie.



We will strive to provide the best experience for our valued customers, if you have any questions or need further assistance, please contact our Customer support team:

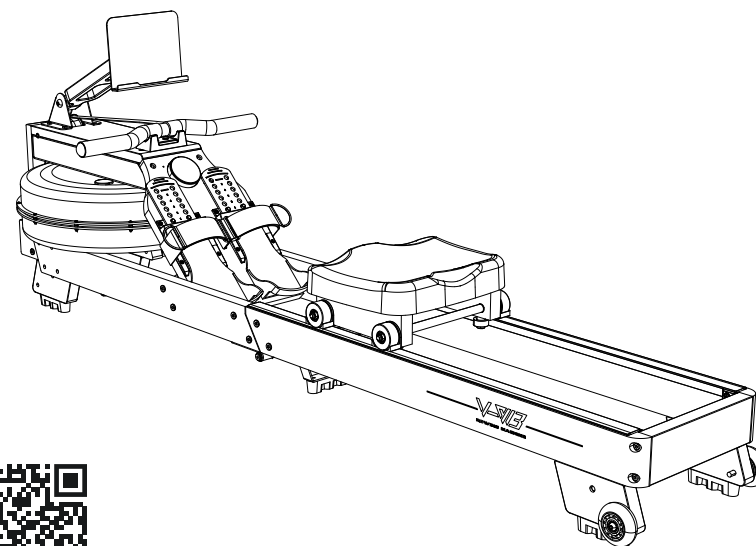
Email: supportfitness@163.com

Tel: 1-888-688-7771

USER MANUAL



ROWING MACHINE



Please scan the QR code to view the latest version of the user manual

CONTENTS

IMPORTANT!

- PLEASE READ THIS MANUAL CAREFULLY BEFORE USING THIS MACHINE.
RETAIN THIS MANUAL FOR FUTURE REFERENCE.

If you have any inquiries or require further assistance during the assembly or using, please contact our customer support:

Method 1: Go to Order Page to contact seller via Amazon

Method 2: Reach us via Email: **supportfitness@163.com**

Method 3: Contact us by phone: **1-888-688-7771**

Warm Tips:

Our support team responds to emails within 24 hours, if you don't get the reply beyond 24 hours, the replies may be wrongly allocated by the email system, please kindly check the spam box or resend your email, so we can realize that you don't get the replies then try another way to contact you.

USER MANUAL

IMPORTANT SAFETY NOTICE:

1. Assemble the machine 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 or looseness. Do not use the machine if it is impaired in any way.
3. Ensure that the machine is in a safe and secure indoor 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, please remove all objects within a radius of 2 meters.
6. Wipe all sweat from the machine 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 machine is not for therapeutic purposes. It is for private home use.
8. Use only original spare parts for any necessary repairs.
9. This machine should be used by only one person at a time.
10. Never use the machine 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 machine when someone using the machine.
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 machine after gaining your doctor's approval and in the presence of an adult who can give aid and advice.
15. This machine is not designed for use by children. And please keep pets away from the machine during use.



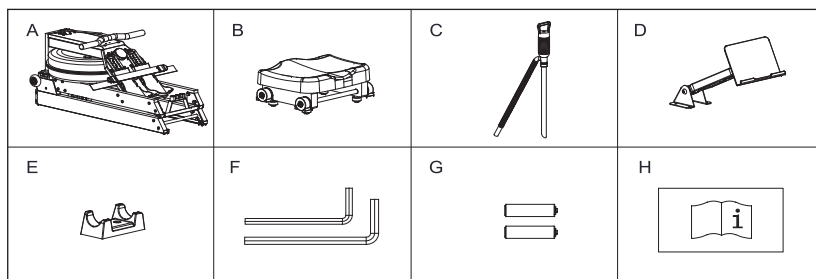
01/

PRODUCT ACCESSORIES

Packing List

Open the package and take out the following parts for assembly:

No.	Description	Qty.	No.	Description	Qty.
A	Main Frame with Tank	1	B	Seat	1
C	Water Pump	1	D	Tablet Holder	1
E	Handle Fixer	1	F	Hexagon Wrench S4 /S5	1
G	AA Battery	2	H	Manual	1



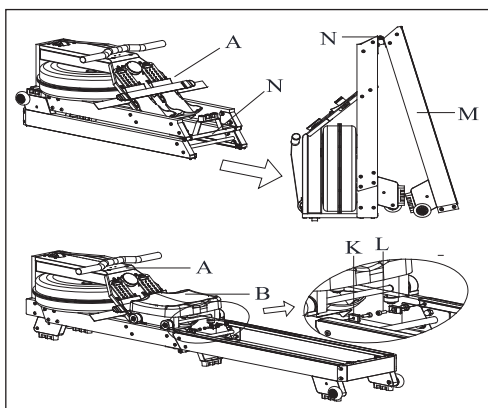
02/

ASSEMBLY MODE

STEP 1:

1.Take the product out of the carton and stand the main frame (A) upright. Lay the product flat on the ground, holding one hand on the round tube of the workpiece (N) and the other on the guide rail (M). Push outward slightly to prevent pinching your fingers.

2.Use the hexagon wrench S5 (F) to remove the hex socket head cap screw (L) and take off the seat cushion block (K). Slide the seat cushion (B) into the guide rail. Reinstall the removed screws and seat cushion block.

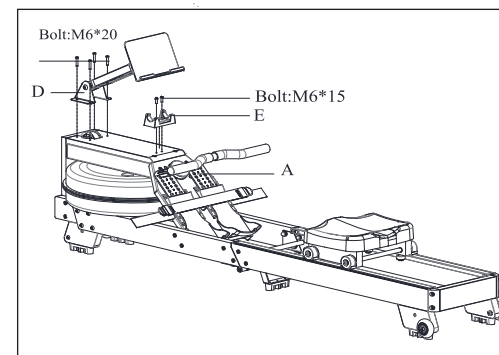


STEP 2:

1.Use the hexagon wrench S4 (F) to remove the M6*20 screws (4 pieces) and the M6*15 screws (2 pieces) from the main frame (A).

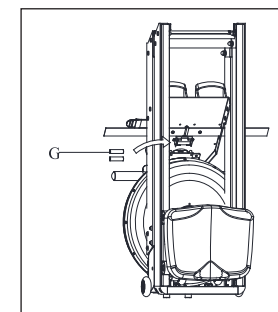
2.Use the removed M6*20 screws (4 pieces) to fix the tablet holder (D) onto the main unit.

3.Use the removed M6*15 screws (2 pieces) to fix the Handle fixer (E) onto the main unit.



STEP 3:

Battery installation: Install the AA batteries (G) into the battery box. The entire installation is now complete.



03/

INSTRUCTIONS FOR USING PUMP

Make sure that all parts are properly tightened before using the rower:

1.Remove the tank plug (P) from the top of the tank,

2.To add water to the tank (Fig1)

01.Insert the straight tube from water pump (C) into a container of water and the flexible tube from the water pump into the rower tank.

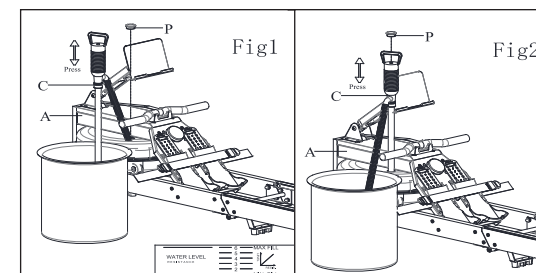
02.Make sure the container of water is higher than the rower water tank.

03.Squeeze the pump several times to add water to the rower tank until desired resistance level is achieved as per markings on the side of the tank.

04.The more water in the tank, the higher the resistance.

05.Install the tank plug (P) once water level is reached.

3.To empty the rower water tank, you need to reverse the filling procedure (Fig2)



Notes:

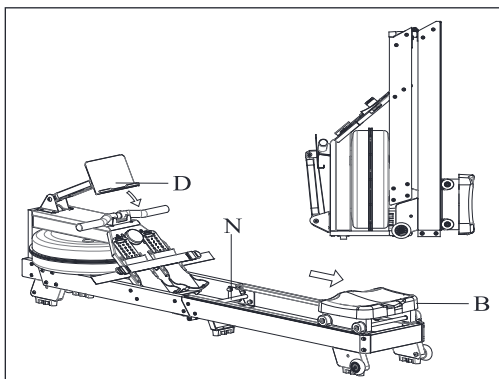
- Only tap water should be used to fill the water tank. Adding water purifying tablets (included in the package) is allowed, but do not use low-quality water purifying tablets or bleach, as they can damage the water tank and will not be covered by the warranty.
- Add water purifying tablets every 3 months or as needed. If the water quality is extremely turbid, replace the water in the tank.
- The water drained from the tank is not suitable for consumption. Please handle it as wastewater.
- If the machine is not used for a long time, pump out the water from the tank and stand the machine upright.

Water Level Mark:

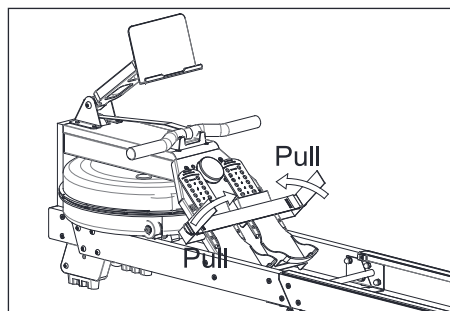
- The water level mark is located on the side of the water tank, and the maximum water level is indicated by level 6. Do not exceed this water level. Damages caused by exceeding the maximum water level are not covered by the warranty.
- The resistance depends on the water level inside the tank. Level 1 represents the lowest resistance, while level 6 represents the highest resistance.

How to Store the Machine

When folding the product, rotate the tablet holder (D) downward. Then, move the seat cushion (B) to the end (to prevent the seat cushion assembly from quickly falling and damaging the product when folding). Hold the round tube of the workpiece (N) with your hand and pull up slightly to prevent the seat cushion assembly from quickly falling and damaging the product when folding.

**How to Adjust Pedal Strap**

During use, sit on the seat cushion, place both feet on the adjustable pedal, adjust the pedal to the corresponding hole position based on the size of your feet, and then secure both feet with the foot strap. Pull the foot strap tight in the direction indicated in the diagram, then firmly stick it to both sides.



04

INSTRUCTIONS FOR DISPLAY

1.DATA DISPLAY INSTRUCTIONS

No.	Item	Display	Description
1	Time		00:00 ~ 99:59 After detecting motion, the timer starts counting. It stops counting 4 seconds after the motion stops.
2	Speed		The display range is from 0.0 to 99.9 km/h.
3	Distance		The display range is from 0.0 to 999.9 km.
4	Calories		The display range is from 0.0 to 9999 calories, with an energy consumption rate of 15 calories per kilometer.
5	WATT		The display range is from 0 to 999 watts.
6	Counts		The display range is from 0 to 9999.
7	500m pace		The display range is from 00:00 to 99:59.
8	SPM		The display range is from 0 to 199.
9	Bluetooth		Display: Bluetooth connected. Not displayed: Bluetooth not connected.



2. DISPLAY FUNCTION TABLE

No.	Item	Display	Description
1	Display Overview		1.It displays exercise data: "Time", "Speed", "Distance", "Calories", "WATT", "Strokes", "500m Pace", and "Stroke Frequency". 2. All Data are displayed in metric units. 3. The "Bluetooth symbol" indicates the Bluetooth connection status.
2	Pre-Workout Mode		1.Before training, the LED display only shows the symbols for time, distance, and calories. 2.Touch the display screen to cycle through these symbols. 3.Rotate the display to set the corresponding target values.
3	Target Setting Mode		1.Touch the display screen switch to the Time symbol, rotate the display to set the Time Target . (The setting for distance and calories is done in the same way as the time setting). The time setting value starts from 1 minute, the distance setting value starts from 0.5 kilometer, and the calorie setting value starts from 1.0. 2.After setting, start rowing directly. The LED display will automatically cycle through the following values: Time, Speed, Distance, Calories, Watts, Strokes, 500m Pace, and Stroke Frequency. 3.Touch the display screen to fix the current value. By touching it again, you can continue to cycle through the values until all have been displayed, then the LED display will return to automatic cycling. 4.If the training time reaches your target, the LED display will emit a "DiDi" sound.
4	Free Exercise Mode		1.Start rowing directly, the LED display will automatically start recording your training data. 2.In this case, you can fix the current value on the display by touching the display screen or rotating the display.
5	Sleep Mode		If you do not train for more than 4 minutes and no data is entered, the LED display will automatically enter sleep mode. By rowing again or touching the display screen, the LED display will automatically restart.
6	Reset Data		1.Press and hold the display screen can reset all the training data. 2.After replacing the battery, the total distance will be reset to zero.

3. DETAILED OPERATING INSTRUCTIONS

01. The display screen displays "Time", "Speed", "Distance", "Calories", "Watt", "Strokes", "500m Pace", and "Stroke Frequency" (Fig 1, Fig 2, Fig 3, Fig 4, Fig 5, Fig 6, Fig 7, Fig8) in a default cycle, switching one per second.



Fig.1



Fig.2



Fig.3



Fig.4



Fig.5



Fig.6



Fig.7



Fig.8

02. Rotate the display clockwise to fix the displayed value on the corresponding function item in the following order: Time->Speed->Distance>Calories->Watt->Strokes->500m Pace->Stroke frequency->rotation (Fig 9, Fig 10, Fig 11, Fig 12, Fig 13, Fig 14, Fig 15, Fig 16). Rotate counterclockwise to fix the displayed value in the opposite order.



Fig.9



Fig.10



Fig.11



Fig.12



Fig.13



Fig.14



Fig.15



Fig.16



APP

- Search "KINOMAP" in the mobile app store to download the app.



- Please scan the QR code code for Bluetooth connection instructions.



Warning:

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.

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

NOTE: 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.

NOTE: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter

The device has been evaluated to meet general RF exposure requirement. The device

can be used in portable exposure condition without restriction.

