

Exercise Instructions

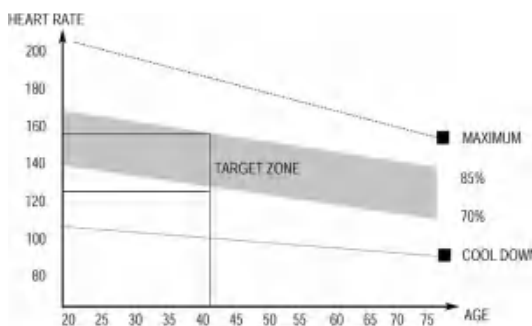
1. The Warm Up Phase

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.

Download Kinomap Fitness App, enable your device and 300.000 Km geolocalized videos registered all over the world will be available to you!

Challenge your friends, compete with other users or trained alone to overcome your records. With more than 15 new features, the training app displays a completely fresh look to fit its user's needs including real-life footages to train indoor as if they were outside.

The new edition of the Kinomap App also includes coaching video content, a brand new game play through public and private races.

Running has never been so exciting: your treadmill will incline automatically to adapt to the type of path surface you have chosen and the video speed will synchronize with the rythm of your motion. Are you ready to start?

Explore every corner of the world, share and comment on social networks and compare your performance.

The application is available for free download. A 14-day trial period allows our customers to test the application. Once this period has elapsed, access to the application is no longer available and a premium subscription must be taken out. (month, year or "life time")

App features

NEW!! Structured workouts: Coaching, intervals, FTP test. No excuse: you'll reach your goals! search by popularity, keyword, country, difficulty, duration or incline

access to over 300.000 Km of cycling, running and rowing videos posted by the Kinomap

community (with nearly 25 to 50 new contributions per day) view your strength, speed, distance, time and heart rate easy setup in the equipment tab

save your training history and track your progress

optimized for external display: if you have an Apple TV or an HDMI adapter, transfer the video, the elevation profile and dashboard to your screen and maximize the space for the map

browse and create playlists

warm-up with our interval training programs

post your results on Facebook, Strava, Training Peaks, RunKeeper, Under Armour and more added audio chat during multi-player sessions (races or coaching).

in challenge mode, we display several avatars: the contributor (who made the recording), then yourself (if you have already done that ride) but also other participants who have already done the course with the same equipment as you to ensure consistency.

We are going to release in the coming weeks (developed structured workouts, free ride mode and GPS only mode.

Discover more on **www.kinomap.com**

* On Android devices, at the moment, the treadmills don't support the interval training.

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 knob 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).



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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.



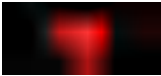
③The main window displays default rotating numbers, with the "SCAN" icon illuminated. The following metrics are displayed and switch every 3 seconds: "Speed," "Time," "Distance," "Calories," "Stroke Count," and "500m Pace" (Figure 5, Figure 6, Figure 7, Figure 8, Figure 9, Figure 10).



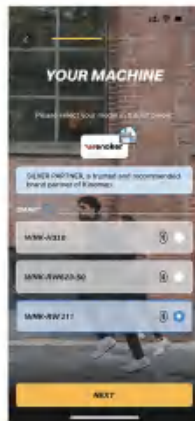
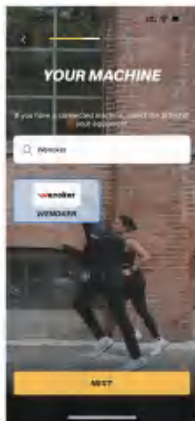
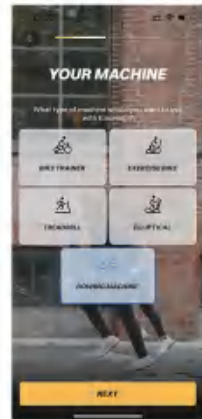
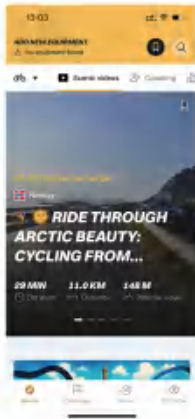
④By pressing the knob briefly, you can adjust the display mode to "Lock." In this mode, the "SCAN" icon is not displayed, and the display shows a fixed data type: either "Speed" "Time" "Distance" "Calories" "Stroke Count" or "500m Pace" (Figure 11, Figure 12, Figure 13, Figure 14, Figure 15, Figure 16).



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	Bluetooth 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

