

Monitor Instruction

1. Display of Data

TIME:

Duration of exercise. Can be set for forward timing or 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/500M:

The time required to row 500M at the current speed.

RPM:

Number of strokes per minute.

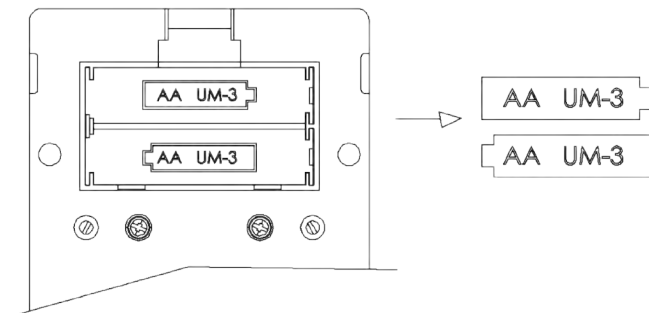
2. Operating Logic

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

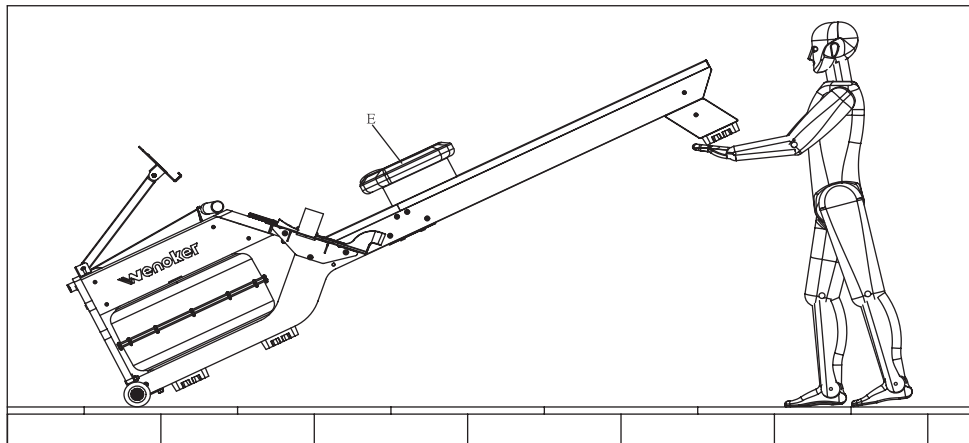
After powering on, the electronic display will enter Scan Mode. In Scan Mode, the screen automatically cycles through the data being displayed. Rotating the knob can exit Scan Mode and manually select the value to be displayed.

This product uses two AA batteries. When all indicator lights are lit and flashing, it indicates low battery. Please replace the batteries promptly.



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

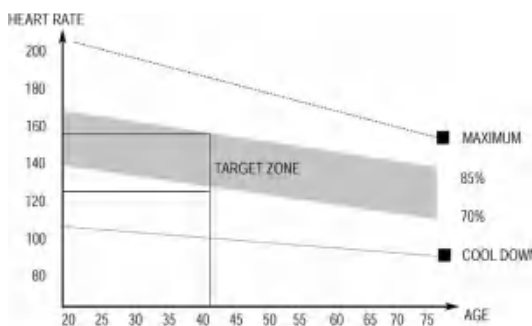
1. The Warm Up Phase

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.

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).

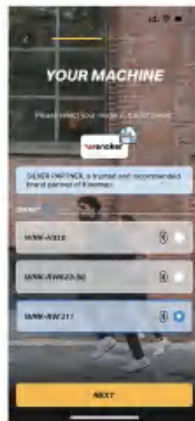
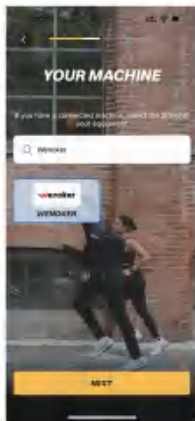
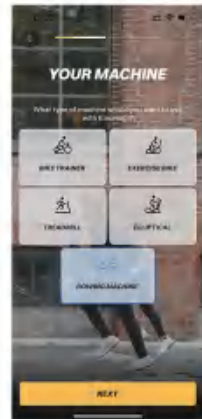
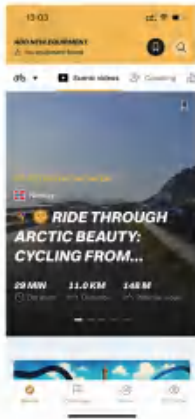
in challenge mode, we display several avatars: the contributor (who made the recording), then yourself (if you have already done that ride) but also other participants who have already done the course with the same equipment as you to ensure consistency.

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.

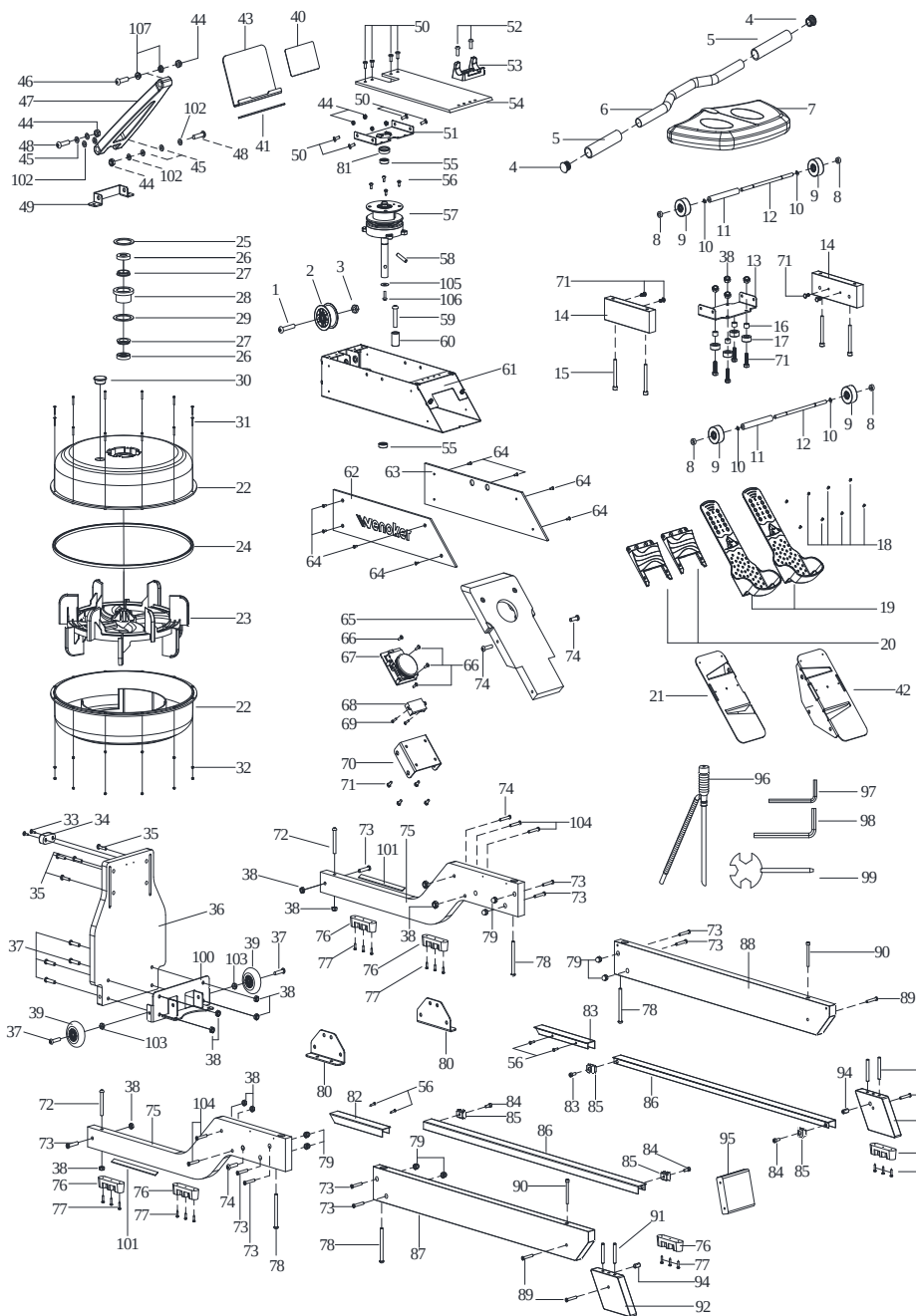
Kinomap Connection Operation



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.	Description	Specifications	Q'ty	NO.	Description	Specifications	Q'ty
1	Hexagon head screws	M10*50*15*S6	1	34	Front foot pads	53*23*20	1
2	Plastic large pulley	φ68*φ54*32	1	35	Hexagon Grub screws	M6*30*S4	6
3	Nylon nuts	M10*H9.5*S17	1	36	Front baffle	390*302*20	1
4	Aluminium round inner plug	φ32*13	2	37	Hexagon Grub screws	M8*35*15*S5	6
5	Hand-tie grip-cuffs	φ23*φ30*205	2	38	Nylon nuts	M8*H7.5*S13	16
6	Handgrip tube	φ25*1.2*420	1	39	PU rollers	φ69*23.5	2
7	Seat cushions	269.5*405*46.7	1	40	Anti-slip mats for mobile phone holders	120*74.5*δ1	1
8	PVC casing 6	φ15*φ8.2*7	4	41	Sliding pads for mobile phone racks	178*18*δ1	1
9	Cushion rollers	φ46*22	4	42	Right pedal	280*179.2*δ2.5	1
10	Openstop	D7*0.9	4	43	Phone rackboard	Assembly	1
11	PVC casing 20	φ15*φ8.2*121	2	44	Nylon nuts	M6*H6*S10	7
12	Seat-cushion roller axle	φ8*217	2	45	Nylon pads	d6*φ18*1.5	4
13	Seat Cushion Small Roller Fixed Plate	228*100*δ2.5	1	46	Hexagon Grub screws	M6*58*S4	1
14	Seat-cushion-fixing plates	190*60*27	2	47	Phone holder	350*100*25	1
15	Hexagon Grub screws	M8*55*15*S5	4	48	Hexagon Grub screws	M6*40*S4	2
16	PVC casing 3	φ15*φ8.2*10	4	49	E-meter base board	171.5*57.5*δ2	1
17	Small rollers	φ28*11.5	4	50	Hexagon Grub screws	M6*15*S4	8
18	Cross-dish head screw	M4*6*φ7	8	51	Upper anchorage	195*100*δ2	1
19	Adjust pedal	327*115*64	2	52	Hexagon head screws	M6*15*S4	2
20	Footrest baseplate	126*107*18	2	53	Mitered handlebars	96*52*40	1
21	Left pedal	280*179.2*δ2.5	1	54	Tank-fixing plate	403*180*6	1
22	Tank three	φ390*145	1	55	Bearings	ST4.2*13*φ7	2
23	390 blades	φ462*115	1	56	Cross-plate-head self-tapping screws	ST4.2*13*φ7	8
24	Tank seals	φ430*7	1	57	Pullback Assembly	Assembly	1
25	Rubber sealing gaskets	φ60*φ45*δ2	1	58	Fixed pin	φ8*40	1
26	TC skeleton oil seal	φ20*φ40*8	2	59	Hexagon head screws	M6*50*15*S5	1
27	Rubber washers	φ40*7	2	60	Guide wheels	φ22*φ15*34.5	1
28	Seal ring holder	φ60*φ45*30	1	61	Tank holder Assembly	Weldment parts	1
29	Rubber sealing gaskets	φ60*φ45*δ1	1	62	Left side cover plate	522*112*6	1
30	Tank-mouth plugs	φ31.3*10.4	1	63	Right-hand cover plate	522*112*6	1
31	Cross-dish head screw	M3*20*φ6	12	64	Cross-countersunk self-tapping screws	ST4.2*16*φ7	8
32	Nylon nuts	M3*H3.8*S6	12	65	Footrests	381*196*27	1
33	Cross Plate Head with Pad Self Tapping Screw	ST4.2*19*φ11	2	66	Cross Plate Head with Pad Self Tapping Screw	ST4.2*25*φ11	4

67	Shuttle	Assembly	1	88	Rear right track	915.2*91*27	1
68	Battery case		1	89	Hexagon Grub screws	M6*50*S4	4
69	Cross-plate-head self-tapping screws	ST3.5*8Φ6	2	90	Hexagon Cheese Head Screws	M6*60*16*S5	2
70	Connecting U-shaped plate	182*93*63	1	91	Wood dowels	Φ8*70	4
71	Hexagonal disc-head wood screws	M6*15*S10	8	92	Left track support plate	168.2*99*27	1
72	Hexagon Grub screws	M8*70*15*S5	2	93	Right track support plate	168.2*99*27	1
73	Hexagon Grub screws	M8*40*15*S5	10	94	M6 cylindrical nut	φ10*20	2
74	Hexagon head screws	M8*15*S5	4	95	Rail connecting board	112*100*27	1
75	Under-tank support plate	841.4*187.5*27	2	96	Water Pump	650*φ22	1
76	Footpads	100*25*25	6	97	Allen keyS4	25*60*4 S4	1
77	Cross-plate-head self-tapping screws	ST4.2*19*φ7	18	98	Allen keyS5	30*80*5 S5	1
78	Hexagon Grub screws	M8*90*15*S5	4	99	With cross wrench	S13-14-17	1
79	Cap nuts	M8*H16*S13	8	100	Front connecting plate Assembly	Assembly	1
80	Track connection fixing plate	140*97.2*62.5	2	101	EVA pad	25*150*62	2
81	Spindle rubber sleeve	φ40*φ30*10	1	102	Flat washers	d6*Φ18*1.5	4
82	Front left aluminum slide	34.8*22*224	1	103	Hexadecal nut	M8*H4	2
83	Front right aluminum slide	34.8*22*224	1	104	Hexagon head screws	M8*45*15*S5	4
84	Hexagon Cheese Head Screws	M6*16*S5	4	105	Flat washers	d8*Φ16*1.5	1
85	Seat-cushion stops	25*15*21	4	106	Hexagon head screws	M8*20*S5	1
86	Rear aluminium slide	34.8*22*914	2	107	Step-casing	φ18*8*φ6	2
87	Rear left track	915.2*91*27	1				

Contact us

EU Email: **Wenoker_Customers@outlook.com**

Monday-Friday

From 8:00 am to 6:30 pm

(Excluding public holidays)

Warning:

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

NOTE:

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.

FCC Statement:

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.

wenoker



Made in China