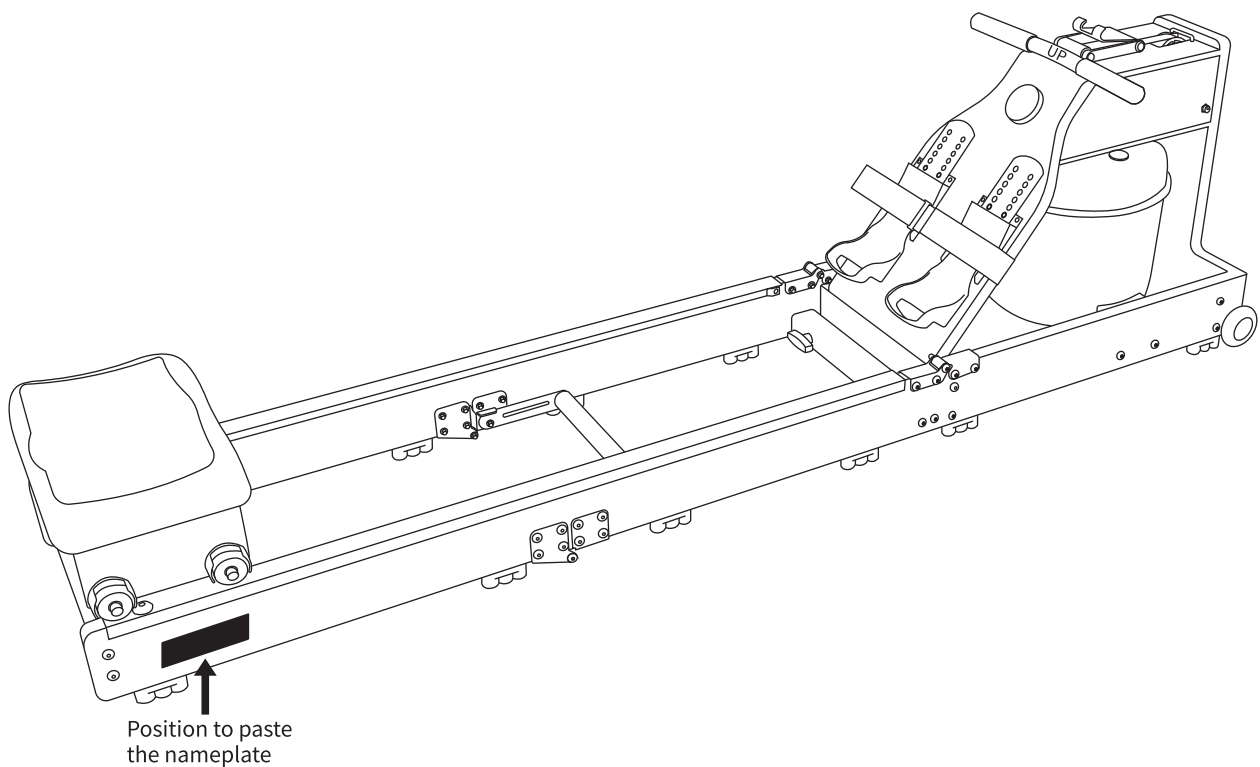


KINGSMITH

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.
- 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 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) 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) This equipment is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
- 28) Children should be supervised to ensure that they do not play with the equipment.
- 29) This equipment can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the equipment in a safe way and understand the hazards involved.
- 30) Children shall not play with the equipment.
- 31) Cleaning and user maintenance shall not be made by children without supervision.

-
- 32) The equipment is only to be used with the power supply unit provided with the equipment.
 - 33) The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
 - 34) Pay special attention to components most susceptible to wear, such as pedal.
 - 35) Replace defective components immediately and/or keep the equipment out of use until repair.
 - 36) When the equipment stops, please approach and escape the equipment from either side. If you want to dismount this equipment, you must stop the equipment completely.
 - 37) 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.

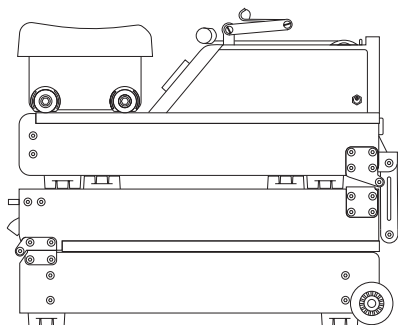
Contents

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

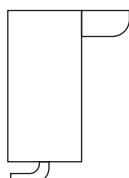
Product Introduction

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

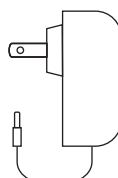
01 Packing List



Rowing machine



Water pump



Power adapter



User manual

02 Tech Specs

Product name	Trifold Water Rowing Machine		
Model	RMWM10F	Unfolded size	2070 mm×480 mm×580 mm
Rated input	9.0V $\overline{\text{=}}$ 1.0A		81.50×18.90×22.83 inches
Track	Dual track	Folded size	735 mm×480 mm×580 mm
Track length	1250 mm		28.94×18.90×22.83 inches
	49.21 inches	Class	HC
Nominal capacity	25 L / 6.60 gal	Age range	14 years and above
Actual capacity	15 L / 3.96 gal	Max resistance	50 kg / 110 lb
Paddle	4 blades	Resistance type	Water & magnetic dual resistance
Max user weight	150 kg / 331 lb	Resistance range	Water resistance (5 levels)
Net weight	36 kg / 79 lb		Magnetic resistance (32 levels)
Operating temperature	5~50 °C		

Power Adapter:

Input	100-240VAC 50/60Hz 0.5A
Output	9.0V $\overline{\text{=}}$ 1.0A 9.0W

Water Pump:

Rated voltage	5V
Rated power	4W

Radio Frequency and Radio Transmission Power

RF Specification	Working Frequency	Maximum Output Power
Bluetooth	2402-2480 MHz	≤10dBm (EIRP)

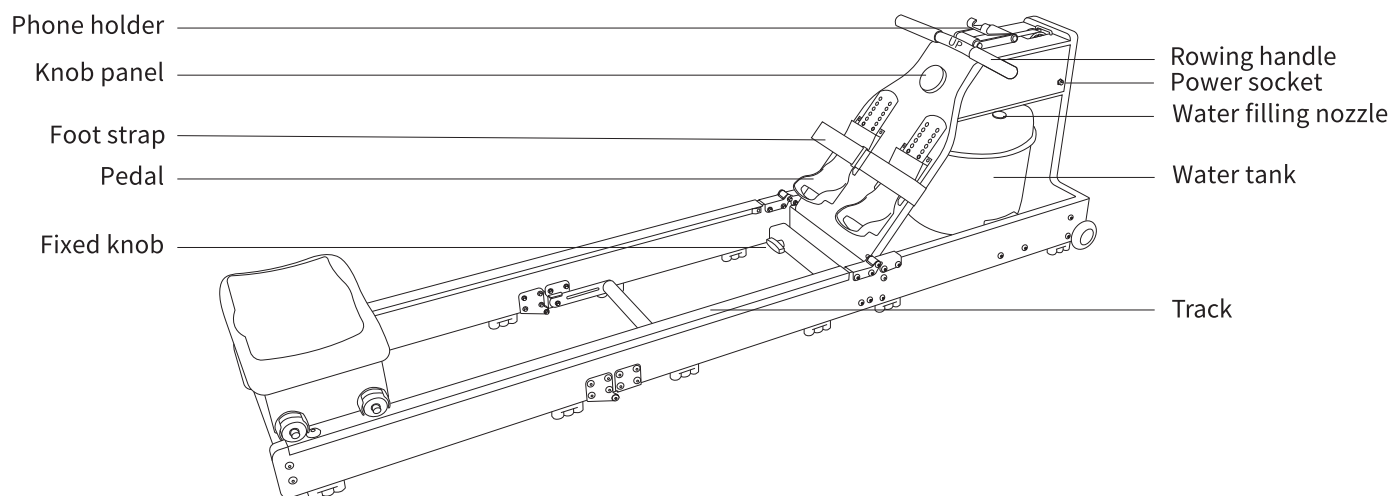
Energy Efficiency

This product only has off mode.

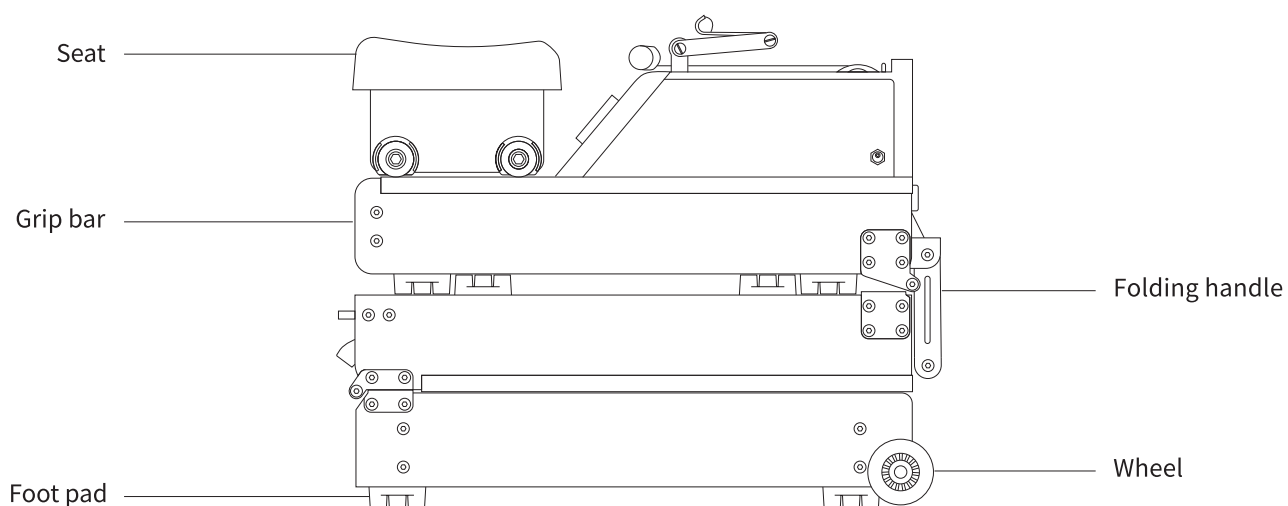
The period after which the equipment reaches automatically off mode is 5 minutes.

Power consumption of off mode: 0.2 W.

03 Part Names

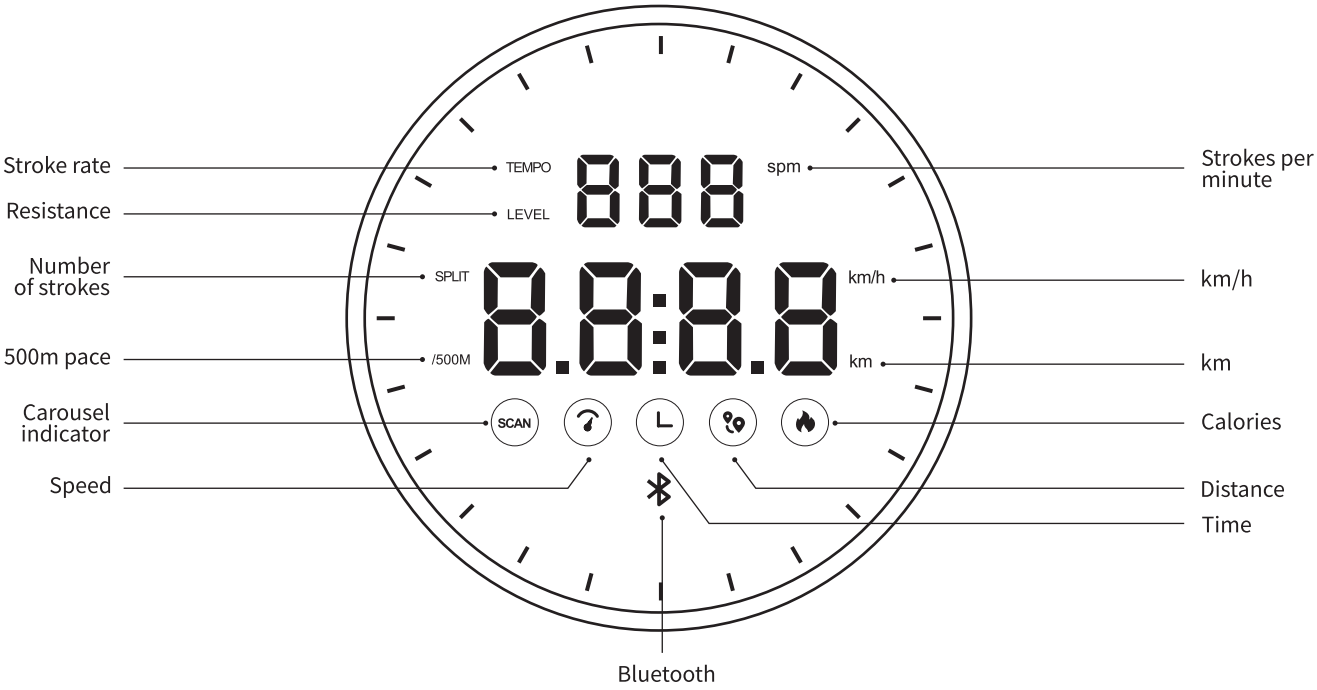


Unfolded state



Folded state

04 Knob Panel Functions



Stroke rate: 88 spm



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



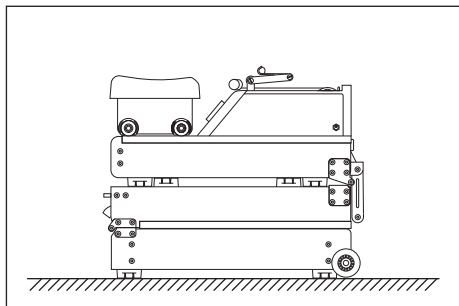
Pace: 38 s / 500 m

05 Customized Resistance Workout

Water Resistance Level	Magnetic Resistance Level	Strokes Per Minute	Total Resistance	Use Case
3	1	25	22 kg / 48.4 lb	Casual Fitness
3	16	25	25 kg / 55 lb	Casual Fitness
3	24	25	28 kg / 61.6 lb	Casual Fitness
3	32	25	33 kg / 72.6 lb	Body Shaping
3	1	29	28 kg / 61.6 lb	Casual Fitness
3	16	29	32 kg / 70.4 lb	Body Shaping
3	24	29	35 kg / 77 lb	Body Shaping
3	32	29	38 kg / 83.6 lb	Body Shaping
5	1	25	35 kg / 77 lb	Body Shaping
5	16	25	38 kg / 83.6 lb	Body Shaping
5	24	25	41 kg / 90.2 lb	Weight loss
5	32	25	45 kg / 99 lb	Weight loss
5	1	29	40 kg / 88 lb	Weight loss
5	16	29	44 kg / 96.8 lb	Weight loss
5	24	29	47 kg / 103.4 lb	Weight loss
5	32	29	50 kg / 110 lb	Weight loss

Operation and Adjustment

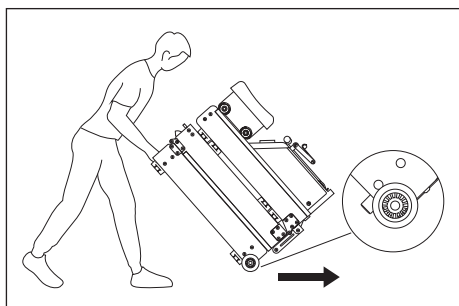
01 How to move the rowing machine



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

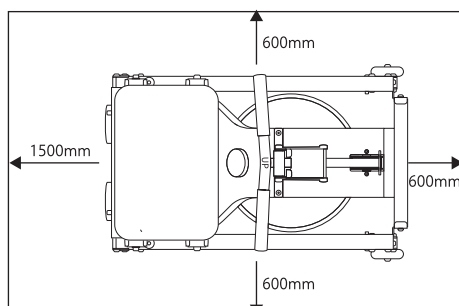
① Place the equipment on a solid level surface.

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

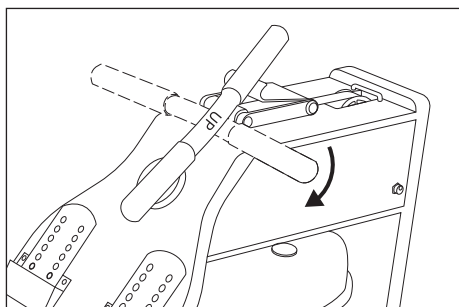


② Lift the rowing machine by the third grip bar and move it to your desired spot.

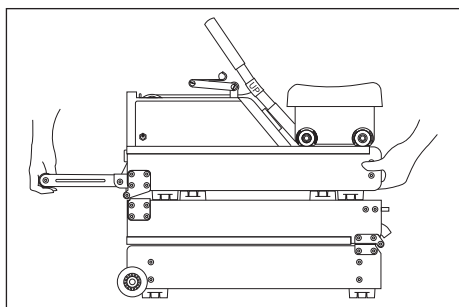
02 How to unfold the rowing machine



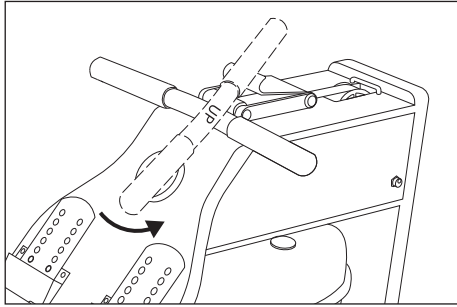
① Before unfolding the rowing machine, ensure there is a distance of at least 1.5 m (4.92 feet) behind the equipment and a distance of at least 600 mm (23.62 in.) on other sides.



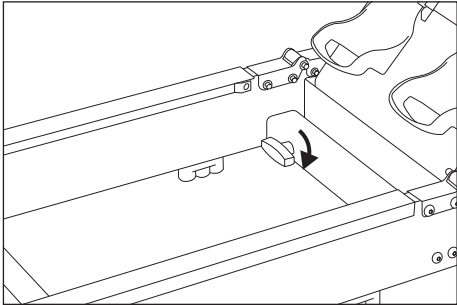
② Turn the rowing handle until it is vertical.



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.

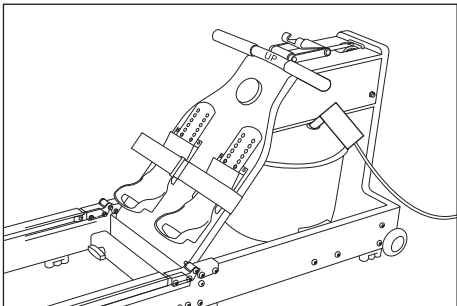


④ Turn the rowing handle until it is horizontal.

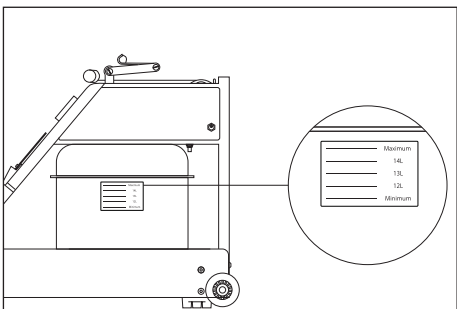


⑤ Rotate the fixed knobs clockwise to secure the wooden boards at the front ends.

03 How to add water to the tank



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



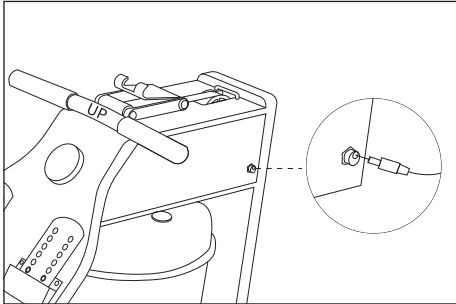
② Add water to your desired water line and tighten the lid.

Caution:

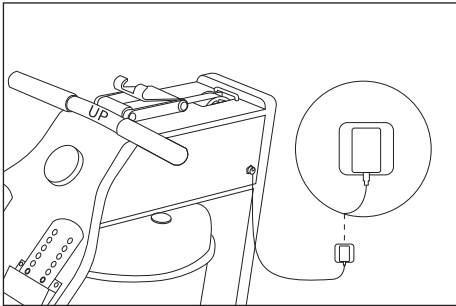
- Different water lines indicate different water resistance levels.
- Do not add water beyond the max water line (15 L).
- Please fill the water tank with purified or distilled water to keep it clean.

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.



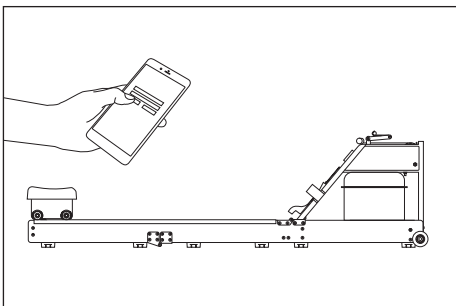
- ② Insert the wall outlet end of the power adapter into the power outlet.
Caution: After connecting the power, the display panel lights up and the equipment emits a single “beep” sound. If it is left idle for 5 minutes, the panel will turn off and the equipment will enter Sleep mode.

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.

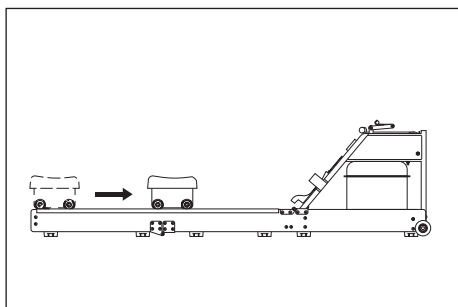


- ② Bring your mobile phone close to the rowing machine.
③ Turn on Bluetooth (allow it to search for nearby devices) while connecting the power adapter.
④ Open the KS Fit app and add the rowing machine.

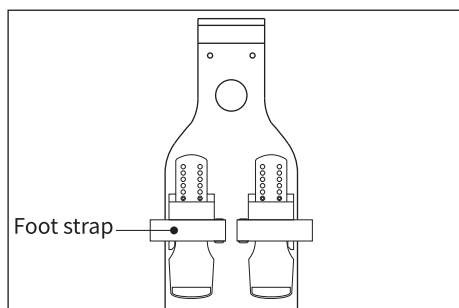
Caution:

- 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

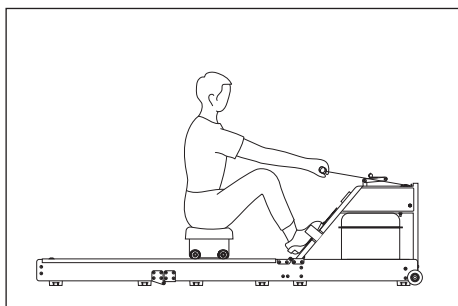


① Slide the seat to your desired position.

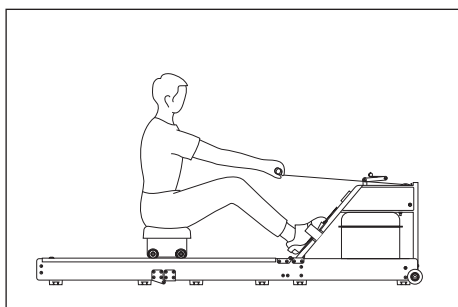


② Sit on the seat, adjust the foot straps to the appropriate holes and secure your feet.

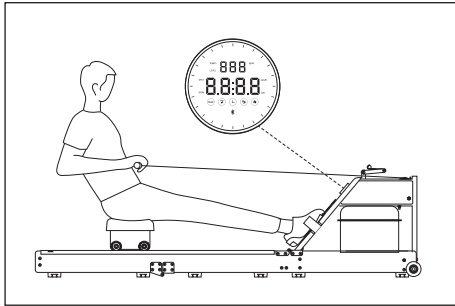
07 How to use the rowing machine



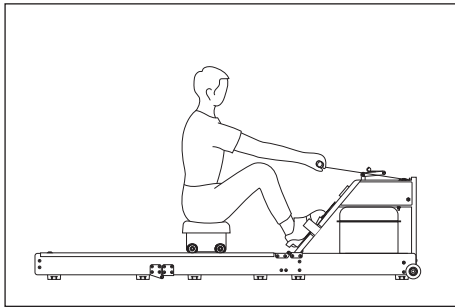
① Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



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

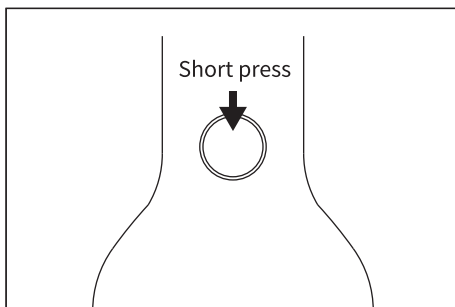


③ Release: Pull the rowing handle under the ribs with the legs fully straight to light up the screen of knob panel.



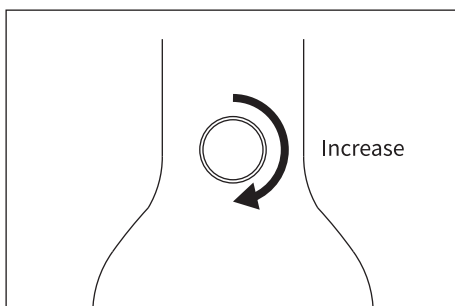
④ Recovery: Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

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.



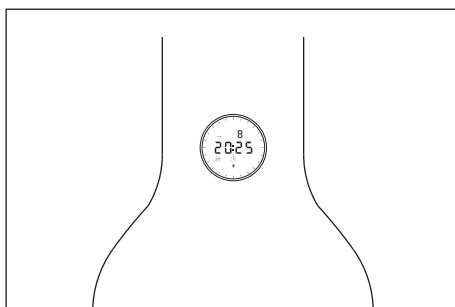
② Resistance Adjustment:

Method 1: Turn the knob panel to adjust resistance.

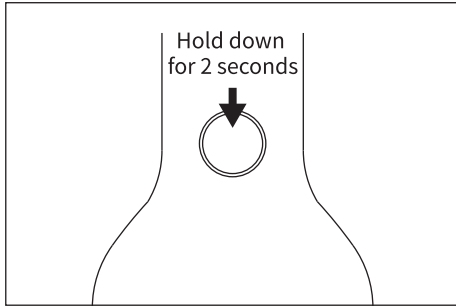
Method 2: Add or remove the water from the tank.

Caution:

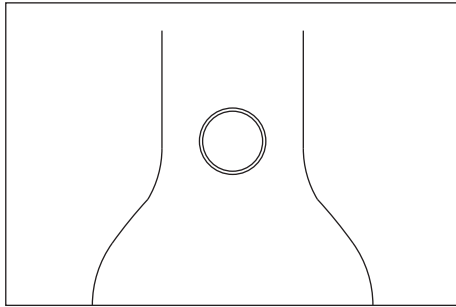
- Initial resistance setting: level 1.
- Maximum water capacity: 15 L.



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

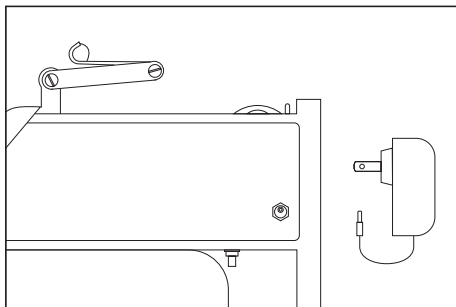


④ End Rowing: Hold down the knob panel for 2 seconds when the rowing machine is moving, or let the equipment idle for 5 minutes after pausing rowing. The workout data will be reset.

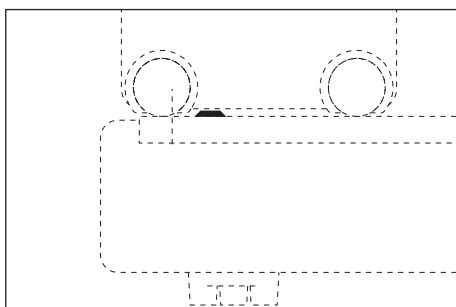


⑤ Sleep: Leave the rowing machine idle for 5 minutes after ending rowing. The knob panel will turn off.

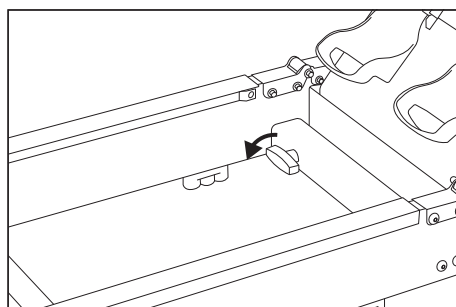
09 How to fold the rowing machine



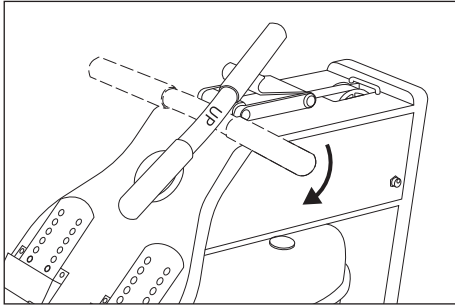
① After each use, remove both ends of the power adapter and store it properly.



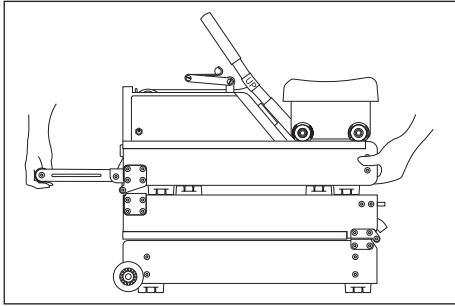
② As shown in the figure, move the seat backwards until it clicks into place.



③ Loosen the fixed knobs by rotating them counterclockwise.

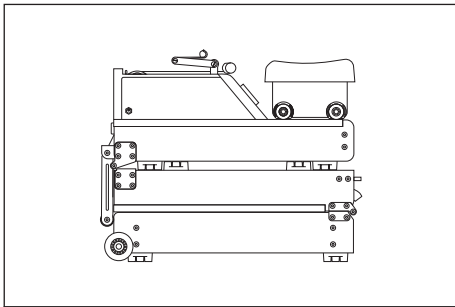


④ Turn the rowing handle until it is vertical.



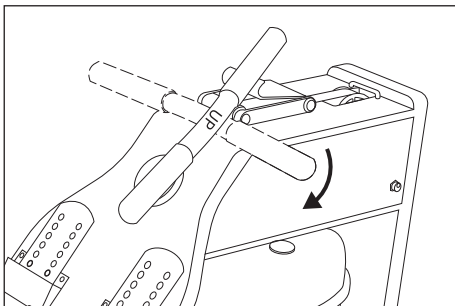
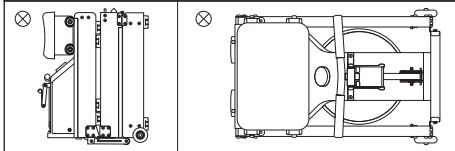
⑤ Hold the grip bar with one hand and lift the folding handle with the other hand until the rowing machine is completely folded.

10 How to store the rowing machine



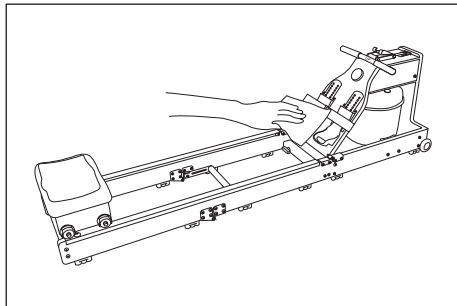
① Lift the rowing machine by the grip bar and move it to a safe spot, such as a corner in the room or against the wall. Then lower the folding handle.

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



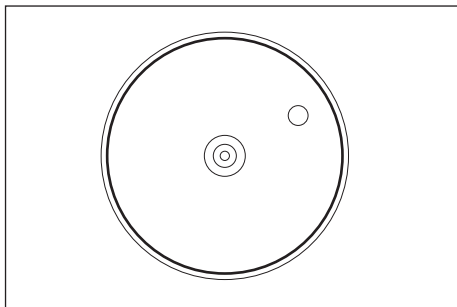
② Turn the rowing handle until it is horizontal.

Care and Maintenance

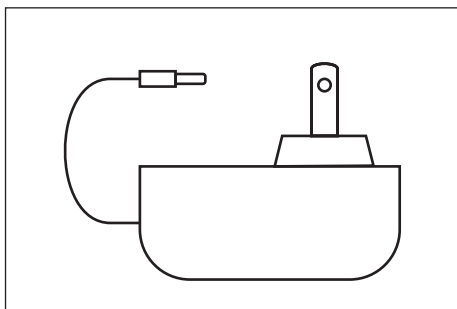


① Wipe away sweat and dust on the product surface with a clean cloth after each use to keep it dry and clean.

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.

Regulatory Compliance Information

WEEE Disposal and Recycling Information



All products bearing this symbol are waste electrical and electronic equipment (WEEE as in directive 2012/19/EU) which should not be mixed with unsorted household waste. Instead, you should protect human health and the environment by handing over your waste equipment to a designated collection point for the recycling of waste electrical and electronic equipment, appointed by the government or local authorities. Correct disposal and recycling will help prevent potential negative consequences to the environment and human health. Please contact the installer or local authorities for more information about the location as well as terms and conditions of such collection points.

EU Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWM10F] is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: <https://de.walkingpad.com/pages/weitere-informationen>

UKCA Declaration of Conformity



Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWM10F] is in compliance with Radio Equipment Regulations 2017. The full text of the UKCA declaration of conformity is available at the following internet address: <https://uk.walkingpad.com/pages/other-information>

UKCA PSTI Statements of Compliance

Hereby, Beijing Kingsmith Technology Co., Ltd. declares that the radio equipment type [RMWM10F] is in compliance with The Product Security and Telecommunications Infrastructure (Security Requirements for Relevant Connectable Products) Regulations 2023. The full text of the PSTI declaration of conformity is available at the following internet address: <https://uk.walkingpad.com/pages/other-information>

Manufacturer: Beijing Kingsmith Technology Co., Ltd.
Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China
MADE IN CHINA

