

Bluefin Fitness Blade Aqua W-1

Bluefin Fitness Blade Aqua W-1 Water Rower Instruction Manual

Model: Blade Aqua W-1

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Bluefin Fitness Blade Aqua W-1 Water Rower. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

Important Safety Information

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely fastened before each use.
- Keep children and pets away from the equipment during operation.
- Place the rower on a stable, level surface.
- Do not exceed the maximum user weight recommendation of 350 lbs (approximately 158 kg).

2. INCLUDED COMPONENTS

The Bluefin Fitness Blade Aqua W-1 Water Rower package includes the following items:

- Bluefin Fitness Blade Aqua W-1 Water Rower (partially assembled)
- Digital LCD Console
- Electric Water Pump
- Tool Kit for installation and maintenance
- Instruction Manual

3. SETUP AND ASSEMBLY

The rower is largely pre-assembled. Follow these steps to complete the setup:

1. **Unpacking:** Carefully remove all components from the packaging. The rower is delivered in a wooden crate for protection.
2. **Unfolding:** Gently unfold the rower from its compact storage position. Ensure all locking mechanisms engage securely.
3. **Securing Components:** Use the provided tool kit to tighten any loose screws or bolts, particularly on the sliding rail and seat assembly. A review notes that some screws may require tightening upon arrival.
4. **Filling the Water Tank:**
 - Locate the water tank cap.
 - Use the electric water pump to fill the tank with clean tap water to the recommended level, indicated on the tank.
 - Securely close the water tank cap.
 - Note: Chlorine tablets for water treatment are not included due to international policy, as per customer feedback. Consider purchasing appropriate water treatment tablets separately to prevent algae growth.
5. **Console Installation:** Attach the digital LCD console to its designated position. Insert 2 AA batteries (not included) into the console.

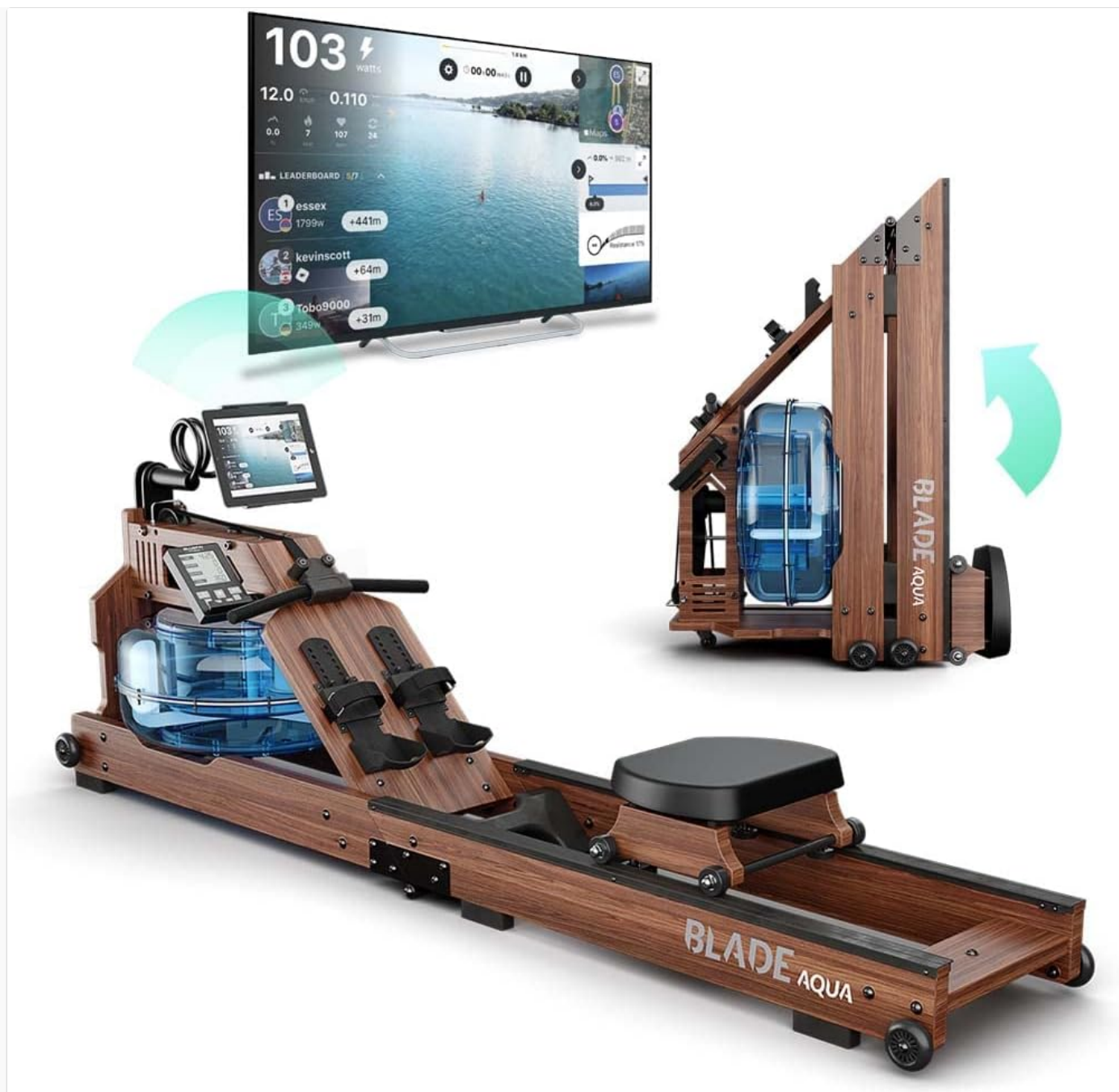


Image: The Bluefin Fitness Blade Aqua W-1 Water Rower shown in its operational, unfolded state and its compact, folded state for storage.



Image: Detailed dimensions of the rower, illustrating its length (2060mm), width (520mm), and height (550mm) when unfolded, and its compact dimensions (690mm x 520mm x 1130mm) when folded vertically.

4. OPERATION

4.1 Basic Rowing Technique

Proper rowing technique is crucial for effective exercise and injury prevention:

1. **Catch:** Sit with knees bent, shins vertical, arms extended forward, and grip the handle.
2. **Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
3. **Finish:** Legs extended, back slightly reclined, handle at your abdomen.
4. **Recovery:** Extend arms, then pivot forward from the hips, and finally bend knees to return to the catch position.



Image: Close-up view highlighting the ergonomic grip handlebars, cushioned seat for comfort, and anti-slip pedals for dynamic foot placement during rowing.

4.2 Digital LCD Console

The digital LCD console displays key workout metrics:

- **Time:** Duration of your workout.
- **Distance:** Estimated distance covered.
- **Calories:** Estimated calories burned.
- **Strokes:** Number of strokes per minute or total strokes.

The console provides basic tracking. For more advanced data and interactive workouts, consider using the Kinomap application.

4.3 Water Resistance Adjustment

The Blade Aqua W-1 features a dual-chamber tank system with adjustable water resistance. A red dial allows you to increase or decrease the resistance level, simulating different rowing conditions.



Image: Illustration of the water resistance system, showing the dual-chamber tank and the red dial used to adjust the resistance level from minimum to maximum.

4.4 Kinomap App Integration

The rower is compatible with the Kinomap application, which offers a range of interactive training experiences. To use Kinomap:

1. Download the Kinomap app on your smartphone or tablet.
2. Connect your device to the rower via Bluetooth.
3. The app provides access to thousands of workout videos, coaching sessions, and structured training programs.

Note: Kinomap typically offers a trial period (e.g., 14 days) after which a subscription may be required for continued access to its full features.

FULLY INTEGRATED
Kinomap
SMARTPHONE APP

THOUSANDS OF VIDEOS

RACES & CHALLENGES

LIVE VIDEOS & COACHING

STRUCTURED WORKOUTS

& MUCH MORE!

Image: The Kinomap smartphone application interface displayed on a tablet mounted on the rower, showing interactive workout options and real-time data synchronization.

5. MAINTENANCE

5.1 Water Treatment

To maintain water clarity and prevent algae growth in the tank:

- Add a water treatment tablet (not included) to the tank every 3-6 months, or as recommended by the tablet manufacturer.
- If the water becomes cloudy or discolored, drain the tank, clean it with a mild solution, rinse thoroughly, and refill with fresh water and a new treatment tablet.

5.2 Cleaning

- Wipe down the rower frame and seat with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that could damage the ash wood finish.

5.3 General Inspection

- Regularly check all bolts and screws for tightness and re-tighten as necessary.
- Inspect the rowing strap and foot straps for any signs of wear or damage.

6. STORAGE

The Blade Aqua W-1 Water Rower features an integrated lift and fold system for convenient storage:

1. Ensure the rower is on a flat surface.
2. Lift the rear section of the rower until it folds vertically.
3. The rower can then be rolled on its transport wheels for easy relocation and stored upright to save space.



Image: The rower shown in its compact, folded position, demonstrating how it can be stored vertically to minimize its footprint.

7. TROUBLESHOOTING

- **Console Not Displaying:** Check if the 2 AA batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Inaccurate Console Readings:** Ensure all sensor connections are secure. Note that some users have reported the console's mileage tracking may not be entirely realistic; consider using a connected app for more precise data.
- **Loose Components:** Periodically check and tighten all screws and bolts, as some may loosen over time or during initial setup.
- **Water Pump Issues:** If the electric water pump is not functioning, ensure it is charged (if rechargeable) or has fresh batteries. Check for any blockages in the hose.
- **Unusual Noises:** Inspect the rowing strap and seat rollers for any obstructions or wear. Ensure the rower is on a level surface. The sound of water in the tank is normal.

8. SPECIFICATIONS

Feature	Specification
Brand	Bluefin Fitness
Model Name	Blade Aqua W-1
Item Model Number	5060840907070
Resistance Mechanism	Water
Frame Material	Ash Wood
Main Material	Wood
Color	Black/Brown
Product Dimensions (L x W x H)	205.74 x 51.99 x 54.99 cm (81 x 20.5 x 21.65 inches)
Item Weight	40 Kilograms (88.2 lbs)
Maximum Weight Recommendation	350 Pounds (approximately 158 kg)
Display Type	LCD
Meter	Distance
Special Features	Ergonomic, Foldable, Adjustable Resistance
Batteries Required	2 AA batteries (not included)

9. WARRANTY INFORMATION

The Bluefin Fitness Blade Aqua W-1 Water Rower comes with a **12-month free warranty**. This warranty covers technical issues that may arise within the first 12 months from the date of purchase. For warranty claims or technical support, please contact Bluefin Fitness customer service.

10. CUSTOMER SUPPORT

For further assistance, technical support, or inquiries regarding your Bluefin Fitness Blade Aqua W-1 Water Rower, please refer to the contact information provided on the official Bluefin Fitness website or your purchase documentation.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question

and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question