

VOWVIT V-W3

VOWVIT V-W3 Water Resistance Rowing Machine User Manual

Model: V-W3 | Brand: VOWVIT

1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before assembling and using the VOWVIT V-W3 Water Resistance Rowing Machine. Retain this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the rowing machine is placed on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- The maximum user weight capacity for this machine is 175 kg (385 lbs).
- Suitable for users with a height range of 1.2 meters to 2.0 meters.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing during exercise.

2. PRODUCT OVERVIEW

The VOWVIT V-W3 is a high-quality water resistance rowing machine designed for effective full-body workouts in a home environment. It features a durable wooden construction and offers a smooth, quiet rowing experience.



Image: The VOWIT V-W3 Water Resistance Rowing Machine, highlighting its design and integrated digital display.

Key Features:

- **High-Quality Wood Construction:** Crafted from durable oak wood with a 28mm thickness, featuring rounded edges for a smooth finish. Supports users up to 175 kg.
- **Adaptable Water Resistance:** Equipped with a polycarbonate water tank and tempered nylon-fiberglass paddles for consistent resistance.
- **Quiet and Comfortable Design:** Features an ergonomic round tube handle, a comfortable polyurethane seat, silent seat rollers, and wrapped U-rails for a quiet workout.
- **Interactive Training Experience:** Includes an oversized, height-adjustable tablet holder for mobile phones and iPads, supporting virtual reality applications for immersive rowing.
- **Full-Body Workout:** Engages over 80% of the body's muscle groups, combining aerobic and anaerobic exercise for effective fat burning and improved fitness.
- **Real-Time Data Monitoring:** High-tech electronic meter displays key data such as stroke rate, power, calories burned, and workout duration.
- **Quick Folding and Portability:** Designed for rapid folding and easy movement with practical mobile wheels. 98% pre-installed for minimal assembly.

3. SETUP AND ASSEMBLY

The VOWIT V-W3 rowing machine is designed for quick and easy assembly, with 98% of the parts pre-installed. Only 3 main components require user assembly.

Assembly Steps:

1. Unpack all components and verify against the packing list.

2. Attach the main frame sections as indicated in the assembly diagram.
3. Secure the seat rail and seat.
4. Install the footrests and tablet holder.
5. Ensure all bolts and connections are tightened securely before use.



Image: Components of the VOWIT V-W3 rowing machine, illustrating the minimal parts requiring assembly.



Image: Visual representation of the quick assembly process, with only three parts needing installation.

4. OPERATING INSTRUCTIONS

4.1 Filling the Water Tank

The V-W3 uses water resistance, which provides a smooth and natural rowing feel. The water tank has a volume of 14 liters and allows for 6 different water levels to adjust resistance.

- Open the water tank cap.
- Using the provided funnel and pump, fill the tank with clean tap water to your desired resistance level (indicated on the tank).
- Add one anti-algae tablet to the water to prevent algae growth.
- Securely close the water tank cap.



Image: Detail of the water tank, illustrating the water level markings for resistance adjustment.

4.2 Adjusting Resistance

The resistance is determined by the amount of water in the tank. More water provides higher resistance. Refer to the table below for resistance levels:

ADVANCED

WATER RESISTANCE DATA

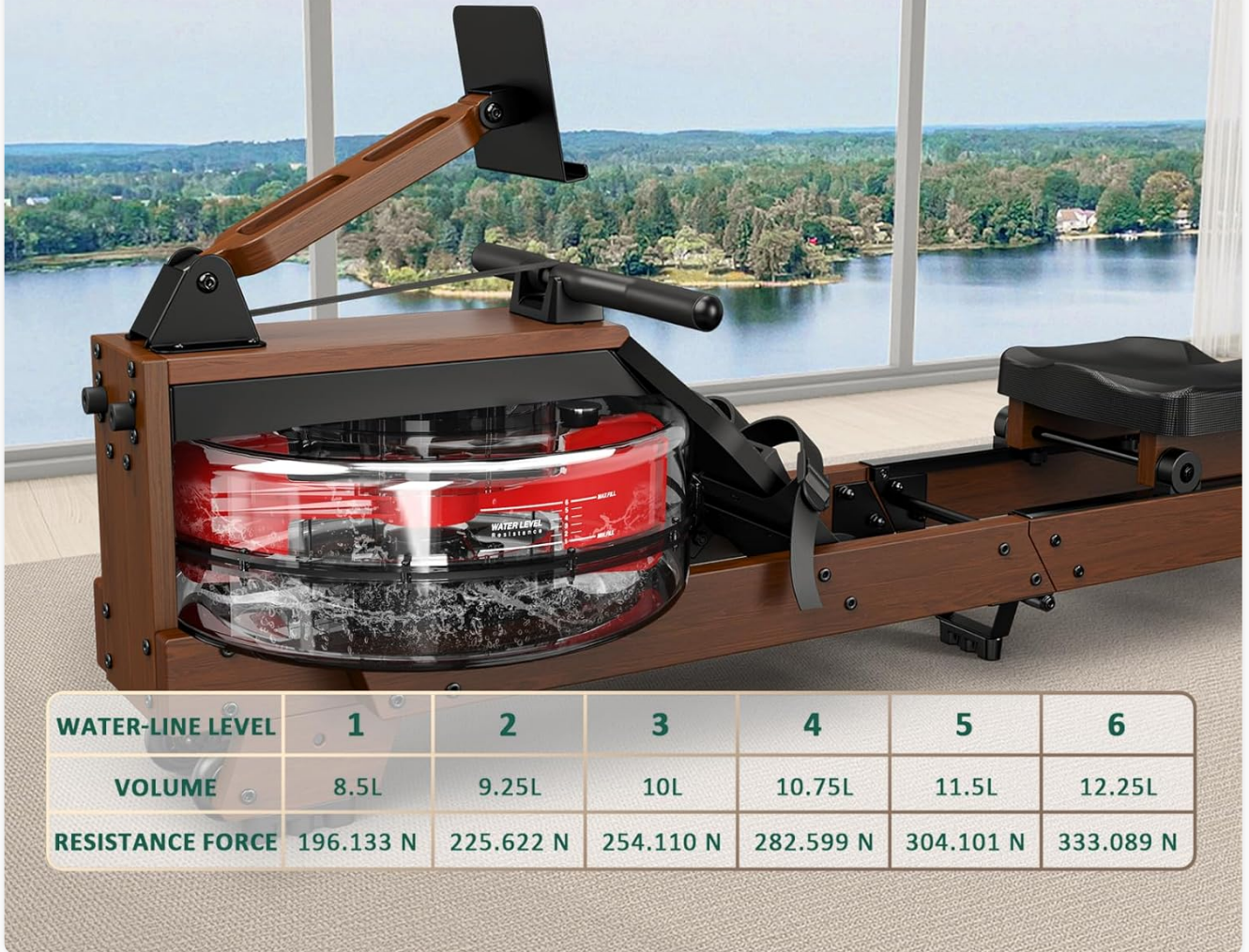


Image: Resistance data table showing water levels, volume, and corresponding resistance force.

4.3 Using the Digital Monitor

The V-W3 is equipped with an electronic meter that displays real-time workout data. It requires 2 AAA batteries (not included).

- **Functions:** The monitor tracks Calories Burned, Distance, Stroke Count, Time, and Speed.
- **Power On/Off:** The monitor automatically turns on when you start rowing and turns off after a period of inactivity.
- **Reset:** Press and hold the button (if available) to reset workout data.



Image: The digital monitor in action, displaying various workout metrics.

4.4 Interactive Training and Tablet Holder

The adjustable tablet holder allows you to place your smartphone or iPad for entertainment or to use compatible fitness applications.

- The tablet holder's height and angle are adjustable for optimal viewing.
- Connect via Bluetooth to applications like Kinomap or FTMS for virtual rowing experiences and advanced data tracking.



Image: The adjustable tablet holder, designed for various device sizes.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your VOWVIT V-W3 rowing machine.

5.1 Water Tank Maintenance

- Add anti-algae tablets every 6-12 months, or as needed, to keep the water clear.
- If water becomes cloudy or discolored, drain the tank, clean with mild soap and water, rinse thoroughly, and refill with fresh water and an anti-algae tablet.

5.2 Cleaning and Storage

- Wipe down the frame and seat with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- Periodically check all bolts and connections for tightness and re-tighten if necessary.
- The V-W3 can be quickly folded for compact storage. Lift the rear of the machine and fold the frame upwards.
- Utilize the integrated mobile wheels for easy relocation of the folded machine.



Easy to
move
and store

“PERFECT FOR
SMALL
SPACES”



Image: Demonstrates the ease of moving and storing the VOWVIT V-W3 rowing machine in a compact, upright position.

6. TROUBLESHOOTING

If you encounter any issues with your VOWVIT V-W3 rowing machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor not displaying data.	Batteries are dead or incorrectly installed.	Replace with new AAA batteries, ensuring correct polarity.
Unusual noise during rowing.	Loose components or debris on the rail.	Check all bolts and connections for tightness. Clean the seat rail.
Resistance feels too low/high.	Incorrect water level in the tank.	Adjust water level according to desired resistance (refer to Section 4.2).

Problem	Possible Cause	Solution
Water in tank is cloudy/has algae.	Algae growth due to lack of treatment.	Drain, clean, and refill the tank with fresh water and an anti-algae tablet.

If the problem persists, please contact VOWVIT customer support for assistance.

7. SPECIFICATIONS

Specification	Detail
Model Number	V-W3
Dimensions (Unfolded)	182 cm (L) x 44.5 cm (W) x 67 cm (H)
Product Weight	26 kg
Maximum User Weight	175 kg (385 lbs)
Recommended User Height	1.2 m - 2.0 m
Frame Material	Oak Wood
Resistance Mechanism	Water
Display Type	LED
Meter Functions	Calories Burned, Distance, Stroke Count, Time, Speed
Power Source	2 x AAA Batteries (not included)
Special Features	Digital Monitor, Easy Assembly, Foldable, Adjustable Resistance, Adjustable Foot Strap

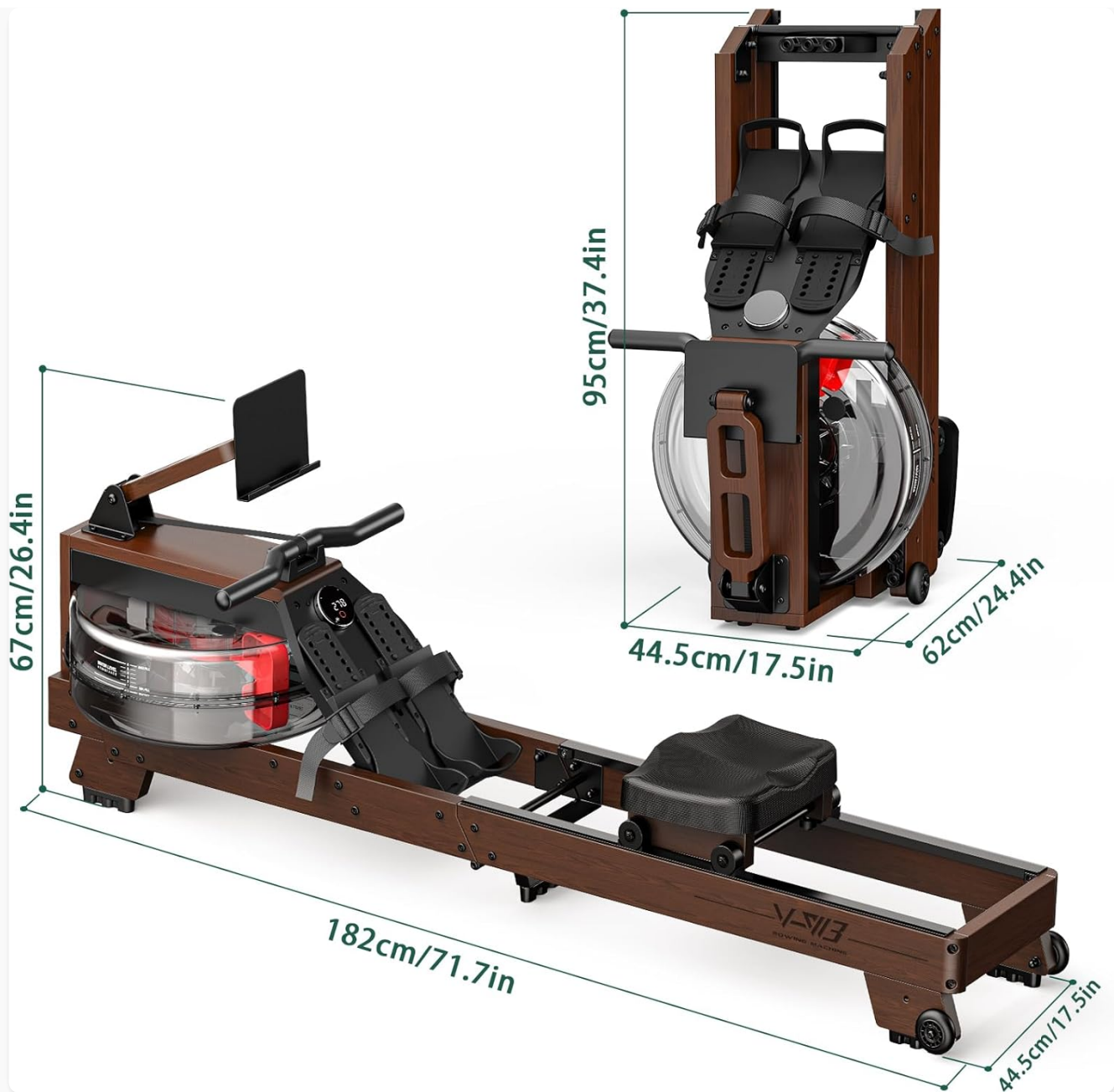
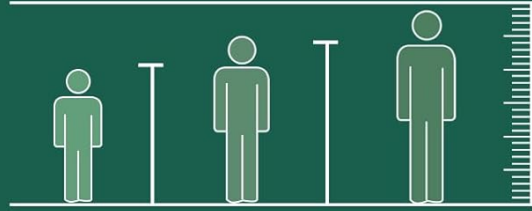


Image: Dimensional drawing of the VOWVIT V-W3, showing both its operational and folded sizes.

ULTRA-WIDE SUITABLE HEIGHT RANGE

1.2m-2.0m



UNIQUE TABLET BRACKET

Height and Angle Both Adjustable



Image: Illustration of the wide user height compatibility (1.2m to 2.0m) for the V-W3.

8. WARRANTY AND SUPPORT

VOWVIT is committed to providing high-quality products and excellent customer service.

- **2-Year Warranty:** The VOWVIT V-W3 Water Resistance Rowing Machine includes a 2-year warranty covering manufacturing defects and material flaws, including key components like the water tank.
- **30-Day Return Policy:** We offer a 30-day return or exchange policy from the date of purchase.
- **Customer Support:** For any questions, technical assistance, or warranty claims, please contact our 24/7 customer service. Manuals and video tutorials are also available to assist you.

