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> VOWVIT V-W2 Water Rower User Manual

VOWVIT V-W2

VOWVIT V-W2 Water Rower User Manual

Comprehensive guide for setup, operation, and maintenance of your VOWVIT V-W2 Water Rower.

1. INTRODUCTION

Thank you for choosing the VOWVIT V-W2 Water Rower. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation to ensure optimal performance and longevity of your rower.



Figure 1: VOWVIT V-W2 Water Rower in action, demonstrating its interactive display capabilities.

2. SAFETY INFORMATION

Your safety is paramount. Please adhere to the following guidelines:

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the rower during operation.
- Do not exceed the maximum user weight capacity of **160 kg (350 lbs)**.
- Maintain proper rowing form to prevent injuries. Refer to online resources or a fitness professional for guidance.
- Place the rower on a flat, stable surface with adequate clearance around it.

3. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received the following:

- Main Rower Frame with Water Tank Assembly
- Sliding Seat
- LCD Monitor with Tablet Holder
- Foot Plates with Adjustable Straps
- Handlebar
- Assembly Hardware Kit
- Water Pump and Funnel
- User Manual



Figure 2: The VOWVIT V-W2 Water Rower components, highlighting its 95% pre-assembly for quick setup.

4. SETUP

4.1 Assembly

The VOWVIT V-W2 Water Rower arrives 95% pre-assembled. Follow these steps to complete the setup:

1. Attach the sliding seat to the main rail.
2. Install the LCD monitor and tablet holder onto the designated bracket.
3. Secure any remaining loose components as indicated in the quick start guide included in the package.

4.2 Filling the Water Tank

The water tank provides the resistance for your rowing workout. It has a capacity of **14 liters** and offers **6 adjustable water levels** for varying resistance.

1. Remove the rubber stopper from the top of the water tank.
2. Insert the funnel into the opening.

- Using the provided water pump, fill the tank with clean tap water to your desired resistance level (marked on the tank).
- Replace the rubber stopper firmly.



Figure 3: Detailed view of the high-quality polycarbonate water tank, emphasizing its robust and leak-proof design.

5. OPERATING THE ROWER

5.1 Adjustments for Comfort

- Foot Straps:** Adjust the foot straps to securely hold your feet in place. Ensure your heels are comfortable and your toes can pivot.
- Tablet Holder:** The adjustable tablet holder allows you to customize the viewing angle for your device, enhancing your entertainment or training experience.
- Ergonomic Seat:** The 3D ergonomic seat is designed to support your body during intense sessions, promoting proper posture and reducing discomfort.



Figure 4: The VOWVIT V-W2's ergonomic seat, designed for optimal comfort and support during workouts.

5.2 Using the LCD Monitor and Bluetooth Connectivity

The integrated LCD monitor displays key workout data. Connect your rower to the KINOMAP app via Bluetooth for an enhanced interactive experience.

- **Monitor Functions:** The LCD screen displays metrics such as time, calories burned, stroke count, distance, total count, and pulse (if a compatible heart rate monitor is used). Use the buttons to cycle through display modes.
- **Bluetooth Pairing:** Turn on Bluetooth on your mobile device. Open the KINOMAP app and follow the in-app instructions to connect to your VOWVIT rower. This allows access to global rowing routes and interactive training sessions.



Figure 5: The VOWVIT V-W2's monitor and tablet integration, showcasing data visualization and app connectivity.

5.3 Rowing Technique

Proper technique is crucial for an effective and safe workout. The V-W2 features an extra-long **105 cm rail inseam**, accommodating users up to **195 cm (6'4")** for a full range of motion.

- **The Catch:** Start with knees bent, arms extended forward, and back straight.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
- **The Finish:** Legs extended, back slightly reclined, and handle pulled to your body.
- **The Recovery:** Extend arms, then pivot from the hips, and finally bend knees to return to the catch position.

SMOOTH AND STEADY ROWING

DOUBLE RAILS & 2*4 SEAT ROLLERS

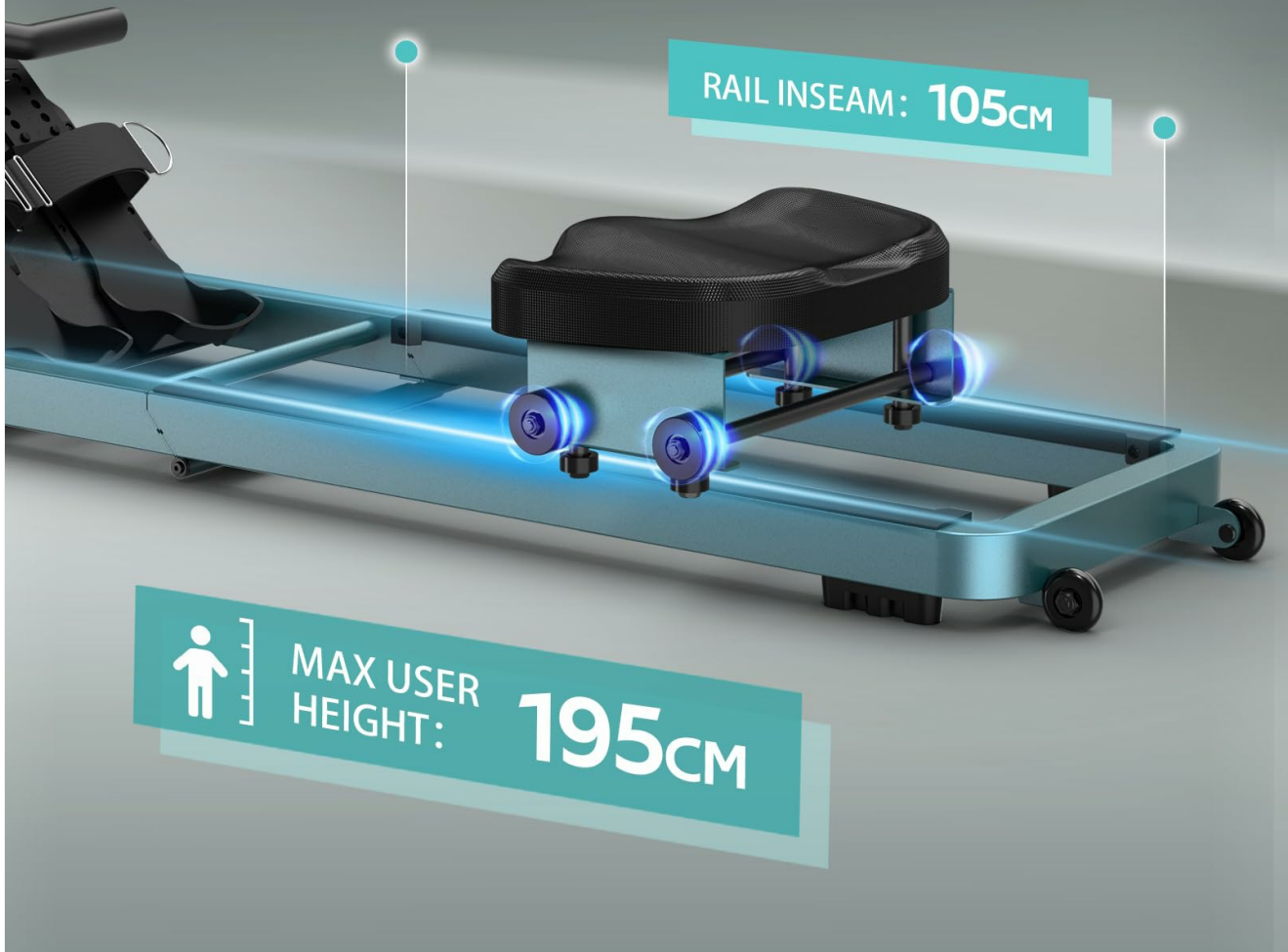


Figure 6: Illustration of the VOWVIT V-W2's smooth double rail system and extended inseat for comfortable rowing.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Water Treatment:** Add a water purification tablet (if provided or recommended by VOWVIT) to the tank every 6-12 months to prevent algae growth.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are secure and functioning correctly.
- **Storage:** The VOWVIT V-W2 features a **180-degree foldable design**, allowing for compact, upright storage without the need to drain the water tank. This makes it ideal for smaller living spaces.

DURABLE COMMERCIAL QUALITY



Figure 7: The VOWIT V-W2 Water Rower's durable construction, built to withstand rigorous use.



Figure 8: The VOWVIT V-W2's compact upright storage, designed for space-saving convenience.

7. TROUBLESHOOTING

If you encounter any issues, refer to the table below for common problems and solutions. If the problem persists, please contact VOWVIT customer support.

Problem	Possible Cause	Solution
Monitor not displaying data	Batteries low or incorrectly installed; Loose cable connection.	Check and replace AAA batteries (2 included). Ensure all cables are securely connected.
Unusual noise from water tank	Insufficient water level; Air bubbles.	Add more water to the tank. Tilt the rower gently to release trapped air bubbles.
Seat not sliding smoothly	Debris on rails; Worn seat rollers.	Clean the rails with a damp cloth. Inspect seat rollers for damage; contact support for replacements if needed.

Problem	Possible Cause	Solution
Bluetooth connectivity issues	Device not discoverable; App issues.	Ensure Bluetooth is enabled on your device. Restart the KINOMAP app and the rower monitor.

8. SPECIFICATIONS

Feature	Detail
Model Number	V-W2
Dimensions (L x W x H)	181 x 44.5 x 72 cm (71.3 x 17.5 x 28.3 inches)
Folded Dimensions (L x W x H)	54 x 44.5 x 91 cm (21.3 x 17.5 x 35.8 inches)
Product Weight	25.5 kg (56.2 lbs)
Maximum User Weight	160 kg (350 lbs)
Maximum User Height	195 cm (6'4")
Rail Inseam Length	105 cm (41.3 inches)
Resistance Type	Water Resistance
Water Tank Capacity	14 Liters
Water Levels	6 Adjustable Levels
Frame Material	Stainless Steel, Aluminum
Display Type	LCD
Connectivity	Bluetooth (Kinomap compatible)
Power Source	Manual (Monitor: 2 AAA batteries, included)

9. WARRANTY & SUPPORT

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

- **Warranty:** All new VOWVIT rowers come with a **2-year warranty** on replacement parts.
- **Customer Support:** Our professional customer service team is available **24/7** to assist you with any questions or concerns. We strive to provide 100% satisfactory solutions.

For support, please refer to the contact information provided on the VOWVIT official website or your purchase documentation.