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YPOO V5-Water Rowing Machine (RM950)

YPOO V5-Water Rowing Machine User Manual

Model: V5-Water Rowing Machine (RM950)

1. INTRODUCTION

The YPOO V5-Water Rowing Machine is designed to provide a full-body cardio and strength training workout in a home environment. This manual contains essential information for the safe assembly, operation, maintenance, and troubleshooting of your rowing machine. Please read this manual thoroughly before initial use and retain it for future reference.

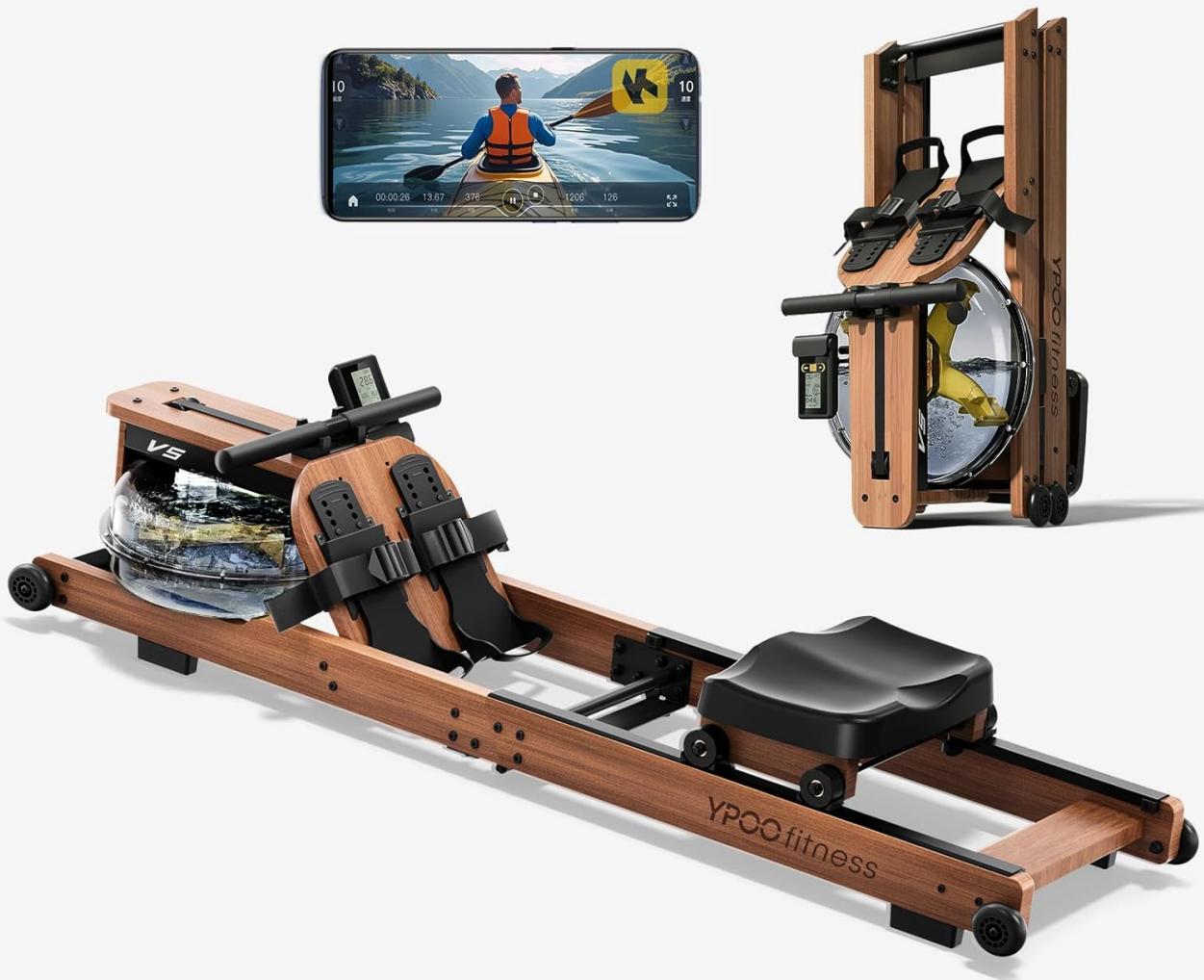


Image 1.1: The YPOO V5-Water Rowing Machine in its operational and folded states, demonstrating its compact design and app connectivity.

2. SAFETY INFORMATION

Before using the YPOO V5-Water Rowing Machine, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure the rowing machine is placed on a stable, level surface with adequate clearance around it.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Keep children and pets away from the machine during operation.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity is 350 lbs (158 kg).

3. SETUP

3.1 Assembly

The YPOO V5-Water Rowing Machine arrives approximately 98% pre-installed, allowing for simple assembly typically completed in under 30 minutes. Follow the included assembly guide for detailed, step-by-step instructions.

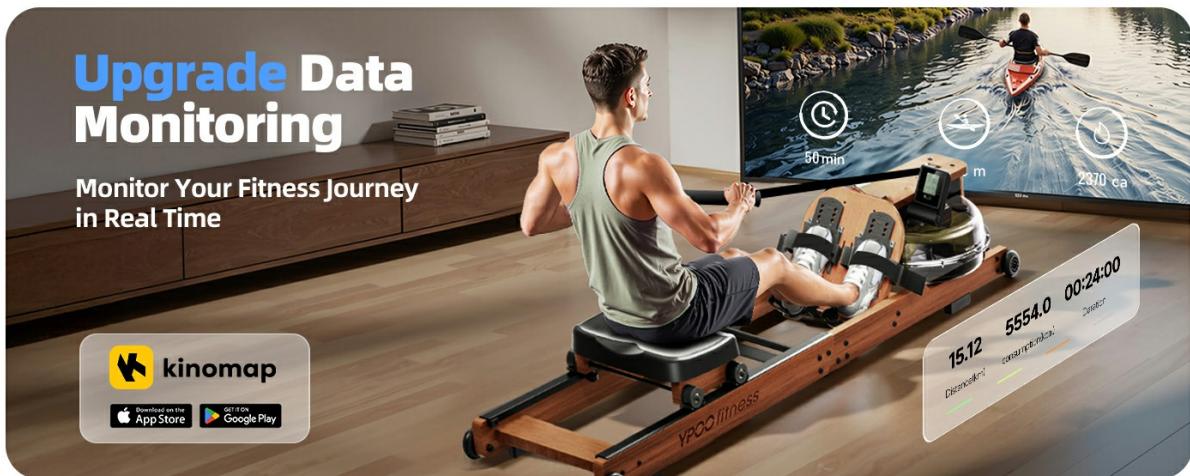


Image 3.1: Illustration of the quick assembly process for the YPOO V5-Water Rowing Machine.

3.2 Water Tank Filling

To fill the water tank:

1. Remove the rubber stopper from the top of the water tank.
2. Use the provided siphon pump to fill the tank with clean tap water. Do not exceed the maximum fill line indicated on the tank. The machine supports 6 water levels for resistance adjustment.
3. Add one water purification tablet (if provided) to the tank.
4. Replace the rubber stopper securely.

Natural resistance of water

Increases with pull speed&water for an authentic rowing experience!



6 Water Levels



Realistic Dual - Blades



Durable Material



Anti leakage Seal



Image 3.2: The water tank system, illustrating the natural water resistance and adjustable water levels.

3.3 Placement

Position the rowing machine on a flat, stable surface. Its compact design, requiring only 2.9 sq. ft. of floor space when stored vertically, makes it suitable for various home environments.

4. OPERATING INSTRUCTIONS

4.1 Getting Started

1. Sit on the seat with your feet securely placed in the adjustable anti-slip foot pedals. Fasten the straps over the widest part of your feet.
2. Grasp the comfort handle with both hands, palms down.

4.2 Rowing Technique

A proper rowing stroke involves four phases: the catch, the drive, the finish, and the recovery. Focus on a smooth, continuous motion:

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handle towards your abdomen.
- **Finish:** Legs extended, body leaned back slightly, handle at your abdomen, elbows past your body.
- **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend your knees to slide the seat forward to the catch position.



Image 4.1: Proper rowing technique engaging arm, chest, abdominal, back, leg, and hip muscles.

4.3 Resistance Adjustment

The YPOO V5-Water Rowing Machine utilizes natural water resistance, which adapts to your effort. The resistance increases with the speed and power of your pull, mimicking the feel of rowing on water. You can also adjust the base resistance by changing the water level in the tank (up to 6 levels).

4.4 Smart Display & App Connectivity

The integrated LCD monitor tracks key workout metrics including Time, Strokes Per Minute (SPM), Distance, Calories burned, and total Count. For enhanced tracking and guided workouts, the machine is compatible with fitness applications such as YPOOFIT and Kinomap. An adjustable tablet holder is provided for convenient viewing of your device.

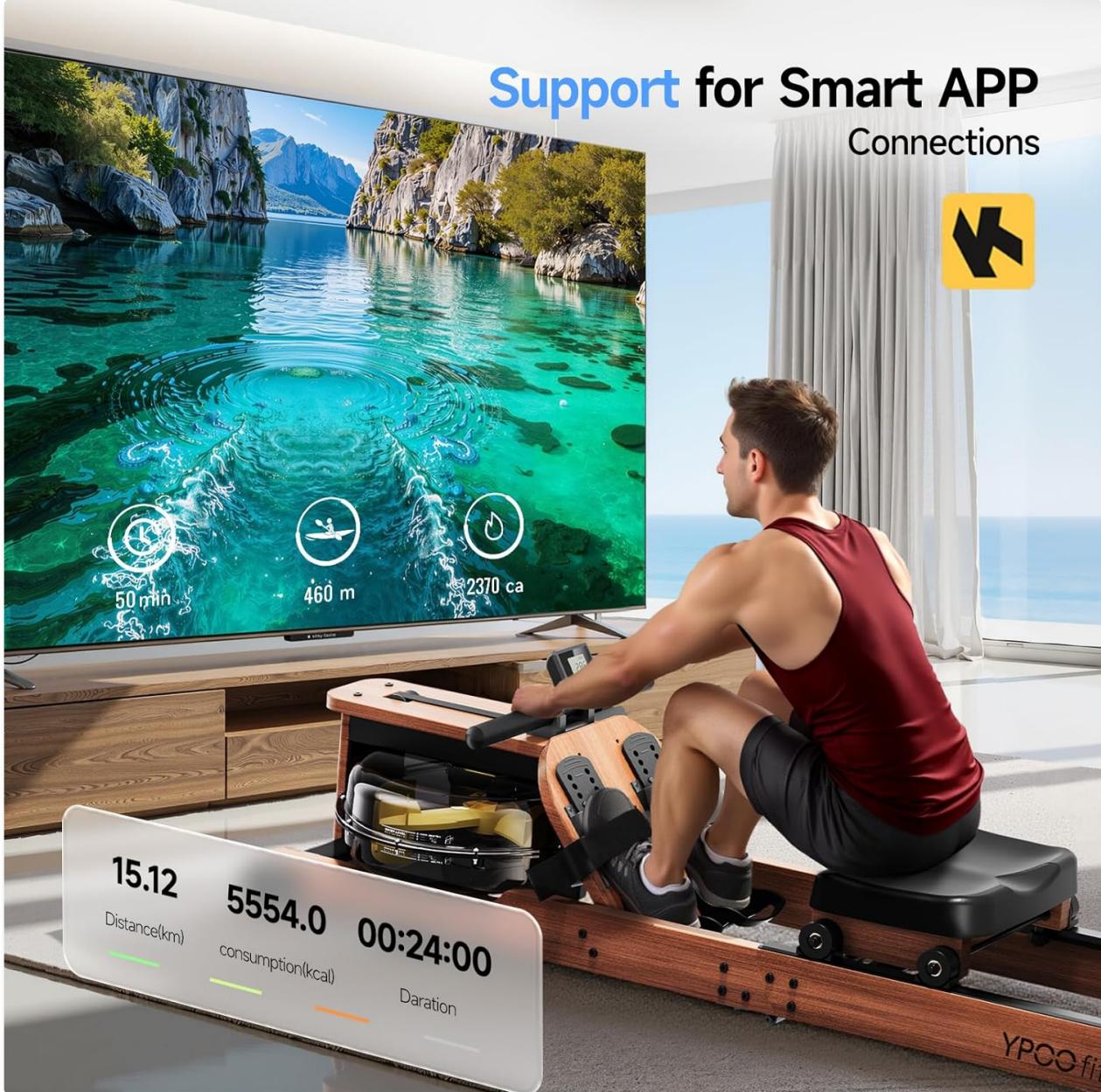


Image 4.2: The smart display and app connectivity feature, showing real-time workout data.

5. MAINTENANCE

5.1 Cleaning

Wipe down the 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 finish.

5.2 Water Tank Maintenance

To maintain water clarity and prevent algae growth, add a water purification tablet every 3-6 months, or as needed. If the water becomes discolored, drain the tank, clean it with a mild solution, rinse thoroughly, and refill with fresh water and a new purification tablet.

5.3 Storage

The YPOO V5-Water Rowing Machine features a 180° foldable design for convenient storage. To fold:

1. Ensure the machine is on a flat surface.

2. Lift the rear section of the rower until it folds upwards, engaging the locking mechanism.
3. Once folded, the machine can be easily moved using the built-in transport wheels and stored vertically, saving over 70% of floor space.



Image 5.1: The quick-folding design for easy movement and space-saving storage.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your rowing machine.

Problem	Possible Cause	Solution
No display on LCD monitor	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are installed with correct polarity.
Resistance feels too low/high	Water level is incorrect or stroke intensity is inconsistent.	Adjust water level in the tank. Focus on consistent and powerful strokes for optimal resistance.

Problem	Possible Cause	Solution
Unusual noise during operation	Loose components or debris on the rail.	Check all bolts and connections for tightness. Clean the seat rail and wheels.
Seat does not slide smoothly	Debris on the rail or worn wheels.	Clean the seat rail thoroughly. Inspect seat wheels for damage.

7. SPECIFICATIONS

Key specifications for the YPOO V5-Water Rowing Machine (Model RM950):

- **Brand:** YPOO
- **Model Name:** RM950
- **Style:** V5-Water Rowing Machine
- **Resistance Mechanism:** Water
- **Tension Level:** Adaptive (6 Water Levels)
- **Frame Material:** Wood
- **Maximum Weight Recommendation:** 350 Pounds (158 kg)
- **Product Dimensions (LxWxH):** 26"D x 5.8"W x 5.3"H (Operational dimensions will be larger, refer to assembly guide for full footprint)
- **Display Type:** LCD Monitor
- **Metrics Measured:** Time, SPM, Distance, Calories, Count
- **Special Feature:** Compact, Foldable Design
- **UPC:** 657381976419



01 **Adjustable Anti-Slip Pedal**



02 **Shock-Absorbing wheels**



03 **Comfort Handle&Durable Webbing Belt**



04 **Portable transport wheels**

Image 7.1: Detailed view of key components: adjustable pedals, shock-absorbing wheels, comfort handle, and transport wheels.

8. WARRANTY AND SUPPORT

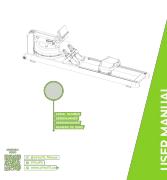
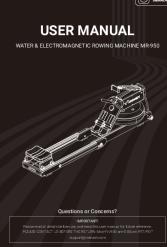
8.1 Warranty Information

The YPOO V5-Water Rowing Machine comes with a warranty period of **12 months** from the date of purchase. Please retain your proof of purchase for warranty claims. The warranty covers manufacturing defects under normal use conditions.

8.2 Customer Support

For technical assistance, parts replacement, or any questions regarding your YPOO V5-Water Rowing Machine, please contact YPOO customer support. Refer to the contact information provided with your product packaging or visit the official YPOO website for support details.

Related Documents - V5-Water Rowing Machine (RM950)

	<p>YPOO M4638 Treadmill User Manual: Operation, Maintenance, and Safety</p> <p>Comprehensive user manual for the YPOO M4638 treadmill, covering setup, operation, safety guidelines, maintenance, troubleshooting, and specifications. Learn how to use your treadmill effectively and safely.</p>
	<p>Gorilla Sports Foldable Water Rowing Machine User Manual</p> <p>Comprehensive user manual for the Gorilla Sports foldable water rowing machine (model 101322-00019-0001), covering assembly, operation, safety guidelines, technical specifications, maintenance, and warranty information.</p>
	<p>Lifespan Fitness ROWER-760 User Manual</p> <p>Comprehensive user manual for the Lifespan Fitness ROWER-760, covering safety instructions, assembly, operation, computer display, exercise guidance, water care, troubleshooting, and warranty information.</p>
	<p>Sunny Health & Fitness Phantom Hydro Water Rowing Machine SF-RW5910 User Manual</p> <p>User manual for the Sunny Health & Fitness Phantom Hydro Water Rowing Machine (Model SF-RW5910), providing detailed instructions for assembly, operation, safety, maintenance, and adjustments. Includes parts list and exercise meter functions.</p>
	<p>VirtuFit Elite Water Resistance Rower User Manual</p> <p>Comprehensive user manual for the VirtuFit Elite Water Resistance Rower (VFROWWRB + VFROWWRO), covering assembly, operation, maintenance, safety, and training guidelines.</p>
	<p>MERACH MR-950 Water & Electromagnetic Rowing Machine User Manual</p> <p>This user manual provides comprehensive instructions for the MERACH MR-950 Water & Electromagnetic Rowing Machine, covering safety precautions, maintenance, specifications, assembly, product use, app connectivity, warm-up exercises, troubleshooting, and warranty information.</p>

