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› [WENOKER Wooden Foldable Water Rowing Machine \(Model RW623-50\) Instruction Manual](#)

Wenoker RW623-50

WENOKER Wooden Foldable Water Rowing Machine

MODEL: RW623-50

Instruction Manual

Introduction

Thank you for choosing the WENOKER Wooden Foldable Water Rowing Machine. This manual provides essential information for the safe and effective assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Figure 1: WENOKER Wooden Foldable Water Rowing Machine (Model RW623-50)

Safety Information

- 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 machine during operation.
- Place the rowing machine on a flat, stable surface.
- Do not exceed the maximum user weight capacity of 350 lbs (158 kg).
- Use proper rowing technique to prevent injury.
- Do not overfill the water tank.

Setup

1. Assembly

The WENOKER rowing machine arrives 98% pre-assembled. Complete the final assembly steps in approximately 30 minutes by following the instructions below:

1. Unpack all components and verify against the parts list in the included manual.

2. Attach the rear support legs to the main frame using the provided hardware.
3. Secure the seat rail extension to the main frame.
4. Install the monitor and its bracket onto the designated area near the footrests.
5. Connect any necessary cables for the monitor.



Figure 2: Assembly Steps Overview

2. Water Tank Filling

The water tank provides the resistance for your workout. Adjust the water level to modify resistance. Use the included pump to fill the tank:

1. Remove the rubber stopper from the water tank.
2. Insert the pump hose into the tank opening.
3. Pump water into the tank, observing the water level indicators (MIN FILL, MAX FILL). Do not exceed the MAX FILL line.
4. Replace the rubber stopper firmly after filling.

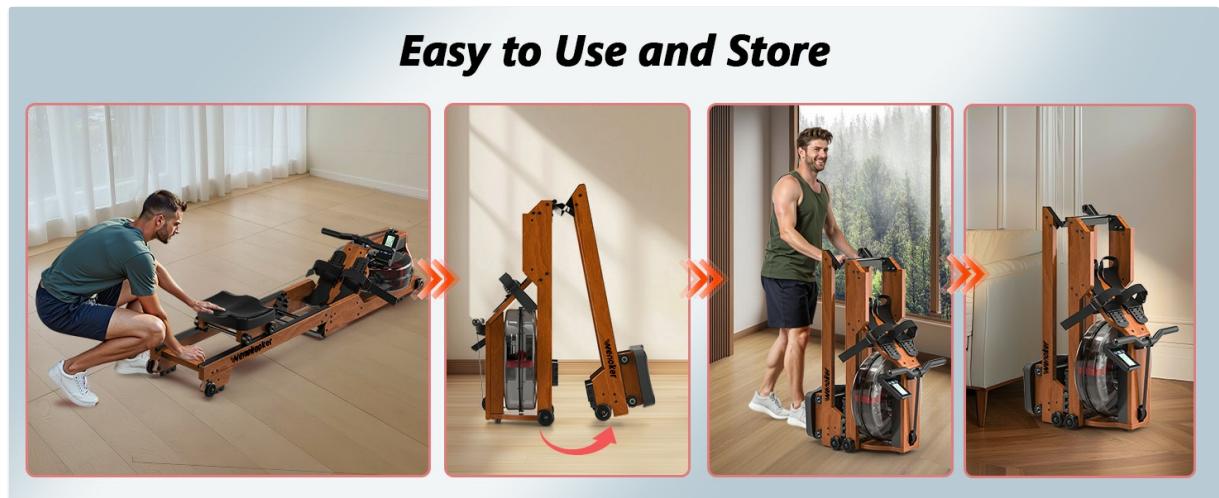


Figure 3: Water Tank Filling Procedure

Operating Instructions

1. Basic Rowing Technique

Proper technique is crucial for an effective and safe workout:

- **Catch:** Sit with knees bent, shins vertical, arms extended forward, and back straight.
- **Drive:** Push off with your legs, then swing your back, and finally pull with your arms towards your abdomen.
- **Finish:** Lean back slightly, legs extended, handle at your abdomen.
- **Recovery:** Extend arms forward, then lean forward, and finally bend knees to return to the catch position.



Figure 4: User operating the WENOKER Rowing Machine

2. Monitor and Bluetooth App Connectivity

The integrated monitor displays key workout metrics. It also supports Bluetooth connectivity for enhanced tracking with the KINOMAP APP.

- **Monitor Functions:** The monitor tracks distance, time, calories burned, and strokes per minute (SPM). Use the 'MODE' button to cycle through display options.
- **Bluetooth Connection:** Ensure your monitor is powered on. Enable Bluetooth on your smartphone or tablet. Open the KINOMAP APP and follow the in-app instructions to pair with your WENOKER rowing machine.
- **Note:** Once synced with the app, the rowing machine displays data on your connected device while its built-in monitor may enter a sleep mode.

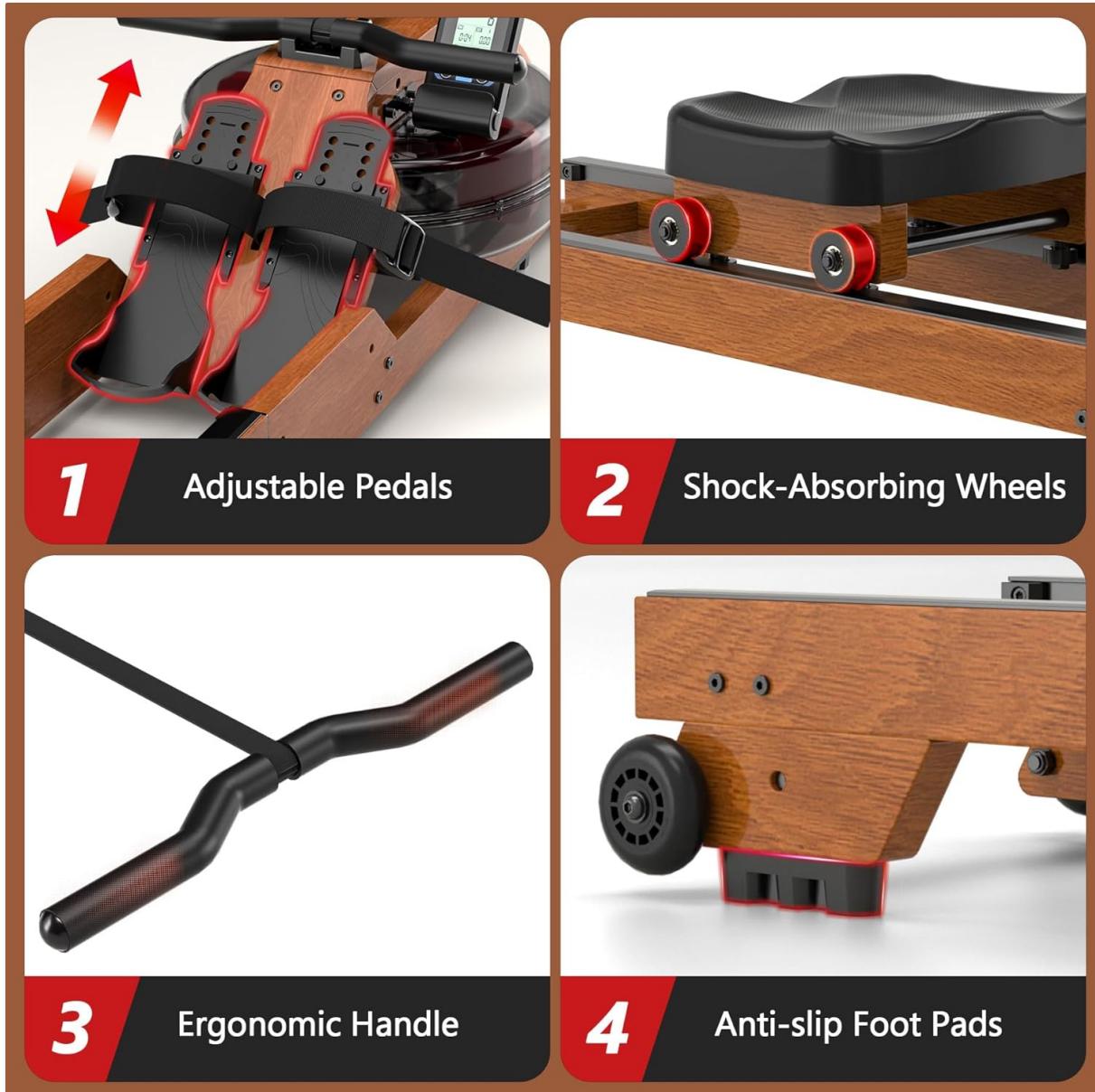


Figure 5: Monitor and KINOMAP App Connectivity

3. Adjusting Resistance

The resistance of the WENOKER water rower is determined by the amount of water in the tank. To adjust resistance:

- **Increase Resistance:** Add more water to the tank using the pump, up to the MAX FILL line.
- **Decrease Resistance:** Remove water from the tank using the pump, down to the MIN FILL line.



Figure 6: Water Tank with Resistance Levels

Maintenance

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- Cleaning:** Wipe down the frame and seat with a damp cloth after each use. Avoid abrasive cleaners.
- Water Treatment:** To prevent algae growth, add a water purification tablet to the tank every 6-12 months, or as needed. Refer to the included water treatment instructions.
- Rail Cleaning:** Periodically clean the seat rails to ensure smooth gliding.
- Inspections:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten as necessary.

Troubleshooting

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
No display on monitor	Batteries are dead or incorrectly installed.	Replace the two AAA batteries. Ensure correct polarity.
Inconsistent resistance	Insufficient or excessive water in the tank.	Adjust water level to desired resistance.
Seat not gliding smoothly	Rails are dirty or worn.	Clean the rails. Check for any obstructions or damage to the rollers.
Bluetooth connection issues	Monitor not in pairing mode or app issue.	Ensure monitor is on. Restart app and device. Check app for troubleshooting steps.

Specifications

Feature	Detail
Brand	Wenoker
Model Name	RW623-50
Resistance Mechanism	Water
Frame Material	Wood
Product Dimensions (Extended)	38.58"D x 18.1"W x 12.9"H (Approx. 71.7" L x 17.3" W x 13.8" H when fully extended)
Folded Size	25.6" x 17.5" x 38.2"
Maximum Weight Capacity	350 Pounds (158 kg)
Maximum User Height	77 inches (Approx. 6'4")
Item Weight	48.9 Pounds
Monitor	LCD Monitor, Bluetooth enabled (KINOMAP APP support)
Power Source (Monitor)	2 AAA batteries (not included)
Special Features	Adjustable Foot Strap, Adjustable Resistance (water level), Built-In Wheels, Compact Foldable Design

The WENOKER rowing machine features a durable wooden frame, ergonomic seat, and adjustable foot straps for a comfortable and effective workout. Its foldable design and transport wheels allow for easy storage.

Support for KINOMAP APP Connections



Monitor with Phone Holder



Figure 7: Key Features and Ergonomic Design



Figure 8: Foldable Design for Easy Storage

Warranty

The WENOKER Wooden Foldable Water Rowing Machine comes with a 2-year limited warranty. For specific terms and conditions, please refer to the warranty card included with your product or contact customer service.

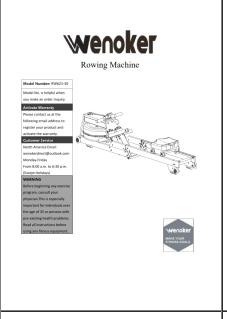
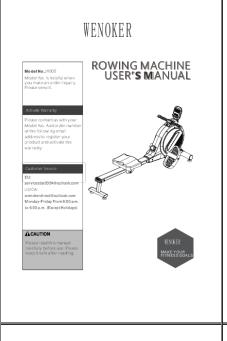
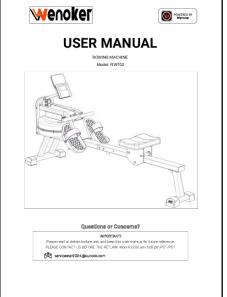
Support

For any assistance or inquiries regarding your WENOKER rowing machine, please contact our after-sales service team. You can reach us through the following methods:

- **Online Support:** Log in to your Amazon account, navigate to 'Your Orders', locate your order ID for the WENOKER rowing machine, and click 'Contact Seller'.
- **Direct Contact:** Refer to the contact information provided in the physical manual included with your product for an after-sales mailbox or phone number.

We are committed to providing a satisfactory shopping experience and are ready to assist you with any questions or concerns.

Related Documents - RW623-50

	<p><u>Wenoker Rowing Machine RW623-50 User Manual and Assembly Guide</u></p> <p>Comprehensive guide for the Wenoker RW623-50 Rowing Machine, covering assembly, usage, safety precautions, and Kinomap app integration. Learn how to set up, operate, and maintain your rowing machine for optimal fitness.</p>
	<p><u>WENOKER H300 Rowing Machine User Manual</u></p> <p>Comprehensive user manual for the WENOKER H300 Rowing Machine, covering assembly instructions, safety precautions, and exercise guidelines.</p>
	<p><u>Wenoker RW702 Rowing Machine User Manual</u></p> <p>Comprehensive user manual for the Wenoker RW702 Rowing Machine, covering safety instructions, specifications, parts list, assembly, water management, monitor operation, app integration, troubleshooting, warm-up exercises, exercise phases, and warranty information.</p>
	<p><u>Wenoker Treadmill JF-H-39FA User Manual</u></p> <p>Comprehensive user manual for the Wenoker Treadmill, model JF-H-39FA. Includes product introduction, safety precautions, operating instructions, assembly guidance, maintenance tips, troubleshooting, and warranty information.</p>
	<p><u>Wenoker Exercise Bike JC305 User Manual</u></p> <p>User manual for the Wenoker Exercise Bike, Model JC305. Provides assembly, safety, operation, app connectivity, and troubleshooting guides for home fitness.</p>