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## KINGSMITH WR20

# KINGSMITH Water Rowing Machine WR20 Instruction Manual

Model: WR20

## INTRODUCTION

This manual provides essential information for the safe and effective use of your KINGSMITH Water Rowing Machine WR20. Please read it thoroughly before operating the machine and retain it for future reference. The KINGSMITH Water Rowing Machine WR20 is designed to provide a full-body, low-impact workout experience. Its innovative tri-folding design allows for easy storage, making it suitable for various home environments. The water resistance system mimics the feel of rowing on water, engaging approximately 90% of your muscles.

## IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. Failure to do so may result in serious injury.

- Always ensure the rowing machine is placed on a stable, level surface.
- Keep children and pets away from the machine during operation.
- Inspect the machine for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Maintain proper form during exercise to prevent injury.
- Do not overexert yourself. Stop immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity for this model is 331 lbs (150 kg).
- The maximum user height accommodated is 7'4" (2.25m).

## SETUP AND ASSEMBLY

The KINGSMITH Water Rowing Machine WR20 features a zero-assembly design, meaning it is ready to use straight out of the box. No complex setup is required.

## Unfolding the Rowing Machine

The machine is designed with a tri-fold mechanism for compact storage. To unfold it for use:

1. Locate the folded rowing machine. It occupies approximately 3.23 ft<sup>2</sup> (28.94" x 18.9" x 22.83") when folded.
2. Grasp the handle on the front section and gently pull it upwards and outwards to extend the rail.
3. Continue unfolding until the machine is fully extended and the locking mechanisms engage securely. Ensure all sections are stable before use.

# 6-Level Water Resistance

12-Blade System for Smooth & Silent Rowing



Image: The KINGSMITH Water Rowing Machine WR20 shown in both its compact tri-folded state and fully extended for use, highlighting its dimensions and space-saving design. The image also indicates a maximum user height of 88.58 inches and a weight capacity of 331 lbs.

# Tri-Fold Design

Easy to Move and store



Image: A three-panel sequence demonstrating the unfolding process of the KINGSMITH Water Rowing Machine WR20. The first panel shows a person starting to unfold the machine, the second shows the machine partially unfolded and being moved on its transport wheels, and the third shows the machine fully folded and stored compactly.

## Filling the Water Tank

The water tank provides the resistance for your workout. Refer to the markings on the tank for recommended water levels. Use distilled water to prevent mineral buildup.

1. Remove the rubber stopper from the top of the water tank.
2. Using the provided siphon pump, fill the tank with water to your desired resistance level. The machine offers 6 levels of adjustable water resistance.
3. Replace the rubber stopper firmly to prevent leaks.

# APP Support Improves Your Competitive Enjoyment



Image: A detailed view of the water tank and the 12-blade impeller system within the KINGSMITH Water Rowing Machine WR20, illustrating the mechanism for water resistance. The image highlights the "6-Level Water Resistance" and "12-Blade System for Smooth & Silent Rowing".

# OPERATING INSTRUCTIONS

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## Getting Started

1. Sit on the seat and place your feet securely in the foot straps. Adjust the straps for a snug fit.
2. Grasp the handle with both hands, ensuring a firm but comfortable grip.
3. Begin rowing with a smooth, controlled motion. The rowing stroke consists of three phases: the catch, the drive, and the finish.

## Proper Rowing Technique

- **The Catch:** Start with your knees bent, shins vertical, and arms extended forward. Your back should be straight, leaning slightly forward from the hips.
- **The Drive:** Push off with your legs, then swing your back, and finally pull with your arms. Your legs should do most of the work.
- **The Finish:** Your legs should be fully extended, back leaning slightly back, and handle pulled to your abdomen.
- **The Recovery:** Extend your arms forward, then pivot your hips forward, and finally bend your knees to slide the seat back to the catch position.

# Fully Mobilize 90% of The Muscles



30min  
row



= 45min  
run



+ 15min  
Power



Arm



Chest



Abdominal



Back



Glutes



Leg

Image: A man performing a rowing exercise on the KINGSMITH Water Rowing Machine WR20, illustrating the full-body muscle engagement, including arms, chest, abdominal, back, glutes, and legs. The image also suggests that 30 minutes of rowing is equivalent to 45 minutes of running plus 15 minutes of strength training.

## Monitoring Your Performance

The built-in display tracks various metrics to help you monitor your workout progress:

- **Speed:** Your current rowing speed.

- **Distance:** Total distance covered during your workout.
- **Time:** Duration of your exercise session.
- **Calories:** Estimated calories burned.
- **Strokes:** Total number of strokes performed.
- **Stroke Rate (SPM):** Strokes per minute.

# Immersive Rowing Experience

Water sounds and resistance mimic the feel of real rowing for a truly authentic workout



Image: A close-up view of the "All-in-One Data Display" on the KINGSMITH Water Rowing Machine WR20, showing metrics such as

speed, distance, calories, strokes, SPM (strokes per minute), and time.

## **App Connectivity (Kinomap & KS Fit App)**

Enhance your rowing experience by connecting your machine to the Kinomap and KS Fit Apps:

1. Download the Kinomap or KS Fit App from your device's app store.
2. Follow the in-app instructions to pair your rowing machine via Bluetooth.
3. Track your progress, access guided workouts, and engage in virtual rowing routes.

# All-in-One Data Display



Image: A man rowing on the KINGSMITH Water Rowing Machine WR20, with a large virtual screen in the background displaying the Kinomap app interface, showing a scenic rowing route and performance data. This illustrates how "APP Support Improves Your Competitive Enjoyment".

Your browser does not support the video tag.

Video: An official KINGSMITH video demonstrating the features and usage of the Water Rowing Machine, including its folding mechanism, app connectivity, and the immersive rowing experience it offers.

## MAINTENANCE AND CARE

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

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Tank:** Periodically check the water level and quality. If the water becomes discolored, replace it with fresh distilled water. A water purification tablet can be added to prevent algae growth (not included).
- **Rail and Wheels:** Keep the rail clean and free of debris to ensure smooth seat movement. Inspect the seat wheels for wear.
- **Straps and Connections:** Regularly check foot straps, handle connections, and all bolts and screws for tightness. Tighten as necessary.
- **Storage:** When not in use, fold the machine into its compact state and store it in a dry, cool place away from direct sunlight.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on monitor	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are installed correctly. The monitor is battery powered.
Rough or noisy seat movement	Rail is dirty or seat wheels are worn.	Clean the rail with a damp cloth. Inspect seat wheels for damage and contact support if replacement is needed.
Resistance feels too low/high	Water level in the tank is incorrect.	Adjust the water level in the tank using the siphon pump. More water increases resistance, less water decreases it.
App not connecting to machine	Bluetooth is off, app not updated, or machine not discoverable.	Ensure Bluetooth is enabled on your device. Update the app to the latest version. Restart the rowing machine's monitor.

## PRODUCT SPECIFICATIONS

Feature	Detail
Brand	KINGSMITH
Model Name	Water Rowing Machine WR20
Special Feature	Foldable (Tri-Fold Design)
Color	WR20 Water Rower*Red oak
Resistance Mechanism	Water (6-level adjustable, 12 precision blades)
Product Dimensions (Unfolded)	Approx. 81.5" L x 18.9" W x 22.83" H
Product Dimensions (Folded)	28.94" L x 18.9" W x 22.83" H (3.23 ft <sup>2</sup> )

Feature	Detail
Maximum Weight Recommendation	331 Pounds (150 kg)
Maximum User Height	7'4" (2.25m)
Metrics Measured	Speed, Distance, Time, Calories, Strokes, Stroke Rate (LCD Display)
Frame Material	Oak Wood
Item Weight	40 Kilograms (approx. 88.2 lbs)
Power Source	Battery Powered (for monitor)
App Support	Kinomap, KS Fit App

## WARRANTY INFORMATION

KINGSMITH products are manufactured to high-quality standards. For specific warranty details regarding your Water Rowing Machine WR20, please refer to the warranty card included with your product or visit the official KINGSMITH website. Keep your proof of purchase for warranty claims.

Typical warranties cover manufacturing defects under normal use. Damage resulting from misuse, neglect, or unauthorized modifications is generally not covered.

## CUSTOMER SUPPORT

If you encounter any issues or have questions not addressed in this manual, please contact KINGSMITH customer service.

- **Online Support:** Visit the official KINGSMITH website for FAQs, support articles, and contact forms.
- **Email Support:** Refer to your product packaging or warranty card for the customer service email address.
- **Phone Support:** Check the KINGSMITH website for available phone support numbers in your region.

When contacting support, please have your model number (WR20) and proof of purchase readily available.

