

YOSUDA WM-SE02

YOSUDA WM-SE02 Water Rowing Machine User Manual

Model: WM-SE02

1. INTRODUCTION

Thank you for choosing the YOSUDA WM-SE02 Water Rowing Machine. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before using the rowing machine and keep it for future reference. The YOSUDA WM-SE02 is designed to provide an effective full-body workout, utilizing the natural resistance of water.

2. SAFETY INFORMATION

- **Consult a Physician:** Before starting any new exercise program, especially with new equipment, consult your physician to ensure it is appropriate for your health condition.
- **Weight and Height Limits:** This rowing machine is designed for users weighing up to 182 kg (401 lbs) and with a maximum height of 190 cm (6 ft 3 in). Do not exceed these limits.
- **Proper Placement:** Place the rowing machine on a flat, stable surface. Ensure there is adequate clear space around the machine (at least 0.6 meters or 2 feet) for safe operation and movement.
- **Check Before Use:** Before each use, inspect the rowing machine for any loose parts, damage, or wear. Do not use the machine if it appears damaged or if any components are loose.
- **Children and Pets:** Keep children and pets away from the rowing machine during operation. This equipment is not a toy.
- **Proper Form:** Use proper rowing technique to prevent injury. If you experience pain or discomfort, stop exercising immediately.
- **Maintenance:** Perform regular maintenance as described in this manual to ensure the longevity and safe operation of the machine.

3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present and undamaged. The YOSUDA WM-SE02 Water Rowing Machine is 98% pre-assembled for your convenience. The package should contain:

- Main Rower Frame (partially assembled with water tank, seat, and rail)
- Footrests (to be attached)
- Monitor and Monitor Stand (to be attached)
- Handle and Strap
- Water Pump and Water Treatment Tablets
- Assembly Tools
- User Manual

4. SETUP AND ASSEMBLY

The YOSUDA WM-SE02 Water Rowing Machine is designed for quick and easy assembly, with 98% of the unit pre-assembled. You can typically complete the setup in about 10 minutes.



Figure 4.1: Quick and easy assembly process, with the main unit largely pre-assembled.

Assembly Steps:

1. **Unpack:** Carefully remove all components from the packaging. Place the main rower frame on a clear, flat surface.
2. **Attach Footrests:** Secure the footrests to the main frame using the provided hardware and tools. Ensure they are firmly tightened.
3. **Install Monitor Stand and Monitor:** Attach the monitor stand to the designated area on the rower. Then, mount the LCD monitor onto the stand. Connect any necessary cables.
4. **Fill Water Tank:** Use the provided pump to fill the water tank with clean tap water. The tank has a capacity of 22 liters. Do not overfill. Add one water treatment tablet to the tank to prevent algae growth.
5. **Adjust Foot Straps:** The footrests feature adjustable straps. Adjust them to comfortably secure your feet during exercise.



Figure 4.2: The YOSUDA water rowing machine designed for users up to 190 cm tall, with a robust construction supporting up to 182 kg.

5. OPERATING INSTRUCTIONS

5.1 Water Resistance System

The YOSUDA WM-SE02 utilizes a dynamic water resistance system. The resistance level is directly proportional to the intensity of your rowing stroke. The faster and harder you row, the greater the resistance you will experience, simulating the natural feel of rowing on water. The 22-liter water tank, equipped with a 4-blade paddle, provides a smooth and consistent rowing experience.



Figure 5.1: The water tank with its dynamic resistance system, providing a realistic rowing feel.

5.2 LCD Monitor and Bluetooth Connectivity

The integrated multifunction LCD monitor displays real-time workout data, including:

- Distance
- Time
- Calories Burned
- Stroke Count

The monitor supports Bluetooth connectivity, allowing you to connect to popular fitness applications on your smartphone or tablet. This enables you to track your progress, participate in virtual training sessions, and manage your fitness data scientifically and efficiently.



Figure 5.2: The LCD monitor and tablet holder, facilitating app connectivity and data tracking.

5.3 Adjustable Footrests

The footrests are adjustable to accommodate various foot sizes and ensure a secure and comfortable fit during your workout. Adjust the straps so your feet are firmly held in place, preventing slippage.

5.4 Folding and Storage

The YOSUDA WM-SE02 features a unique 180° foldable design and integrated transport wheels for convenient storage. To fold the rower:

1. Ensure the area is clear.
2. Lift the rear section of the rower until it folds vertically.

3. Secure the folded position if a locking mechanism is present.
4. Use the transport wheels to move the rower to a storage location. This design saves up to 60% of floor space.



Figure 5.3: The YOSUDA water rowing machine in both operational and folded storage configurations.

6. MAINTENANCE

6.1 Water Tank Maintenance

The 22-liter leak-proof water tank requires minimal maintenance. It is recommended to change the water every 90 days to maintain optimal performance and prevent odor. Use the provided water treatment tablets to keep the water clean and prevent algae growth.

6.2 General Cleaning

After each use, wipe down the rowing machine with a damp cloth to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the wood or electronic components.

6.3 Wood Frame Care

The rowing machine is constructed from FSC-certified beech wood. To maintain its appearance and durability, avoid exposing it to direct sunlight or extreme humidity. Periodically check all screws and bolts to ensure they are tight. Do not overtighten.

7. TROUBLESHOOTING

- Monitor Not Displaying Data:**
Check if the monitor batteries are correctly installed and have sufficient charge. Ensure all cables connecting the monitor to the rower are securely plugged in.
- Unusual Noises During Operation:**
Inspect the seat rollers and rail for any obstructions or debris. Clean the rail if necessary. Check all bolted connections for tightness. If the noise persists, contact customer support.
- Resistance Feels Inconsistent:**
Ensure the water level in the tank is appropriate. If the water level is too low, the resistance may feel reduced. Check for any air bubbles trapped in the pump mechanism.
- Difficulty Folding the Rower:**
Ensure no cables or components are obstructing the folding mechanism. Apply gentle, even pressure when folding. Do not force the mechanism.

8. SPECIFICATIONS

Brand	YOSUDA
Model Name	WM-SE02
Resistance Mechanism	Water
Product Dimensions (L x W x H)	196 cm x 44 cm x 80 cm (77.2 in x 17.3 in x 31.5 in)
Maximum Weight Recommendation	182 kg (401 lbs)
Maximum User Height	190 cm (6 ft 3 in)
Frame Material	FSC Certified Beech Wood
Item Weight	25.6 kg (56.4 lbs)
Water Tank Capacity	22 Liters
Special Features	Foldable Design, Bluetooth Connectivity, LCD Display, Adjustable Footrests



Figure 8.1: The YOSUDA rowing machine is crafted from premium, FSC-certified beech wood, ensuring durability and stability.

9. WARRANTY AND SUPPORT

YOSUDA provides a two-year spare parts service for the WM-SE02 Water Rowing Machine. We are committed to ensuring your satisfaction and the longevity of your product.

If you encounter any issues, have questions, or require assistance with spare parts, please do not hesitate to contact YOSUDA customer service. We guarantee that all inquiries will be answered professionally within 24 hours.

For support, please refer to the contact information provided with your purchase or visit the official YOSUDA website.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question