金史密斯智能折叠划船机 使用说明书 （型号 / Model No.: RMWR1F SA）

User Manual for KingSmith Foldable Rowing Machine

使用产品前请仔细阅读本使用说明书，并妥善保管。

Please read the User Manual carefully before using the Treadmill, and keep it properly.

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Address: Floor 4, Building 25, Area 18, ABP Park, Fengtai, Beijing, China.
服务电话 / Tel: 400-188-7795
中国制造 / MADE IN CHINA

扫码下载 /
Scan the QR code
"KS Fit" APP

金史密斯
官方微信公众平台 /
KingSmith Wechat

KINGSMITH

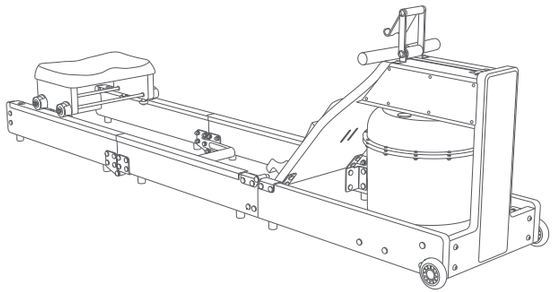
1. 简中……PG/02
2. ENGLISH……PG/19

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欢迎使用

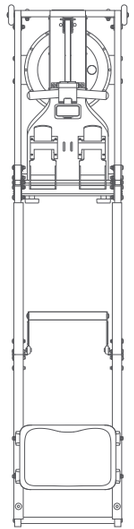
感谢您选择金史密斯智能折叠划船机，以下简称划船机。它拥有巧妙地三折叠设计，从此享受在家健康运动的品质生活。本产品只限于家庭使用，不得将本划船机用于任何商务、租赁或公共团体用途。



性能指标	详细参数
适用年龄	14~60 岁
持续拉力	300 N
最大载重	120 kg
产品净重	29 kg
展开尺寸	1940 × 500 × 560 mm
收纳尺寸	680 × 500 × 580 mm
产品等级	HC

1.1 产品及配件

请仔细检查包装箱内物品是否齐全完好，如有缺失或破损请拨打服务电话 400-188-7795

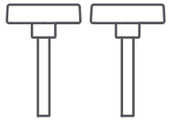


划船机

配件



抽水泵 × 1



固定旋钮 × 2



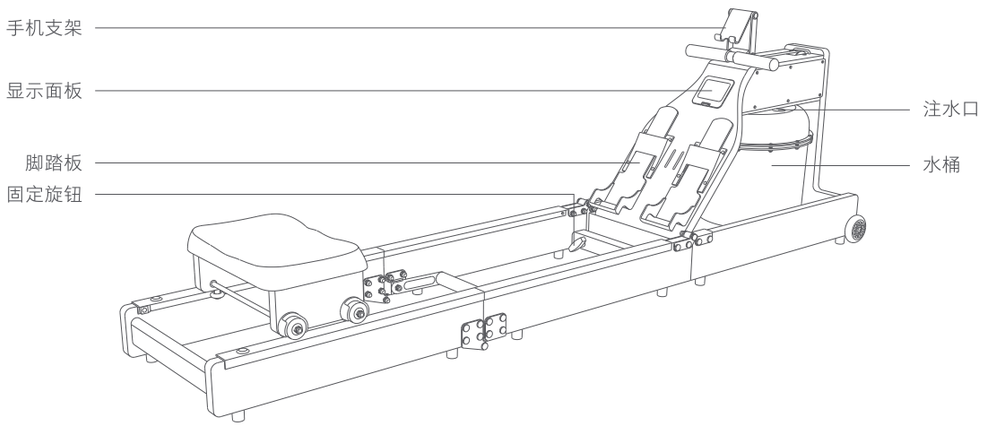
水蓝剂 × 1



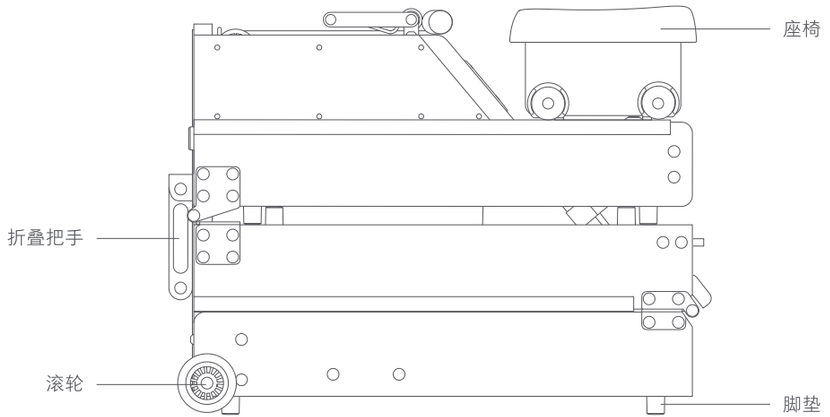
说明书 × 1

1.2 功能示意图

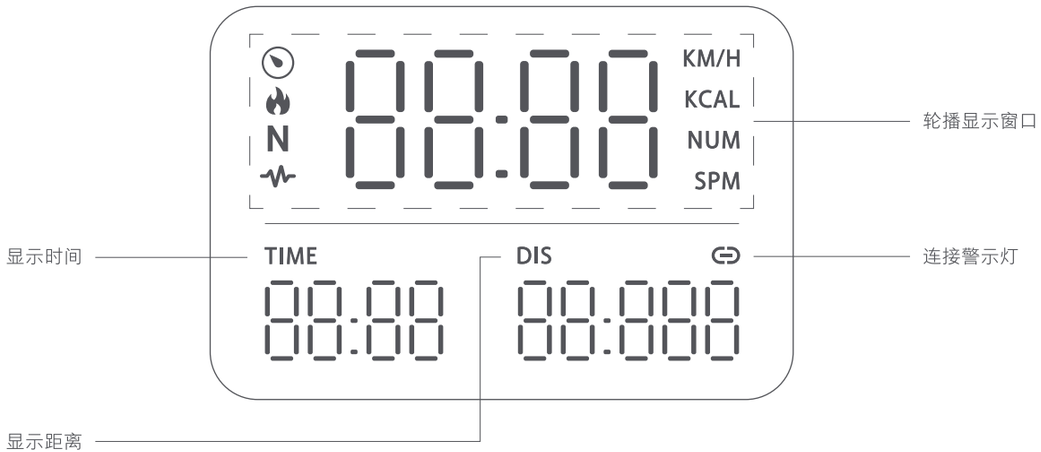
1. 展开状态



2. 收纳状态



3. 显示面板功能介绍



显示速度



显示消耗



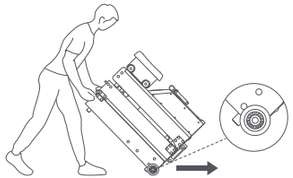
显示划桨数



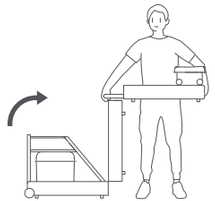
显示桨频



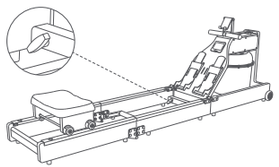
1.3 初次使用向导



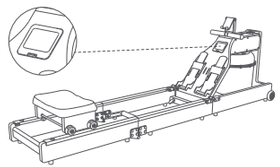
1. 推拉时，选择平整地面摆放，请不要放在太软的垫子或较厚的地毯上。



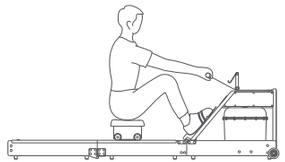
2. 一只手拉动机头处扶手，另一只手拉动座椅下方木板，向上用力抬起折叠滑轨，展开划船机。



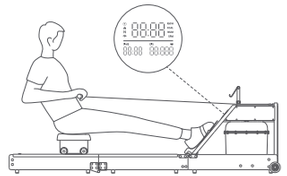
3. 展开后，将固定旋钮旋入两侧脚踏下方对应固定孔位，用来固定前两端木板。



4. 拆卸下脚踏板上方电子表，把电池装入电池仓中。

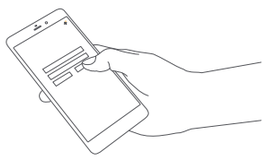


5. 坐上座椅，并把双脚放置在脚踏处，调节脚踏大小并固定绑带。



6. 拉动划船机拉手，点亮显示面板屏幕。

7. 扫描上方二维码或者在应用商店搜索“KS Fit”并完成安装与注册。

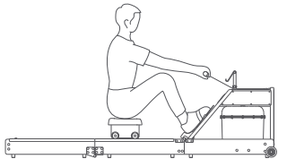


8. 打开 APP，按照提示添加并绑定，即可自由或观看课程使用划船机。

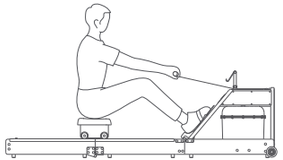
1.4 学习使用划船机

动作要领

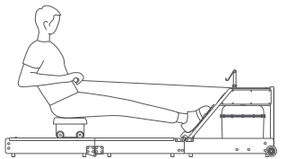
- 开始放松向前划，之后保持手臂及后背挺直用力蹬腿。
- 手臂向后拉，超过膝盖，直至盆骨位置，在盆骨上方回转完成划桨动作。
- 回到最初位置并重复循环动作。
- 更多划船及使用请参考视频教程。



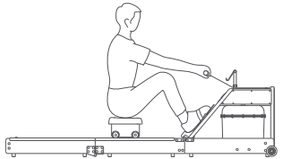
1. 入水阶段：肩部放松，手臂放松伸直，背部挺直，屈膝使小腿与滑轨成垂直状态。



2. 拉桨阶段：脚掌发力蹬脚踏板，同时手臂伸直。



3. 出水阶段：将握把拉至肋骨下方，腿完全伸直。



4. 回桨阶段：身体完全前倾与手臂呈放松伸直状态时，腿部再缓慢屈膝，再重复之前步骤即可。

1.5 热身运动

阻力调节

载荷变化：
水阻划船机为速度关联，拉动速度越快，阻力越大。

调节载荷：
水阻划船机载荷可通过改变水箱水量调节。
（水量越多载荷越大，水量越少载荷越小）

故障代码

E01：显示错误

E02：传感器 A 数据溢出

E04：传感器 A 数据断开

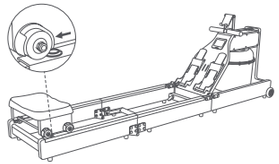
E08：传感器 B 数据溢出

E0100：传感器 B 数据断开

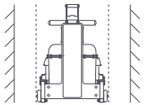
温暖的肌肉更加容易舒展并防止运动损伤，因此在运动之前，可以先用 5～10 分钟来进行热身。推荐按照如下方法做伸展运动，锻炼结束后再重复一遍。

1. 向下伸展：双膝微屈，身体慢慢向前弯，让背部和肩膀放松，双手尽量去触摸脚趾，保持 10～15 秒，然后放松。（重复 3 次）
2. 脚筋伸展：坐在干净的座垫上，将一条腿伸直，另一条腿向内收，使其紧贴伸直的一条腿的内侧。尽量用手去触摸脚趾，保持 10～15 秒，然后放松。（每一条腿重复 3 次）
3. 小腿和脚跟腱伸展：双手扶墙站立，一脚在后，保持后腿直立且脚跟着地，向墙的方向倾斜，保持 10～15 秒，然后放松。（每一条腿重复 3 次）
4. 四头肌伸展：以左手扶墙或桌子掌握平衡，然后右手向后伸，抓住右脚跟慢慢向臀部拉，直至感觉到大腿前侧肌肉紧张，保持 10～15 秒，然后放松。（每一条腿重复 3 次）
5. 缝匠肌（大腿内侧的肌肉）伸展：脚底相对，膝盖朝外坐下。双手抓住双脚向腹股沟方向拉，保持 10～15 秒，然后放松。（重复 3 次）

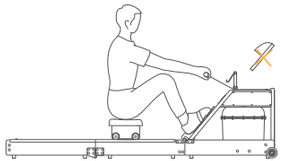
1.6 安全须知



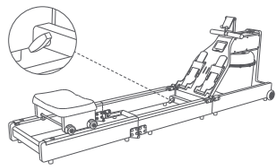
⚠ 收纳前请确保座椅后轮位于滑轨末端凸起后。



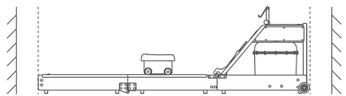
⚠ 划船机左右两侧空间距离应保留 600mm 以上。



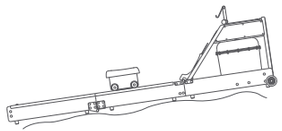
⚠ 请穿运动鞋服，根据自身情况适量锻炼，运动中如有不适请立即停止运动，并向医生咨询，否则可能会有受伤的风险。



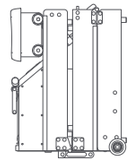
⚠ 使用时务必旋好固定旋钮。



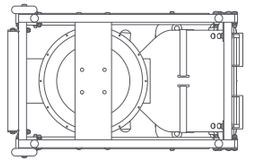
⚠ 划船机前后两侧空间距离应保留 600mm 以上。



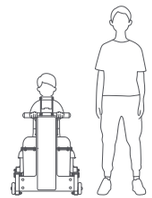
⊗ 严禁在不平整的地面使用。



⊗ 严禁直立收纳。



⊗ 严禁侧立收纳。



⊗ 未成年人须有成年人陪同指导。



⚠ 老人、儿童与孕妇请谨慎使用。

1.7 有害物质声明

部件名称	有害物质					
	铅 (Pb)	汞 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴联苯 (PBB)	多溴二苯醚 (PBDE)
电气元件	X	○	○	○	○	○
金属件	○	○	○	○	○	○
壳体	○	○	○	○	○	○
电池	○	○	○	○	○	○
其它部件	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制。

O: 表示该有害物质在该部件所有均质材料中的含量均在

GB /T 26572 规定的限量要求以下。

X: 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求。

1.8 商标与法律声明

金史密斯智能折叠划船机系列产品所涉及的多项专利，由北京金史密斯科技有限公司制作并拥有版权，任何机构及个人未经金史密斯书面许可不得复制、分发本手册的全部或任何部分，不得擅自使用这些专利。

本手册在印刷时已尽可能的包含各项功能介绍和使用说明。但由于产品功能不断完善、设计变更等，仍可能与您购买的产品有不符之处。由于产品更新，本手册与实际产品在颜色、外观等方面可能有所偏差，请以实际产品为准。

产品执行标准：GB17498.1-2008
GB17498.7-2008

本设备包含型号核准代码为：
CMIIT ID：2020DP3089 的无线电发射模块

三包卡可沿此虚线剪下

1.9 售后服务与保修

金史密斯智能折叠划船机产品售后服务严格依据《中华人民共和国消费者权益保护法》、《中华人民共和国产品质量法》实行售后三包服务，服务内容如下：在三包有效期内，您可以依据本规定免费享受退货、换货、维修的服务，退货、换货、维修应当凭发票办理。

签收次日起7日无理由退货，由用户承担物流费用，本产品出现《金史密斯智能折叠划船机故障表》所列性能故障的情况，经检测确定后，可以免费享受如下服务：

服务类型	服务政策
退货	自签收次日起 7 天内产品质量原因退货
换货	自签收次日起 15 天内产品质量原因换货
维修	自签收之日起 365 天内产品质量原因维修（在正常使用情况下显示面板、控制器、塑胶件、踏板、木板、手机支架等免费保修）。 产品如有以下情况需付费维修： 1. 超出保修期的需付费维修：需付来回运费、材料费及人工费； 2. 人为操作不当及损坏的修复，需付包括运费及维修零件与人工费； 3. 产品耗材零配件损坏的，需付运费及维修零件与人工费。 如有以下情况，不在免费保修服务范围： 1. 产品放置商用场地或营业场所； 2. 不当使用产品：使用者超重量、不当碰撞、插错电源、改装及未定期保养清洁机台； 3. 外观因使用、人为因素、阳光照射、污渍等自然退色； 4. 使用地区超过大陆以外的不在保修服务范围。

友情提示：因运输过程中需使用包装箱保证产品运输安全，建议您自签收之日起至少保留包装箱 30 天。

非保修政策

1. 未经授权的维修、误用、碰撞、疏忽、滥用、进液、事故、改动、不正确的使用非产品配件，或撕毁、涂改标贴、防伪标记。
2. 已超过三包有效期。
3. 因不可抗力造成的损坏。
4. 不符合《金史密斯智能折叠划船机故障表》所列性能故障的情况。
5. 因人为原因导致本产品及其配件产生《金史密斯智能折叠划船机》所列性能故障。

金史密斯划船机故障表

名称	性能故障
金史密斯智能折叠划船机	说明书所列功能失效
	开机无反应
	开机报警
	桨叶不转动或卡顿

产品保修卡

订单编号

用户姓名 _____ 联系电话 _____

通讯地址 _____

产品名称及型号 _____ 产品序列号 _____

购买渠道 _____ 产品购买日期 _____

维修记录

	维修日期	维修描述及更换配件	维修中心	维修工程师
1				
2				
3				
4				
5				

三包卡可沿此虚线剪下

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

The appliance is intended for household.

⚠ DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

⚠ WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

1) An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2) Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
3) Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4) Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
5) Do not carry this appliance by supply cord or use cord as a handle.
6) Keep the cord away from heated surfaces.
7) Never drop or insert any object into any opening.
8) Do not use outdoors.
9) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
10) To disconnect, turn all controls to the off position, then remove plug from outlet.

Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.

To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.

Category S (studio): Professional and/or commercial use.

The fitness equipment is used in training places for groups, such as: sports associations, educational institutions, hotels, clubs and studios, and its use and control are exclusively managed by the owner (with legal personality).

Class H (home): home use.

Additional instructions for use:

Braking System: Speed Dependent.

Load information: Change the load by changing the water volume in the tank.

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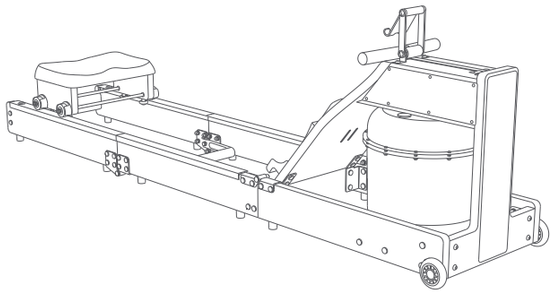
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Welcome!

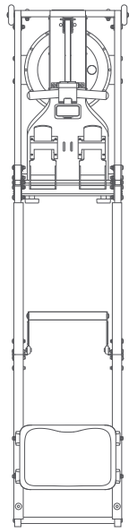
Thanks for choosing the KingSmith Foldable Rowing Machine, hereinafter referred to as the rowing machine. The ingenious tri-folding design presents the enjoyment of the quality life from healthy exercise at home. This product is for domestic use only, and shall not be used for any business, rental or public group purpose.



Performance index	Detailed parameters
Applicable age	14-60 years old
Continuous tension	300 N
Maximum load	120 kg (260 lbs)
Net weight	29 kg (63 lbs)
Unfolding dimension	1940×500×560 mm 76.3×19.6×22.0 inch
Folding dimension	680×500×580 mm 26.7×19.6×22.8 inch
Class	HC

2.1 Product and Accessories

Please carefully check whether the items contained in the packing box are complete and intact, and contact the retailer once finding any items missing or damaged.

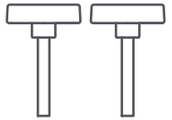


Rowing machine

Accessories



Water pump×1



Fixing knob×2



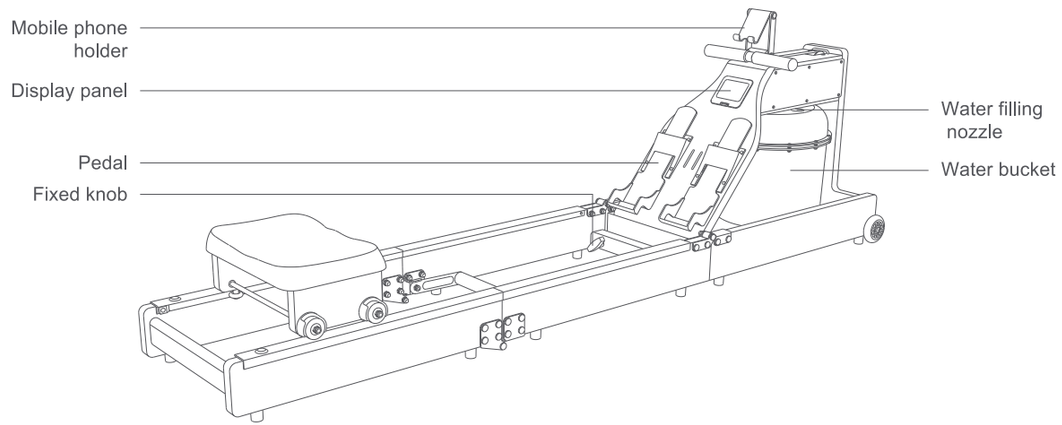
Agent blue×1



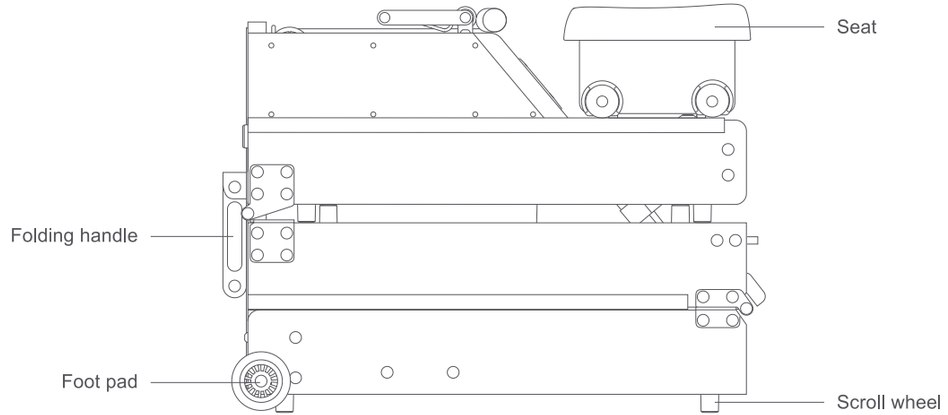
Manual×1

2.2 Functional Diagram

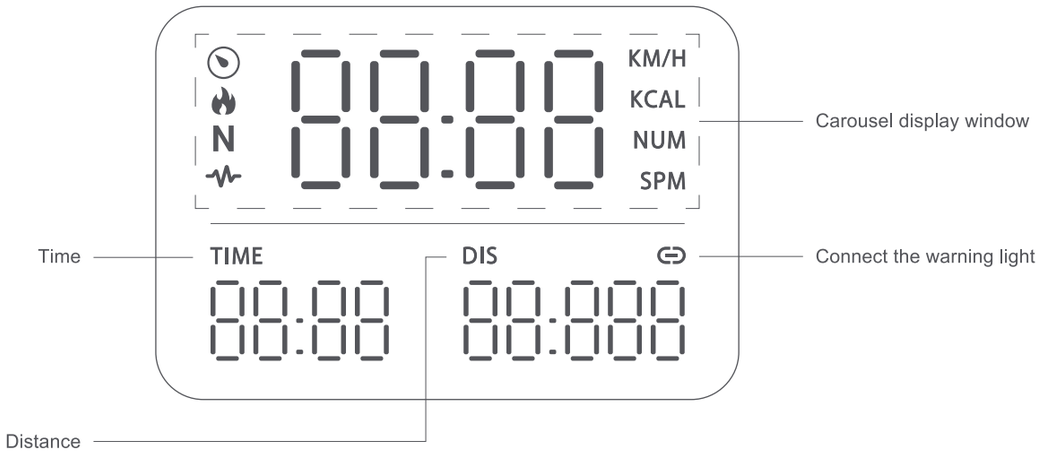
1. Unfolding state

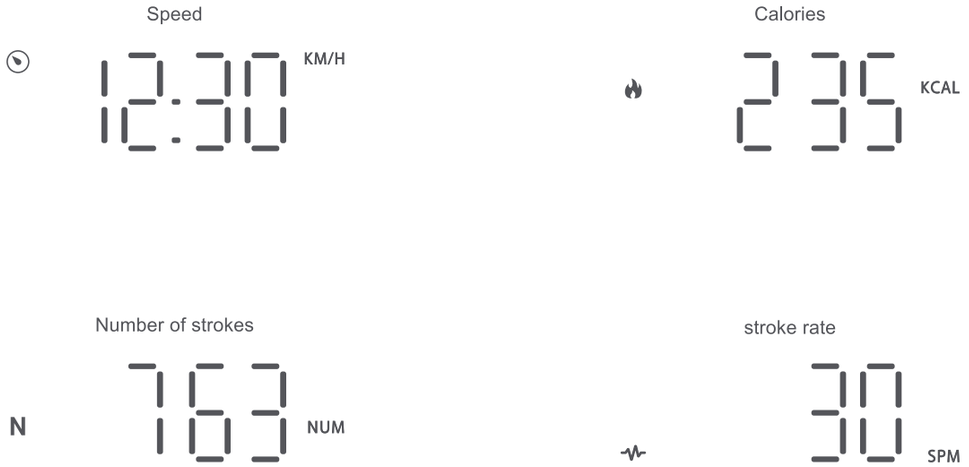


2. Folding state

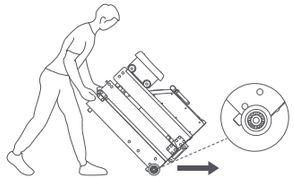


3. Function introduction to display panel

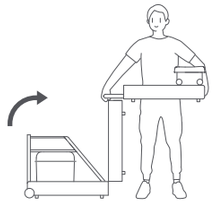




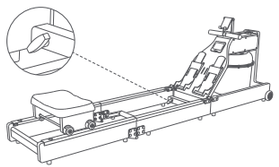
2.3 Guide for Initial Use



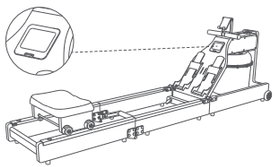
1. Before pushing and pulling, place the product on a flat floor instead of on a too soft mat or a thick carpet.



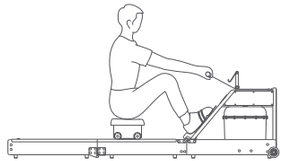
2. Pull the armrest at the head of the machine with one hand, and pull the wooden board under the seat with the other hand, and lift the folding rail upwards by force to unfold the rowing machine.



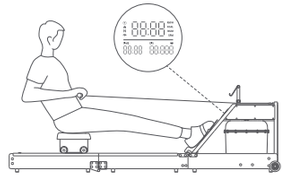
3. After unfolding, screw the fixing knobs into the corresponding fixing holes under the pedals on both sides, so as to secure the wooden boards at the front ends.



4. Remove the electronic meter above the pedal and load the battery compartment with batteries.

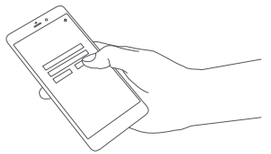


5. Sit on the seat, keep the feet on the pedals, adjust the size of pedals and secure the straps.



6. Pull the handle of rowing machine to light up the screen of display panel.

7. Scan the QR code above or search for “KS Fit” in the app store, and complete installation and registration.

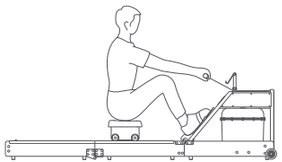


8. Open the APP, add and bind by following the instructions, and use the rowing machine freely or watch the lessons.

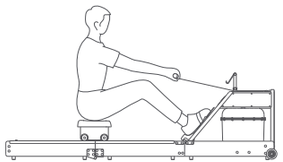
2.4 Operational Instructions

Essentials of movement

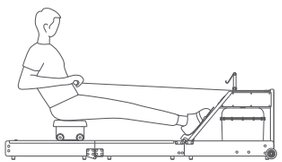
- Begin with a relaxed forward stroke, then stretch legs hard while keeping arms and back straight.
- Pull arms backward beyond knees, until to the position of pelvis, and rotate over the pelvis to complete the stroke.
- Return to the original position and repeat the cycle.
- Refer to the video tutorial for more information on rowing and use.



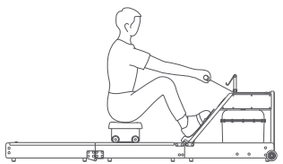
1. Entry: Relax shoulders, stretch and straighten arms, keep a straight back, and bend knees so that the calves are perpendicular to the rails.



2. Drive: Press the pedals with the soles of the feet, and straighten the arms simultaneously.



3. Release: Pull the grip under the ribs with the legs fully straight.



4. Recovery: Slowly bend the knees when the body is fully leaned forward and the arms are relaxed straight, and then repeat the previous steps.

Resistance adjustment

Load variation:
The water resistance of the rowing machine is related to speed, and the resistance increases as the pulling speed increases.

Adjusting the load:
The water resistance load of the rowing machine can be adjusted by changing the water volume of the water tank, and the load increases with the increase of the water volume.

Error code

E01: Display error

E02: Sensor A data overflow

E04: Sensor A data overflow

E08: Sensor B data overflow

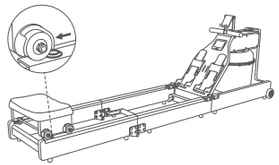
E0100: Sensor B data disconnected

2.5 Warm-up Exercises

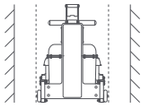
Warm up for 5 - 10 minutes before exercising since warm muscles are easier to stretch and prevent sports injuries. It is recommended to do the stretching exercise as follows, and repeat it after the exercise.

1. Downward stretch: Bend knees slightly, lower the body forward slowly, relax the back and shoulders, touch the toes with hands as much as possible, hold for 10 - 15 seconds, and then relax (repeat 3 times).
2. Hamstring stretch: Sitting on a clean seat cushion, straighten one leg, and retract the other inward so that the leg fits snugly against the inside of the straightened one. Try to touch the toes with hands, hold for 10 - 15 seconds, and then relax (repeat 3 times for each leg).
3. Calf and Achilles tendon stretch: Stand with both hands against the wall and one foot behind, keep the hind leg upright and the heel on the ground, lean towards the wall, hold for 10 - 15 seconds, then relax (repeat 3 times for each leg).
4. Quadriceps stretch: Maintain balance against a wall or table with left hand, stretch the right hand backward to grab and pull the right heel slowly toward buttocks until feeling tension in the front thigh muscles, hold for 10 - 15 seconds, then relax (repeat 3 times for each leg).
5. Sartorius (muscle of inner thigh) stretch: Sit with the soles of feet facing each other and the knees facing out. Grab and pull the feet toward the groin with hands, hold for 10 -15 seconds, then relax (repeat 3 times).

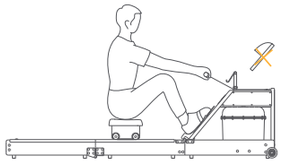
2.6 Safety Precautions



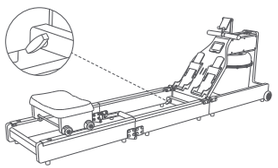
Make sure the rear wheel of the seat is located behind the protrusion at the end of the rail before stowage.



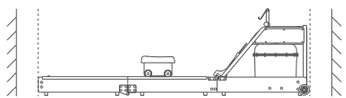
A space distance between the left and right sides of the rowing machine shall be kept more than 600mm.



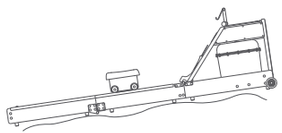
Exercise moderately with sports shoes and clothes according to own physical conditions. In case of any discomfort during exercise, stop exercising immediately and consult a doctor, otherwise there could be a risk of injury.



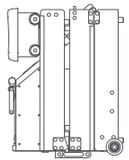
During use, be sure to screw the fixing knob.



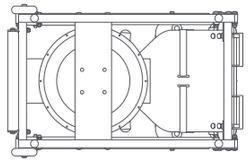
A space distance between the front and rear sides of the rowing machine shall be more than 600mm.



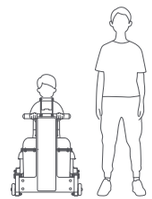
No use on the uneven ground is allowed.



Upright folding is not allowed.



Sideways folding is not allowed.



Children should be supervised to ensure that they do not play with the rowing machine.



The elderly, children and pregnant women should use this product prudently.

2.7 Trademark and Legal Statement

Various patents relating to the KingSmith WalkingPad Treadmill series are developed and copyrighted by Beijing KingSmith Technology Co., Ltd. ("KingSmith" for short). Without the written permission of KingSmith, any organization or individual shall not copy or distribute all or any part of this User Manual and shall not use the patents contained thereof. This User Manual, as far as possible, has included various latest function introductions and operational instructions at the time of being printed. Nevertheless, there might be discrepancies between the purchased Treadmill and those described herein due to a continuous optimization in functions and designs. Therefore, the actual Treadmill shall prevail in case of any deviations in color and appearance.

The machine satisfies EN ISO 20957-1,EN ISO 20957-7

2.8 Replacement and Disposal



The battery contained in this appliance must be removed for disposal.

When replacing the battery, use only original battery, available from our online parts shop.

The battery compartment is located on the back of the appliance. Open the compartment by removing the screw in the cover using a suitable screwdriver, and then press the lower end of the locking catch on the connectors. In that way, both sides of the connection can be separated by pulling them apart.

When inserting a new battery, push together the two connectors and ensure that the catch locks over the stop.

Never dispose of old battery in domestic garbage, but only through the proper public collection points. This also applies to the battery of defective appliances.



Devices marked with this symbol must be disposed of separately from your household waste, as they contain valuable materials that can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide information on the matter.