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> Cultsport Smartrow Basel Rowing Machine User Manual

CULTSPORT SmartrowBasel

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Model: SmartrowBasel

INTRODUCTION

This manual provides essential information for the safe and effective use of your Cultsport Smartrow Basel Rowing Machine. Please read this manual thoroughly before assembly and operation, and retain it for future reference. The Smartrow Basel is designed for full-body training, featuring magnetic resistance and smart workout tracking capabilities.

IMPORTANT SAFETY INFORMATION

Before starting any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions to prevent injury.

- Ensure the rowing machine is placed on a flat, stable surface with adequate clear space around it (at least 0.6 meters or 2 feet).
- Regularly inspect all components for wear or damage before each use. Do not use the machine if any parts are loose, worn, or damaged.
- The maximum user weight for this machine is **120 kg**. Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

WHAT'S IN THE BOX

Carefully unpack all items and ensure you have received the following components:

- Cultsport Smartrow Basel Rowing Machine (main unit)
- Tool Kit for assembly

- User Manual (this document)
- Warranty Card

If any items are missing or damaged, please contact Cultsport customer support.

SETUP AND ASSEMBLY

The Cultsport Smartrow Basel is designed for straightforward assembly. Refer to the included Tool Kit for necessary instruments.

1. **Unpacking:** Remove all components from the packaging and place them on a clear, flat surface.
2. **Frame Assembly:** Follow the detailed diagrams provided in the separate assembly guide (if applicable) to connect the main frame components. Ensure all bolts are securely tightened.
3. **Seat Installation:** Carefully slide the cushioned seat onto the rail. Ensure the seat moves smoothly along the rail without obstruction.
4. **Foot Pedal Attachment:** Secure the foot pedals to the designated areas. Verify that the straps are adjustable and functional.
5. **Console/Smartknob Setup:** Attach the console or Smartknob unit. Insert batteries as required for the LCD display.
6. **Final Check:** Before first use, double-check all connections, bolts, and moving parts to ensure they are secure and functioning correctly.

PRODUCT Highlights



Image: Key components of the Cultsport Smartrow Basel, including the resistance knob, cushioned seat, pedals with straps, and wheels for movement.



ADJUSTABLE SEAT

A comfortable, cushioned seat with back support for a seamless workout experience

TRANSPORTATION WHEELS

Wheels for easy storage



Image: Detailed view of the adjustable cushioned seat and the transportation wheels for easy storage.

OPERATING INSTRUCTIONS

Getting Started

- **Power On:** The LCD display is battery-powered. It should activate automatically when you begin rowing or by pressing a button on the Smartknob.
- **Adjust Foot Platforms:** Place your feet on the foot platforms and secure them with the adjustable straps. Ensure your feet are firmly held.
- **Grip the Handle:** Grasp the rowing handle with both hands, palms down.

Adjusting Resistance

The Smartrow Basel features **32 levels of magnetic resistance**. To adjust the resistance:

- Locate the resistance knob, typically found near the flywheel unit.
- Turn the knob clockwise to increase resistance for a more challenging workout.
- Turn the knob counter-clockwise to decrease resistance for an easier workout.



LOCKING PEDALS

Pedals with a strong grip and straps for a seamless workout experience

SMARTKNOB & TABLET HOLDER

Track your workout session



Image: Detail of the locking pedals for secure foot placement and the Smartknob with an integrated tablet holder for workout tracking.

Workout Tracking

The integrated LCD display and Smartknob track key workout metrics:

- **Calories Burned:** Estimates the calories expended during your session.
- **Distance:** Measures the simulated distance covered.
- **Speed:** Displays your current rowing speed.

Refer to the Smartknob's specific instructions for connecting to compatible apps or devices for enhanced tracking.

Proper Rowing Technique

To maximize effectiveness and minimize injury risk, maintain proper form:

1. **Catch:** Start with knees bent, arms extended forward, and torso leaning slightly forward.
2. **Drive:** Push off with your legs, then lean back slightly and pull the handle towards your abdomen.
3. **Finish:** Legs extended, torso leaning back, handle at your abdomen.

4. **Recovery:** Extend arms forward, then lean torso forward, and finally bend knees to return to the catch position.

MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Component Check:** Periodically check all bolts, nuts, and moving parts (especially the seat wheels and rail) for tightness and wear. Tighten any loose fasteners.
- **Seat Rail:** Keep the seat rail clean and free of debris. If the seat movement becomes rough or noisy, a light application of silicone-based lubricant may be applied to the rail.
- **Strap Inspection:** Inspect foot straps and the rowing handle strap for signs of fraying or damage. Replace if necessary.
- **Battery Replacement:** Replace the LCD display batteries when the display becomes dim or unresponsive.

TROUBLESHOOTING

This section addresses common issues you might encounter with your Cultsport Smartrow Basel.

Problem	Possible Cause	Solution
LCD display is blank or dim.	Low or dead batteries.	Replace the batteries in the console unit.
Seat does not move smoothly or makes noise.	Dirty seat rail, worn seat wheels, or lack of lubrication.	Clean the seat rail. Inspect seat wheels for damage. Apply a silicone-based lubricant to the seat rail.
Resistance feels inconsistent or too easy/hard.	Resistance knob not properly adjusted or internal mechanism issue.	Ensure the resistance knob is turned fully to your desired level. If the issue persists, contact customer support.
Unusual noises during operation.	Loose fasteners or components rubbing.	Stop use immediately. Inspect all assembly points and tighten any loose bolts or screws. Ensure no parts are rubbing against each other.

SPECIFICATIONS



Magnetic Resistance
32 Levels



Max User Weight
120KG

PRODUCT

Specifications



Image: The Cultsport Smartrow Basel rowing machine, illustrating its key specifications.

Brand	CULTSPORT
Model Name	SmartrowBasel
Resistance Mechanism	Magnetic
Tension Levels	32
Maximum Weight Recommendation	120 Kilograms
Product Dimensions (D x W x H)	176D x 49W x 65H Centimeters
Item Weight	25 kg
Frame Material	Alloy Steel, Aluminium
Display Type	LCD

Power Source	Battery Powered
Metrics Measured	Calories Burned, Distance, Speed
Included Components	Rowing Machine, Tool Kit, User Manual, Warranty Card

WARRANTY AND SUPPORT

Your Cultsport Smartrow Basel Rowing Machine comes with a warranty. Please refer to the included **Warranty Card** for detailed information regarding warranty terms, coverage, and duration.

For technical assistance, parts replacement, or any other support inquiries, please contact Cultsport customer service. Contact details are typically provided on the Warranty Card or on the official Cultsport website.

Note: Keep your purchase receipt as proof of purchase for warranty claims.