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## CULT SmartRowAeroGlide

# Cult SmartRowAeroGlide Magnetic Rower User Manual

Model: SmartRowAeroGlide

## INTRODUCTION

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Thank you for choosing the Cult SmartRowAeroGlide Magnetic Rower. This manual provides essential information for the safe and effective use, assembly, operation, and maintenance of your rowing machine. Please read this manual thoroughly before initial use and retain it for future reference.

## SAFETY INFORMATION

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- Consult a physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the rower on a flat, stable surface with adequate clearance around it.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity is 120 kg.
- The rower is suitable for individuals up to 6 feet in height.

## WHAT'S IN THE BOX

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Upon unpacking, please verify that all components listed below are present:

- Rower Frame and Components
- Assembly Tools
- User Manual (this document)
- Warranty Card

*Note: Tablet is not included with the product.*

## SETUP AND ASSEMBLY

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The Cult SmartRowAeroGlide is designed for straightforward assembly. Please follow the detailed instructions provided in the included assembly guide. Ensure all parts are correctly aligned and securely fastened before use.



# Fits Every Home, Fits Everybody

Supports your home workouts with easy setup and flexibility

- 120 kg** Max Weight
- 4.9 - 6ft** Height Range
- 960mm** Track Length

Image: The fully assembled Cult SmartRowAeroGlide Magnetic Rower, ready for use in a home environment. This image illustrates the rower's compact design and how it fits into a living space.

### Key Components Overview:

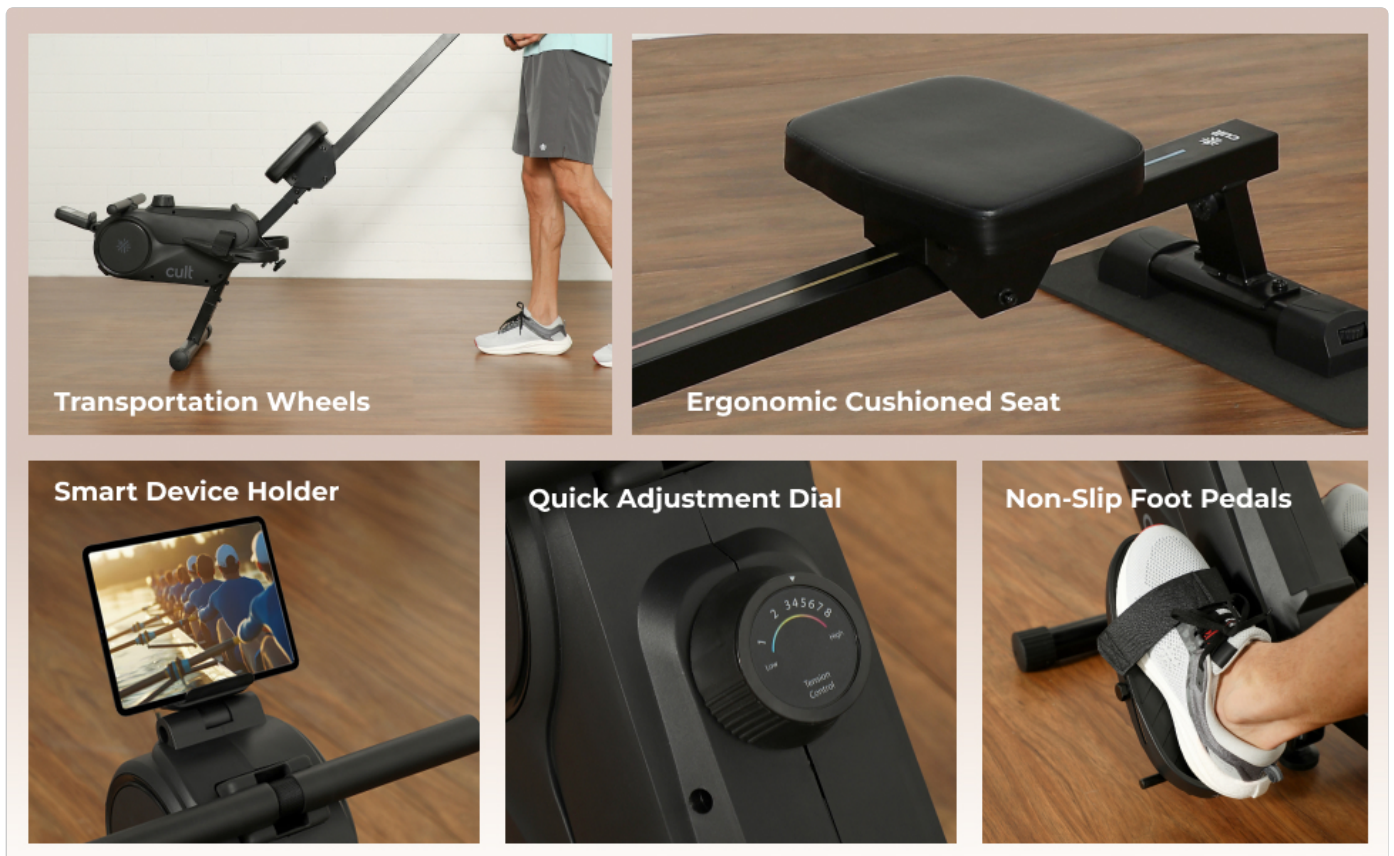


Image: A composite image highlighting various features of the rower: Transportation Wheels for easy movement, an Ergonomic Cushioned Seat for comfort, a Smart Device Holder for entertainment or workout apps, a Quick Adjustment Dial for resistance, and Non-Slip Foot Pedals for secure footing.

- **Transportation Wheels:** Located at the front stabilizer for easy relocation.
- **Ergonomic Cushioned Seat:** Provides comfort during extended workouts.
- **Smart Device Holder:** Securely holds your tablet or smartphone.
- **Non-Slip Foot Pedals:** Adjustable with straps to keep your feet secure.

## OPERATING INSTRUCTIONS

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### 1. Adjusting Magnetic Resistance

The SmartRowAeroGlide features 8 levels of magnetic resistance. To adjust the intensity of your workout, rotate the tension control dial located on the main unit. Turn clockwise for higher resistance and counter-clockwise for lower resistance.

# Magnetic Resistance for Every Fitness Level

Easily adjust intensity to match your fitness goals



8 Resistance Levels



6 Powerful Magnets



Smooth Operation



Image: A close-up of a hand turning the resistance dial, which clearly shows the 8 levels of magnetic resistance. This illustrates how to increase or decrease workout intensity.

- **Levels 1-2:** Light warm-up or recovery.
- **Levels 3-4:** Cardio training.
- **Levels 5-6:** Strength building.
- **Levels 7-8:** Intense workouts.

## 2. Using the LCD Display

The integrated LCD display tracks your workout progress. It is powered by AAA batteries (not included). The display shows real-time metrics to help you monitor your performance.

# Ultra-Quiet Performance

Train at any hour with smooth, silent operation

**Normal Conversation**

~60 dB

**Ceiling Fan**

~40 dB

**Rowing Machine**

~20 dB



Image: A close-up of the LCD display unit, clearly showing the buttons (SET, MODE, RESET) and icons for various metrics: Time, Distance, Speed, Calories, Count, and Total Count. This helps users understand how to track their progress.

- **Scan:** Cycles through all metrics automatically.
- **Time:** Duration of your current workout.
- **Distance:** Estimated distance rowed.
- **Calories:** Estimated calories burned.
- **Count:** Number of strokes in the current workout.
- **Total Count:** Total accumulated strokes.

Use the **MODE** button to select a specific metric to display, and the **RESET** button to clear your current workout data.

## 3. Proper Rowing Technique

Engage your core, push with your legs, pivot at your hips, and pull with your arms. Maintain a smooth, controlled motion. The rower is designed for total-body strength training, targeting multiple muscle groups.

# Complete Home Training Solution

Build endurance and tone your body from head to toe



**Arms**



**Abs & Core**



**Back**



**Glutes & Legs**



**Chest**



Image: A woman performing a rowing exercise on the SmartRowAeroGlide, with icons pointing to the muscle groups engaged: Arms, Abs & Core, Back, Chest, Glutes & Legs. This visually explains the full-body benefits of rowing.

- **Arms:** Biceps, triceps, forearms.
- **Back:** Lats, rhomboids, traps.
- **Chest:** Pectorals (secondary).
- **Abs & Core:** Rectus abdominis, obliques, lower back.
- **Glutes & Legs:** Quadriceps, hamstrings, glutes, calves.

## 4. Folding and Storage

The rower features a foldable design for convenient storage. To fold, lift the rail until it locks into the upright position. Use the transportation wheels to move the folded rower.

# Compact & Space-Saving Design



Image: The Cult SmartRowAeroGlide rower shown in its folded, upright position next to a sofa, illustrating its compact footprint (1500mm height, 460mm width) for space-saving storage.

- **Folded Dimensions:** 460mm (W) × 580mm (D) × 1500mm (H).

## MAINTENANCE

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Regular maintenance ensures the longevity and optimal performance of your rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Rail Cleaning:** Keep the seat rail clean and free of debris to ensure smooth seat gliding.
- **Storage:** Store the rower in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
LCD Display not working	Batteries are dead or incorrectly installed.	Replace AAA batteries or ensure they are installed with correct polarity.
Unusual noise during operation	Loose fasteners or debris on the rail.	Check and tighten all bolts and nuts. Clean the seat rail.
Resistance feels inconsistent	Magnetic mechanism issue or dial not fully engaged.	Ensure the resistance dial is clicked into a specific level. If issues persist, contact customer support.
Seat does not glide smoothly	Debris on the rail or worn wheels.	Clean the seat rail thoroughly. Inspect seat wheels for damage.

## SPECIFICATIONS

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- **Model:** SmartRowAeroGlide
- **Resistance System:** 8-Level Magnetic
- **Frame Material:** Alloy Steel, Powder-Coated
- **Maximum User Weight:** 120 kg
- **Recommended User Height:** Up to 6 Feet
- **Product Dimensions (L×W×H):** 1570mm × 460mm × 640mm (61.8D x 18.1W x 25.2H Centimeters)
- **Folded Dimensions (W×D×H):** 460mm × 580mm × 1500mm
- **Item Weight:** 18 kg
- **Display Type:** LCD (Scan, Time, Distance, Calories, Count, Total Count)
- **Power Source (Display):** AAA Batteries (not included)
- **Noise Level:** <20 dB
- **Country of Origin:** China

## WARRANTY AND SUPPORT

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Your Cult SmartRowAeroGlide Magnetic Rower comes with a warranty. Please refer to the included Warranty Card for specific terms and conditions, including coverage duration and claim procedures.

For technical assistance, spare parts, or any other inquiries, please contact Cult customer support. Contact details can typically be found on the Warranty Card or the official Cult website.

