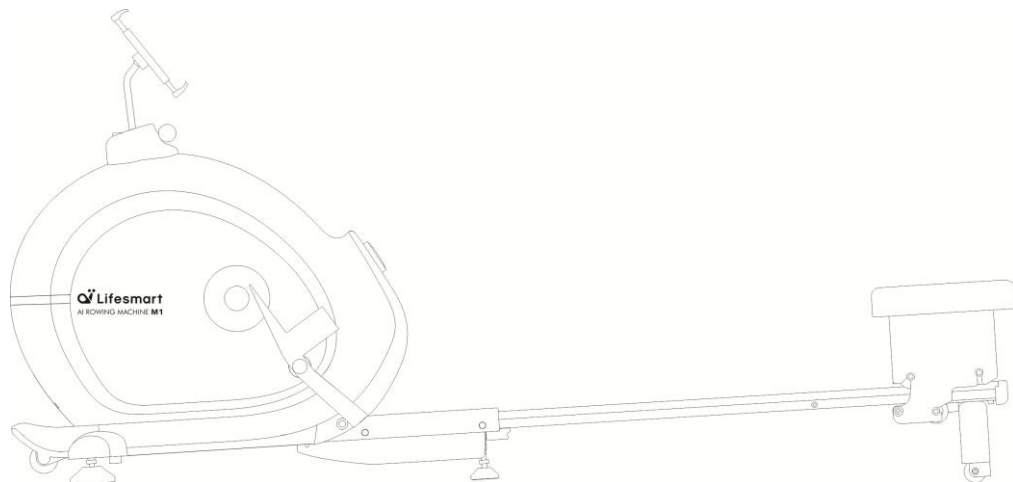




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AI Rowing Machine M1

Owner's Manual



Questions, problems, missing parts? Contact technical support department at **657-341-0362, 9:00 a.m. - 5 p.m., PST, Monday - Friday** or contact us via email at **support@scsources.com**.

Please have your model and serial number ready

Scan QR Code to Visit Registration Page



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Safety Precautions

Warning: We recommend consulting a professional doctor before starting any exercise program, especially if you are over 35 years old or have pre-existing health issues. We are not responsible for any injuries or consequences that may arise from exercising without proper medical advice.

1. The machine should only be used after it has been fully assembled and placed stably.
2. To ensure correct operation and to fully utilize the capabilities of the machine, please read this instruction manual carefully before use. If you lend the product to someone else, make sure to provide them with this manual as well.
3. If the product's battery or any components are found to be damaged, stop using it immediately and contact our company or an authorized dealer for repair or replacement. Do not attempt to disassemble or replace parts yourself.

Caution

1. Before using the machine, ensure that all parts are securely fastened and tightened.
2. Do not insert objects into any part of the machine, as this may cause damage to the equipment.
3. Place the machine on a clean and flat surface. Do not place it on thick carpeting that may affect normal use, and do not use it in proximity to water or outdoors.
4. Avoid wearing clothing that is too long or loose, which can easily get caught in the machine.
5. Keep children and pets away from the machine when in use.
6. Engage in any vigorous exercise at least 40 minutes later after eating.
7. This fitness equipment is intended for adult use only;
8. This machine is only designed for indoor use. Do not use it outdoors or modify it for any other purpose.
9. The machine uses battery 18650; do not replace it with other types.
10. Charge the machine with the charging cable that comes with the machine, with its plug size of 5.5 x 2.1mm.
11. Due to the self-powered feature of the product and reliance on battery storage, the machine may

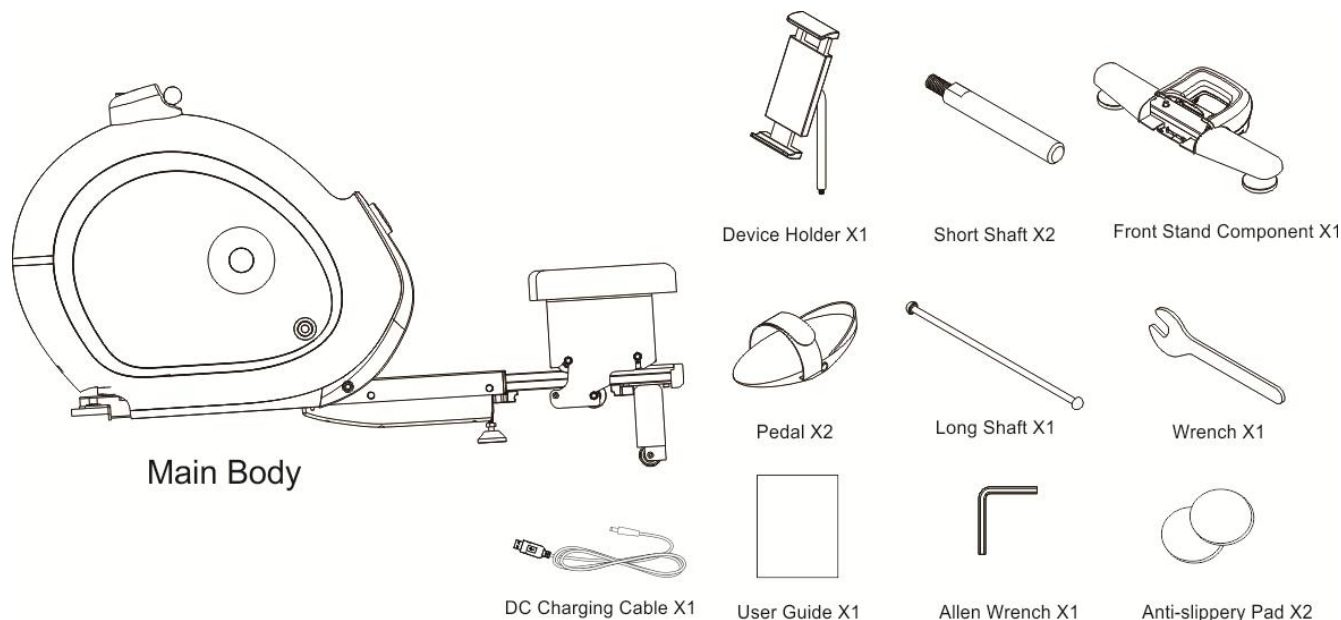
fail to start if not used for a prolonged period. In such cases, please contact customer service for assistance.

12. Maintain a clear space of at least 24 inches around the machine during use.
13. This product is not intended for medical use.
14. The braking system is not speed-associated.

Prohibitions

1. Do not use if the outer casing is cracked, broken, or if welding has failed.
2. Avoid jumping on or off the equipment during use.
3. Do not use or store in places with high humidity, such as outdoors, near bathrooms, or where it may be exposed to water droplets.
4. Do not use or store in direct sunlight, near stoves, or other high-temperature locations, or on top of heating appliances like heated carpets.
5. This equipment is designed for single-user use only. Keep others at a safe distance during operation.
6. Do not use if you are unable to express consent or operate the machine by yourself.
7. Keep the main unit and controls free from exposure to water and beverages.
8. People who do not usually exercise should not suddenly do extreme exercise.
9. Do not use after eating, when fatigued, just after exercising, or when not feeling physically normal.
10. This product is intended for home use and is not suitable for use in non-specific public spaces with a high volume of people.
11. Avoid using while eating or engaging in other activities.
12. Do not use if you feel sluggish, such as after consuming alcohol.
13. Do not use with hard objects in the clothing pockets.

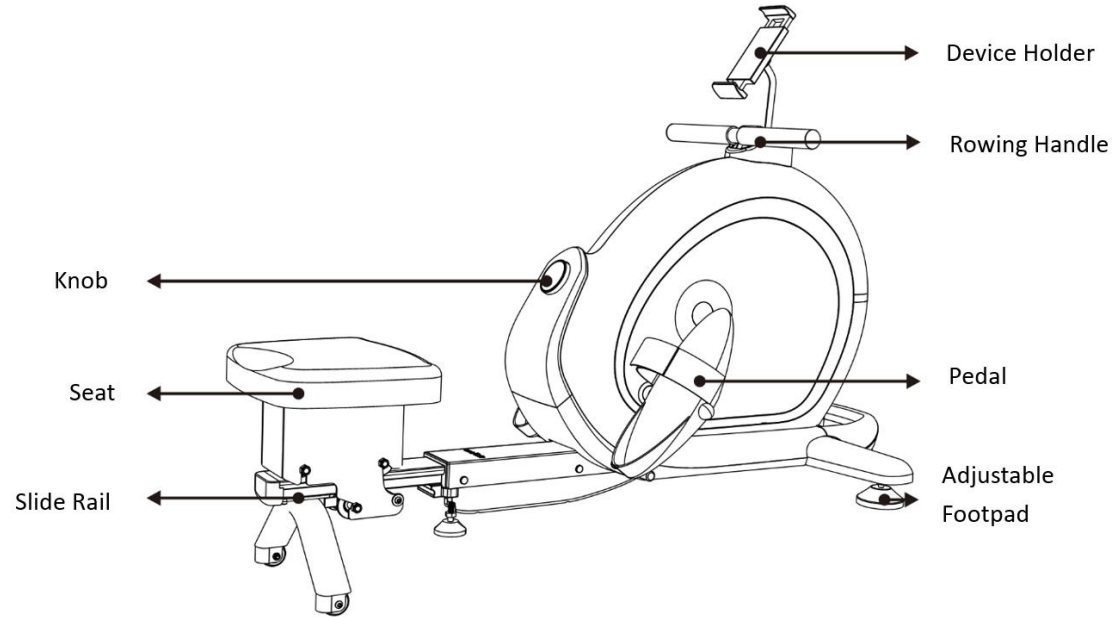
Parts List



Please carefully check if all items inside the packaging box are complete and in good condition. If anything is missing or damaged, please contact customer service!

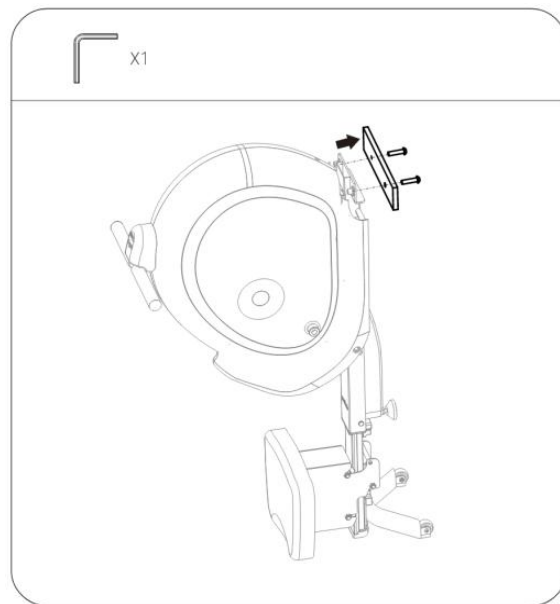
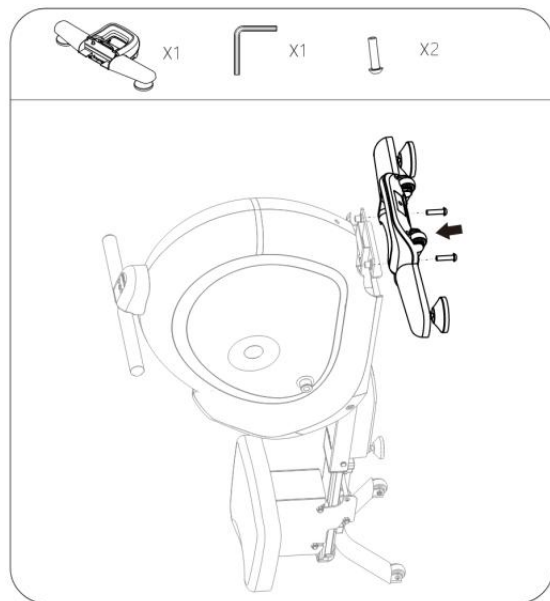
Note: Anti-slippery pads are only for replacement, not for assembling purpose.

Overall Machine Diagram



Assembly Instructions

1. Stand the machine on one end (see the right pic). Loosen the bolts (2 in total) securing the wooden board by using Allen Wrench (included). Remove the board and set the bolts aside. Do not discard them as they will be needed in the next step.



2. Use the bolts from step 1 to attach the rear stabilizer component. Then, with Allen Wrench (included), tighten the bolts in a clockwise direction.

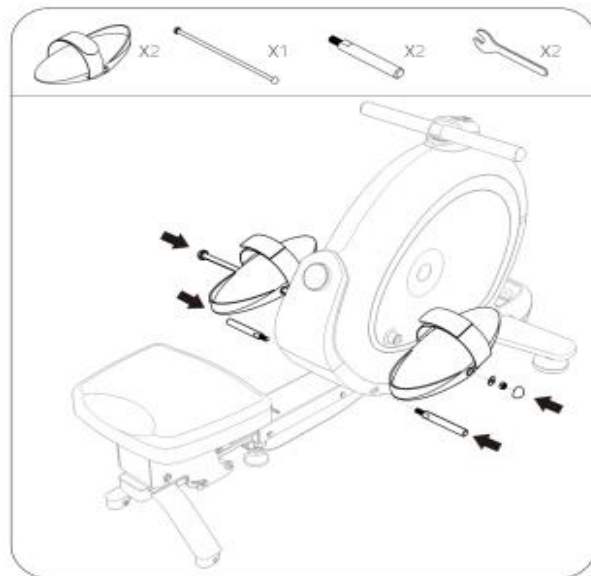
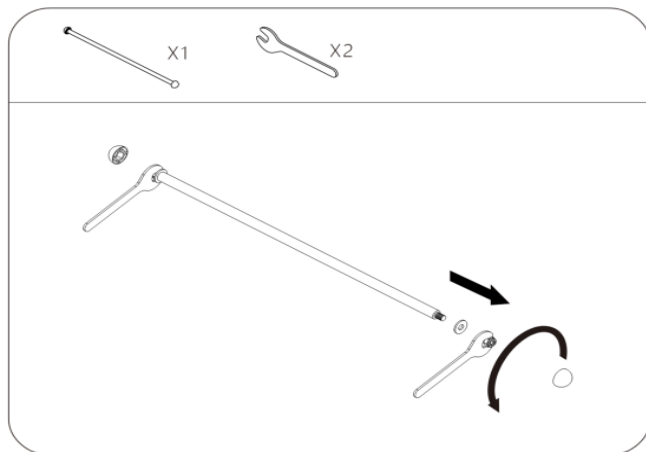
3. Assemble Short Shaft, Long Shaft, and Pedals:

3.1 Secure each of the 2 short shafts to the main body at the designated side holes.

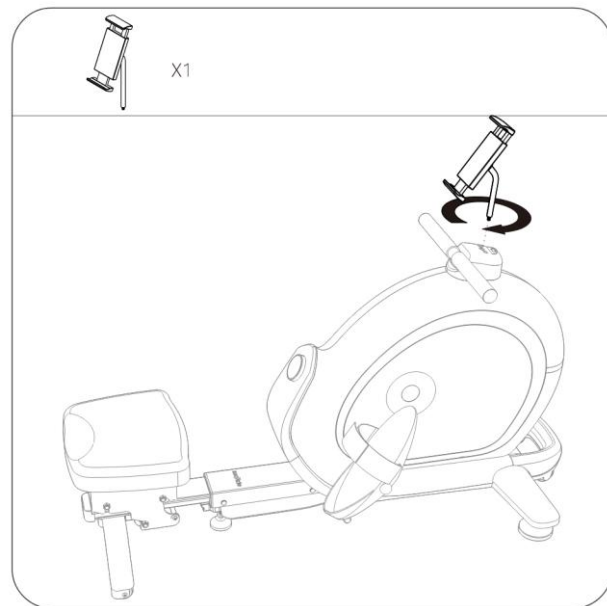
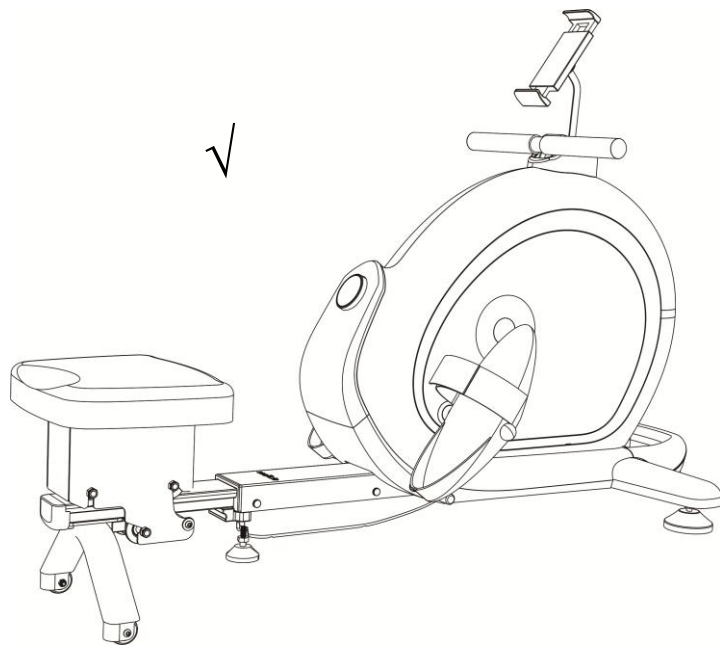
3.2 Detach the nut caps from both ends of the long shaft. Remove washer, and nut from only one end of the long shaft. Insert the long shaft (1 total) into one peddle, the main body's opening and the other peddle.

3.3 Add washer and nut in sequence back to the long shaft. Tighten the nut with one Allen Wrench while holding the other end stable with the other wrench. Insert the nut caps back to both sides of long shaft.

Note: Verify that the short shafts and pedals are firmly tightened and secured.



4. Align the device bracket with the holes as shown in the diagram below, and tighten clockwise.



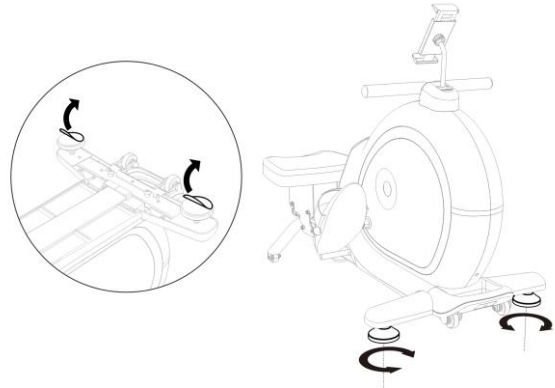
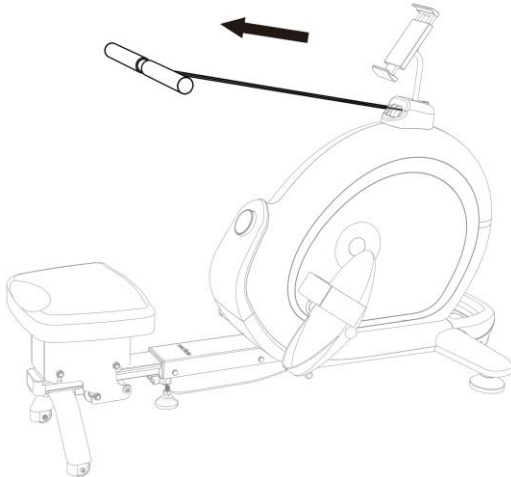
5. Congratulations, assemble complete!

Function Guide

This machine is a self-powered training equipment with electromagnetic resistance system.

➤ For Initial Use

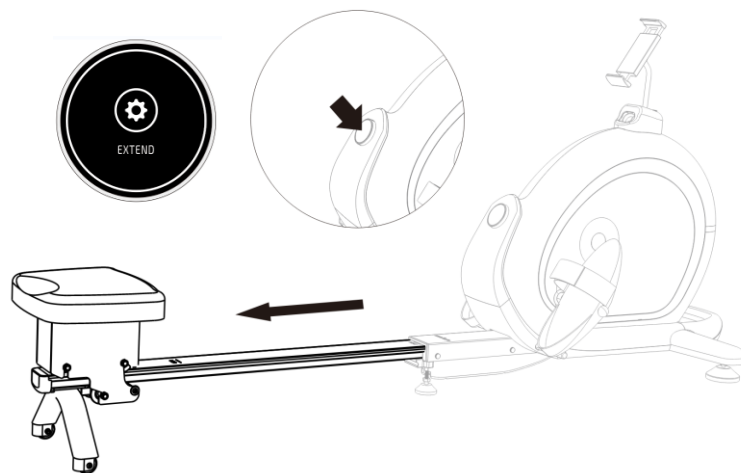
1. Remove the protective film from the anti-slip silicone on the bottom of the adjustable foot pad. Place the machine on a flat surface. If the surface is uneven, adjust the foot pad to ensure the machine is stable and does not wobble.



2. Pull the handle out quickly for more than 1.5 feet, the knob will light up and the machine is activated.

3. Once the machine is activated, switch the knob to the Extend menu. Press the knob briefly once, and the slide rail of the machine will automatically adjust to its longest position (please do not sit on the seat or obstruct the movement of the slide rail during this process). Once the slide rail stops and extends to its maximum, users can start workout (please fasten the straps on the pedals before training).

Note: If the slide rail's automatic adjustment is obstructed or the knob is pressed again during the extension, the extending process will stop. In this case, briefly press the knob to retract the slide rail, then press the Extend menu again to adjust the slide rail to its maximum length.



➤ Free Rowing

1. **Start:** Switch the knob to the 'Start' menu. Press the knob briefly once, and the knob will display a countdown from 3 to 1, after which you can begin. Once started, time, calories, distance, count, and heart rate will be displayed in an automatic carousel mode, switching every 3 seconds.。




After starting, you can rotate the knob at any time to adjust the resistance level, from a minimum of level 1 to a maximum of level 16.



If you want to view a specific data during the process, briefly press the knob to switch into the these data separately.



If you want to switch to carousel mode, press the knob until this icon  appears on the screen.

2. Stop

Press the knob and hold for more than 2 seconds to end the current workout and enter standby mode.

➤ Countdown Mode

Under standby mode, switch the knob to the target menu and press briefly once to enter.

Once entered, by rotating the knob, you can select time, distance, calories, count, or return. The default target time is set at 30:00, target distance at 3 kilometers, target calories at 100 kcal, and target count at 500. Select one target and press the knob briefly once to start.





If you need to adjust the countdown parameters, press the knob and hold to enter the settings page. Turn the knob and make adjustments. After that, press the knob briefly once to confirm the settings.



After starting the workout, you can rotate the knob to adjust the resistance. Once any target counts down to 0, it's considered as target achieved, and the current workout will automatically end. If you want to stop the workout midway, simply press the knob and hold for 2 seconds.

➤ Program

Under standby mode, switch the knob to program menu and press briefly once to enter.

Once entering, by rotating the knob, you can select program 1 to 12 or return, choose what you want and press briefly once to start.



PROGRAM 1



PROGRAM 2



PROGRAM 3



PROGRAM 4



PROGRAM 5



PROGRAM 6



PROGRAM 7



PROGRAM 8



PROGRAM 9



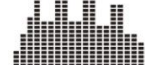
PROGRAM 10



PROGRAM 11



PROGRAM 12



Program	Resistance Level	Time Segment																			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Program 1		6	8	10	8	6	8	10	8	6	8	10	8	6	8	10	8	6	8	10	8
Program 2		8	10	8	6	4	2	4	6	8	10	8	6	4	2	4	6	8	10	8	4
Program 3		2	4	6	8	10	10	8	6	4	2	4	6	8	10	10	8	6	4	2	4
Program 4		2	4	6	8	10	12	14	14	12	10	8	6	4	2	2	4	6	8	10	12
Program 5		3	4	5	6	7	8	9	10	11	12	13	14	13	12	11	10	9	8	7	6
Program 6		4	6	10	4	6	10	4	6	10	4	6	10	4	6	10	4	6	10	4	6
Program 7		4	6	8	4	4	8	5	6	8	5	6	8	5	5	5	10	10	8	5	5
Program 8		4	5	5	10	12	12	6	10	12	6	6	6	10	12	12	6	4	5	4	
Program 9		4	6	6	12	12	6	12	13	6	13	15	15	6	6	6	8	10	5	5	4
Program 10		4	6	8	10	12	8	6	10	12	13	10	10	8	6	6	4	6	6	5	5
Program 11		5	6	8	15	8	15	8	8	8	15	15	8	8	15	15	15	13	11	9	5
Program 12		4	8	12	16	11	11	16	16	11	11	16	16	10	10	15	15	8	8	6	5

Each preset program has 20 segments, with a default runtime of 20 minutes. If you want to reset the time, rotate the knob to the desired program, press and hold to enter the settings page, rotate the knob to adjust time, and then press the knob briefly once to confirm and start.

During the program's operation, the resistance value will automatically adjust at each segment point. Before a segment transition, you can manually rotate the knob to adjust the resistance, but when the next segment begins, the program will automatically reset to the default value.

➤ How to connect Heart Rate Monitor

Our system supports all heart rate belts or smart wristbands and watches



with a heart rate broadcasting feature. As long as the heart rate belt or wristband/watch is within a 5-meter range and it has an activated heart rate broadcasting function, the system will connect automatically.

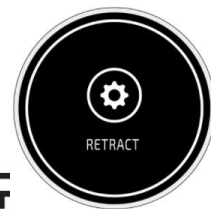
Note: In most cases, to conserve battery life, the heart rate broadcasting function is turned off by default on wristbands or watches. Therefore, before using, you need to activate it on your wristband or watch. Typically, this setting can be found in the settings menu.

The heart rate interface can only be viewed on the knob after starting a workout, and the display appears as shown in the image on the upper right.

➤ **Connect with Snailcle APP**

Scan the QR-code below, and download Snailcle APP.

After downloading and installing the app, follow the prompts to connect to the machine's Bluetooth (with the Bluetooth name being Snailcle M1-XXXXXX), and then you're ready to begin a fun journey.



➤ **How to Store**

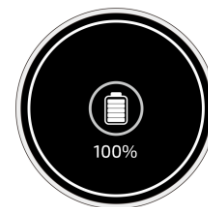
Under standby mode, rotate the knob to the retract menu and press briefly once. The slide rail will automatically retract to its minimum position.

➤ **Battery Display**

Under standby mode, turn the knob to the battery interface to see the current battery status. When the machine don't expand or retract properly, connect the DC charging cable to charge the machine (go Troubleshooting>Issue 2>Solution (2) for details).

➤ **Shutdown**

When the handle remains not operated for a continuous 2 minutes, the system will automatically power off and enter sleep mode. To activate it again, pull the handle out quickly for more than 1.5 feet (0.5 m). Once the knob lights up, it's ready for use.



Troubleshooting

Issue 1: The knob beeps once and turns off when pulling the handle.

Analysis: The machine requires a quick pull of the handle, extending it by at least 0.5 meters, to power on. If the handle is pulled too slowly or not far enough, the system won't start as needed.

Solution: Pull the handle rapidly to a minimum distance of 0.5 meters to ensure the machine powers up effectively.

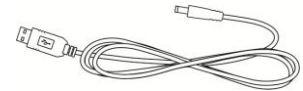
Issue 2: The machine shuts off automatically when the slide rail is moved post-powering on.

Analysis: As a self-powering device with an 11.1V 2000mAh battery pack, the generator is supposed to charge the battery with every movement. Nonetheless, excessive battery drain may occur if:

- (1) The machine has been inactive for six months or more, leading to significant battery discharge.
- (2) The machine is seldom used while repeated slide rail adjustments have been made without subsequent recharging, resulting in excessive battery depletion.

Solutions:

- (1) Operate the machine with a pace over 25 SPM for at least 15 minutes to recharge the battery. Typically, charging for 15 minutes allows for around three full slide rail adjustments.
- (2) Charge the machine with a charging cable (with a 5.5 x 2.1mm plug) that comes with the machine. Charged for at least 20 minutes, the machine can then be retracted or extended. For 6 hours, the machine can get fully charged.



Maintenance

The safety level given by the design of the this product can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced or the equipment should be put out of use until it is repaired.

DAILY

- Wipe down the machine after each use to remove sweat and moisture. Use soap and water, or a diluted non-abrasive domestic cleaner solution. Rinse to remove detergent residue and then dry off.
- Before each session, inspect for loose components such as pedals or cranks prior to commencing the next use. Tighten up any loose parts.

WEEKLY

- Check for proper seat post and handlebar movement.
- Adjust and lubricate the moving parts if necessary.
- Check to make sure the crank arms are tightened to the bottom bracket.
- Inspect all parts, nuts, bolts, or screws for adjustments, replacements or maintenance.

MONTHLY

- Inspect the frame and main assembly components for rust or corrosion. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, quick release levers and other bolt assemblies.
- Inspect all wear items for adjustments or possible part replacement. Give particular attention to the following:
 - A) Inspect handgrip foam for wear. Excessive wear or dryness indicates replacement is required.
 - B) Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
 - C) Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Inspect the belt for tensioning by rotating the crank to drive the flywheel forward. Do this motion in 1/4 turns to assess if there is free play between the crank and the flywheel.
- Please lubricate the seat post regularly with grease if any wear or noise appears.

Service Card

User's name: _____

Tel: _____

Address: _____

Model name&number: _____

Serial Number: _____

Purchase Channel: _____

Purchase Date: _____

Service Record

	Date	Description	Service Center	Engineer
1				
2				
3				
4				
5				

One-Year Limited Warranty

The manufacturer warrants this product against defects in materials and workmanship on functional parts, for a period of 1 year from the original date of purchase. Your sales receipt showing the date of purchase of the product is your proof of purchase. Keep it in a safe place for future reference. This warranty is subject to personal use only, commercial or rental applications will not be covered.

This product is made with the highest quality materials and is warranted to be free from defects in materials and workmanship at the time of purchase. This limited warranty applies to products manufactured or distributed by the manufacturer, are delivered in the continental United States or Canada and extends to the original purchaser, or gift recipient. This warranty becomes valid at the time of purchase and terminates either by the specified time frame listed above and/or owner transfer. Any refunds or monetary compensations must be claimed through the place of purchase (retailer), and not through the manufacturer. Any extended warranties (warranties that cover above and beyond this manufacturer warranty) that are sold through a retailer or third party, are not directly correlated with this products' limited warranty, and may be redirected to said retailer or third party for coverage.

This warranty extends through the manufacturer of the product, and covers functional parts only. Cosmetics are not covered, unless unequivocally determined it is a workmanship defect. Shipping damage should be addressed with the shipping company, retailer, or place of purchase, not the manufacturer unless the manufacturer was the direct shipper.

The manufacturer's sole obligation under this warranty shall be limited to furnishing the original purchaser replacement parts for units deemed repairable by the supplier's warranty department. The purchaser is responsible for insuring any parts shipped or returned, if desired. The purchaser is responsible to prepay any shipping charges (both ways) including, but not limited to taxes and duties. All exchanged parts and products replaced under this warranty will become the property of manufacturer. The manufacturer reserves the right to change manufacturers of replacement parts or

products for use, in order to cover any existing warranty.

The purchaser may be asked to provide the supplier with proof of purchase documents (including the date of purchase) if requested. Any evidence of alteration, erasing, or forgery of proof of purchase documents will be just cause to VOID this limited warranty. Products, in which the serial number has been defaced or removed are not eligible for warranty coverage.

This warranty does not apply if the unit has been subject to negligence, fabrication, misuse, abuse, or repairs, alteration by non-manufacturer authorized personnel, inappropriate installations, or any case beyond the control of the manufacturer. Examples of warranty invalidation may also include, but are not limited to:

- Use of lacquer or paints in (and around) the product
- Product placed on non-approved surfaces
- Electrical requirement deficiencies
- Use on extension cords/timers/surge protectors/GFCI
- Outdoor applications
- Normal wear/tear/weathering
- Pet/consumer accidents
- Purchases from dealers unauthorized by the manufacturer (Authorization in writing)

The manufacturer shall not be liable for any loss due to use (or misuse) of the product or other incidental or consequential costs, expense or damages without irrefutable foundations. Under no circumstances shall the manufacturer or any of its representatives be held liable for injury to any person or damage to any property, however arising. Any implied warranty shall have duration equal of the applicable warranty stated above. Specifications are subject to change without notice or obligation.

This limited warranty gives the original purchaser specific legal rights. Other rights may vary from state to state.

AI Rowing Machine M1 Owner's Manual

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