

ROW

BODYCRAFT



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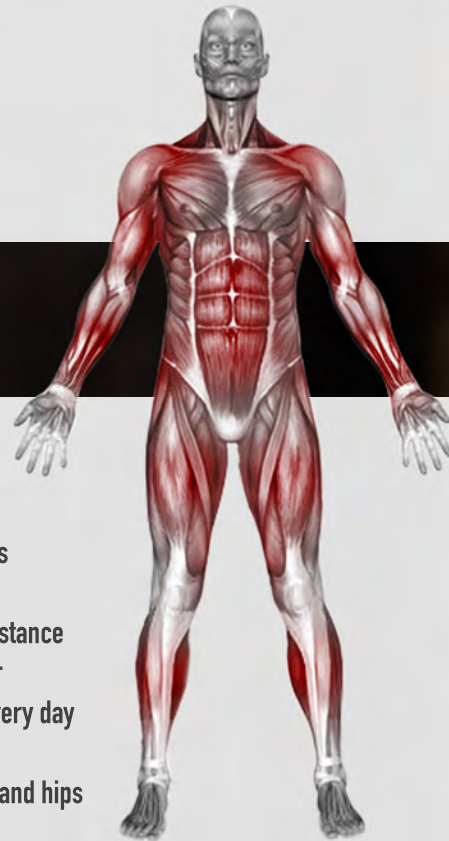
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THE **ULTIMATE** CROSS TRAINER

■ **BODYCRAFT ROWING MACHINES ARE SOME OF THE MOST EFFECTIVE BODY-BUILDING AND FAT BURNING EXERCISE MACHINES AVAILABLE.** Our rowers provide a full body anaerobic (strength) and aerobic (cardio) workout that targets your legs, core, and upper body, while simultaneously benefiting your heart and lungs. This means you can effectively train the cardiovascular system and burn more calories in much less time than either running or biking. Rowing is fantastic for anyone, from the most inexperienced beginner to the Olympic athlete. Seniors also enjoy rowing for the near zero impact action and little joint pressure. Rowing can provide many health benefits such as stress reduction, improved flexibility, weight loss, cardiovascular endurance, injury rehabilitation and much more. A BODYCRAFT rower will help you achieve all of your fitness goals no matter your experience or age and will provide you with a lifetime of satisfying health benefits.



FULL BODY BENEFITS

- **CARDIOVASCULAR** Workouts 3–4 times a week with a BODYCRAFT rower can result in a substantial gain in your cardiovascular fitness and a substantial loss of body-fat percentage.
- **UPPER BODY** With each stroke, your back, shoulders, and arms will be strengthened and toned. The variable Air+Magnetic resistance feature on our rowers can achieve levels of resistance suitable for beginners all the way up to the Olympic athlete.
- **CORE** Rowing with a BODYCRAFT rower yields unmatched core strengthening results. A strong core will benefit you in every day life from a straighter posture to a rock solid back.
- **LEGS** Your legs are the main source of power during the rowing stroke. All of your leg muscles including your posterior and hips are engaged during each extension and compression of the rowing stroke.

GIVING YOU THE ADVANTAGE

■ THE ADVANTAGE OF AIR + (EDDY CURRENT) MAGNETIC RESISTANCE

Currently the most popular rowers available only use an air dampening system to provide the user with a limited range of resistance. The theory is, the more air introduced into the flywheel, the more work it takes to spin the flywheel. Although correct, the actual amount and range of resistance is very limited. This equates to very little change in resistance over the range of settings and does not provide the user with many options when training, especially if one of your goals is to build muscle. When developing our rowers we didn't stop at just air resistance, as this wasn't good enough. The BODYCRAFT rowers use an Air and Eddy Current Magnetic resistance system to offer the user a wider range of resistance allowing the user to hone in on their ideal training level. Our rowers offer a low end resistance which equates to rowing a sleek racing boat effortlessly through the water at a fast pace, and a higher end resistance which would be similar to power rowing a heavy jon boat across the lake. The higher end resistance allows the user to build their anaerobic strength (muscle) while the lower resistance allows the user to focus on their aerobic endurance (cardio). By offering such a wide range of resistance options, our rowers provide the user with an unmatched full body workout suitable for the beginner and are also capable of humbling the most seasoned athlete.

FAT BURNING MACHINE

■ Our rowers engage up to 84% of your muscle mass. This allows you to burn in excess of 1,000 calories per hour. Our unique resistance system allows for one of the most intense calorie burning workouts available.



LOW IMPACT

■ Our rowers provide the user with a near zero impact workout. No stress is experienced in the hip, knee, and ankle joints. This allows the user to exercise without the harmful side effects to the body commonly associated with running.



VR500 PRO ROWER

COMFORT AND CONVENIENCE



WIRELESS HANDLEBAR CONTROLS

Our ergonomically correct comfort grip handle comes standard with a wireless 4 button control. All functions of the VR500 can be controlled at your fingertips. This includes changes to the resistance on the fly allowing you to self regulate your intensity.



COMFORT GLIDE SEAT

The industry's #1 most comfortable seat. Designed for comfort, smoothness, and easy entry/exit. We used heavy duty commercial grade bearings for one of the smoothest gliding seats available. This feature will really pay off when rowing a classic 10K.

QUICK ADJUST FOOTREST

Our fixed adjustable commercial grade footrests allow for any size foot to comfortably fit into the proper position. The heel hold also lifts with the natural movement of your feet. The nylon strap makes it easy to quickly get your feet in and out.

WHISPER DRIVE BELT

Zero maintenance commercial quality nylon drive belt is very quiet, smooth, clean and requires no lubrication. Machine tested with 287lbs of stress pulled over a half a million times. Others may use a chain drive which requires constant maintenance, lubrication and is very noisy.

PRECISION T13 ALUMINUM TRACK

Boasting 56" in length and 38.5" inches of seat travel, our precision extruded I-beam track delivers a massive range of travel for every size user. The accuracy of the extrusion ensures an ultra smooth and quiet rowing experience.

QUICK SPECS

SEAT HEIGHT	19"
SEAT TRAVEL	39" for users up to 6'8"
MAX USER WEIGHT	350LBS
FLOOR DIMENSIONS	98.5"L X 20"W X 38.5"H
FOLDED DIMENSIONS	58.5"L X 20"W X 77"H

EASY FOLD AND ROLL STORAGE SYSTEM



EASY FOLD

Foot activated folding system with safety lock allows for storage in just seconds. No other manufacture compares.



VR500 PERFORMANCE MONITOR

■ UNMATCHED FEATURES FOR ALL



32 LEVELS OF AIR + MAGNETIC (EDDY CURRENT) RESISTANCE

Effortlessly change your resistance mid stroke via the wireless handlebar control or the on screen arrow keys to take your workout to the next level.



REAL TIME INFORMATION

POLAR compatible monitor displays Time/500m, Distance (Meter), Watts, Pulse, Time, SPM, Strokes, Calories, and Resistance level all in real time and changes with every stroke for immediate feedback.



4 USER PROFILES

Users can design their own program profile, which will be saved for your next workout.



STYLISH BLACK MASK LCD w/LED BACK-LIT DISPLAY KEYS

Information is shown in large blue type that allows the user to quickly see all the important info at a glance. The LED back-lit display keys are positioned for easy operation and viewing.



VIEWING ANGLE

Monitor and monitor arm can independently rotate up to 65 degrees for a clear comfortable view in any environment.



RECOVERY

With an optional heart rate chest strap users can test their fitness levels with this feature which analyzes your dropping heart rate and provides you with a score at the end of your workout.



AUTOMATIC OPERATION

Monitor automatically turns on when you start rowing or press any key. Our energy saver function automatically turns off monitor after 4 minutes of no use.



PERSONAL GOALS + TARGET VALUE SETTINGS

Set your target time, distance, calories, and target heart rate within each program before each workout.



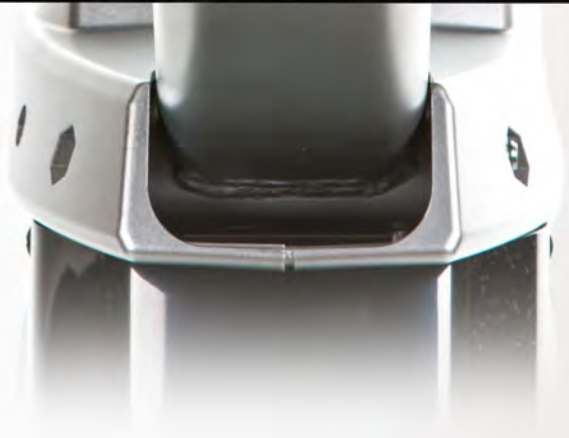
HEART RATE CONTROL

The HRC programs eliminate the need to guess the required effort by automatically adjusting the resistance level to keep your heart rate in your optimal and safe training zone. Depending on your goals you can choose from 4 different HRC programs - 55%, 75%, 90%, or Custom



PROGRAMS

12 program profiles, 4 race, 4 Heart Rate Control, 2 interval, 4 custom definable, and manual.



VR400 PRO ROWER

■ NO OUTLET NO PROBLEM



MANUAL RESISTANCE CONTROLS

■ Sharing many of the same features as the VR500, the VR400 takes a step towards simplicity with the manual resistance controls. Set your resistance and go! Its as simple as that. Perfect for those who want to blast out a quick 500/m during an interval training session. Or someone who enjoys a nice long and steady 10k.



CONTOURED GLIDE SEAT

■ Designed for comfort, smoothness and easy entry/exit. We used heavy duty commercial grade bearings for one of the smoothest gliding seats available. This feature will really pay off when rowing a classic 10K.



QUICK ADJUST FOOTREST

■ Our fixed adjustable commercial grade footrests allow for any size foot to comfortably fit into the proper position. The heel hold also lifts with the natural movement of your feet. The nylon strap makes it easy to quickly get your feet in and out.



WHISPER DRIVE BELT

■ Zero maintenance commercial quality nylon drive belt is very quiet, smooth, clean and requires no lubrication. Machine tested with 287lbs of stress pulled over a half a million times. Others may use a chain drive which requires constant maintenance, lubrication and is very noisy.



PRECISION T13 ALUMINUM TRACK

■ Boasting 56" in length and 38.5" inches of seat travel, our precision extruded I-beam track delivers a massive range of travel for every sized user. The accuracy of the extrusion ensures an ultra smooth and quiet rowing experience.



■ QUICK SPECS

SEAT HEIGHT	19"
SEAT TRAVEL	38.5" for users up to 6'8"
MAX USER WEIGHT	350LBS
FLOOR DIMENSIONS	98.5"L X 21"W X 40"H
FOLDED DIMENSIONS	43"L X 21"W X 69"H
QUICK FOLD AND ROLL STORAGE SYSTEM	



VR400 PERFORMANCE MONITOR

■ SIMPLIFIED FEATURES FOR ALL



16 LEVELS OF AIR + MAGNETIC (EDDY CURRENT) RESISTANCE

With every click of the manual resistance dial, the display will show the resistance selected.



REAL TIME INFORMATION

POLAR compatible monitor displays Time/500m, Distance (Meter), Watts, Pulse, Time, SPM, Strokes, Calories, and Resistance level all in real time and changes with every stroke for immediate feedback.



4 USER PROFILES

Once a user profiles is created, it can be recalled for quick programming as well as workout history review.



LARGE EASY TO READY LCD

Information is shown in large black type that allows the user to quickly see all the important info at a glance. The display keys are positioned for easy operation and viewing.



VIEWING ANGLE

Monitor and monitor arm can independently rotate up to 65 degrees for a clear comfortable view in any environment.



RECOVERY

With an optional heart rate chest strap users can test their fitness levels with this feature which analyzes your dropping heart rate and provides you with a score at the end of your workout.



PERSONAL GOAL SETTINGS

Set your target time, distance, and calories, within each program before each workout.



PROGRAMS

1 Manual program, 5 preset races, 4 user races, and 1 recovery program.



VR200 ROWER

■ COMPACT SIMPLICITY



COOLING CENTER

■ The VR200 features a built in cooling fan. As you pull, the center mounted air vent allows air to be forced through the vent and onto you, cooling you off as you work out. The harder you work, the harder the air blows. This feature really pays off as you test your limits on this rower.



CONTOURED GLIDE SEAT

■ Designed for comfort and smoothness. We used heavy duty commercial grade bearings for one of the smoothest gliding seats available. This feature will really pay off when rowing a classic 10K.



PIVOTING FOOTREST

■ Our pivoting adjustable footrests allow for most size feet to comfortably fit into the proper position. The extra wide lock down strap ensures a solid anchor for your feet giving you maximum push power. The footrests lock down for push off and also pivot forward with the natural motion of your body upon the return stroke for ultimate comfort.



WHISPER DRIVE BELT

■ Zero maintenance commercial quality nylon drive belt is very quiet, smooth, clean and requires no lubrication. Machine tested with 287lbs of stress pulled over a half a million times. Others may use a chain drive which requires constant maintenance, lubrication and is very noisy.



PRECISION T13 ALUMINUM TRACK

■ Boasting 47" in length and 34" inches of seat travel, our precision extruded I-beam track delivers a large range of travel for every sized user. The accuracy of the extrusion ensures an ultra smooth and quiet rowing experience.



■ QUICK SPECS

SEAT HEIGHT	15.5"
SEAT TRAVEL	34" for users up to 6'4"
MAX USER WEIGHT	300LBS
ASSEMBLED DIMENSIONS	79"L X 18"W X 36"H
FOLDED DIMENSIONS	35.5"L X 17.5"W X 36"H

QUICK FOLD AND ROLL STORAGE SYSTEM



VR200 PERFORMANCE MONITOR

■ EASY AND SIMPLE OPERATION



REAL TIME INFORMATION

Monitor displays Time/500m, Distance (Meter), Time, SPM, Strokes, and Calories, all in real time and changes with every stroke for immediate feedback.



EASY TO READ LCD

Information is shown in large black type that allows the user to quickly see all the important info at a glance. The display keys are positioned for easy operation and viewing.



VIEWING ANGLE

Monitor tilt for a clear comfortable view in any environment.



AUTOMATIC OPERATION

Monitor automatically turns on when you start rowing or press any key. Our energy saver function automatically turns off monitor after 2 minutes of no use.



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