



VR
500

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500

Air + Magnetic Resistance Rower

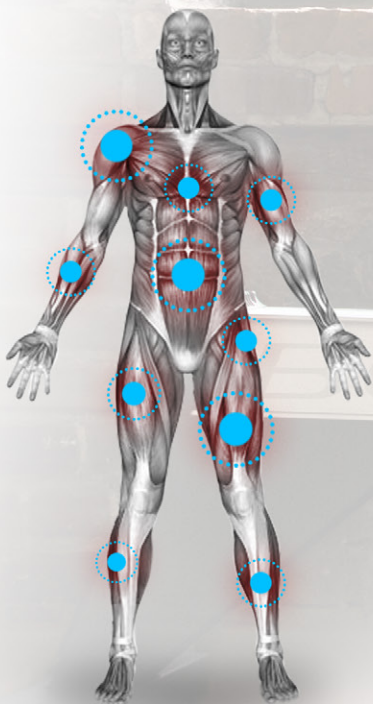
 **BODYCRAFT**

VR500 INTRODUCTION

WHY ROWING?

ROWING WITH THE BODYCRAFT VR500 PROVIDES A FULL BODY ANAEROBIC (STRENGTH) AND AEROBIC (CARDIO) WORKOUT THAT TARGETS YOUR LEGS, CORE, AND UPPER BODY, WHILE SIMULTANEOUSLY BENEFITING YOUR HEART AND LUNGS. THAT 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 ZERO IMPACT 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. THE BODYCRAFT VR500 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

THE FULL BODY MOVEMENTS THAT OCCUR WHEN USING BODYCRAFT VR500 FORCE YOU TO WORK ALMOST EVERY MAJOR MUSCLE IN THE HUMAN BODY AT ONE TIME, WHILE SIMULTANEOUSLY PROVIDING AN INTENSE CARDIOVASCULAR WORKOUT. YOUR MUSCLES WILL CRAVE OXYGEN RICH BLOOD FROM THE VERY FIRST STROKE, RESULTING IN AN INCREASED HEART RATE TO MEET THE DEMAND. THIS TURNS YOUR BODY INTO A CALORIE BURNING FURNACE. WORKOUTS 3-4 TIMES A WEEK CAN RESULT IN A SUBSTANTIAL GAIN IN YOUR CARDIOVASCULAR FITNESS AND A SUBSTANTIAL LOSS OF BODYFAT PERCENTAGE.

UPPER BODY

WITH EACH STROKE, YOUR BACK, SHOULDERS, AND ARMS WILL BE STRENGTHENED AND TONED. THE VARIABLE MAGNETIC RESISTANCE FEATURE ON THE VR500 CAN ACHIEVE LEVELS OF RESISTANCE SUITABLE FOR BEGINNERS ALL THE WAY UP TO THE OLYMPIC ATHLETE.

CORE

ROWING WITH THE VR500 YIELDS FANTASTIC CORE STRENGTHENING RESULTS. A STRONG CORE WILL BENEFIT YOU IN EVERYDAY 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.

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 THE FLYWHEEL IS FED, THE MORE WORK IT TAKES TO SPIN THE FLYWHEEL. 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. THE VR500 USES AIR AND EDDY CURRENT MAGNETIC RESISTANCE TO OFFER THE USER A WIDER RANGE OF RESISTANCE ALLOWING THE USER TO HONE IN ON THEIR IDEAL TRAINING LEVEL. THE VR500 OFFERS 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 LIKE POWER ROWING A SLOW JON BOAT ACROSS THE LAKE. THE HIGHER END RESISTANCE ALLOWS THE USER TO BUILD THEIR ANAEROBIC STRENGTH WHILE THE LOWER RESISTANCE ALLOWS THE USER TO FOCUS ON THEIR AEROBIC ENDURANCE. TOGETHER, THE VR500 PROVIDES THE USER WITH AN UNMATCHED FULL BODY WORKOUT CAPABLE OF HUMBLING EVEN THE MOST SEASONED VETERAN.

EDDY CURRENTS

THE TERM EDDY CURRENT COMES FROM ANALOGOUS CURRENTS SEEN IN WATER WHEN DRAGGING AN OAR: LOCALIZED AREAS OF TURBULENCE KNOWN AS EDDIES GIVE RISE TO PERSISTENT VORTICES. THE VR500 USES A PERIMETER WEIGHTED FLYWHEEL PAIRED WITH AN ALUMINUM RING. AS THE FLYWHEEL SPINS, THE ALUMINUM RING PASSES OVER THE INNER MAGNET WHICH GENERATES A MAGNETIC EDDY CURRENT RESISTANCE. MORE SIMPLY STATED, THE HARDER YOU PULL, THE MORE RESISTANCE. JUST LIKE ROWING A BOAT IN WATER. THE RANGE OF MAGNETIC EDDY CURRENT RESISTANCE IS DETERMINED BY THE USER VIA THE MONITOR OR WIRELESS HANDLEBAR CONTROLS.



FLY WHEEL WITH ALUMINUM RING

CENTER MAGNET

EDDY CURRENTS RESISTING FLYWHEEL DIRECTION



VR500 FEATURES



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. THE COMPETITION USE A CHAIN DRIVE WHICH REQUIRES CONSTANT MAINTENANCE, LUBRICATION AND IS VERY NOISY.



HANDLEBAR RESISTANCE CONTROLS

OUR ERGONOMICALLY CORRECT COMFORT GRIP HANDLE COMES STANDARD WITH OUR WIRELESS RESISTANCE CONTROLS. OTHER ROWERS REQUIRE THE USER TO GET OFF THE ROWER TO MANUALLY CHANGE RESISTANCE. THE VR500'S RESISTANCE CAN BE CHANGED DURING YOUR WORKOUT RIGHT FROM YOUR HANDLEBAR.



CONTOURED COMFORT GLIDE SEAT

THE INDUSTRY'S #1 MOST COMFORTABLE 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.



QUICK ADJUST FOOTRESTS

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.

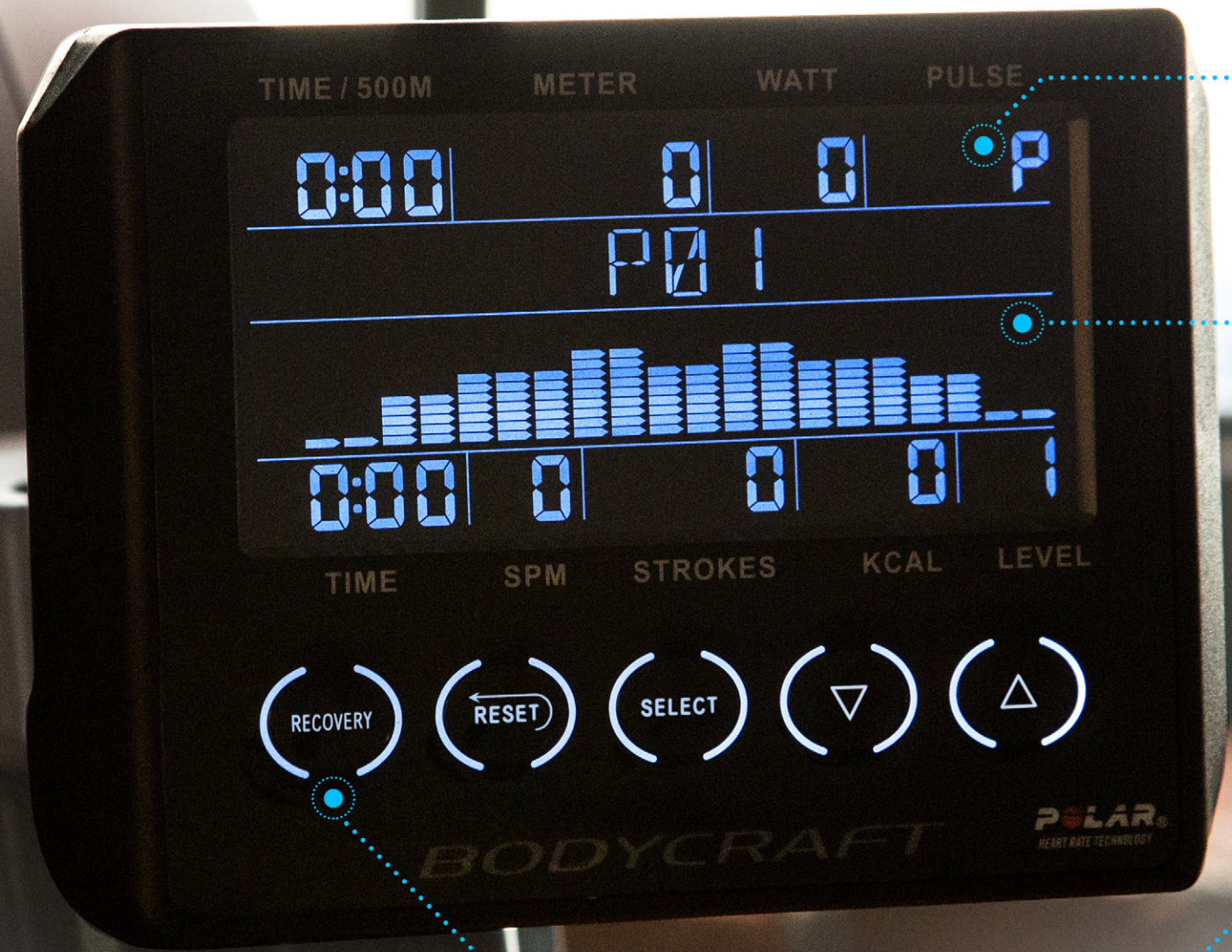


PRECISION EXTRUDED ALUMINUM TRACK

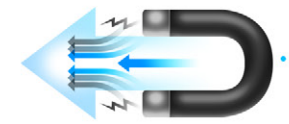
BOASTING 56" IN LENGTH AND 39" INCHES OF SEAT TRAVEL, OUR PRECISION EXTRUDED I-BEAM TRACK DELIVERS A MASSIVE RANGE OF TRAVEL FOR EVERY SIZED USER. THE ACCURACY OF THE EXTRUSION ENSURES AN ULTRA SMOOTH AND QUIET ROWING EXPERIENCE.



ATHLETIC PERFORMANCE MONITOR



MAIN FEATURES



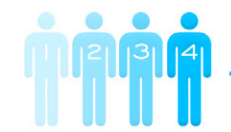
32 LEVELS OF AIR + (EDDY CURRENT) MAGNETIC RESISTANCE

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, METER, WATT, PULSE, TIME, SPM, STROKES, KCAL, 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. THIS ENABLES YOU TO START RIGHT WHERE YOU LEFT OFF SIMPLY BY SELECTING YOUR USER #.

STYLISH BLACK MASK LCD w/LED BACKLIT 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 BACKLIT 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.

PROGRAMS

12 PROGRAM PROFILES, 4 RACE, 4 HEART RATE CONTROL, 2 INTERVAL, 1 CUSTOM, DEFINABLE, AND MANUAL.





Features

Monitor	Easy to Read Black Mask LCD w/LED Backlit Display and Keys.
Resistance	Electronically Controlled Air and Eddy Current Magnetic Resistance
Handlebar	Ergonomically Correct Comfort Grip Aluminum Handlebar with Remote Resistance Controls
Seat	Contoured Seat with Heavy Duty Roller Bearings
Foot Hold	Deluxe Adjustable Heel Rest with Quick Adjust Foot Straps
Track	Heavy Duty I-Beam Mono-Rail - High Strength T13 Aluminum (3" wide)
Handle Drive	Premium Nylon Belt
Support Legs	Precision Formed Laser Cut High Strength Steel
Monitor Arm	Adjustable with Easy Tilt Dual Pivot Points
Finish	Powder Coated Steel with Anodized Aluminum Beam
Storage	Easy Fold and Roll System

Specifications

Overall Length	98"
Seat Height	18"
Seat Travel	39"
Maximum User Weight	350lbs
Assembled	98.5"L x 20"W x 38.5"H
Folded Dimensions	58.5"L x 20"W x 77"H
Box Dimensions	71.5"x30"x10"
Gross Weight	116lb 52.6kgs
Net Weight	101lb 45.5kgs

Warranty Information

Residential Warranty	Lifetime Frame, 5 year parts, 1 year wear items, 2 year labor
Commercial Warranty (up to 5 hours a day)	10 Years Frame, 2 year parts, 1 year wear items, 90 days labor



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