INTRODUCTION

Congratulations!
Welcome to the world of the Air Magnetic Rower. The VR400 Dual Mode Rower is one of the finest and most comprehensive rowing machines available. We know as we have been designing rowing machines for over a decade.
By choosing Air Magnetic Rower, you have made a decision that will improve the health and fitness and well being for you and your family. Being fit and healthy will improve your energy levels and your quality of life.
Cardiovascular training is vital for all ages and the Air Magnetic Rower provides a more effective workout, producing better results and will encourage you to reach your fitness goals and maintain the body you have always wanted.
All you need to do is to spend 15 to 30 minutes three times a week to start seeing the benefits of a regular exercise program on the Air Magnetic Rower.
We want you to enjoy the full benefits of your exercise program and so we recommend that you read this manual thoroughly and by doing so you will:

- Save valuable exercise time in the long run.
- Exercise safely and more effectively.
- Learn proper techniques.
- Be able to better define your fitness goals.

TABLE OF CONTENTS

INTRODUCTION ................................. 1
TABLE OF CONTENTS ....................... 1
BENEFITS OF EXERCISE ..................... 2
MEDICAL/SAFETY NOTICE .................. 2
CARE AND MAINTENANCE ................... 2
FEATURES OF THE AIR MAGNETIC ROWER 3
TRAINING TIPS .............................. 4
TRAINING GUIDELINES ..................... 4-6
SETTING UP YOUR ROWER ................. 7-9
CORRECT ROWING GUIDE .................. 10-11
STRETCHING .................................. 12
**BENEFITS OF EXERCISE**

Regular exercise improves both the quality and quantity of life.

The benefits of regular participation in a well-balanced fitness program include:

1. Weight loss
2. Improved body shape and definition
3. Increased muscle mass, strength, endurance, power and definition
4. Enhanced flexibility
5. Increased metabolism
6. Injury prevention
7. Improved self-esteem
8. Improved aerobic fitness
9. Improved coordination and agility

A regular exercise program will improve the quality of your life, give you more energy and slow down the aging process.

Fifteen to thirty minutes, three times a week, or only one and a half hours a week is a small price to pay for huge benefits of a regular exercise program.

**MEDICAL / SAFETY NOTICE**

Failure to read and follow the safety instructions below and in the Owner's Manual may result in serious injury or even death.

1. Read the Owner's manual and all safety instructions thoroughly to familiarize yourself with the Air Magnetic Rower before using it.
2. Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.
3. If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness or unusual discomfort during exercising, stop and consult a physician before continuing.
4. Adult supervision is required at all times when a child is on or near the Rower.
5. Keep fingers and limbs, loose clothing and hair away from moving parts.
6. All equipment should be checked for wear before each use. Do not use this equipment unless all moving parts are working correctly.
7. Care should be taken when getting on or off this or any exercise equipment
8. Use only the accessory attachments recommended by the manufacturer.
9. All equipment should be set up and operated on solid, level surfaces.

**CARE AND MAINTENANCE**

Your Rower is made of the highest quality materials. It is very important that you take care of your Rower on a regular basis.

1. Your Air Magnetic Rower is for indoor use only and should not be used or stored in damp areas. Wipe all perspiration from your Air Magnetic Rower after each use.
2. The Air Magnetic Rower should be dusted and cleaned on a regular basis to stop build-up of dust. Use Windex or an alcohol-based cleaner on a clean cloth on a regular basis. Do not use any abrasive cleaners, as this will damage the surface.

3. To ensure that the seat runs smoothly on the monorail and the rollers need special cleaning with a oil based furniture polish.
4. Regularly check tightness of nuts, bolts and pins, etc.
FEATURES OF THE VR400 ROWER

The VR400 Rower allows you all the advantages of a full sized rowing machine in a compact, folding design.

The VR400 Rower provides smooth and variable exercise capabilities with:

- Full range Resistance Control
- Adjustable Foot Pedals
- Ergonomic rowing action
- Full Electronics package.
- Strong stable frame.
- Chest Band Pulse Transmitter (Optional)

DESIGNERS NOTE. The return spring on the Air Magnetic Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the nylon strap regardless of the return speed of the handle to the start position.

The reason for the light return spring is to give the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.
**TRAINING TIPS**

Rowing machines have been around for many years and where perhaps one of the first indoor exercise machines on the market.

Almost everyone knows how to row on one of these machines and there is very little one can do wrong. However, there are few pointers we can give you to reduce strain on your back and other joints and muscles. Rowing, more than any other aerobic exercise, utilizes the back muscles and the spine to transfer the pulling force from the arms (holding the handle) to the legs (providing most the pulling power).

To reduce exerctive strain on the back muscles, spine, shoulders, arms and wrists we strongly suggest taht you keep your back straight throughout the entire rowing action. When moving forward to the start position bend at the hips, don't overreach (trying to stretch forward too much) and keep your arms straight. Pull the handle to your stomach, not your chest and keep your elbows in at your sides during the entire stroke with your wrists straight.

---

**TRAINING GUIDELINES**

**EXERCISE**

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance).
- Increased cardiovascular (heart and arteries / veins) and respiratory efficiency.
- Decreased risk of coronary heart disease changes in body metabolism, e.g. losing weight.
- Delaying the physiological effects of age physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Your Rower’s unique design provides an excellent opportunity for a high level of overall fitness.

**Basic Components of Physical Fitness**

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

**Strength** is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

**Muscular Endurance** is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 0 km without stopping.

**Flexibility** is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

**Cardio-Respiratory Endurance** is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

---

**What to wear**

Wear clothing that will not restrict your movement in any way while exercising.

Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink.

It is advisable to wear a pair of gym or running shoes or “sneakers”.

**Breathing During Exercise**

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

**Rest Periods**

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means. Most people manage with half minute to one-minute rest periods.
Aerobic Fitness
The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MV02). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can 30%. An increased Mov2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training
This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100-meter sprint).

The Training Threshold
This is the minimum level of exercise, which is required to produce significant improvements in any physical fitness parameter.

Progression
As you become fitter, a higher intensity of exercise is required to create an overload and therefore provides continued improvement.

Overload
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, e.g. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up
Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the Stretching should be included in both your warm up and cool down, and should be performed after 3~5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate
As you exercise, the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your heart rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum heart rate. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 BPM minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its nature loss is won back as fitness improves.

The following table is a guide for those who are “starting fitness”:

<table>
<thead>
<tr>
<th>Age</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
<th>50</th>
<th>55</th>
<th>60</th>
<th>65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Heart Rate 10 Second</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beats per Minute</td>
<td>150</td>
<td>150</td>
<td>144</td>
<td>138</td>
<td>132</td>
<td>132</td>
<td>126</td>
<td>120</td>
<td></td>
</tr>
</tbody>
</table>
Pulse Count

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as accurate.

The target is not a magic number, but a general guide. If you are above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

<table>
<thead>
<tr>
<th>Age</th>
<th>25</th>
<th>30</th>
<th>35</th>
<th>40</th>
<th>45</th>
<th>50</th>
<th>55</th>
<th>60</th>
<th>65</th>
</tr>
</thead>
<tbody>
<tr>
<td>Target Heart Rate 10 Second</td>
<td>26</td>
<td>26</td>
<td>25</td>
<td>24</td>
<td>23</td>
<td>22</td>
<td>22</td>
<td>21</td>
<td>20</td>
</tr>
</tbody>
</table>

| Count Beats per Minute | 156 | 156 | 150 | 144 | 138 | 132 | 132 | 126 | 120 |

Don’t push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don’t be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don’t become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which circuit training effect until you have reached an advantaged program stage.

Periodization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting “stale”, bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.
**SETTING UP YOUR ROWER**

**Unfolding**

*Warning: To avoid serious injury, keep fingers/hands/feet away from the folding hinge when unfolding and folding the Rower.*

1. Step on the PIVOT LOCK BAR HANDLE with one hand supporting the ALUMINUM BEAM.

2. Slightly put the ALUMINUM BEAM down on the ground.
3. Lift up the ALUMINUM BEAM by pulling up the PIVOT HANDLE until “CLICK” sound is heard.
4. Ensure the PIVOT LOCK BAR HANDLE at the correct position.

**Folding**

1. Hold the PIVOT HANDLE with right hand and raise up the ALUMINUM BEAM.
2. Push down the PIVOT LOCK BAR HANDLE with left hand to release the folding hinge and slowly let the TRANSPORTATION WHEELS reach the ground.

3. Pull the ALUMINUM BEAM up to the folding position until “CLICK” sound is heard.
4. Ensure the PIVOT LOCK BAR HANDLE at the correct position.

**Transportation**

Your Rower has transportation wheels located at the middle. This enables you easily move the Rower from room to room.

Do not attempt to transport the Rower without the PIVOT LOCK BAR firmly engaged.

IMPORTANT: Clear a 3' x 8' workout area before setting-up your Air Magnetic Rower. Ensure the floor is solid and level.
**SETTING UP YOUR ROWER**

*Getting on Safely*

Getting on safely is a simple procedure. Just be careful that the SEAT is directly underneath you before sitting down.

1. Straddle the ALUMINUM BEAM.
2. Correctly position the SEAT beneath you.
3. Sit down taking care that the SEAT has not moved.

---

**Heel Rest Adjustment**

Slide your feet underneath the FOOT STRAP.

1. There are five heel rest settings clearly numbered.
2. Adjust the HEEL REST to your desired position.

---

**Foot Strap Adjustment**

The correct position for the FOOT STRAP is across the top of the foot just below the toes. Approximately across the toe pivot joints. Ensure the FOOT STRAP is tight.

Pull the FOOT STRAP tight as shown in the above diagram.
**SETTING UP YOUR ROOWER**

**Foot Strap Release**

Pull and releasing the FOOT STRAP.

**Handle Bar Holder**

When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER.

**Computer Angle Adjustment**

The COMPUTER is designed to rotate and giving you angle adjustment.

**NOTE:** For safety reasons, whilst exercising avoid the DRIVE STRAP ASSEMBLY touching the COMPUTER.

Pull and releasing the FOOT STRAP.

When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER as shown in the diagrams above.

"Air" is the principal resistance of the rower. On level 1 the resistance is 100% air. As you rotate the resistance knob clockwise you gradually start to introduce the magnetic system in varying degrees according to the setting. On level 6 the resistance is approximately 30% air and 70% magnetic.
CORRECT ROWING GUIDE

Over Reaching

INCORRECT
The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.

SOLUTION
The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

INCORRECT
The user starts the stroke by pulling with the arms rather than pushing with the legs.

SOLUTION
The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

INCORRECT
The user bends their wrists at any time through the stroke.

SOLUTION
Always row with flat wrists through the entire stroke.
CORRECT ROWING GUIDE

Pulling the Body to the Handle

INCORRECT
At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.

CORRECT
At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

INCORRECT
The user’s elbows are sticking out from the body at the finish and the handle is at chest level.

CORRECT
Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

INCORRECT
At the end of the stroke the user locks the knees making the legs straight.

CORRECT
Always keep the legs slightly bend in the fully extended position, do not lock the knees.
ST-5816 COMPUTER INSTRUCTIONS

Function Identification

**LCD Display**
Liquid Crystal Display / Matrix

**YOU and PACER Display**
Pacer Program

**MANUAL Display**
1~6 Resistance Levels

**TIME/500M Display**
Your average 500 meter time will automatically be displayed and continuously updated.

**SPM Display**
Strokes per minute

**DISTANCE Display**
Kilometers or miles

**RECOVERY Key**
The Recovery Program will automatically evaluate your fitness level.

**RESET Key**
Two functions
1) Press the STOP key first then press the RESET Key to reset the computer back to the Main Menu.
2) Press and hold the RESET Key to reset the computer. This is useful if the computer is not responding. If this fails then reboot the computer. If holding the reset button fails to reboot the computer, remove the batteries for 15 seconds.

**RACE Display**
The Recovery Program will automatically evaluate your fitness level.

**STROKES Display**
Total STROKES

**WATTS Display**
Estimated WATTs per stroke

**CALORIES Display**
Measured in kilocalories. Also known as large Calories and food Calories.

**PULSE Display**
Your heart rate is displayed in beats per minute, bpm

**UP & DOWN keys**
Press the UP & DOWN Keys to scroll through the available selection

**ENTER Key**
To confirm your selection

**START/STOP Key**
START the workout
STOP the workout

*BodyCraft*
COMPUTER INSTRUCTIONS

Power Functions

MANUAL COMPUTER:
This computer requires 2 x AA 1.5V Batteries.

BATTERIES: Remove the battery and install 2 R6P* UM-3 * SIZE: AA * 1.5V Alkaline batteries. Ensure the batteries are correctly positioned and the battery springs are in proper contact with batteries. Replace and secure battery cover with the included screws.

To prevent damage to the computer we suggest that you replace the batteries at least every six months. DO NOT mix old and new batteries. DO NOT mix different brands of batteries.

Battery life is approximately three months under normal use.

WARNING: If you plan to store your exercise machine for a long period of time, it is important to REMOVE the batteries to prevent damage to the computer.

LOW BATTERY Display: The low battery display will flash when the batteries need replaced.

AUTO POWER ON: The computer will automatically wake when the Dual Mode Rower is in use, or when any key on the computer is pressed.

AUTO POWER OFF (SLEEP): The computer will automatically sleep when the Dual Mode Rower is NOT in use (no RPM, PULSE & press any key) after 4 minutes.

NOTE: All program settings will reset when the computer enters sleep mode.

LCD Display: If the LCD display is illegible or missing segments are displayed then reboot the computer. Remove the battery for approximately 15 seconds.

ALARM:
Auto. ALARM for over the target setting.

Key Functions

There are six keys on the computer. Each key indicates its function. Press the keys with moderate pressure. DO NOT hit the keys as it may damage the computer.

UP & DOWN Key: Press the UP & DOWN Key to scroll through the available selection.

ENTER Key: Press the ENTER Key to confirm your selection.

START/STOP Key: By pressing the START/STOP key, this allows you to stop (pause) and resume a workout. This is useful if you are interrupted during a workout. You have 4 minutes to resume before your information is lost.

RESET Key: Press the reset key to go back to the main menu or you can press and hold the the RESET key for 2 seconds to reset the computer.

RECOVERY Key: Press the RECOVERY Key to activate the Recovery Program which will automatically evaluate your fitness level. See Recovery Program on the following Display Functions.

Display Functions

TIME, DATE and TEMPERATURE Display: The computer will automatically sleep when the exercise machine is not in use after approximately 4 minutes at which time the computer will go into the sleep Mode displaying the Time (24hr), Date and Temperature.

TIME Display: preset target time by pressing UP & DOWN buttons (1~99 minutes), each increase / decrease setting is 1 minute.

TIME / 500M Display: Computer will display the time needed to row 500 meters according to current speed.

DISTANCE Display: Preset target value by pressing UP & DOWN buttons (10~9990 meters), each increase / decrease setting is 10 meters.

CALORIES Display: Measured in kilocalories. Also known as large Calories and food Calories.

STROKES Display: Preset target value by pressing UP & DOWN buttons (0~9999 strokes), each increase / decrease setting is 10.

TOTAL STROKES Display: Accumulates total strokes from 0 up to 9999.

WATT Display: The monitor will display current workout effort in figures.

PULSE Display: To preset target value by pressing UP & DOWN buttons from 30 ~ 240, each increase / decrease setting is 1. The monitor can display user's heart rate during training. The pulse function requires the optional heart rate belt. The frequency of chest belt is 5 KHz.

RECOVERY Display: By pressing the RECOVERY key at the end of your workout, all display functions will stop except the TIME. The TIME will start counting down from 00:00 ~ 00:00. The screen will then display your heart rate recovery status while counting down the MPH/KPH. See the codes in the table below. (OPTIONAL Heart Rate Belt is required).

<table>
<thead>
<tr>
<th>f1</th>
<th>f2</th>
<th>f3</th>
<th>f4</th>
<th>f5</th>
<th>f6</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUPER FIT</td>
<td>VERY FIT</td>
<td>FIT</td>
<td>FAIR</td>
<td>UNFIT</td>
<td>VERY UNFIT</td>
</tr>
</tbody>
</table>
**Manual Program**

Press any key to enter the main menu. (If you are not in the main menu, you can also press the reset key.) The MANUAL & RACE indicators will blink. Press the UP or DOWN to make a selection, then press ENTER to confirm your selection.

1) If you choose MANUAL, you can simply press START for quick start and the computer will count from zero upwards, or you have the option to choose and set various GOALS. Press UP or DOWN to choose between TIME, DISTANCE (TIME), STROKES, CALORIES and PULSE goals. Press ENTER after each selection to confirm. (NOTE: if you have set a value for TIME, then DISTANCE can't be set, and vice versa).

2) Once you have reached zero on a GOAL, the computer will STOP and display your average figures. Pressing STOP during the workout will also perform this function.

3) When adjusting the tension control knob, it will be able to see the change in the matrix display. This will adjust the CALORIE/WATT burn calculation.

**Race Program**

1) If you chose Race, L9 will be displayed and the TIME/500M should display 4:00. You can press the UP & DOWN keys to set the LEVEL (L1 ~ L15). Press ENTER to confirm your selection. Now you can set the DISTANCE of the RACE. (500M~10000M) when the DISTANCE display is blinking.

<table>
<thead>
<tr>
<th>PC BOAT SPEED LIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>L1</td>
</tr>
<tr>
<td>8:00</td>
</tr>
</tbody>
</table>

2) Press ENTER and RACE MODE will be displayed.

3) Press the START button to START the RACE, the USER & COMPUTER OPPONENT will be displayed in the matrix. The Race program will stop once you or the computer have reached the target distance of the race. The matrix will display PC WIN or USER WIN and the average values after about 6 seconds.

**Recovery Program**

The Recovery Program will automatically evaluate your fitness level. The computer requires a pulse signal so you must be wearing a compatible chest band (for more information see Chest Bands on page 14).

1) With the computer powered up and in the stop mode. Press the RECOVERY Key.

2) The computer will analyze your heart rate recovery for one minute and display a result as follows:

- **F1.0~1.9: SUPER FIT**
- **F2.0~2.9: VERY FIT**
- **F3.0 ~ 3.9: FIT**
- **F4.0~4.9: FAIR**
- **F5.0~5.9: UNFIT**
- **F6.0: VERY UNFIT**
STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

1. Quadriceps Stretch
Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.

2. Calf, Achilles Stretch
Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on the front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.

3. Back Stretch
With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20-30 seconds and release.

4. Rear Upper Arm Stretch
Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20-30 seconds. Repeat for opposite leg.

5. Hamstring, Lower Back Stretch

6. Buttocks, Hips, Abdominal Stretch
While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.

7. Inner Thigh Stretch
With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20-30 seconds and release.

8. Chest, Shoulder, Upper Arm Stretch
Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.
VR400 ASSEMBLY INSTRUCTIONS

Introduction
This product has been designed and manufactured to meet the needs and requirements of domestic use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

If you have any further questions, please contact us. We wish you lots of success and fun while training.

Check List
IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER IMMEDIATELY.

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>1</td>
</tr>
<tr>
<td>Check List</td>
<td>1</td>
</tr>
<tr>
<td>Assembly Steps 1-5</td>
<td>2</td>
</tr>
<tr>
<td>Assembly Steps 6-9</td>
<td>3</td>
</tr>
<tr>
<td>Detailed Parts List</td>
<td>4</td>
</tr>
<tr>
<td>Exploded Drawing</td>
<td>5</td>
</tr>
</tbody>
</table>
**VR400 ROWER ASSEMBLY INSTRUCTIONS**

**STEP 1**
Clear a 6 X 9 foot working space before unpacking your VR400 Rower.

**STEP 2**
Open the carton as shown in the diagram below.

**NOTE:** To protect the Dual Mode Rower while assembling we suggest that you do not remove the protective packing material until it is absolutely necessary.

**STEP 3**
a) Place the MAIN FRAME [002] upon the Carton Lid and poly foam as shown in the diagram below.
b) Remove 4 x BOLT [319] and 4 x WASHER [414] from MAIN FRAME [002] with the tool provided.
c) Assemble the STABILIZER - FRONT [005] and the MAIN FRAME [002] with 4x BOLT [319] and 4 x WASHER [414].

**STEP 4**
a) Remove 4 x BOLT [319] and 4 x WASHER [414] from ALUMINUM BEAM [001] with the tool provided.
b) Assemble the STABILIZER - REAR [006] and the ALUMINUM BEAM [001] with 4 x BOLT [319] and 4 x WASHER [414].

c) Remove the SAFETY STRAP HOLDER.
d) Remove 6 x BOLT [319] and 6 x WASHER [414] from PIVOT BRACKET [003] with the tool provided.
e) Assemble the ALUMINUM BEAM [001] and the PIVOT BRACKET [003] with 6 x BOLT [319] and 6x WASHER [414].

But note not to tighten the BOLT [319].

**NOTE:** When assembling the ALUMINUM BEAM [001] with the PIVOT BRACKET [003], make sure the HANDLE GRIP [004] is not touching the PIVOT BRACKET [003] in order to avoid the HANDLE GRIP [004] being scratched by the ALUMINUM BEAM [001].

**STEP 5**
a) Remove the partly assembled rower from the carton lid and place it the correct way up as shown in the diagram below.

b) Remove the SAFETY STRAP HOLDER.

c) Remove 6 x BOLT [319] and 6 x WASHER [414] from PIVOT BRACKET [003] with the tool provided.

d) Assemble the ALUMINUM BEAM [001] and the PIVOT BRACKET [003] with 6 x BOLT [319] and 6x WASHER [414].

But note not to tighten the BOLT [319].

**NOTE:** When assembling the ALUMINUM BEAM [001] with the PIVOT BRACKET [003], make sure the HANDLE GRIP [004] is not touching the PIVOT BRACKET [003] in order to avoid the HANDLE GRIP [004] being scratched by the ALUMINUM BEAM [001].
DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

STEP 6
a) Remove 4 x BOLT [319] from SEAT [119] with the tool provided.
b) Assemble the SEAT [119] and the SEAT CARRIAGE [009] with 4 x BOLT [319].
c) Cut and Remove the ALUMINUM BEAM [001] CABLE TIE.

STEP 7
a) Remove 4 x BOLT [304] from SEAT CARRIAGE [009] with the tool provided.
b) Assemble the CARRIAGE COVER [117] and the SEAT CARRIAGE [009] with 4 x BOLT [304].

STEP 8
a) Assemble the FOOT PEDAL [013] and the ALUMINUM BEAM [001] with 4 x BOLT [367]. Tighten 4 x BOLT [367] and 6 x BOLT [319] you left loose from STEP 5 at this time.

STEP 9
a) Remove 2 x SCREW [508A] and BATTERY COVER [153] from MAIN FRAME [002].
b) Install 2 AA Batteries as shown [143A].
c) Reinstall the BATTERY COVER [153] to the MAIN FRAME [002] with 2 x SCREW [508A].
<table>
<thead>
<tr>
<th>PART No.</th>
<th>DESCRIPTION</th>
<th>Q’TY</th>
<th>PART No.</th>
<th>DESCRIPTION</th>
<th>Q’TY</th>
<th>PART No.</th>
<th>DESCRIPTION</th>
<th>Q’TY</th>
</tr>
</thead>
<tbody>
<tr>
<td>001</td>
<td>ALUMINUM BEAM</td>
<td>1</td>
<td>122</td>
<td>PLUG</td>
<td>2</td>
<td>369B</td>
<td>BOLT</td>
<td>2</td>
</tr>
<tr>
<td>002</td>
<td>MAIN FRAME</td>
<td>1</td>
<td>123</td>
<td>FOAM GRIP</td>
<td>2</td>
<td>360</td>
<td>BOLT</td>
<td>8</td>
</tr>
<tr>
<td>003</td>
<td>PIVOT BRACKET</td>
<td>1</td>
<td>123A</td>
<td>PIVOT LOCK BAR HANDLE COVER</td>
<td>1</td>
<td>367</td>
<td>BOLT</td>
<td>4</td>
</tr>
<tr>
<td>005A</td>
<td>PIVOT HANDLE</td>
<td>1</td>
<td>124</td>
<td>CARRIAGE STOPPER</td>
<td>2</td>
<td>370</td>
<td>BOLT</td>
<td>4</td>
</tr>
<tr>
<td>004</td>
<td>HANDLE GRP</td>
<td>1</td>
<td>130</td>
<td>RESISTANCE HUB</td>
<td>1</td>
<td>370A</td>
<td>BOLT</td>
<td>1</td>
</tr>
<tr>
<td>005</td>
<td>STABILIZER - FRONT</td>
<td>1</td>
<td>132</td>
<td>STRAP SLOT TRIM</td>
<td>1</td>
<td>370B</td>
<td>BOLT</td>
<td>2</td>
</tr>
<tr>
<td>006</td>
<td>STABILIZER - REAR</td>
<td>1</td>
<td>134</td>
<td>POLY V V DRIVE BELT</td>
<td>1</td>
<td>378A</td>
<td>BOLT</td>
<td>1</td>
</tr>
<tr>
<td>006A</td>
<td>PIVOT LOCK BAR</td>
<td>1</td>
<td>135</td>
<td>DRIVE PULLEY</td>
<td>1</td>
<td>388A</td>
<td>BOLT</td>
<td>4</td>
</tr>
<tr>
<td>007</td>
<td>REAR BRACKET</td>
<td>1</td>
<td>136</td>
<td>STRAP DRUM</td>
<td>1</td>
<td>403</td>
<td>WASHER</td>
<td>2</td>
</tr>
<tr>
<td>008</td>
<td>ALL HANDLE BAR</td>
<td>1</td>
<td>137</td>
<td>RETURN SPRING - DRUM</td>
<td>1</td>
<td>403A</td>
<td>WASHER</td>
<td>1</td>
</tr>
<tr>
<td>009</td>
<td>SEAT CARRIAGE</td>
<td>2</td>
<td>138</td>
<td>RETURN SPRING - COVER</td>
<td>1</td>
<td>409</td>
<td>SPACER</td>
<td>2</td>
</tr>
<tr>
<td>010</td>
<td>SEAT CARRIAGE - SHAFT</td>
<td>2</td>
<td>139</td>
<td>RETURN SPRING - Holder</td>
<td>1</td>
<td>412</td>
<td>WASHER</td>
<td>6</td>
</tr>
<tr>
<td>011</td>
<td>ROLLER ADJUSTMENT BOLT</td>
<td>2</td>
<td>140</td>
<td>FLYWHEEL FAN</td>
<td>1</td>
<td>412A</td>
<td>WASHER</td>
<td>1</td>
</tr>
<tr>
<td>011A</td>
<td>ROLLER ADJUSTMENT BOLT</td>
<td>2</td>
<td>142</td>
<td>RESISTANCE ADJUSTER</td>
<td>1</td>
<td>414</td>
<td>WASHER</td>
<td>30</td>
</tr>
<tr>
<td>012</td>
<td>ROLLER ADJUSTMENT PLATE</td>
<td>4</td>
<td>143</td>
<td>HEEL REST</td>
<td>2</td>
<td>473</td>
<td>WASHER</td>
<td>2</td>
</tr>
<tr>
<td>013</td>
<td>FOOT PEDAL</td>
<td>1</td>
<td>143A</td>
<td>BATTERY CASE with CABLE</td>
<td>1</td>
<td>501</td>
<td>SCREW</td>
<td>5</td>
</tr>
<tr>
<td>014</td>
<td>PLATE WASHER</td>
<td>1</td>
<td>147</td>
<td>HEEL REST HOLDER</td>
<td>2</td>
<td>508A</td>
<td>SCREW</td>
<td>18</td>
</tr>
<tr>
<td>015</td>
<td>COMPUTER ARM</td>
<td>1</td>
<td>149</td>
<td>BUSHING</td>
<td>2</td>
<td>515</td>
<td>SCREW</td>
<td>10</td>
</tr>
<tr>
<td>017</td>
<td>CLUTCH SHAFT</td>
<td>1</td>
<td>151</td>
<td>SENSOR HOLDER</td>
<td>1</td>
<td>530</td>
<td>SCREW</td>
<td>2</td>
</tr>
<tr>
<td>018</td>
<td>RETURN SPRING</td>
<td>1</td>
<td>152</td>
<td>POST</td>
<td>1</td>
<td>540</td>
<td>SCREW</td>
<td>8</td>
</tr>
<tr>
<td>022</td>
<td>BEARING BRACKET - LIFT</td>
<td>1</td>
<td>153</td>
<td>BATTERY COVER</td>
<td>1</td>
<td>541</td>
<td>SCREW</td>
<td>2</td>
</tr>
<tr>
<td>023</td>
<td>BEARING BRACKET - RIGHT</td>
<td>1</td>
<td>154</td>
<td>STRAP TRIM</td>
<td>4</td>
<td>615</td>
<td>RETAINING RING</td>
<td>1</td>
</tr>
<tr>
<td>027</td>
<td>STRAP HOLDER</td>
<td>2</td>
<td>155</td>
<td>TRIM COVER</td>
<td>1</td>
<td>615A</td>
<td>RETAINING RING</td>
<td>1</td>
</tr>
<tr>
<td>028</td>
<td>FLYWHEEL SHAFT</td>
<td>1</td>
<td>156</td>
<td>STABILIZER FOOT</td>
<td>4</td>
<td>701</td>
<td>COMPUTER CABLE</td>
<td>1</td>
</tr>
<tr>
<td>028A</td>
<td>PIVOT LOCK BAR HANDLE</td>
<td>1</td>
<td>158</td>
<td>CABLE PLUG</td>
<td>2</td>
<td>702</td>
<td>SENSOR with CABLE</td>
<td>2</td>
</tr>
<tr>
<td>030</td>
<td>HANDLE BAR HOLDER RIGHT</td>
<td>1</td>
<td>159</td>
<td>BUSHING</td>
<td>2</td>
<td>703</td>
<td>COMPUTER CABLE</td>
<td>1</td>
</tr>
<tr>
<td>031</td>
<td>HANDLE BAR Holder LIFT</td>
<td>1</td>
<td>207</td>
<td>NUT</td>
<td>4</td>
<td>704</td>
<td>COMPUTER CABLE</td>
<td>1</td>
</tr>
<tr>
<td>106</td>
<td>COMPUTER CASE NUT COVER</td>
<td>2</td>
<td>211</td>
<td>NUT</td>
<td>1</td>
<td>705</td>
<td>BATTERY CABLE</td>
<td>1</td>
</tr>
<tr>
<td>107</td>
<td>COMPUTER ARM SPACER</td>
<td>2</td>
<td>212</td>
<td>NUT</td>
<td>6</td>
<td>706</td>
<td>SENSOR CABLE</td>
<td>1</td>
</tr>
<tr>
<td>110</td>
<td>COVER - HUB</td>
<td>2</td>
<td>213</td>
<td>NUT</td>
<td>13</td>
<td>708</td>
<td>SENSOR MAGNET</td>
<td>4</td>
</tr>
<tr>
<td>111A</td>
<td>MAIN COVER RIGHT</td>
<td>1</td>
<td>214</td>
<td>NUT</td>
<td>1</td>
<td>708A</td>
<td>PIVOT LOCK BAR SPRING</td>
<td>1</td>
</tr>
<tr>
<td>111B</td>
<td>MAIN COVER LEFT</td>
<td>1</td>
<td>301A</td>
<td>BOLT</td>
<td>1</td>
<td>709</td>
<td>DRIVE STRAP</td>
<td>1</td>
</tr>
<tr>
<td>112</td>
<td>WHEEL</td>
<td>4</td>
<td>304</td>
<td>BOLT</td>
<td>4</td>
<td>710</td>
<td>FOOT STRAP</td>
<td>2</td>
</tr>
<tr>
<td>115</td>
<td>STANDARD CAP</td>
<td>4</td>
<td>314A</td>
<td>BOLT</td>
<td>8</td>
<td>711</td>
<td>CHEST BAND RECEIVER</td>
<td>1</td>
</tr>
<tr>
<td>116</td>
<td>ALUMINUM BEAM END CAP</td>
<td>1</td>
<td>315A</td>
<td>BOLT</td>
<td>1</td>
<td>714</td>
<td>COMPUTER</td>
<td>1</td>
</tr>
<tr>
<td>117</td>
<td>CARRIAGE COVER</td>
<td>2</td>
<td>319</td>
<td>BOLT</td>
<td>20</td>
<td>802</td>
<td>BEARING</td>
<td>3</td>
</tr>
<tr>
<td>118</td>
<td>SEAT CARRIAGE ROLLER</td>
<td>4</td>
<td>342</td>
<td>BOLT</td>
<td>2</td>
<td>803</td>
<td>BEARING</td>
<td>6</td>
</tr>
<tr>
<td>118A</td>
<td>SPECIAL SEAT ROLLER</td>
<td>2</td>
<td>349</td>
<td>BOLT</td>
<td>1</td>
<td>804</td>
<td>BEARING</td>
<td>1</td>
</tr>
<tr>
<td>119</td>
<td>SEAT</td>
<td>1</td>
<td>349A</td>
<td>BOLT</td>
<td>2</td>
<td>805</td>
<td>BEARING</td>
<td>2</td>
</tr>
<tr>
<td>120A</td>
<td>STRAP COVER</td>
<td>2</td>
<td>358</td>
<td>BOLT</td>
<td>1</td>
<td>831</td>
<td>CLUTCH</td>
<td>1</td>
</tr>
</tbody>
</table>
The BodyCraft VR400 WARRANTY

BODYCRAFT warrants its products to be free of defects in material and workmanship for the time stated below to the original purchaser. This warranty is valid only in accordance with the following conditions:

* The warranty begins on the original date of purchase at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise.

* This warranty is available only for purchases made within the USA and Canada, and currently residing in the USA or Canada.

* In order for the warranty to be valid for the terms listed below, the product must be registered with BodyCraft within 30 days of purchase.

* The warranty is not transferable and does not cover normal maintenance.

* This warranty applies to Residential and Light Commercial use only and is void when used in a Full Commercial environment.

* This warranty does not cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.

* If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may request a return of the part(s) or photographic evidence of the damaged part(s) prior to replacement at the owner’s expense).

* Proof of purchase must be supplied to validate warranty and the product must have been registered with BodyCraft via the included warranty card or online at www.bodycraft.com.

* This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of the BodyCraft VR400. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BodyCraft VR400.

* Residential Warranty: Lifetime Frame, 2 Years Parts, 1 Year Wear Items and 1 Years Labor.
* Light Commercial Warranty**: 10 Year Frame, 1 Years Parts, 1 Year Wear Items and 90 Days Labor.