

BODYCRAFT

VR

5000 PRO

AIR + MAGNETIC RESISTANCE ROWER



OWNERS • MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

VR500-RW50

INTRODUCTION

Congratulations!

Thank you for selecting the BodyCraft VR500 Pro Rower.

The VR500 Air/Magnetic Rower is one of the finest and most comprehensive rowing machines available.

By choosing the BodyCraft VR500 you have made a decision that will improve the health, fitness and well being for you and your family. The BodyCraft VR500 will provide an efficient, low impact cardiovascular workout that will help improve your energy levels and your quality of life.

Cardiovascular training is vital for all ages and the BodyCraft VR500 will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week is all you need to start seeing the benefits of a regular exercise program.

We, at BodyCraft want you to enjoy the full benefits of your exercise program, so please take the time to read this manual thoroughly. 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.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the BodyCraft VR500 Rower before using it.

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.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the BodyCraft VR500 Rower. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your BodyCraft VR500 Rower we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the BodyCraft VR500 Rower IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your BodyCraft VR500 Rower. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your BodyCraft VR500 Rower as injury may result.

Care and Maintenance

Your BodyCraft VR500 Rower is made of the highest quality materials. It is still important that you take care of your BodyCraft VR500 Rower on a regular basis.

Your BodyCraft VR500 Rower is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your BodyCraft VR500 Rower after each use.

For safety, inspect your BodyCraft VR500 Rower on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear **SEAT ROLLERS - ALUMINUM BEAM [part#001,118]**

These parts are easily damaged by dust and dirt and should be cleaned regularly. The SEAT ROLLERS [118] are hidden so all you can do is clean the ALUMINUM BEAM [001]. Using a damp cloth wipe the top of the ALUMINUM BEAM [001]. Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong making it almost impossible to break. Even so it is important to check the DRIVE STRAP [709] for wear. Check for nicks or cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly **[part#014,126,127,128,300,306,710]**

The FOOT REST Assembly has a lot of moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL SUPPORT [126] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

Regularly inspect all Nuts, Bolts and Screws to insure they are tight and firm.

General Information

The BodyCraft VR500 Rower is designed for Residential and Light commercial use ONLY and should not be used in a full commercial, therapeutic or medical environment.

The official maximum load is 350 lbs or 150kg.

The BodyCraft VR500 has been tested and certified according to EN 957-1 and EN 957-7, Class S.A.

In the unlikely event that your BodyCraft VR500 needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have. You can also contact us directly at **800-990-5556** or email us at service@bodycraft.com.

It is important to keep your purchase receipt!

You may be asked to produce it to authenticate your Warranty.

DO NOT attempt to modify or alter your BodyCraft VR500 as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the BodyCraft VR500 Rower before using it.

DESIGNERS NOTE: The return spring on the BodyCraft VR500 Rower has been designed with the lightest possible force. There is more than sufficient spring tension to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

This gives 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.

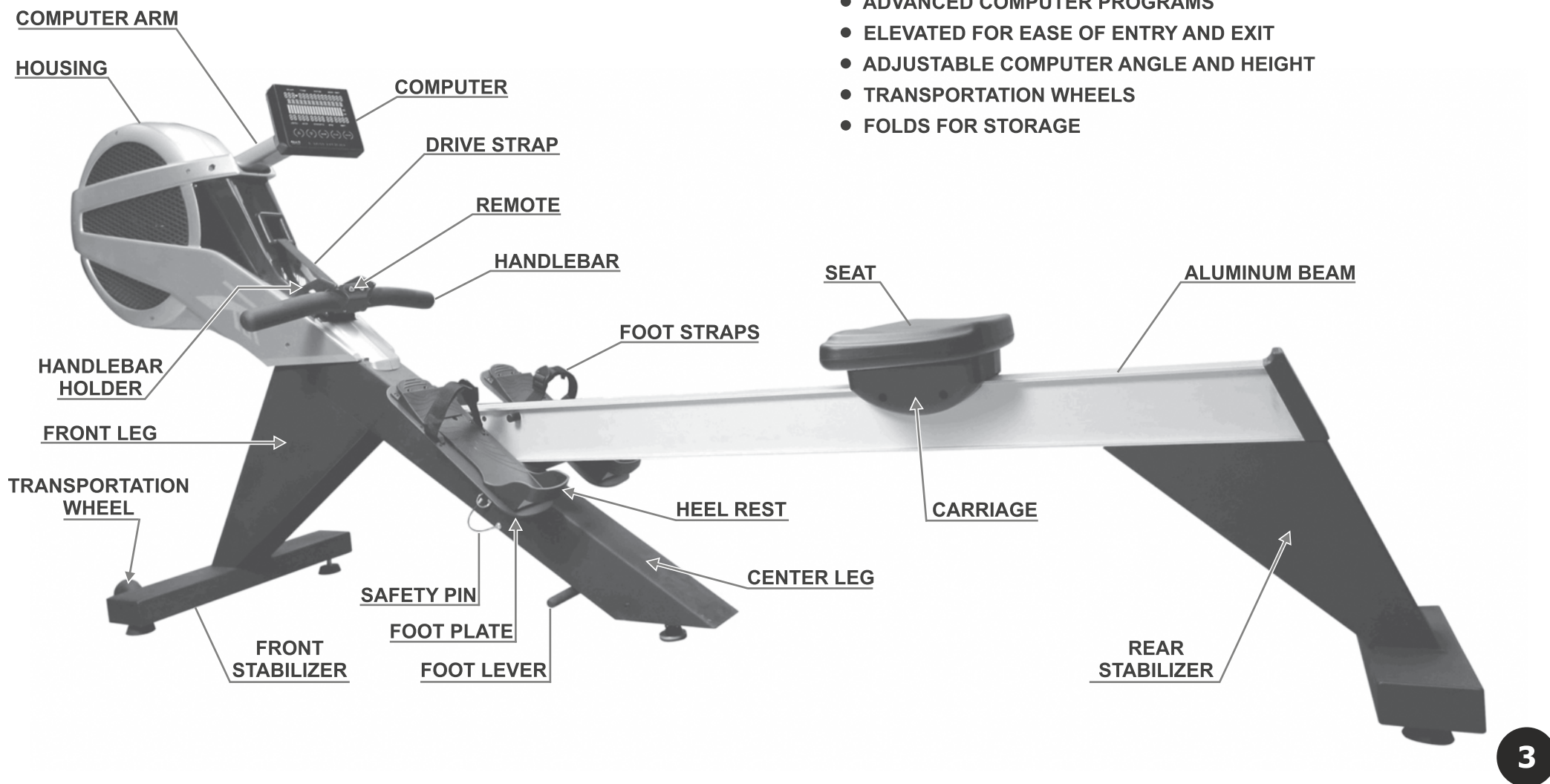
We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

FOR SERVICE: Please contact your local BodyCraft dealer or BodyCraft directly at **800-990-5556**. You may also send an email to service@bodycraft.com.

BodyCraft VR500 Rower GENERAL PARTS IDENTIFICATION

The BodyCraft VR500 represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

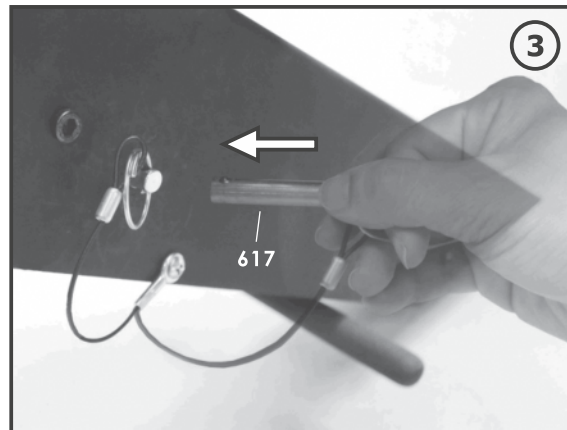
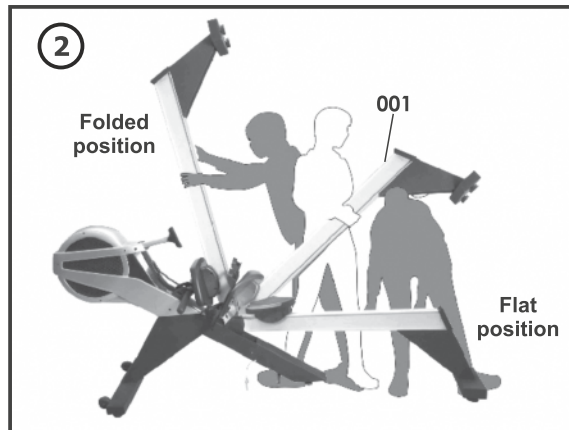
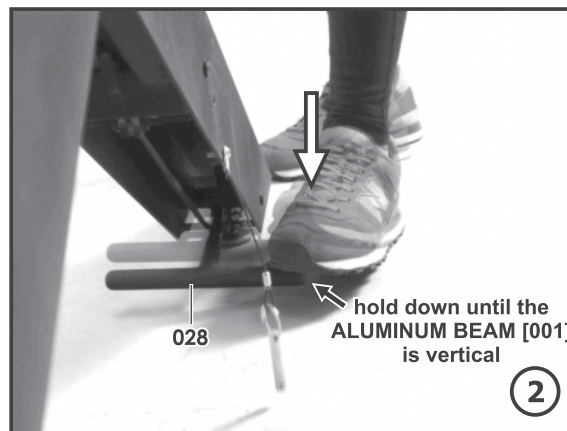
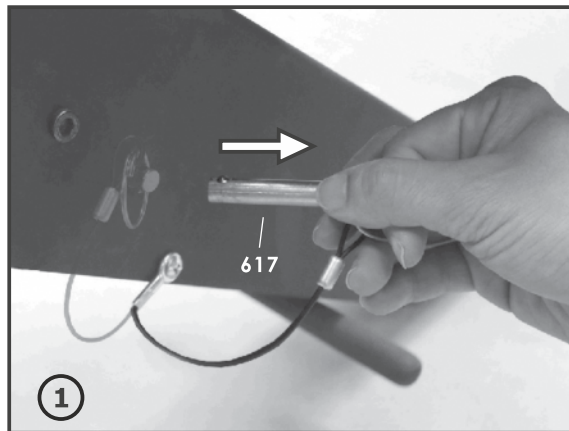
- FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM
- ERGONOMICALLY CORRECT HANDLEBAR
- FULLY ADJUSTABLE FOOTREST
- SEAT TRAVEL FOR USERS UP TO ABOUT 6'6" (42" inseam)
- STRONG, STABLE ENGINEERED FRAME
- BUILT-IN CHEST BAND RECEIVER
- BUILT TO EN-957 STANDARDS
- ADVANCED COMPUTER PROGRAMS
- ELEVATED FOR EASE OF ENTRY AND EXIT
- ADJUSTABLE COMPUTER ANGLE AND HEIGHT
- TRANSPORTATION WHEELS
- FOLDS FOR STORAGE



SETTING UP your Bodycraft VR500 Rower

Unfolding

Make enough space for the Bodycraft VR500 by clearing a workout area 3.3 x 8.5 feet before setting up your Bodycraft VR500 Rower taking care to ensure the floor is solid and level.

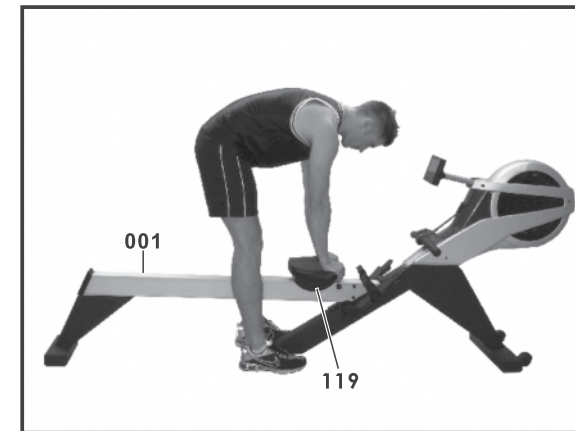


- 1) With the Bodycraft VR500 Rower in the folded position, remove the FOLD SAFETY PIN [617].
- 2) With a firm grasp of the ALUMINUM BEAM [001] depress the FOLD - FOOT LEVER [028] down releasing the safety lock allowing the ALUMINUM BEAM [001] to be laid down flat.
- 3) With the Bodycraft VR500 Rower in the flat position, reinsert the FOLD SAFETY PIN [617] to ensure young children can NOT fold the rower.

WARNING: When unfolding and folding the Bodycraft VR550 Rower, keep finger and hands away from folding hinge points to avoid serious injury.

Getting on Safely

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.



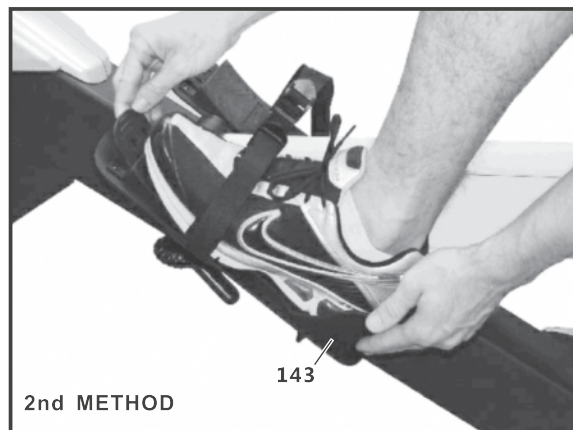
- 1) Straddle the ALUMINUM BEAM [001].
- 2) Correctly position the SEAT [119] beneath you.
- 3) Sit down taking care that the SEAT [119] has not moved.

SETTING UP your Bodycraft VR500 Rower

Heel Rest Adjustment

There are six heel rest settings numbered 1~5 and the 6th setting is the maximum setting that is not marked but there is a "STOP" to ensure you do not pull the Heel Rest completely out by mistake.

We suggest that you memorize the correct Heel Rest Setting and adjust the Heel Rest before you place your feet.

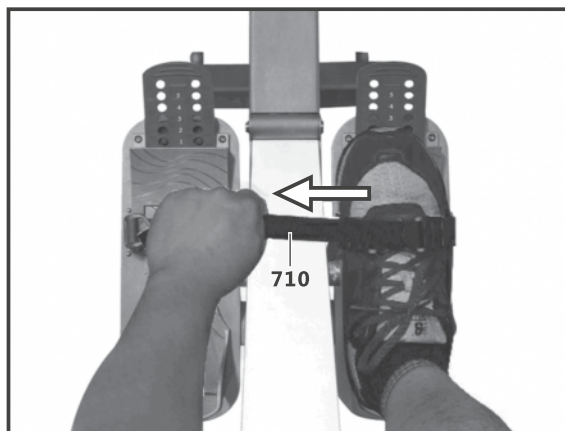


- 1) Lift the top of the HEEL REST [143] to release the locking mechanism.
- 2) Push the bottom of the HEEL REST [143] and slide to your desired position.
- 3) Release the HEEL REST [143] making sure that the two HEEL REST HOLES line up with the two pins securely locking the HEEL REST [143] in place.

Foot Strap Adjustment

A very common mistake is to place the FOOT STRAP [710] too high across your foot. This can cause pain and injury over the long-term and will loosen the FOOT STRAP [710] during exercise.

It is important that the FOOT STRAP [710] crosses over the "ball of your foot" just below your toes.



CORRECT POSITION = across the ball of your foot

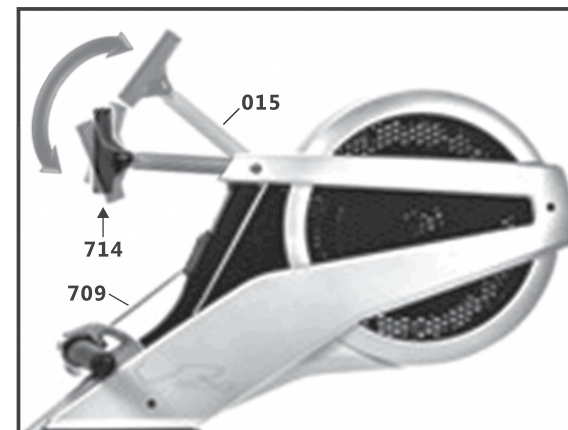


- 1) Slide your foot under the FOOT STRAP [710] then down fully into the HEEL REST [143].
- 2) Check to make sure the FOOT STRAP [710] is in the correct position across the ball of your foot.
- 3) Firmly pull the end of the FOOT STRAP [710] to ensure a tight fit.

Comuter Angle Adjustment

The COMPUTER [714] and COMPUTER ARM [015] are designed to rotate and pivot giving you adjustment to height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [015].



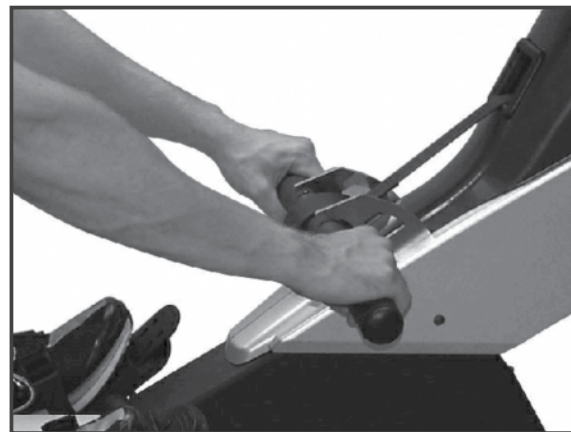
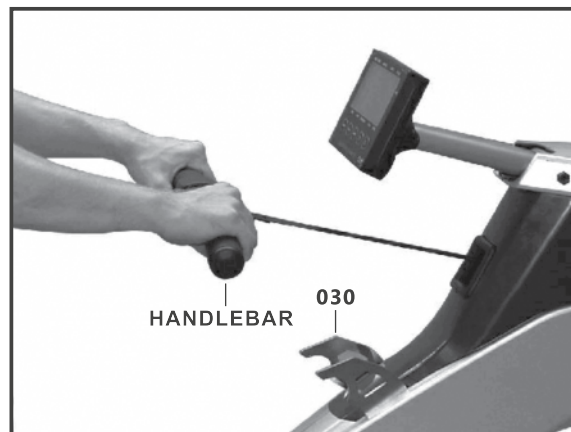
- 1) Hold the COMPUTER [015] with both hands and rotate and pivot the COMPUTER [714] to the desired height and angle.

NOTE: For safety reasons, whilst exercising avoid the DRIVE STRAP [709] touching the COMPUTER [015].

SETTING UP your Bodycraft VR500 Rower

Handlebar Holder

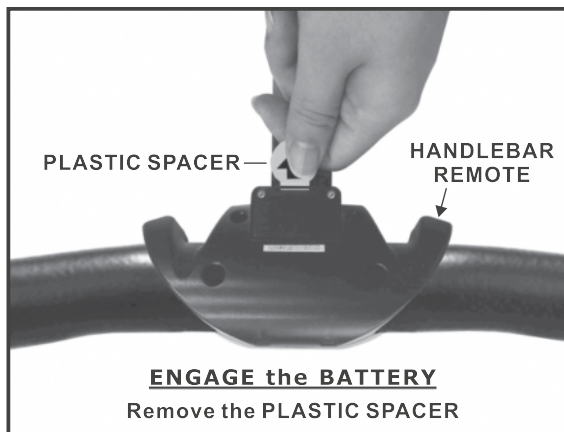
When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [030].



- 1) When you have finished your workout place the HANDLEBAR into the HANDLE BAR HOLDER [108] as shown in the diagrams above.

Handlebar Remote

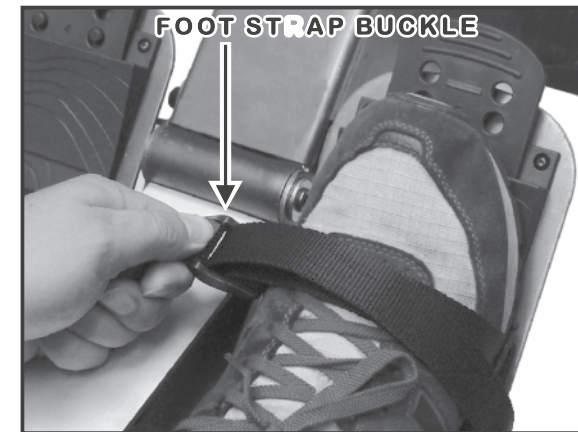
The HANDLEBAR REMOTE is shipped with a PLASTIC SPACER separating the battery from the battery terminal. This is done to ensure that while in transit the battery will NOT be drained and will keep the majority of it's electrical charge. To engage the battery simply remove the PLASTIC SPACER and discard.



- 1) Turn the HANDLEBAR upside down to expose the battery compartment and remove the PLASTIC SPACER to engage the battery.
- 2) Whilst exercising, use the HANDLEBAR REMOTE **+** and **-** keys to adjust the resistance levels.

Foot Strap Release

The BodyCraft VR500 is equipped with a quick release FOOT STRAP BUCKLE.

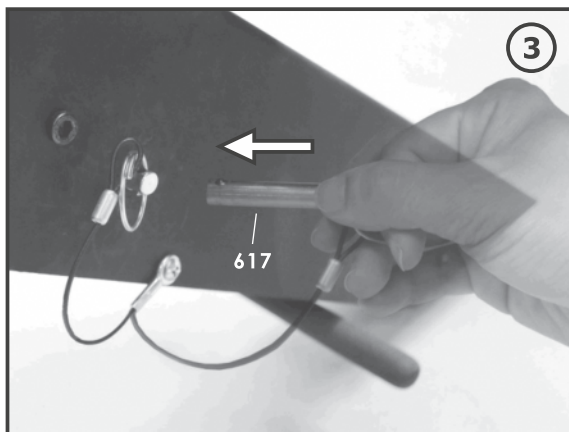
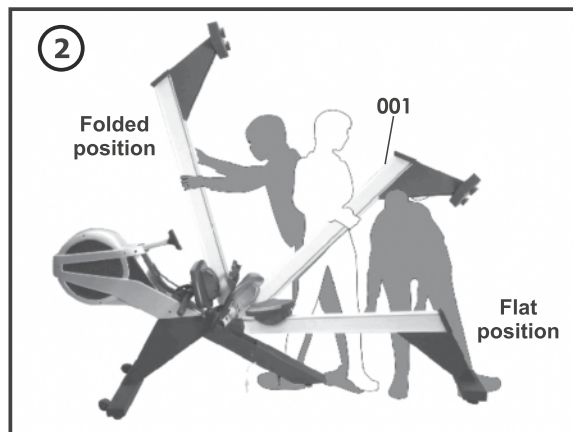
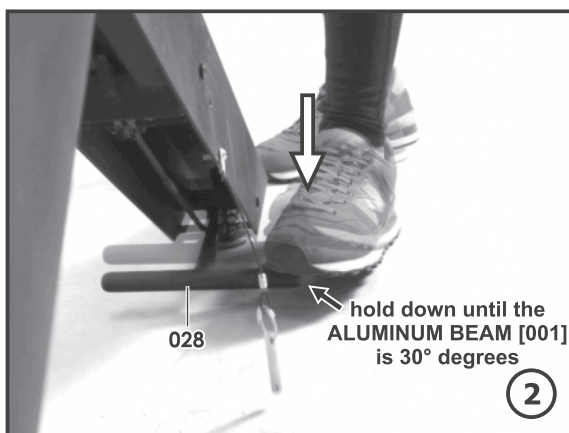
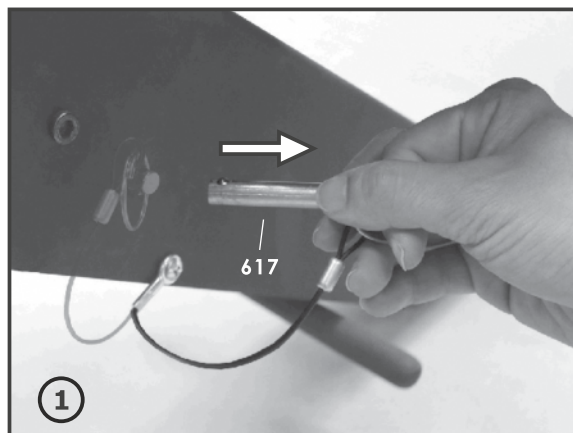


- 1) Using your thumb simply lift the tab of the FOOT STRAP BUCKLE up and away and the FOOT STRAP will easily slide through the FOOT STRAP BUCKLE.

SETTING UP your Bodycraft VR500 Rower

Foldong

Make enough space for the Bodycraft VR500 by clearing a workout area 3.3 x 8.5 feet before setting up your Bodycraft VR500 Rower taking care to ensure the floor is solid and level.



- 1) With the BodyCraft VR500 Rower in the flat position, remove the FOLD SAFETY PIN [617].
- 2) With a firm grasp of the ALUMINUM BEAM [001] depress the FOLD - FOOT LEVER [028] down releasing the safety lock allowing the ALUMINUM BEAM [001] to be lifted up.
- 3) With the BodyCraft VR500 Rower in the folded position, reinsert the FOLD SAFETY PIN [617] to ensure young children can NOT unfold the rower.

WARNING: When unfolding and folding the Bodycraft VR550 Rower, keep finger and hands away from folding hinge points to avoid serious injury.

Transportation and Storage

The BodyCraft VR500 is fitted with TRANSPORTATION WHEELS making it fairly simple for one person to move it by themselves. The BodyCraft VR500 is a large rowing machine that weights 46kg (101lbs) so you may require help when moving it around depending on your size and strength.

FIG.1



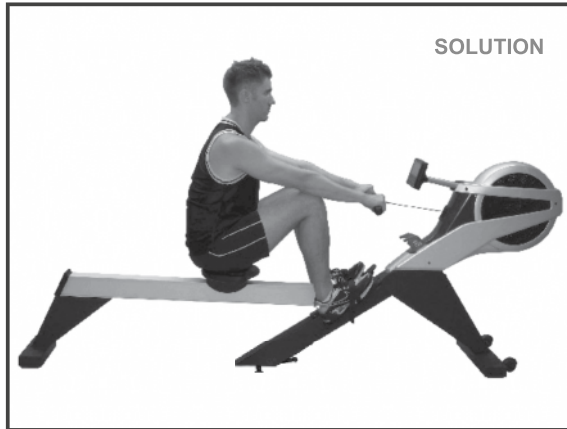
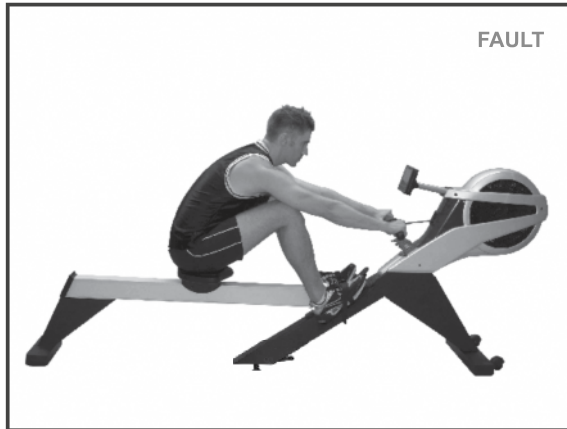
- 1) Position yourself as shown in "Fig. 1". Hold onto the rowing machine with both hands. Using your body weight, slowly tip the rowing machine towards the front while at the same time move around to the front of the machine to support the weight.
- 2) Once balanced (see Fig 2) wheeling the machine is made easy with the "Smooth Roll Transport Wheels".
- 3) When resting the rowing machine to the floor follow the reverse of step one (as shown in Fig. 1).

CORRECT ROWING GUIDE

Over Reaching

FAULT

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.



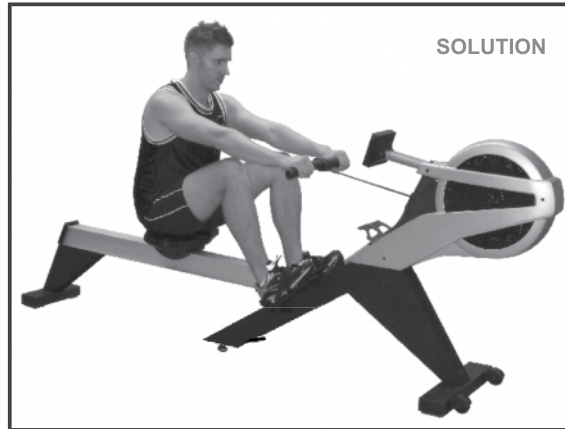
SOLUTION

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

FAULT

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



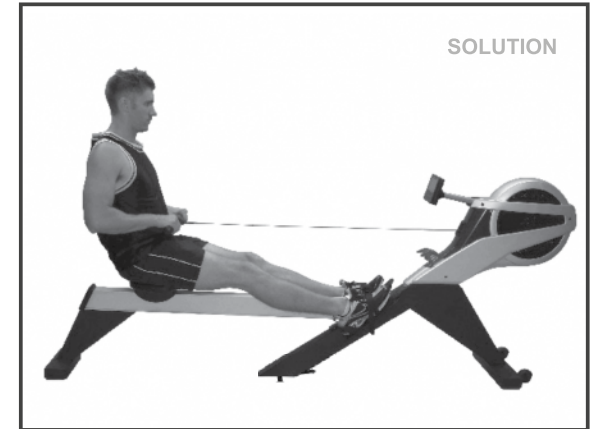
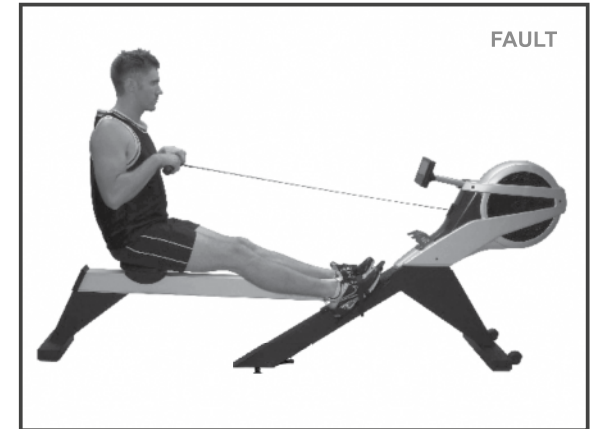
SOLUTION

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

Bent Wrists

FAULT

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



SOLUTION

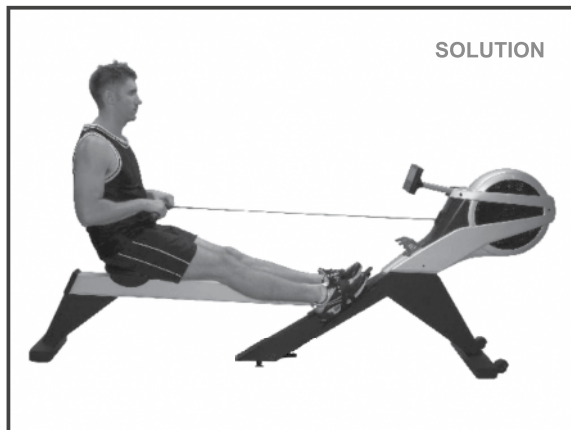
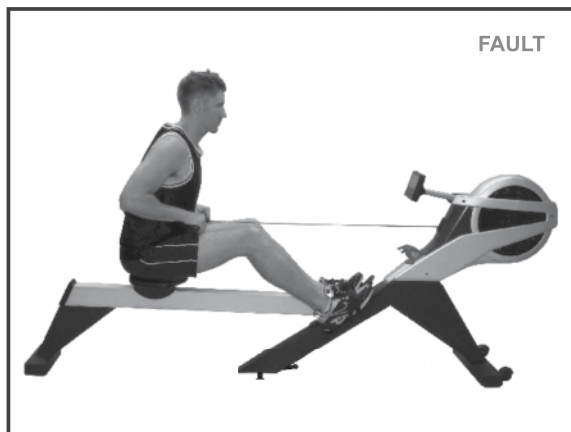
Always row with flat wrists through the entire stroke.

CORRECT ROWING GUIDE

Pulling the Body to the Handle

FAULT

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



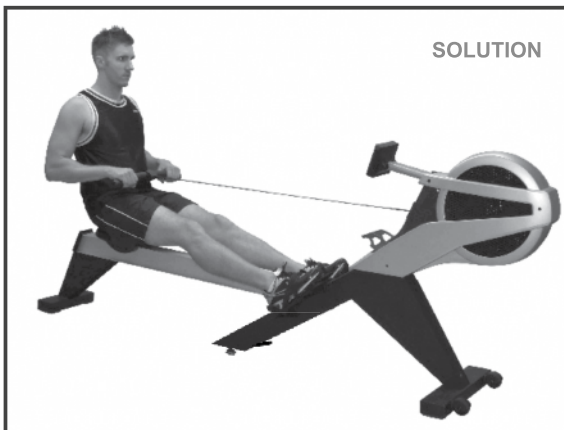
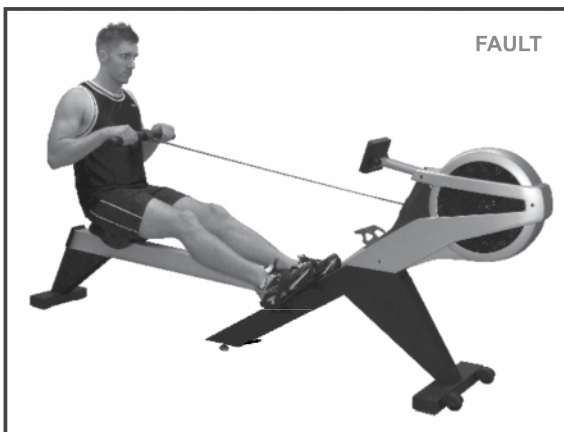
SOLUTION

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

FAULT

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



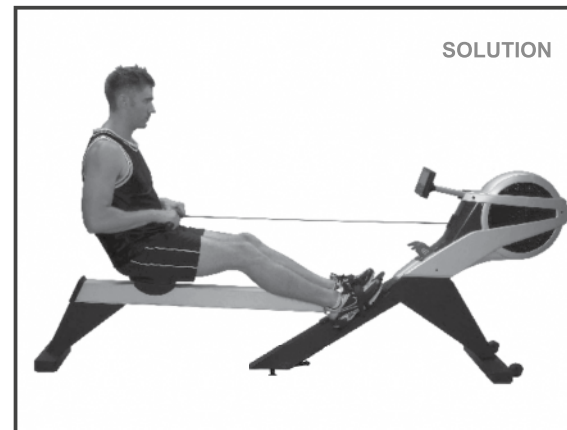
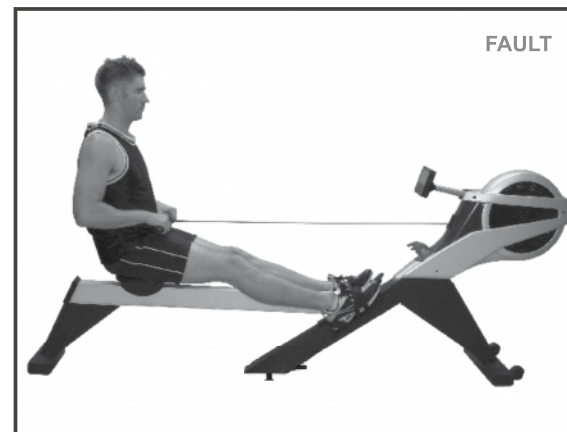
SOLUTION

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

FAULT

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



SOLUTION

Always keep the legs slightly bend in the fully extended position..do not lock the knees.

VR500 DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the VR500 Dual Mode Rower. 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.

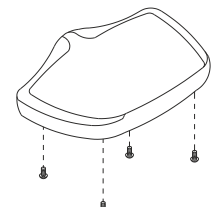
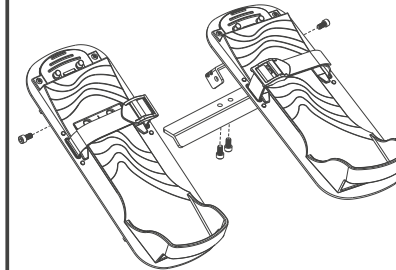
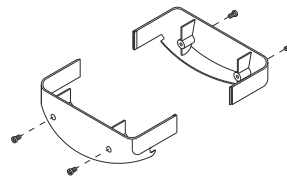
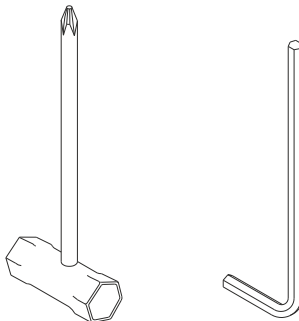
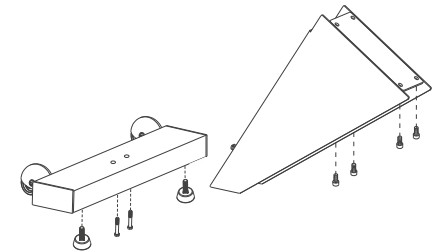
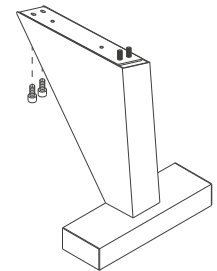
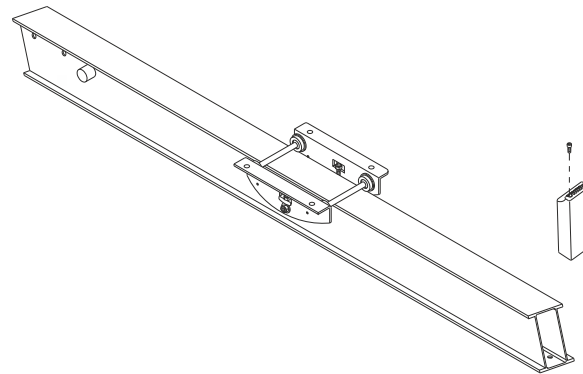
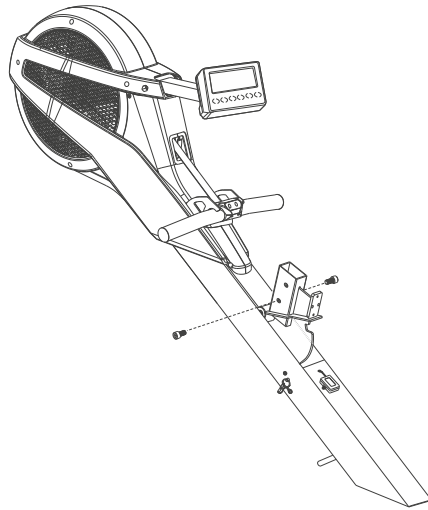
If you have any further questions, please contact us. We wish you lots of success and fun while training.

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Check List

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



VR500 DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

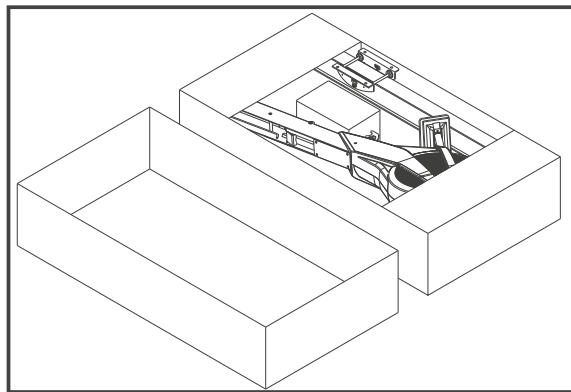
STEP 1

Clear a 2 x Meter by 2.5 Meter working space before unpacking your VR500 Dual Mode Rower.

STEP 2

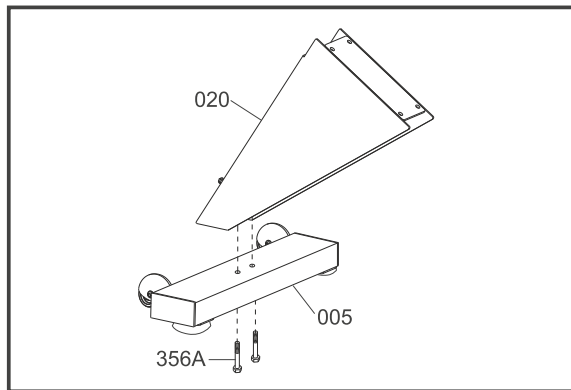
Open the carton as shown in the diagram below.

NOTE: To protect the VR500 Dual Mode Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



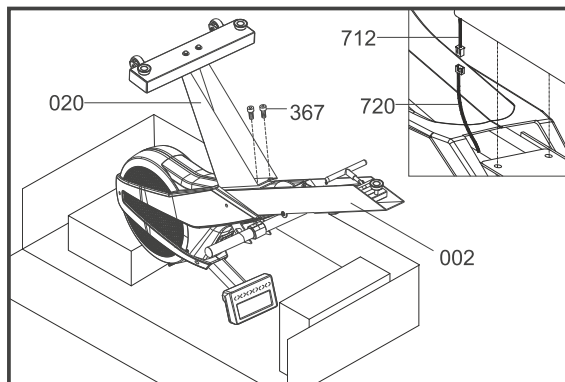
STEP 3

a) Assemble the STABILIZER FRONT [005] and [020] with the 2 BOLT [356A] and tighten firmly.



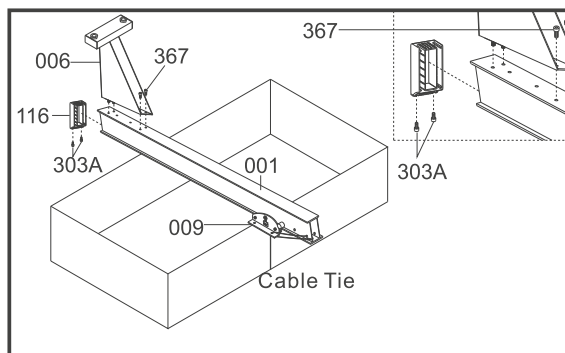
STEP 4

- a) Place the MAIN FRAME [002] IN THE Carton Lid and poly foam as shown in the diagram below.
- b) Remove 4 x BOLT [367] FROM MAIN FRAME [002] with the tool provided
- c) Connect AC ADAPTOR CABLE [712] to AC CABLE [720]
- d) Following on STEP 3 assemble the SUPPORTER - FRONT [020] with the same 4 x BOLT [367] and tighten firmly. before assembling make sure the SUPPORTER - FRONT [020] is not pressing the [712] AC ADAPTOR CABLE & the [720] AC CABLE.



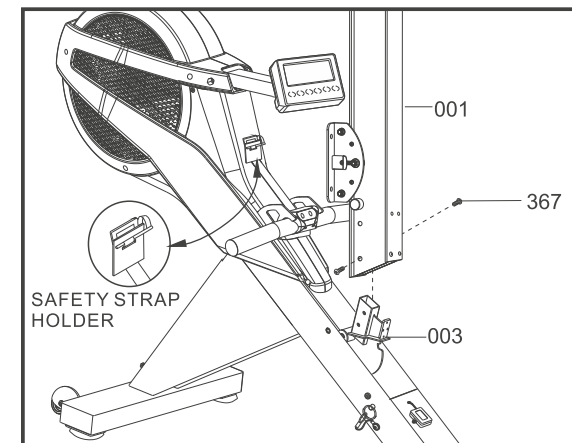
STEP 5

- a) Remove the ALUMINUM BEAM [001] from the carton and place it on top of the carton lid as shown in the diagram below.
- b) Assemble REAR STABILIZER [006] with 4 x BOLT [367] and tighten firmly.
- c) Assemble ALUMINUM BEAM END CAP [116] with 2 x BOLT [303A] and tighten firmly.
- d) Remove the cable tie from the SEAT CARRIAGE [009].



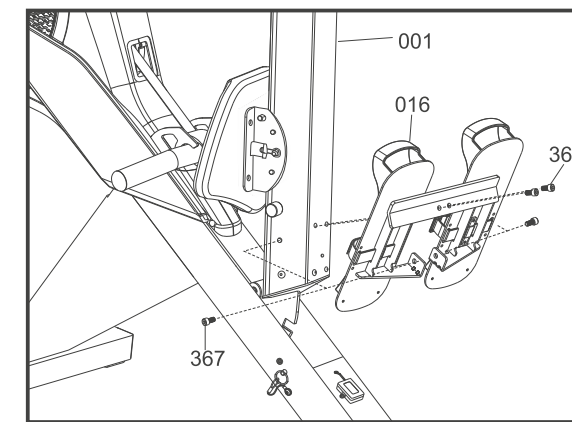
STEP 6

- 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 and discard place the HANDLE BAR in it's HOLDER.
- c) Remove 2 x BOLT [367] from PIVOT BRACKET [003] with the TOOL provided.
- d) Assemble the ALUMINUM BEAM [001] with the same 2 x BOLT [367]. and tighten firmly.



STEP 7

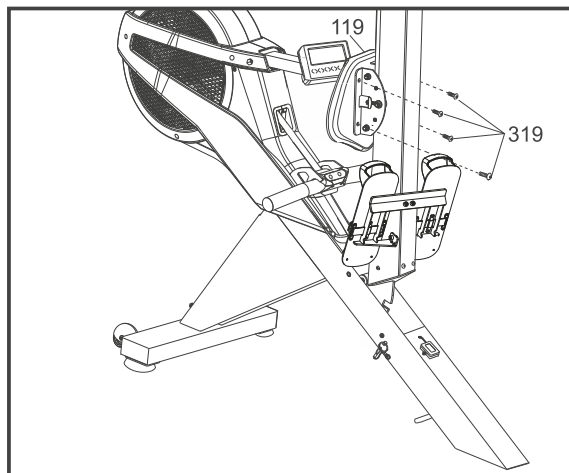
- a) Remove 4 x BOLT [367] from ALUMINUM BEAM [001] with the tool provided.
- d) Assemble FOOT PEDAL-FRAME [016] with the same 4x BOLT [367] and tighten firmly.



VR500 DUAL MODE ROWER ASSEMBLY INSTRUCTIONS

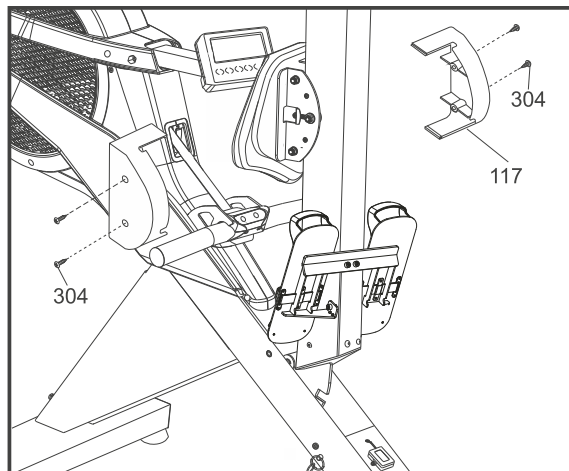
STEP 8

- a) Remove 4 x BOLT [319] from SEAT [119] with the TOOL provided.
- b) Assemble the SEAT [119] with the same 4 x BOLT [319] and tighten firmly.



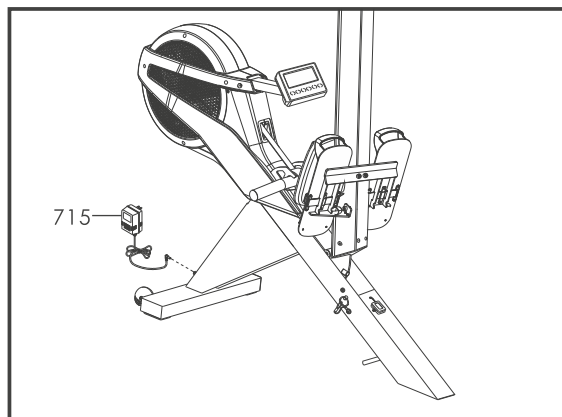
STEP 9

- a) Remove 4 x BOLT [304] from SEAT CARRIAGE [009] with the TOOL provided.
- b) Assemble 2 x SEAT CARRIAGE COVER [117] with the same 4 x BOLT [304] and tighten firmly.



STEP 10

- a) Connect the AC ADAPTOR [715] into the main power socket.



STEP 11

Remove all Protective Packing Material and discard.

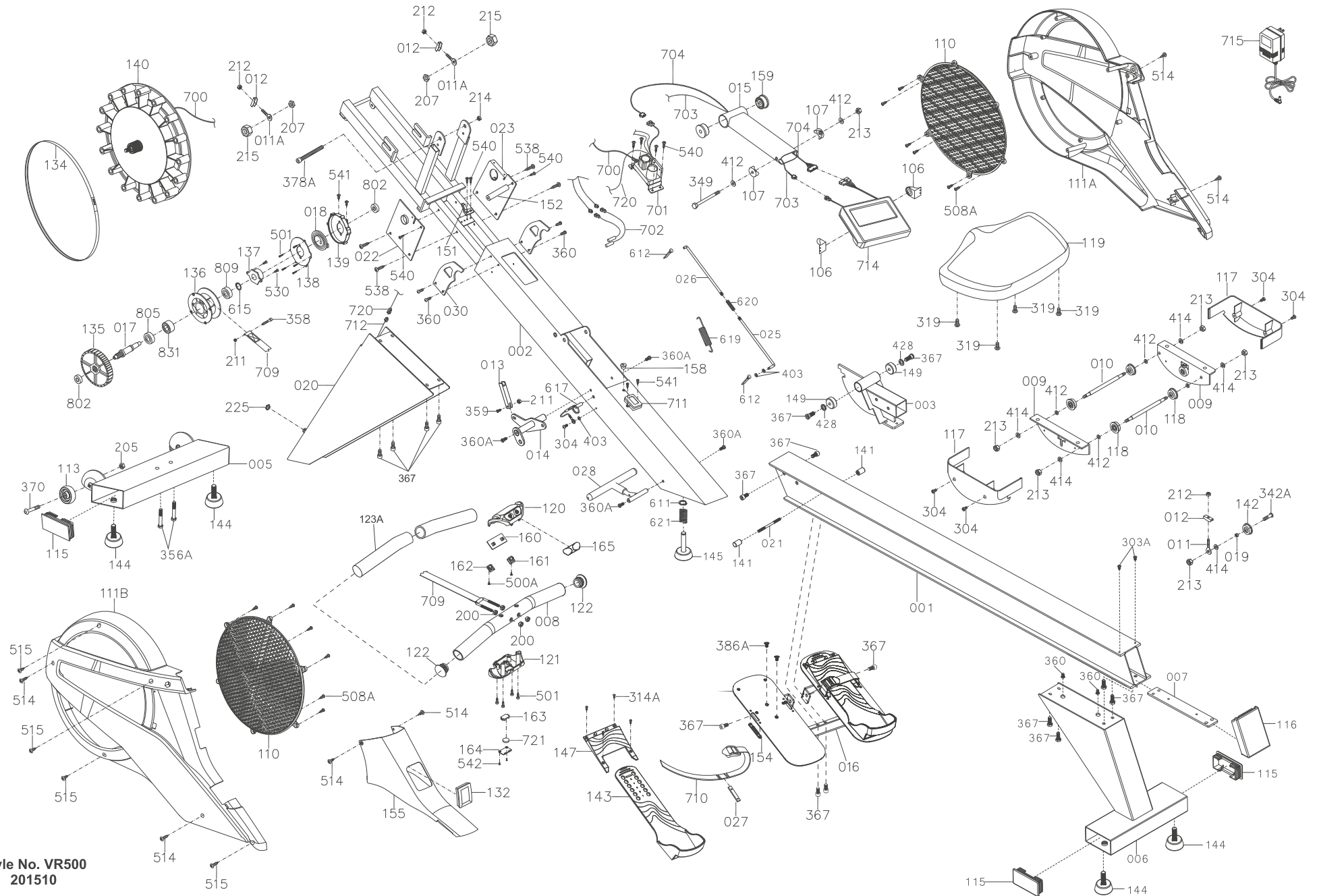
ASSEMBLY COMPLETE

It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the VR500 Dual Mode Rower before using it.

VR500 DUAL MODE ROWER PARTS LIST

PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY	PART No.	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1	134	POLY — V" DRIVE BELT	1	376B	BOLT	2
002	MAIN FRAME	1	135	DRIVE PULLEY	1	378A	BOLT	1
003	PIVOT BRACKET	1	136	STRAP DRUM	1	386A	BOLT	4
005	STABILIZER - FRONT	1	137	RETURN SPRING - DRUM	1	403	WASHER	1
006	STABILIZER - REAR	1	138	RETURN SPRING -COVER	1	411A	WASHER	3
007	REAR BRACKET	1	139	RETURN SPRING - HOLDER	1	412	WASHER	4
008	ALI HANDLE BAR	1	140	FLYWHEEL FAN	1	414	WASHER	8
009	SEAT CARRIAGE	2	141	SEAT STOPPER	2	428	WASHER	2
010	SEAT CARRIAGE SHAFT	2	142	SPECIAL SEAT ROLLER	2	434	WASHER	2
011	ROLLER ADJUSTMENT BOLT	4	143	HEEL REST	2	460	WASHER	2
012	ROLLER ADJUSTMENT PLATE	4	144	FOOT LEVELING ADJUSTER	4	501	SCREW	9
013	FOLD-SLIDER	1	145	SPRUNG LOADED FOOT	1	508A	SCREW	12
014	FOLD-LEVER	1	147	HEEL REST HOLDER	2	514	SCREW	6
015	COMPUTER ARM	1	149	BUSHING	2	515	SCREW	4
016	FOOT PEDAL-FRAME	1	151	SENSOR HOLDER	1	530	SCREW	2
017	CLUTCH SHAFT	1	152	MAIN COVER JOINT POST	1	538	SCREW	4
018	RETURN SPRING	1	154	STRAP TRIM	4	540	SCREW	8
019	ROLLER SPACER	2	155	TRIM COVER	1	541	SCREW	4
020	SUPPORTER - FRONT	1	158	CABLE PLUG	1	542	SCREW	2
022	BEARING BRACKET - B	1	159	BUSHING	2	611	RETAINING RING	1
023	BEARING BRACKET - A	1	164	BATTERY COVER	1	612	SPLIT PIN	2
024	FOOT PEDALASS BACKING PLATE	1	165	DECAL	1	615	RETAINING RING	1
025	FOLD-ROD-BOTTOM	1	200	NUT	4	617	FOLD SAFETY PIN+RING & CABLE	1
026	FOLD-ROD-TOP	1	205	NUT	2	619	SPRING	1
027	STRAP HOLDER	2	207	NUT	2	620	SPRING	1
028	FOLD-FOOT LEVER	1	211	NUT	2	621	SPRING	1
030	HANDLE BAR HOLDER	2	212	NUT	4	700	TENSION CABLE	1
106	COMPUTER CASE NUT COVER	2	213	NUT	10	701	MOTOR with CABLE	1
107	COMPUTER ARM SPACER	2	215	NUT	2	702	MOTOR SENSOR CABLE	2
110	COVER - HUB	2	225	NUT	1	703	COMPUTER CABLE	1
111A	COVER MAIN - RIGHT	1	303A	BOLT	2	704	COMPUTER CABLE	1
111B	COVER MAIN - LEFT	1	304	BOLT	5	708	SENSOR MAGNET	4
113	WHEEL	2	314A	BOLT	8	709	DRIVE STRAPASSEMBLY	1
115	STANDARD CAP	4	319	BOLT	4	710	FOOT STRAP	2
116	ALUMINUM BEAM END CAP	1	342A	BOLT	2	711	CHEST BAND RECEIVER	1
117	CARRIAGE COVER	2	349	BOLT	1	712	AC ADAPTOR CABLE	1
118	SEAT CARRIAGE ROLLER	4	356A	BOLT	2	714	COMPUTER	1
119	SEAT	1	358	BOLT	1	715	AC ADAPTOR	1
120	STRAP COVER - TOP	1	359	BOLT	1	720	AC CABLE	1
121	STRAP COVER - BOTTOM	1	360	BOLT	4	802	BEARING	2
122	PLUG	2	360A	BOLT	4	805	BEARING	1
123A	FOAM GRIP	2	367	BOLT	16	809	BEARING	1
132	STRAP SLOT TRIM	1	370	BOLT	2	831	CLUTCH	1

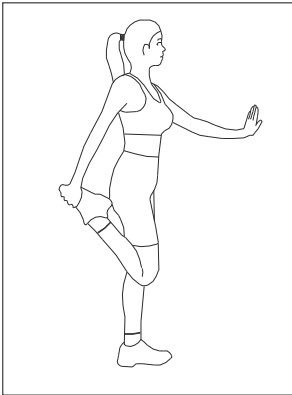
VR500 DUAL MODE ROWER EXPLODED DRAWING



Style No. VR500
201510

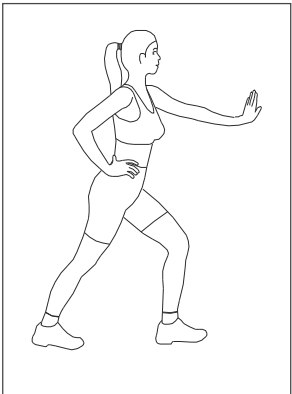
STRETCHING

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. Stretching 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.



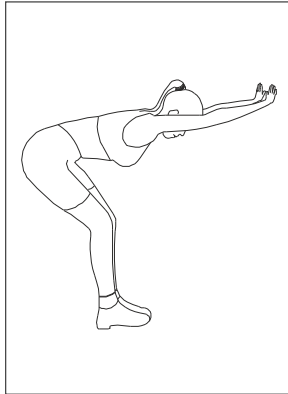
1. Quadriceps Stretch

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.



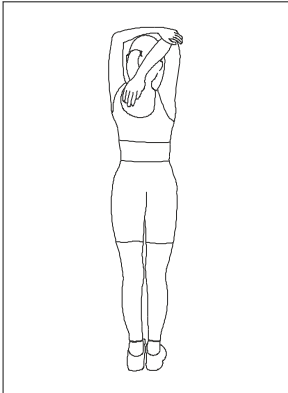
2. Calf, Achilles Stretch

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



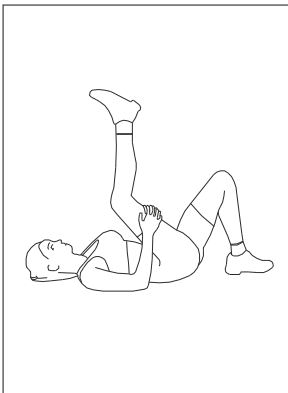
3. Back Stretch

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 and release. Repeat for opposite arm.

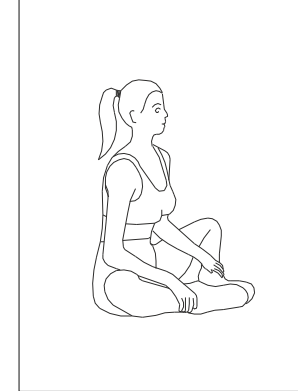
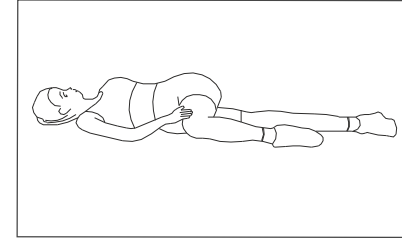


5. Hamstring, Lower Back Stretch

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

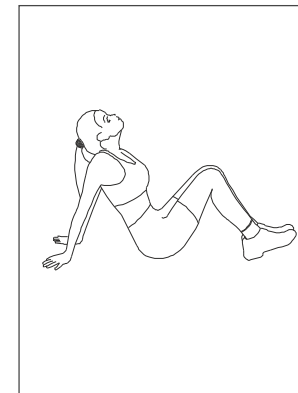
6. Buttocks, Hips, Abdominal Stretch

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.

BODYCRAFT

VR 5000 PRO

AIR + MAGNETIC RESISTANCE ROWER



COMPUTER • MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

DISPLAY DESCRIPTION

2



TIME / 500 M: Displays the calculated current pace per 500 Meters. The display changes with every stroke to provide immediate feedback.

METER: Displays calculated distance traveled in Meters. Or, if a distance goal is input, the display will count down from preset distance to 0. When the goal is reached, the computer will beep and then start to accumulate distance.

WATT: Displays the current user power output in watts.

PULSE: Displays the current user Heart Rate. This feature is only available with the optional Telemetry Heart Rate Chest Strap.

TIME: Displays the elapsed time during workout. Or, if a time goal is input, the display will count down from preset time to 0. When the goal is reached, the computer will beep and then start to accumulate time.

SPM: Displays current strokes per minute. The display changes with every stroke to provide immediate feedback.

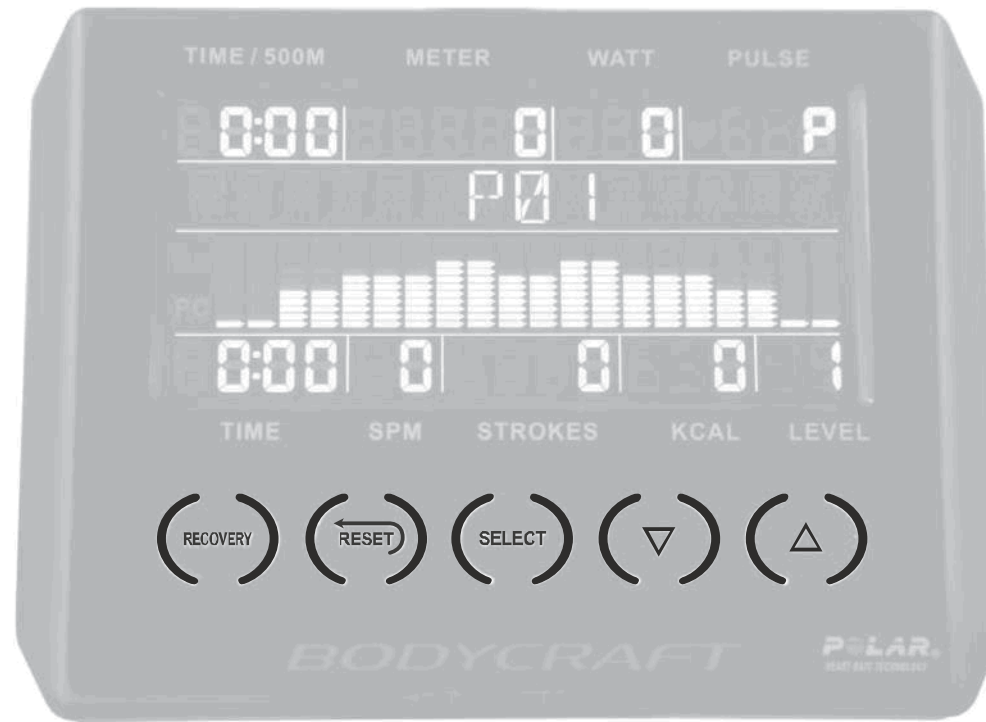
STROKES: Displays # of strokes completed. The display changes with every stroke to provide immediate feedback.

KCAL: Displays approximate calorie expenditure. Or, if you preset a calorie goal, this display will count down from preset calorie burn goal to 0. When the goal is reached, the computer will beep and then start to accumulate calorie expenditure.

LEVEL: Displays the current resistance level. There are 32 resistance levels; 2 levels per LCD row.

KEY FUNCTIONS

3



- Press this button at the end of the workout to test your fitness level, which analyzes your dropping heart rate and provides a score from 1-6.
- Test requires the Telemetry Heart Rate Chest Strap (optional purchase).



- Reverse to Main Menu during Setup
- Go Back One Step
- When in the Main Menu press this button once to go to age setting mode. Use (▲) or (▼) to find your age. Press (RESET) again to confirm Age Setting and return to the Main Menu.
- Press and hold for 2 sec to Reset (Reboot) the Display (this will also bring up the User profile, see page 4)



- Confirm Setting or Selection
- Choose Preferred Program



- Change Selection
- Increase Resistance Level
- Hold for 2 sec for Rapid Change



- Change Selection
- Decrease Resistance Level
- Hold for 2 sec for Rapid Change

Once your rower is fully assembled then you are ready to power on your rower for the first time. Insert the plug-in adapter into the front of rower and plug in the power supply into the wall. On the initial power up, the computer will automatically power up and all the LCD segments will briefly light up for about two seconds, then start blinking "User 0". If not, check power connections and circuit breakers. If the computer console displays an error code, please first check power connections then call your local BODYCRAFT dealer for service if the problem persists.

AUTO POWER UP	You can power up the rower by simply pulling the handlebar (this initiates "Quick Start", see below) or if you press any key the computer will power up into the main menu, from here you can press and hold reset for 2 seconds to choose a different user mode (it defaults to the last user set) or press the (▲) or (▼) to scroll thru the programs (see below for additional information).
---------------	---

AUTO POWER DOWN	The computer will automatically power down four minutes after you stop rowing.
-----------------	--

OPERATION

QUICK START	The quickest way to start a workout is to simply start rowing. This will initiate the Manual mode. In Manual mode, the Time will count up from zero, and display a flat profile. All workout data will start to accrue and the workload may be adjusted manually by pressing (▲) or (▼). The dot matrix display will show only the bottom row lit at first. As you increase the workload, more rows will light indicating a harder workout. There are 32 levels of resistance. Each of the 16 rows represents 2 resistance levels. The Handlebar will get harder to pull as the rows increase. The dot matrix has 20 columns of lights and each column represents a distance traveled of 250 Meters (at default). At the end of the 20th column (or 5000 Meters) the display will wrap around and start at the first column.
-------------	--

SELECTING A USER - There are 5 user modes, Users 0-4. Press and hold the **(RESET)** button for 2 sec to enter User mode. Use (▲) or (▼) to scroll though the users and press **(SELECT)** to lock in your setting. (Note: User 0 is meant for general use and any data entered will not be saved after the workout.)

STANDARD OPERATION	Press any key to power up the display to the Main Menu. From here you may press and hold the (RESET) button for 2 sec to choose a different user or use the (▲) or (▼) key to scroll through the the programs. Press (SELECT) to lock in your setting.
--------------------	--

MANUAL MODE	In this mode you may simply start rowing (all data will start counting up from 0) or you may press the (SELECT) button to set various goals. (See page 5 - Personal Goals/Target Values for detailed operation)
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PROGRAM MODE	Is controlled by the preset programs. (See page 6 - Program Mode for detailed operation)
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WATT MODE	Is controlled by your input watt goal. The rower will change workload related to your strokes per minute (SPM) to maintain user watt energy expenditure. Here, you will set a desired wattage as a measure of workload and the rower will maintain that wattage; increasing workload at SPM and decreasing workload as you increase SPM.
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PERSONAL MODE	Is controlled by your personal user profile. Users 1-4 contain memory banks to remember personal data and programs designed by individual users. In this mode, you can design your own program profile before the workout begins, or you can make it up as you go along. Either way, the profile will be saved for your next workout. (Note: User 0 is meant for general use and any data entered will not be saved after the workout.)
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ADDING PERSONAL GOALS / TARGET VALUES

5

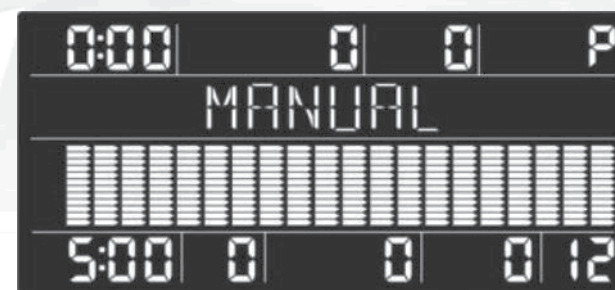
Once you have selected a mode, or program, you can add a personal goal, or target value. This is an option. If you do not care to add a target value, simply start rowing to begin your workout. If you wish to add a target value, after you have selected your workout program, you will notice that the time windows is blinking. From here you may press the **(SELECT)** button to scroll through the various settable values as listed below. Use (▲) or (▼) buttons to change the value. You may press select to move on to the next value or once finished you may simply start to rowing. This will lock in the settings. If you would prefer to set a distance goal, press **(SELECT)** twice so that the METER window is blinking. Pressing **(SELECT)** three times will allow you to set a calorie expenditure goal. You can set only one goal. Once one goal is preset, the other two windows will clear to 0. Once your personal goal is reached, the computer will sound an alarm for a few seconds, then start to count up. Pressing **(SELECT)** four times will allow you to set a resistance level for the selected program.

TIME	Range is from 5:00 to 99:00 minutes in 1 minute increments
DISTANCE	Range is from 100 Meters to 99,900 Meters in 100 M increments
CALORIES	Range is from 10 to 990 calories in 10 calories increments
TARGET HEART RATE	Range is from 30 to 240 bpm in single bpm increments

MANUAL MODE

As the name implies, in MANUAL mode, you control the workload. You can simply start rowing, or press (▲) or (▼) in MAIN Menu to choose Manual mode, then press **(SELECT)**. Once Manual Mode has been selected use the (▲) or (▼) button to adjust resistance. Or, you can enter Manual mode after inputting age.

(In Main Menu, pressing **(RESET)** will enter AGE Set Mode. Use (▲) or (▼) to find age. Press **(SELECT)** to confirm Age setting. Then press **(RESET)** to return to Main Menu and choose Manual mode. You can then press the **(SELECT)** Key to begin, or you can enter an individual goal.



Once the Program Mode has been selected, press (↵) or (v) to select preferred workout PROGRAM P1 – P12, and then press (**SELECT**). You can then either set a target value as described previously, or just start rowing. You can also preset a program resistance level by pressing (**SELECT**) four times until the **LEVEL** window is blinking. Then Press (↵) to select a level.

If you stop rowing, the computer will stop counting. Once you have stopped for 10 seconds, the computer will display average values for the workout and overall values achieved. (You must resume rowing within four minutes to retain your data values.)

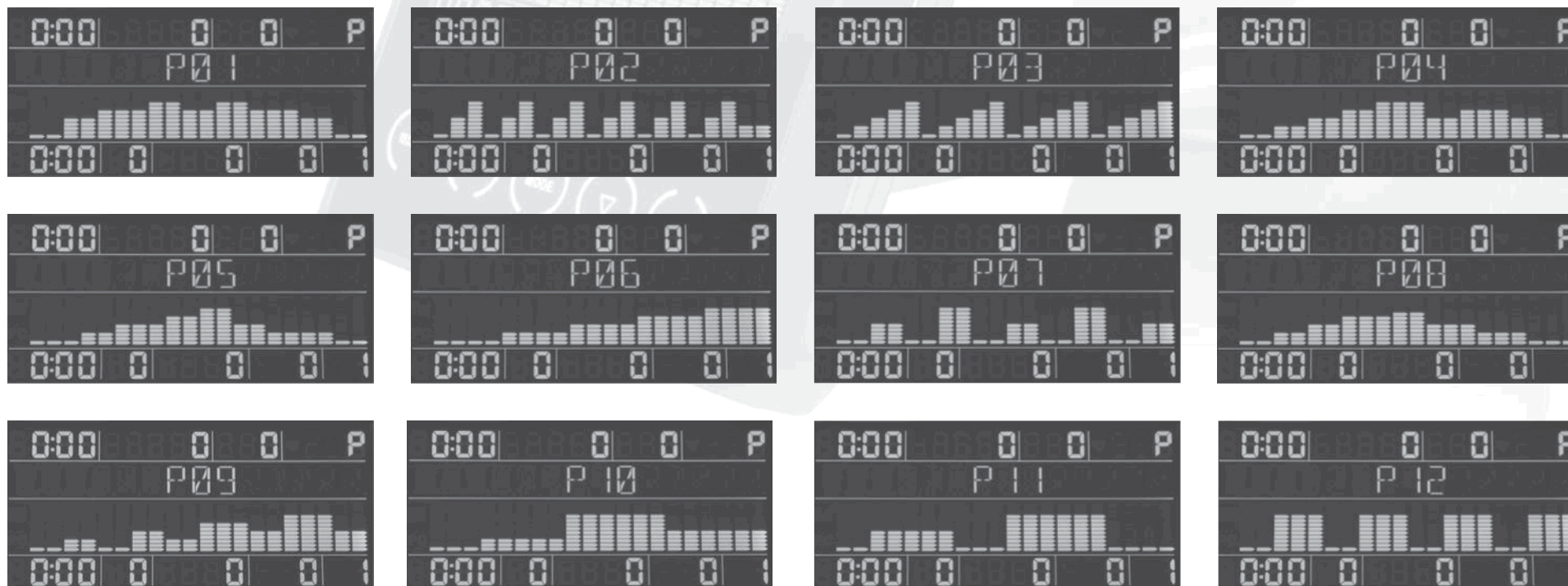
The computer will alternately show

- Average Time / 500 M
- Average Watts
- Average SPM

Then alternate to

- Total Meters
- Total Time
- Total Strokes

Press (**SELECT**) to return to the workout, or (**RESET**) to cancel workout and return to Main menu.



RACE MODE

7

Press (▲) or (▼) in Main Menu until **RACE** is displayed, then press (**SELECT**).

Press (▲) or (▼) to select which race:

Individual	• 500m (Default time goal is 3:00)
Beginner Track	• 1000m (Default time goal is 6:00)
Olympic Track	• 2000m (Default time goal is 12:00)
Long Track	• 5000m (Default time goal is 30:00)
Oxford Boat Race	• 6779m (Default time goal is 40:00)

When the desired **RACE** is displayed, press (**SELECT**). The Time window will blink.

Press (▲) or (▼) to select a target Time to complete the race, then press (**SELECT**). Start rowing, or Press (▲) or (▼) to change the preset level, then press (**SELECT**). Start rowing, or Press (▲) or (▼) to preset a Target Heart Rate. (Optional chest strap required)

Start Rowing. The computer will beep to signal the start of the race. You will then race against the computer. The **TIME** and **METER** will start counting down until one value reaches 0. If you stop rowing, the computer will stop counting. Once you have stopped for 10 seconds, the computer will display average values for the workout and overall values achieved.

The computer will alternately show

- Average Time / 500 M
- Average Watts
- Average SPM

Then alternate to

- Total Meters
- Total Time
- Total Strokes

Press (**SELECT**) to return to the workout, or (**RESET**) to cancel workout and return to Main menu.



INTERVAL MODE

8

Press (▲) or (▼) in Main Menu until INTERVAL is displayed, then press (SELECT).

Press (▲) or (▼) to select INTERVAL TIME, or INTERVAL DISTANCE, then press (SELECT) to confirm.

If INTERVAL TIME is selected, press (▲) or (▼) to set the desired WORK TIME (default 1:00 minute) for your work intervals – from 1:00 to 99:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Then you will set your desired REST intervals (default :30 seconds) by the same method from :10 to 9:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Set total number of INTERVALS (default 10) from 1 to 10. Press (SELECT).

Set work LEVEL (default 12) from 1 to 16. Press (SELECT).

Start Rowing.

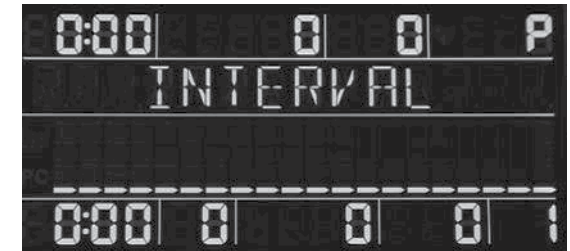
If INTERVAL DISTANCE is selected, press (▲) or (▼) to set the desired DISTANCE (default 100 Meters) for your work intervals – from 100 to 99,900 in 100 Meter intervals. When your desired distance is displayed, press (SELECT).

Then you will set your desired REST intervals (default :30 seconds) by the same method from :10 to 9:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Set total number of INTERVALS (default 10) from 1 to 10. Press (SELECT).

Set work LEVEL (default 12) from 1 to 16. Press (SELECT).

Start Rowing.



USER PROGRAM MODE

Press (▲) or (▼) in Main Menu until USER PROGRAM is displayed, then press (SELECT).

You can then customize each segment by pressing (^) or (v) and then pressing **(SELECT)** to move to next segment. When you have created the program profile you desire, press and hold **(SELECT)** to confirm.

You can either start rowing, or set a target value for **TIME**, **METERS**, or **KCAL**. Once one function is preset, the other two values will clear to (0)

Start rowing, all preset values will start counting down to (0)

If you stop rowing for 10 seconds, computer will display workout average value.

Press **(MODE)** to return to USER PROGRAM mode, or press **(DELETE)** to return to main menu.



H.R.C. MODE

10

***NOTE:** This mode can only be used if you own the optional Telemetry Chest Strap.

Press (▲) or (▼) in Main Menu until **H.R.C.** is displayed, then press (SELECT).

Press (▲) or (▼) to select 55%, 75%, 90%, or TAG then press (SELECT).

(TAG mode allows you to set your own custom target pulse rate.)

These values are calculated based upon the age you have preset.

In Main Menu, pressing (RESET) will enter AGE Set Mode. Use (▲) or (▼) to find age.

Press (SELECT) to confirm Age setting.

You can either start rowing, or set a target value for TIME, METERS, or KCAL.

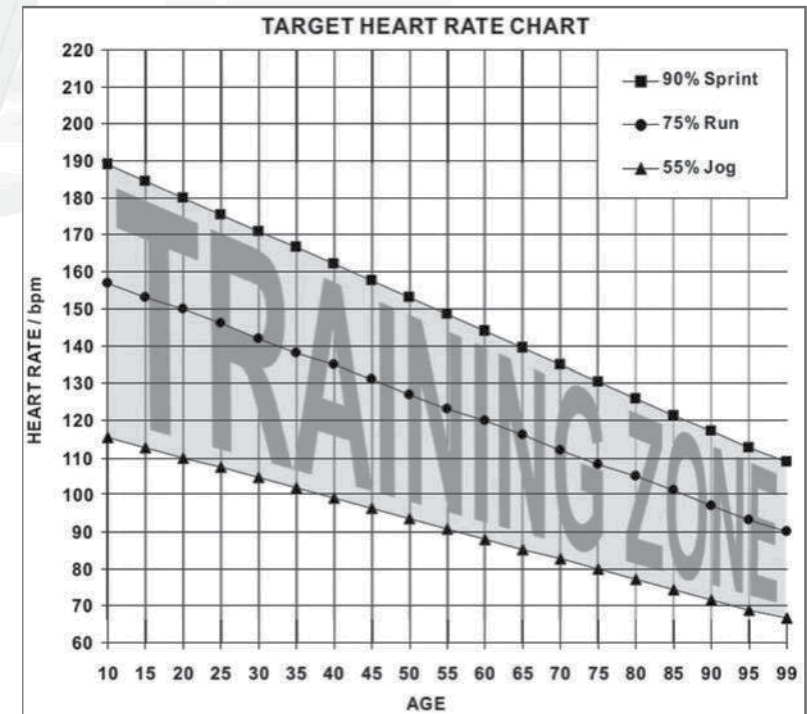


The Target HRC Program is designed to keep your heart rate at the constant level you have selected. Every 30 seconds, the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

***NOTE:** During your workout you cannot manually adjust the resistance levels.

To select a bpm that is optimal for you, refer to the TARGET HEART RATE CHART.

IMPORTANT: While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe, we suggest you start your regimen at the 55% HRC and increase your target heart rates as your fitness level improves. The recommended absolute maximum heart rate is equal to 220 bpm – your age.



HEART RATE RECEIVER & CHEST BELT

11

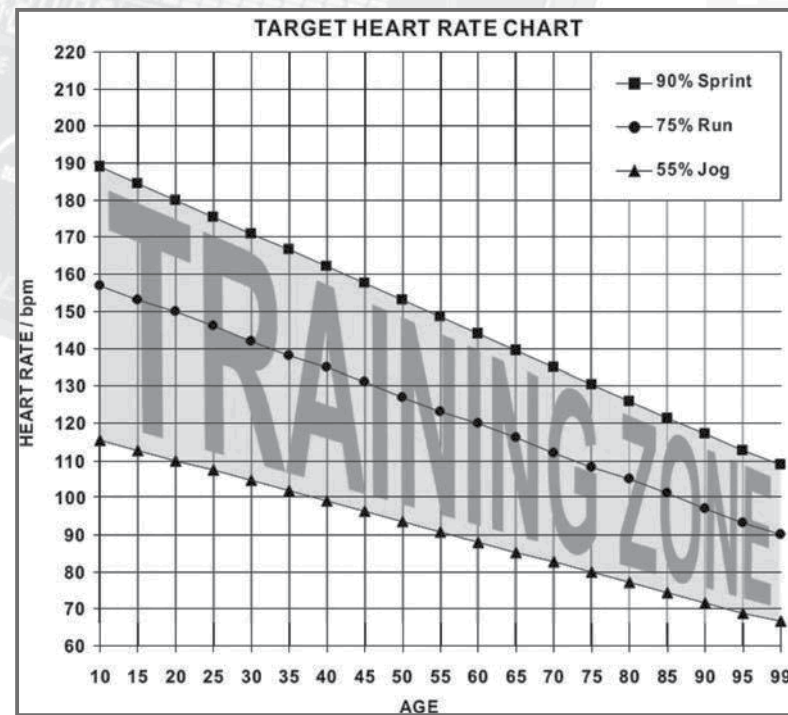
The computer has a built in chest belt telemetry receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest belt. Please follow the instructions included with your optional chest belt for proper operation.



(Chest Belt Sold Separately)

Calculating your Target Heart Rate (T.H.R.)

Your optimal heart rate range during exercise is referred to as your training zone. To achieve the most effective results you should perform your exercise within your training zone. Refer to the TARGET HEART RATE CHART below to calculate your T.H.R. at 55%, 75%, and 90% of your suggested training zone. We suggest you begin your workout program at the 55% T.H.R. level and increase your T.H.R. % as your fitness level improves. The Target Heart Rate formula is: $220 - \text{age} \times \text{T.H.R. \%}$ (e.g.: $220 - 30 \text{ years old} \times 55\% = \text{T.H.R. } 104.5$)



Press (▲) or (▼) in Main Menu until WATT is displayed, then press **(SELECT)**.

Press (▲) or (▼) to preset WATT target from 25-300 Watts (default is 120), then press **(SELECT)**.

Start rowing, or set a target value for TIME, METERS, or KCAL. Once one function is preset, the other two values will clear to (0)

Start rowing, all preset values will start counting down to 0.

If you stop rowing for 10 seconds, computer will display workout average value.

Press **(MODE)** to return to USER PROGRAM mode, or press **(DELETE)** to return to main menu.



A WORD ON WATTS

Watt is a measure of power. On your rower, the watt readout is the amount of power you output at your current SPM. The WATT PROGRAM is designed to keep your watt output at a constant level that you have selected. If you row harder, the computer will reduce the workload to keep your wattage output constant. The reverse happens if you row slower. During the workout you can adjust the watt value by pressing up or down. Like the other modes, once you have chosen the Watt Mode, you can begin your workout by starting to row, or you can enter personal target values by continuing to press **(SELECT)** and setting the target values.

RECOVERY MODE

The Recovery Program is designed to evaluate your fitness level immediately after your workout.

Be sure to provide the computer with a pulse signal via the optional Wireless Telemetry Chest Strap.

To activate the Recovery Program, immediately after completing your workout press the RECOVERY KEY.

The computer will analyze your dropping heart rate for one full minute then give you a score as follows:

1.0	OUTSTANDING
$1.0 < F < 2.0$	EXCELLENT
$2.0 < F < 2.9$	GOOD
$3.0 < F < 3.9$	FAIR
$4.0 < F < 5.9$	BELOW AVERAGE
6.0	POOR



VR500 Wireless Handlebar Controller Pairing

***To PAIR the handlebar controller with the computer correctly, please follow all steps very carefully. Please make sure to read through all of the steps and look at the corresponding pictures before pairing your controls with the computer.**

Step 1

Turn handlebar upside down and rest it in the handlebar holder. If the battery cover is secured by 2 screws, remove them with a phillips head screw driver.

Step 2

Remove battery cover. (If battery is inside, remove battery)

Step 3

Insert the power supply pack into a nearby 110v outlet.

Step 4

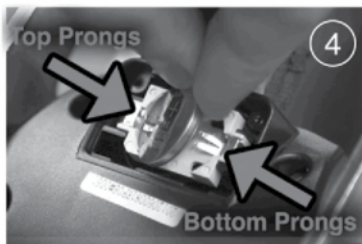
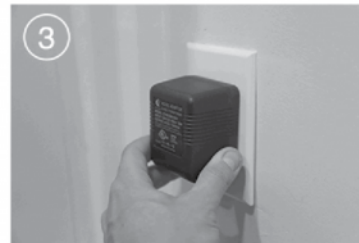
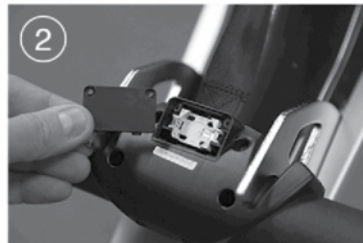
With the power supply plugged into the nearest outlet, plug the power supply cord into the rower. You will hear a long beep and see the computer screen light up. After you hear the beep, you will have up to 5 seconds to slide the battery (*positive + side up, making sure the top prongs are on top of the positive side of the battery and the bottom prongs are touching the negative side*) into the battery compartment.

Step 5

Wait 5-10 seconds before pressing the up or down arrows on your handlebar controller. At this point your handlebar controller should have its own unique link to the computer and should be functioning correctly.

Step 6

Replace the battery cover and insert the two phillips head screws into the designated holes. Flip handlebar controller upright and the pairing process is complete.



The BodyCraft VR500 Pro 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 owners 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 VR500. 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 VR500.
- **Residential Warranty:** Lifetime Frame, 5 Years Parts, 1 Year Wear Items and 2 Years Labor.
- **Light Commercial Warranty**:** 10 Years Frame, 2 Years Parts, 1 Year Wear Items and 90 Days Labor.

* If you do not reside within the USA or Canada, please contact your local BODYCRAFT distributor for details specific to you.

** 5 hours or less of daily use.