

BODYCRAFT

VR Series Rower Comprehensive Comparison

This is a quick overview of the key differences between the three rower models from Bodycraft. VR200 ⇒ VR400 ⇒ VR500

All Bodycraft Rowers feature:

1. Adjustable Air & Magnetic Eddy Current Resistance.
2. Folding Frames and transport wheels for compact storage.
3. Computers that display vital information such as Time, Distance, Calories, Total Strokes, Strokes per minute, Time 500m.
4. Aluminum Rail Beams for ultra-smooth Seat Travel and designed for taller users.
5. Maintenance free Nylon Belts tested to 580lbs at over a half a million repetitions.
6. Lightweight Comfort Grip Aluminum Handlebars.

Upgrades from the VR200 to VR400

1. Built on a more robust frame with a higher seat height and I-Beam Aluminum Rail.
2. Upgraded Foot-Hold with Adjustable heels and quick release straps.
3. Weight Capacity Increases: VR200: 300lbs VR400: 350lbs.
4. Upgrade from a 8 level resistance control to a 16 level control
5. Additional Computer Height and Angles
6. Upgraded Warranty: Parts go from 5 to 7 years . Labor doubles from 1 to 2 years.
7. Upgrade from a basic computer to a more advanced easy to use Computer.
 - The 16 Level Control is tied into the computer so the level is displayed and calculations are more accurate.
 - Additional information is displayed. In addition to the VR200 displaying Time, Distance, Calories, Time 500m, Strokes, Strokes per minute The VR400 adds Watts, Level and Pulse (required optional Heart Rate Belt), and along with a profile and Alpha Numeric Display.
 - Adds 5 User Modes, 1 Guest and 4 Users. The User Profiles that will save User Data and Workout history.
 - Adds PROGRAMS which include:
 - **Time, Distance or Calorie Goal Programs.**
 - **5 Preset Race Programs:** Individual, Beginner, Olympic, Long, Oxford
 - **User Race:** Pick User 1-4 to race against a previous workout.
 - **Recovery Mode:** (requires the optional Heart Rate Belt). 1 minute countdown program that will display your Fitness Level Score.

Continued

Upgrades from the VR400 to VR500 (includes all of the features** of the VR400)

1. Upgrades from a 16 Level Manual Control to a 32 Level Servo Controlled Resistance, Resistances changes are made at the touch of a button.
2. Adds a 4 Button Handlebar Remote Control giving the user the ability to select a “User” or a “Program” prior to beginning your workout, or to control resistance (or Target Heart Rate when using the HRC Programs) during the workout.
3. Features our upgraded Easy-Fold Frame with Footlease and Lock.
4. Accommodates users up to 6’8” (as compared to 6’4”).
5. Upgrades to ergonomically correct comfort grip handlebar.
6. Upgrade from the LCD Computer to a more robust Black Mask Backlit LCD Display that includes all of the features of the VR400 display** plus more. Because the resistance system in the VR500 is servo controlled, this greatly expands the amount of programs:
 - **12 Program Profiles:** Choose between 12 set profiles with your choice of a Time, Distance or Calorie goal. You can adjust the intensity of the profile before or during the workout.
 - **Definable User Custom Profile:** You can either save a workout program or build a profile one segment at a time.
 - **Watt Mode Goal:** This program will adjust the resistance in relation to your speed to maintain the your set Watt target goal. The faster the speed, the less workload and vice versa.
 - **2 Definable Interval Programs:** Choose between Time or Distance based Intervals. For Time Intervals, set the Work Time (:30 ~ 10:00, :10 increments). For Distance Intervals set Work Distance (100m ~ 1000m in 100m increments). Then just simply set your Rest Time (:30 ~ 5:00, :10 increments), Work Level (1 ~ 32) and the quantity of Intervals (1 ~ 99).
 - **Heart Rate Control Programs***:** Choose between 60%, 75% or 85% zones or enter your own custom target heart rate. (Requires optional Heart Rate Belt). Every 30 seconds the rower will make minor adjustments to the resistances based on your heart rate, maintaining your ideal target heart rate. This prevents you from undertraining (this can happen as you become conditioned to the exercise) or overtraining.

* We reserve the right to make improvements and changes to the product specifications without notice.

** The Recovery Mode from the VR400 is replaced by a Cool Down feature on the VR500 console.

***Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness.

It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. In order to get the most accurate reading, it is recommended to enter your age before your workout.

ROWER COMPARISON

• FEATURES, SPECS, AND WARRANTY

			
• FEATURES	VR500	VR400	VR200
• MONITOR	Easy to Read Black Mask LCD w/LED Backlit Display and Keys - 5"W x 2.5"H Display	Easy to Read LCD - 5"W x 2.5"H Display	Easy to Read LCD - 2"W x 3"H Display
• RESISTANCE	32 Levels of Electronically Controlled Air and Eddy Current Magnetic Resistance	16 Level Control Adjusts from Air to Eddy Current Magnetic Resistance and Interacts with Monitor	8 Level Control Adjusts from Air to Eddy Current Magnetic Resistance
• HANDLEBAR	Ergonomically Correct Comfort Grip Aluminum Handlebar w/Remote Resistance Controls	Ergonomically Correct Straight Grip Aluminum Handlebar	Ergonomically Correct Straight Grip Aluminum Handlebar
• SEAT	Comfort Glide Seat w/Heavy Duty Roller Bearings	Contoured GLide Seat w/Heavy Duty Roller Bearings	Contoured Glide Seat w/Heavy Duty Roller Bearings
• FOOT HOLD	Deluxe Adjustable Commercial Grade Heel Rest w/Quick Adjust Foot Straps	Deluxe Adjustable Commercial Grade Heel Rest w/Quick Adjust Foot Straps	Pivoting Heel Rest w/Extra Wide Lock Down Straps
• TRACK	3" Wide Heavy Duty I-Beam Mono-Rail Extruded from High Strength T1 3 Aluminum	3" Wide Heavy Duty I-Beam Mono-Rail Extruded from High Strength T1 3 Aluminum	3" Wide Heavy Duty I-Beam Mono-Rail Extruded from High Strength T1 3 Aluminum
• HANDLE DRIVE	Premium Nylon Belt: Test: 580lb load over 500,000 Repetitions	Premium Nylon Belt: Test: 580lb load over 500,000 Repetitions	Premium Nylon Belt: Test: 580lb load over 500,000 Repetitions
• SUPPORT LEGS	Precision Formed Laser Cut High Strength Steel	Precision Formed Laser Cut High Strength Steel	High Strength Steel Tubing
• MONITOR ARM	Adjustable with Easy-Tilt Dual Pivot Points	Adjustable with Easy-Tilt Dual Pivot Points	Easy-Tilt Single Pivot Point
• FINISH	Powder Coated Steel w/Anodized Aluminum Beam	Powder Coated Steel w/Anodized Aluminum Beam	Powder Coated Steel w/Anodized Aluminum Beam
• STORAGE	Easy Fold and Roll with Foot Lever and Safety Lock	Quick Fold and Roll System	Quick Fold and Roll System

ROWER COMPARISON



● SPECS	VR500	VR400	VR200
● OVERALL LENGTH	98.5 Inches	98.5 Inches	79 Inches
● SEAT HEIGHT	19 Inches	19 Inches	15.5 Inches
● SEAT TRAVEL	39 Inches for Users up to 6' 8"	39 Inches for Users up to 6' 8"	38 Inches
● MAX USER WEIGHT	350 LBS	350 LBS	300 LBS
● ASSEMBLED DIMS	98.5"L x 20"W x 38.5"H	98.5"L x 21.25-w x 40"H	79"L x 17.75"W x 36.25"H
● FOLDED DIMS	58.5"L x 20"W x 7TH	43.25"L x 17.5"W x 69.25"H	35.5"L x 17.5"W x 58"H
● BOX DIMS	71.5"L x 30"W x 10"H	61"L x 30"W x 10"H	51"L x 29.75"W x 10.25"H
● BOXED WEIGHT	116 LBS	99 LBS	75 LBS
● ASSEMBLED WEIGHT	101 LBS	86 LBS	60 LBS
● WARRANTY	Residential - Frame:Life, Parts:7.Yr, Labor:1 Yr Light Commercial - 10 Years Frame, 2 Years Parts	Residential - Frame:Life, Parts:7.Yr, Labor:2 Yr Light Commercial - 10 Years Frame, 2 Years Parts	Residential-Frame:Life, Parts:5 Yr, Labor:1Yr, Wear Item:1Yr Light Commercial-10 Years Frame,1 Years Parts