

# BODYCRAFT

## VR-Bracket for Rowers

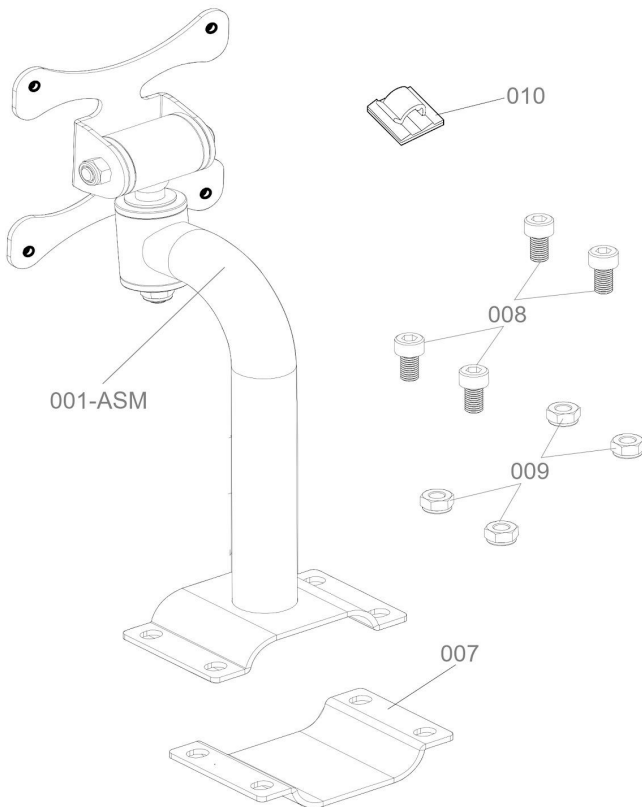


### Owner's Manual

To see in **FULL COLOR**  
& additional information,  
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### Assembled Parts List - VR Bracket



Part #	Assembly Parts List	QTY
VR-Bracket-001-ASM	Bracket Frame Assembly	1
VP-Bracket-007	Support Bracket, Bottom	1
VP-Bracket-008	Bolt, Allen Head, M8 x 20mm L	4
VP-Bracket-009	Nut, Nylon Lock, M8 x 1.25 P	4
VR-Bracket-010	Cable Clip Mount	5

#### THE FOLLOWING TOOLS ARE **RECOMMENDED** FOR ASSEMBLY:



ALLEN WRENCH  
6mm



PHILLIPS SCREWDRIVER #2  
w/ Magnetic TIP



WRENCH 13mm



TORQUE WRENCH 3/8 DRIVE  
w/ 13mm SOCKET

VR-Bracket v1.5



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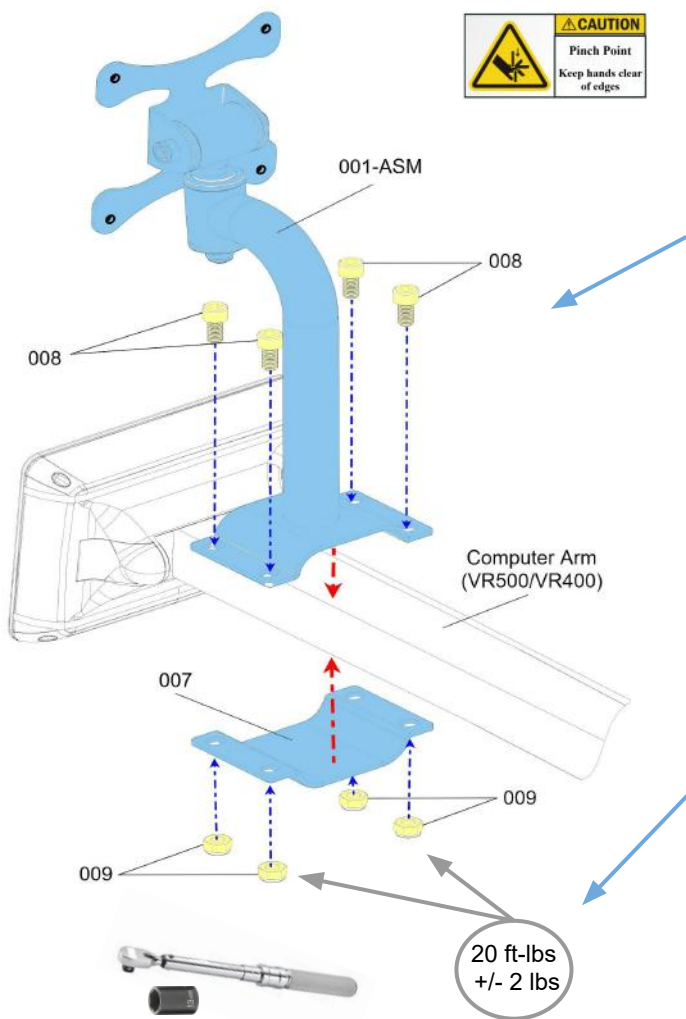


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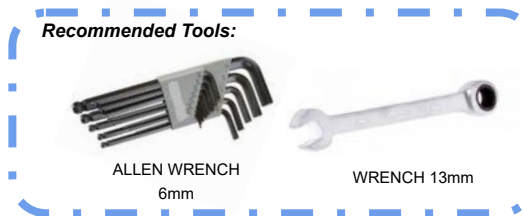
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# Product Assembly



## STEP 1: Install Main Frame Assembly

- Place the **Main Frame Assembly (01-ASM)** into the top of the Computer Arm.
- Then place the **Support Bracket, Bottom (007)** under the Computer Arm.
- Secure the **Main Frame Assembly (001-ASM)** to the **Support Bracket, Bottom (007)** with the follow hardware:
  - 4: Bolts, Allen Head, M8 x 20mm L (008)
  - 4: Nut, Nylon Lock, M8 x 1.25 P (009)



**STEP 2 – “Torque Time”** Tighten the Nuts, Nylon Lock (009) to the Recommended Torque Specs of 20 ft-lbs (+/- 2 lbs).

## STEP 3: Install Connect-22

Secure the **Connect-22 (Connect-22-001)** to the **Main Frame Assembly (01-ASM)** using the hardware, located in a small bag supplied within the Connect-22 box, to the back of the Connect-22 (Connect-22-001):

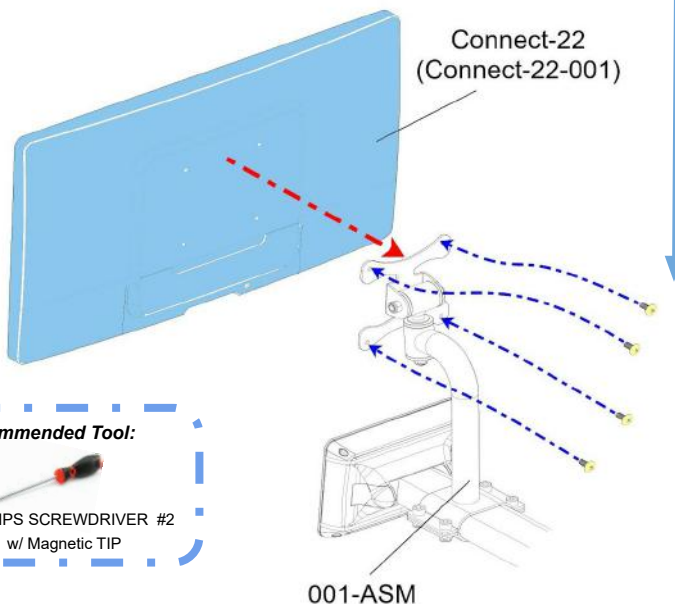
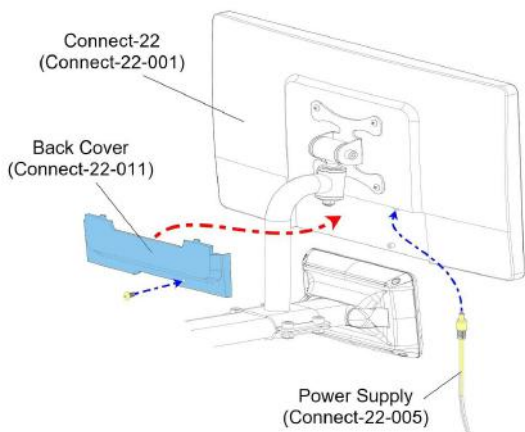
- 4: Philips Head Screws (M4 x 1.0p x 8mm L)

## STEP 4: Power Supply & Back Cover

Install the Power Supply (Connect-22-005) then the Back Cover (Connect-22-011) to the Connect-22 (Connect-22-001) using the follow hardware, located in a small bag supplied within the Connect-22 box:

- 1: Philips Head Screws (M3 x 6mm L)

**NOTE:** Back Cover not required, only for cosmetic.



**NOTE:** Confirm the Screws are tightened down to withstand vigorous usage.

# Product Assembly - Connect-22 Cable Routing per Machine



**CAUTION:** It is highly suggested to follow the steps below to secure the cable away from moving parts. Do not let the cable dangle straight down to the floor.

## STEP 5: How to Install Cable Clip Mounts

- Clean surface with mild spray soap or a window cleaner and dry with a 100% cotton rag.
- Take adhesive strip off back of Cable Clip Mount.
- Place Cable Clip Mount and hold for 15 seconds.
- Install Cable under Clip while gently holding the back.



**NOTE:** DO NOT over stretch clip mount opening. Only open enough to gently slide the cable under the mount.

## STEP 6: Install Cable Clip Mounts

- Install a Cable Clip Mount at each arrow location on the top left side of shroud in case of any service issues.
- Then fully install the cable with the 2.5mm power cord end at the Connect-22 back plug. Follow the Cable Clip Mounts with the cable to the base of the Rower.

**NOTE:** If you have downloaded this document, zoom in to see the light blue arrows and their locations.



Example of securing the power supply & power cords to the front stabilizer (tie straps not included).

## Parts from the Connect-22 (items below are not to scale)



Connect-22 22" Screen Unit  
(Connect-22-001), 1 each



Power Tele-Cable from the Top of the Fan Housing to Connect-22,  
(Connect-22-007), 1 each



Power Supply w/ cable around the Top of the Fan Housing to Base Frame  
(Connect-22-005), 1 each



Power Cord to Power Supply,  
(Connect-22-006), 1 each

# Detailed Parts List & Parts Exploded View

Part #	Detailed Parts List	QTY
VP-Bracket-001	Bracket Frame	1
VP-Bracket-002	Universal Joint	1
VP-Bracket-003	Vesa 100 Bracket	1
VP-Bracket-004	Bushing	4
VP-Bracket-005	Flat Washer, M8 x 2.0mm T x 23mm OD	1
VP-Bracket-006	Bolt, Allen Head, M8 x 60mm L	1
VP-Bracket-007	Support Bracket, Bottom	1
VP-Bracket-008	Bolt, Allen Head, M8 x 20mm L	4
VP-Bracket-009	Nut, Nylon Lock, M8 x 1.25 P	6
VR-Bracket-010	Cable Clip Mount	5

