

VR200 ROWER

■ COMPACT SIMPLICITY



COOLING CENTER

■ The VR200 features a built in cooling fan. As you pull, the center mounted air vent allows air to be forced through the vent and onto you, cooling you off as you work out. The harder you work, the harder the air blows. This feature really pays off as you test your limits on this rower.



CONTOURED GLIDE SEAT

■ Designed for comfort and smoothness. We used heavy duty commercial grade bearings for one of the smoothest gliding seats available. This feature will really pay off when rowing a classic 10K.



PIVOTING FOOTREST

■ Our pivoting adjustable footrests allow for most size feet to comfortably fit into the proper position. The extra wide lock down strap ensures a solid anchor for your feet giving you maximum push power. The footrests lock down for push off and also pivot forward with the natural motion of your body upon the return stroke for ultimate comfort.



WHISPER DRIVE BELT

■ Zero maintenance commercial quality nylon drive belt is very quiet, smooth, clean and requires no lubrication. Machine tested with 287lbs of stress pulled over a half a million times. Others may use a chain drive which requires constant maintenance, lubrication and is very noisy.



PRECISION T13 ALUMINUM TRACK

■ Boasting 47" in length and 34" inches of seat travel, our precision extruded I-beam track delivers a large range of travel for every sized user. The accuracy of the extrusion ensures an ultra smooth and quiet rowing experience.



■ QUICK SPECS

SEAT HEIGHT	15.5"
SEAT TRAVEL	34" for users up to 6'4"
MAX USER WEIGHT	300LBS
ASSEMBLED DIMENSIONS	79"L X 18"W X 36"H
FOLDED DIMENSIONS	35.5"L X 17.5"W X 36"H

QUICK FOLD AND ROLL STORAGE SYSTEM



GIVING YOU THE ADVANTAGE

■ THE ADVANTAGE OF AIR + (EDDY CURRENT) MAGNETIC RESISTANCE

Currently the most popular rowers available only use an air dampening system to provide the user with a limited range of resistance. The theory is, the more air introduced into the flywheel, the more work it takes to spin the flywheel. Although correct, the actual amount and range of resistance is very limited. This equates to very little change in resistance over the range of settings and does not provide the user with many options when training, especially if one of your goals is to build muscle. When developing our rowers we didn't stop at just air resistance, as this wasn't good enough. The BODYCRAFT rowers use an Air and Eddy Current Magnetic resistance system to offer the user a wider range of resistance allowing the user to hone in on their ideal training level. Our rowers offer a low end resistance which equates to rowing a sleek racing boat effortlessly through the water at a fast pace, and a higher end resistance which would be similar to power rowing a heavy jon boat across the lake. The higher end resistance allows the user to build their anaerobic strength (muscle) while the lower resistance allows the user to focus on their aerobic endurance (cardio). By offering such a wide range of resistance options, our rowers provide the user with an unmatched full body workout suitable for the beginner and are also capable of humbling the most seasoned athlete.

FAT BURNING MACHINE

- Our rowers engage up to 84% of your muscle mass. This allows you to burn in excess of 1,000 calories per hour. Our unique resistance system allows for one of the most intense calorie burning workouts available.



LOW IMPACT

- Our rowers provide the user with a near zero impact workout. No stress is experienced in the hip, knee, and ankle joints. This allows the user to exercise without the harmful side effects to the body commonly associated with running.



VR200 PERFORMANCE MONITOR

■ EASY AND SIMPLE OPERATION



REAL TIME INFORMATION

Monitor displays Time/500m, Distance (Meter), Time, SPM, Strokes, and Calories, all in real time and changes with every stroke for immediate feedback.



EASY TO READ LCD

Information is shown in large black type that allows the user to quickly see all the important info at a glance. The display keys are positioned for easy operation and viewing.



VIEWING ANGLE

Monitor tilt for a clear comfortable view in any environment.



AUTOMATIC OPERATION

Monitor automatically turns on when you start rowing or press any key. Our energy saver function automatically turns off monitor after 2 minutes of no use.

