

VR400 PRO ROWER

■ NO OUTLET NO PROBLEM



MANUAL RESISTANCE CONTROLS

■ Sharing many of the same features as the VR500, the VR400 takes a step towards simplicity with the manual resistance controls. Set your resistance and go! Its as simple as that. Perfect for those who want to blast out a quick 500/m during an interval training session. Or someone who enjoys a nice long and steady 10k.



CONTOURED GLIDE SEAT

■ Designed for comfort, smoothness and easy entry/exit. 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.



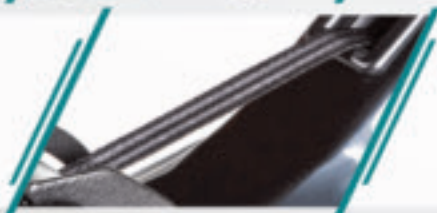
QUICK ADJUST FOOTREST

■ Our fixed adjustable commercial grade footrests allow for any size foot to comfortably fit into the proper position. The heel hold also lifts with the natural movement of your feet. The nylon strap makes it easy to quickly get your feet in and out.



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 56" in length and 38.5" inches of seat travel, our precision extruded I-beam track delivers a massive range of travel for every sized user. The accuracy of the extrusion ensures an ultra smooth and quiet rowing experience.



QUICK SPECS

SEAT HEIGHT	19"
SEAT TRAVEL	38.5" for users up to 6'8"
MAX USER WEIGHT	350LBS
FLOOR DIMENSIONS	98.5"L X 21"W X 40"H
FOLDED DIMENSIONS	43"L X 21"W X 69"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.



VR400 PERFORMANCE MONITOR

■ SIMPLIFIED FEATURES FOR ALL



16 LEVELS OF AIR + MAGNETIC (EDDY CURRENT) RESISTANCE

With every click of the manual resistance dial, the display will show the resistance selected.



REAL TIME INFORMATION

POLAR compatible monitor displays Time/500m, Distance (Meter), Watts, Pulse, Time, SPM, Strokes, Calories, and Resistance level all in real time and changes with every stroke for immediate feedback.



4 USER PROFILES

Once a user profiles is created, it can be recalled for quick programming as well as workout history review.



LARGE 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 and monitor arm can independently rotate up to 65 degrees for a clear comfortable view in any environment.



RECOVERY

With an optional heart rate chest strap users can test their fitness levels with this feature which analyzes your dropping heart rate and provides you with a score at the end of your workout.



PERSONAL GOAL SETTINGS

Set your target time, distance, and calories, within each program before each workout.



PROGRAMS

1 Manual program, 5 preset races, 4 user races, and 1 recovery program.

