

VR400 ROWER

The Manual VR400 Air and Magnetic Resistance Rower represents over a decade of research and development. This rower incorporates all the latest technology resulting in a smooth, high-performance rowing workout. Choose your own experience by adding our CONNECT22 Android Touchscreen Tablet to use apps like Netflix and YouTube where you will find virtual rowing and coaching videos. **NO SUBSCRIPTION REQUIRED!**

CONSOLE HIGHLIGHTS



ADJUSTABLE 7 INCH LCD DISPLAY

COMPREHENSIVE FEEDBACK

TIME, DISTANCE, CALORIES, PULSE (with HR Belt), TIME/500M, STROKES, SPM, TOTAL STROKES, & WATTS

PROGRAMS

QUICK START, RACE, MANUAL, GOALS (Time, Distance, Strokes, Calories, & Pulse), & RECOVERY

You choose your own immersive experience. No Subscription Required! Connect to fitness apps or watch streaming video. Download any app from the Google play store. Introducing the first fully open 22" Android touchscreen tablet for Bodycraft rowers. *Optional



The VR400 uses AIR+MAGNETIC RESISTANCE providing the most realistic rowing experience available. Providing up to 16 levels of resistance.

HIGHLIGHTS



MAGNETIC AND AIR RESISTANCE



FOLD & ROLL STORAGE SYSTEM



CONTOURED SEAT WITH ROLLER BEARINGS



CLICK/SCAN FOR CONNECT 22 INFORMATION



CLICK OR SCAN FOR MORE INFORMATION

VR400 ROWER

FEATURES AND SPECIFICATIONS

RESISTANCE	16 Levels of Resistance Utilizing BODYCRAFT Air+Magnetic Eddy Current Technology
TRAVEL	38.5" of Travel Will Accommodate Users Up to 6'8"
HANDLEBAR	Ergonomically Correct, Lightweight, Rubber Coated Aluminum Handle
SEAT	Deep Contoured Seat with Heavy Duty Roller Bearings
SEAT HEIGHT	19"
SEAT TRAVEL	38.5" (up to 6'8" user height)
FOOT HOLD	Deluxe Adjustable Heel Rest with Quick Adjust Foot Straps
TRACK	Heavy Duty I-Beam Mono-Rail-High Strength T13 aluminum
DRIVE	Zero Maintenance Premium Nylon Belt Tested at 580lb load with 50,000 Repetitions
SUPPORT LEGS	Precision Formed Laser Cut High Strength Steel
STORAGE	Quick Release Fold and Roll System
FINISH	Powder Coated Steel with Anodized Aluminum Beam
MAX WEIGHT	350lbs (up to 5 hours a day)
DIMENSIONS	98.5"L x 21.25"W x 40.25"H

WARRANTY

COMMERCIAL	Frame: 10 Years / Parts: 3 Years / Wear Items-Labor: 1 Year (up to 5 hours/day)
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CONSOLE

DISPLAY	Adjustable Tilting Large Easy to Read LCD Display
DATA	Time, Date, Distance, Calories, Pulse, Time 500m, Strokes, Strokes Per Minute, Total Strokes, Watts
PROGRAMS	Quick Start, Race, Manual, Goals (Time, Distance, Strokes, Calories and Pulse), Recovery
HEART RATE	5khz Telemetry

CONNECT 22 *OPTIONAL

PROGRAMS	Fully Open Android Tablet Allows You To Choose From Countless Apps On Google Play Store
CONNECTION	Connects to Fitness Apps Through Bluetooth Using Real Time Data
RETROFIT	Fits On All VR400 & VR500 Models
PRELOADED APPS	Google Play, Hulu, Netflix, Etc.
BLUETOOTH	Headphone/Speaker Compatible - Also Connects To Applications
ADJUSTABILITY	180 Rotation and 180 Degree Tilting
INPUTS	LAN - HDMI Out - USB 3.0 - Micro SD Slot - USB 3.0 Type C
MULTI-USER	Using Multiple Google Accounts - Switch From Users to Custom Screen Setups.
POWER INPUT	1 x DC in 12V/4.16A 2 Pin
SIZE/RESOLUTION	22" TFT LCD / 1920 x 1080
WARRANTY	12 Months Warranty against defects and in workmanship and materials.