

BODYCRAFT

SR 500 PRO

AIR + MAGNETIC RESISTANCE ROWER



OWNERS • MANUAL



WWW.BODYCRAFT.COM



800-990-5556



SERVICE@BODYCRAFT.COM

INTRODUCTION

Congratulations!

Thank you for selecting the BodyCraft VR500 Pro Rower. The VR500 Air/Magnetic rower is one of the finest and most comprehensive rowing machines available.

By choosing the BodyCraft VR500, you have made a decision that will improve the health, fitness and well being for you and your family. The BodyCraft VR500 will provide an efficient, low impact cardiovascular workout that will help improve energy levels and your quality of life.

Cardiovascular training is vital for all ages and the BodyCraft VR500 will provide an effective workout, producing results that will encourage you to reach your fitness goals and maintain the body you have always wanted.

Spending 15 to 30 minutes a day, three times a week is all you need to start seeing the benefits of a regular exercise program.

We, at BodyCraft want you to enjoy the full benefits of your exercise program, so please take the time to read this manual thoroughly. By doing so you will:

- **Save valuable exercise time in the long run.**
- **Exercise safely and more effectively.**
- **Learn proper techniques.**
- **Be able to better define your fitness goals.**

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IMPORTANT INFORMATION - PLEASE READ

Failure to read and follow the safety instructions below may result in serious injury.

Medical / Safety

Read this Owner's Manual safety instructions thoroughly to familiarize yourself with the BodyCraft VR500 before using it.

Before beginning any exercise program, consult your physician. He or she can help evaluate your present fitness level and determine the exercise program that is the most appropriate for your age and physical condition.

If you experience any pain or tightness in your chest, irregular heartbeat, shortness of breath, faintness, or unusual discomfort upon exercising, stop and consult a physician.

Adult supervision is required at all times when children are on or near the BodyCraft VR500. Unsupervised children should keep away from the equipment at all times.

Keep fingers and limbs, loose clothing and hair away from moving parts.

Before each workout on your BodyCraft VR500 we advise that a Precautionary Safety Check is wise. All equipment should be Safety Checked for wear and damage. If you find any damage or defective components STOP using the BodyCraft VR500 IMMEDIATELY. Replace defective components immediately and/or keep the equipment out of use until repaired. For repair help - see General Information on this page.

Care should be taken when getting ON or OFF your Air-Magnetic Rower. Please follow the instructions on page 4.

Wear comfortable, lightweight, well-ventilated clothing to help sweat evaporate. Make sure your shoes fit you properly and provide external and lateral stability support to prevent ankle and knee injuries. Wear cross-training, walking or running shoes.

It's very important not to become dehydrated. Your body needs water lost during exercise.

Don't forget to warm-up and cool-down. Limbering up "cold" muscles and cooling down after exercise are important injury-prevention measures.

Use only the accessory attachments recommended by the manufacturer. DO NOT attempt to modify or alter your BodyCraft VR500 as injury may result.

Care and Maintenance

Your BodyCraft VR500 is made of the highest quality materials, it is still important that you take care of your BodyCraft VR500 on a regular basis.

Your BodyCraft VR500 is for indoor use only and should NOT be used or stored in damp areas. Wipe all perspiration from your BodyCraft VR500 after each use.

For safety, inspect your BodyCraft VR500 on a regular basis. When used in a light commercial environment safety check and clean every day. When used in a domestic environment safety check and clean before use.

Components most Susceptible to Wear

SEAT ROLLERS - ALUMINUM BEAM [part#001,118]

These parts can be damaged by dust and dirt and should be cleaned regularly. By keeping the ALUMINUM BEAM [001] clean, you will prolong the life of the SEAT ROLLERS [118] and ALUMINUM BEAM [001]. Using a damp cloth wipe the top of the ALUMINUM BEAM [001]. Pay special attention to the outside edges. Check and remove any black spots.

DRIVE STRAP [part#709]

The DRIVE STRAP [709] is made of high quality nylon webbing which is extremely strong. It is important to inspect the DRIVE STRAP [709] for wear. Check for nicks, cuts and fraying that may weaken the integrity. Also check that the stitching at the handle bar end is intact. If any of these symptoms are found discontinue use immediately and contact your dealer for a replacement DRIVE STRAP [709].

FOOT REST Assembly [part#014,027,143,147,154,314A,367,386A,710]

The FOOT REST Assembly has many moving parts. It is essential that these parts be in good condition at all times. Check that the FOOT STRAP BUCKLE firmly holds the FOOT STRAP. Check that the HEEL REST [143] HEEL REST HOLDER[147] self locking system is working correctly. Make sure that all Bolts are tight and firm. If any defects are found discontinue use immediately and contact your dealer for replacement parts.

All FASTENERS [Nuts, Bolts, and Screws]

Regularly inspect all Nuts, Bolts and Screws to insure they are tight and firm.

General Information

The BodyCraft VR500 is designed for Residential and Light Commercial use.

The official maximum load is 350lbs.

The BodyCraft VR500 has been tested and certified according to EN957-1 and EN957-7 Class S.A.

In the unlikely event that your BodyCraft VR500 needs servicing, repairs or something is missing or broken then contact your dealer as soon as possible. They should be able to help you immediately with any and all problems you have. You can also contact us directly at 800-990-5556 or email us at service@bodycraft.com.

It is important to keep your purchase receipt ! You may be asked to produce it to authenticate your Warranty.

DO NOT attempt to modify or alter your BodyCraft VR500 as it will be considered tampering and will invalidate your warranty.

Please continue to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the BodyCraft VR500 before using it.

DESIGNERS NOTE: The return spring on the BodyCraft VR500 Rower has been calibrated with the lightest amount of return force. The spring tension used in the recoil insures for proper rowing exercise technique and is sufficient to recoil the DRIVE STRAP ASSEMBLY [709] regardless of the return speed of the handle to the start position.

This gives the user an improved level of exercise by increasing the benefit to the hamstring group of muscles at the rear of the thigh. This muscle group is called upon when the user moves the seat forward.

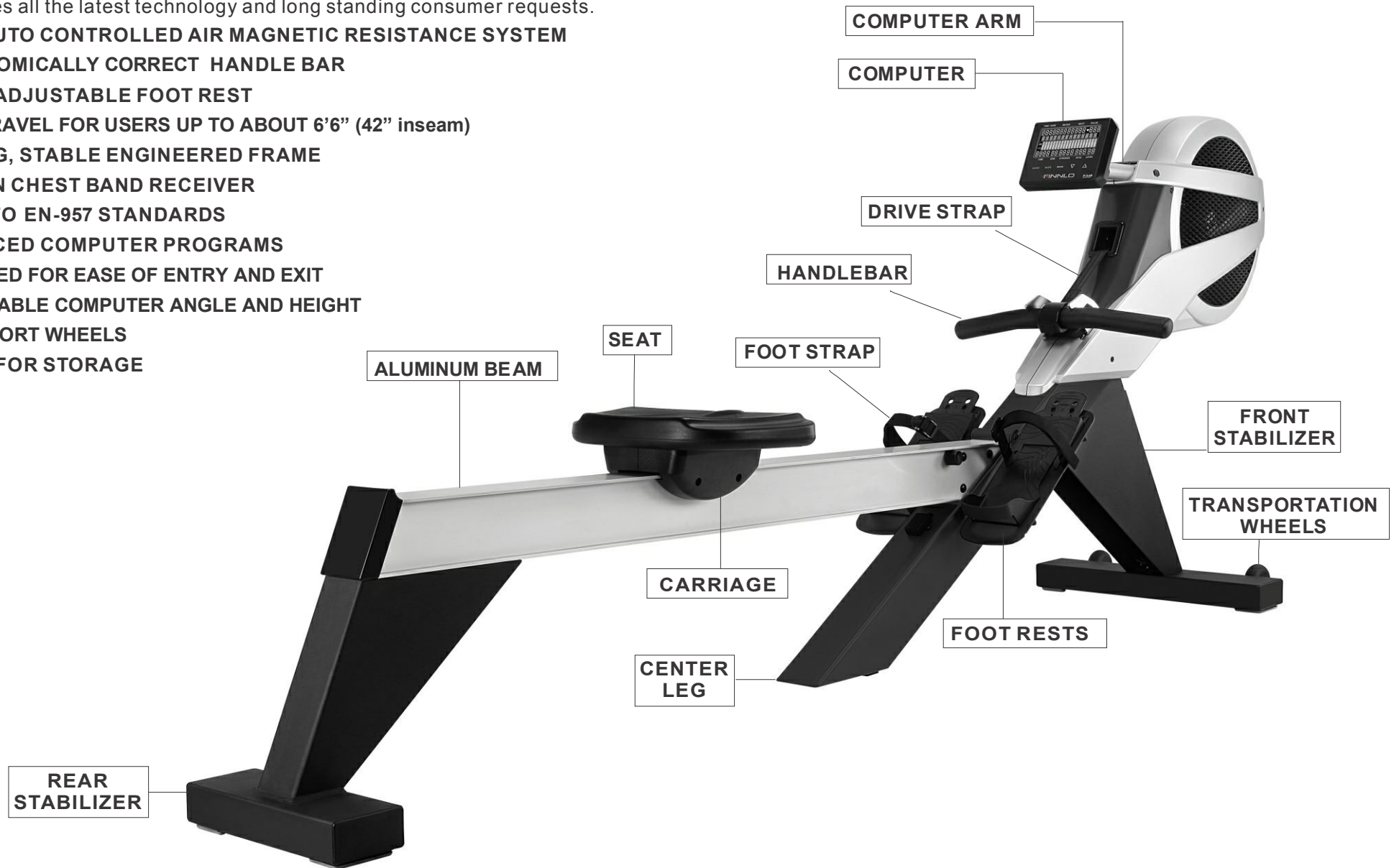
We have faithfully duplicated the "normal" rowing action one would get when rowing on water where the oar is not pulled forward.

FOR SERVICE: Please contact your local BodyCraft dealer or BodyCraft directly at 800-990-5556. You may also send an email to service@bodycraft.com.

The BodyCraft VR500 GENERAL PARTS IDENTIFICATION

The BodyCraft VR500 represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

- FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM
- ERGONOMICALLY CORRECT HANDLE BAR
- FULLY ADJUSTABLE FOOT REST
- SEAT TRAVEL FOR USERS UP TO ABOUT 6'6" (42" inseam)
- STRONG, STABLE ENGINEERED FRAME
- BUILT-IN CHEST BAND RECEIVER
- BUILT TO EN-957 STANDARDS
- ADVANCED COMPUTER PROGRAMS
- ELEVATED FOR EASE OF ENTRY AND EXIT
- ADJUSTABLE COMPUTER ANGLE AND HEIGHT
- TRANSPORT WHEELS
- FOLDS FOR STORAGE

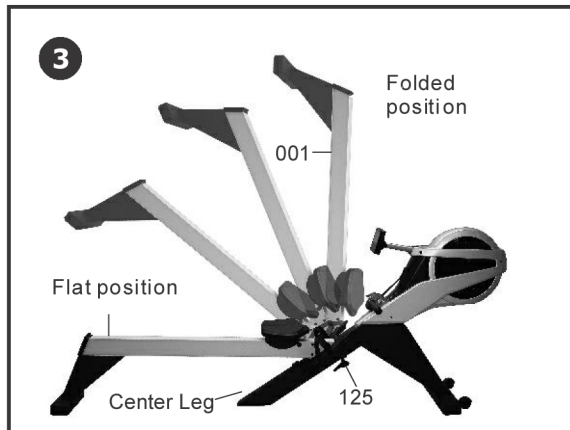
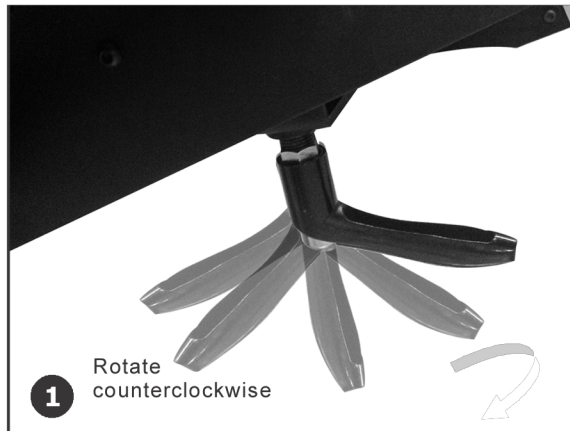


SETTING UP YOUR BodyCraft VR500

Unfolding

IMPORTANT:

Clear a workout area 3.3 x 8.5 feet before setting-up your BodyCraft VR500. Ensure the floor is solid and level. Two people are required to unfold the BodyCraft VR500. One person to hold the ALUMINUM BEAM [001] while the other person releases the TIGHTEN KNOB [125]

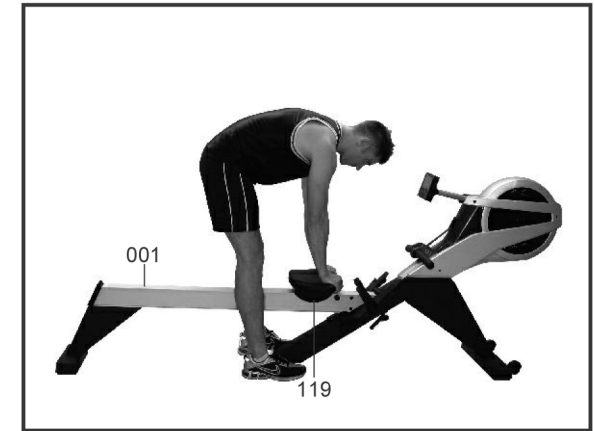


- 1) With the BodyCraft VR500 in the folded position, the first person can rotate the TIGHTEN KNOB [125] counterclockwise five to seven turns.
- 2) The first person holding the ALUMINUM BEAM [001], the second person lifts the angled center leg N KNOB [125] down releasing the safety lock allowing the ALUMINUM BEAM [001] to be laid down flat.
- 3) With the BodyCraft VR500 in the flat position, rotate the TIGHTEN KNOB [125] clockwise and tighten firmly. The angled center leg will lift from the floor. (It is an intentional part of the design for the middle leg to be suspended above the floor.)

WARNING: When unfolding and folding the BodyCraft VR500 to avoid serious injury two people are required. Keep finger and hands away from folding hinge points.

Getting on Safely

Getting on safely is a simple procedure. Just be careful that the SEAT [119] is directly underneath you before sitting down.

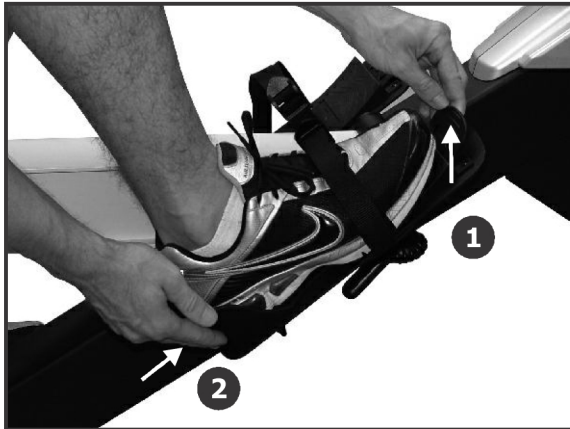
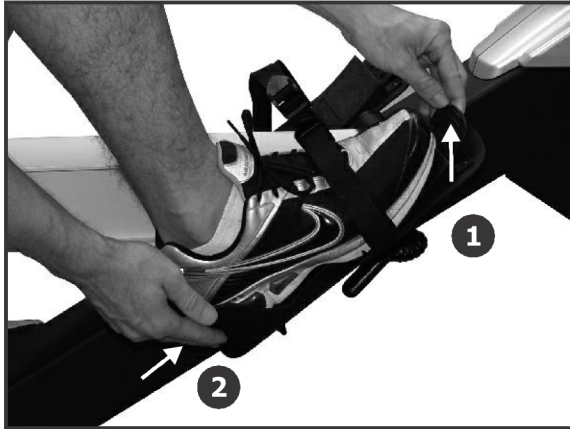


1. Straddle the ALUMINUM BEAM [001].
2. Correctly position the SEAT [119] beneath you.
3. Sit down taking care that the SEAT [119] has not moved.

SETTING UP YOUR BodyCraft VR500

Heel Rest Adjustment

Slide your feet underneath the FOOT STRAP [710].

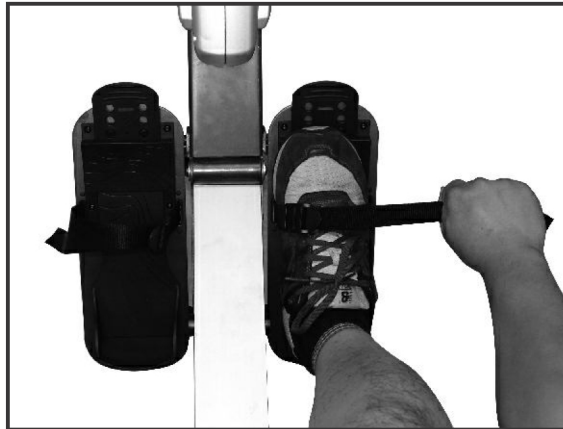


There are five HEEL REST settings clearly numbered.

1. Pull the top HEEL REST out of slot.
2. Adjust the HEEL REST to your desired position.

Foot Strap Adjustment

The BodyCraft VR500 is equipped with an easy to use quick adjust FOOT STRAP [710].



The correct position for the FOOT STRAP [710] is across the top of the foot just below the toes. Approximately across the toe pivot joints. You may have to adjust the HEEL REST as shown to the left.

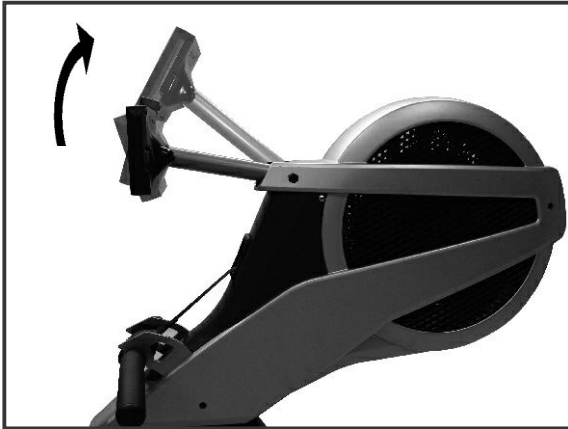
1. To ensure the FOOT STRAP [710] is tight, pull the FOOT STRAP [710] tight as shown in the above diagram.

SETTING UP YOUR BodyCraft VR500

Computer Angle Adjustment

The COMPUTER [714] and COMPUTER ARM [015] are designed to rotate and pivot giving you adjustment to height and angle.

NOTE: For safety reasons, while exercising avoid the DRIVE STRAP [709] touching the COMPUTER [714].

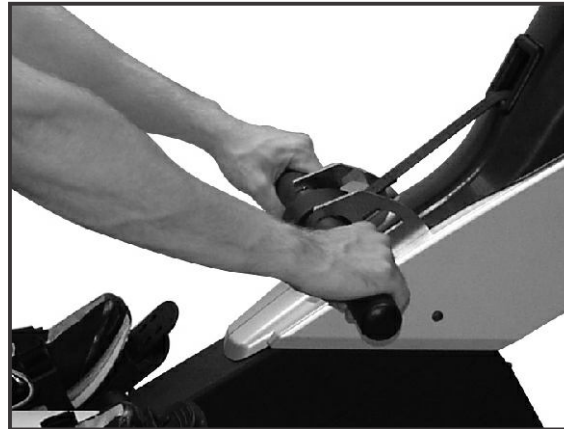
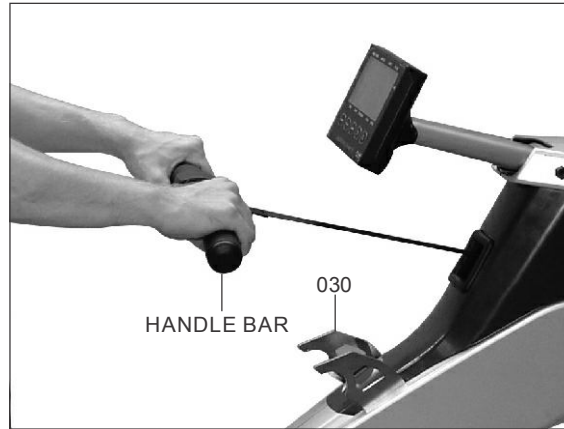


1. Hold the COMPUTER [714] with both hands as shown in the diagram above. Rotate and pivot the COMPUTER [714] to the desired height and angle.

NB For safety reasons, avoid the DRIVE STRAP [709] touching the COMPUTER [714]. Straddle the ALUMINUM BEAM [001].

Handle Bar Holder

When you have finished your workout remember to store the HANDLE BAR into the HANDLE BAR HOLDER [030].



When you have finished your workout place the HANDLE BAR into the HANDLE BAR HOLDER [130] as shown in the diagrams above.

Handle Bar Holder Resistance Adjustment (Optional)

You can adjust the resistance through the optional HANDLE BAR up and down buttons.



If installed, you can adjust the resistance through the HANDLE BAR up and down buttons.

SETTING UP YOUR BodyCraft VR500

Foot Strap Release

The BodyCraft VR500 is equipped with a quick release footstrap.

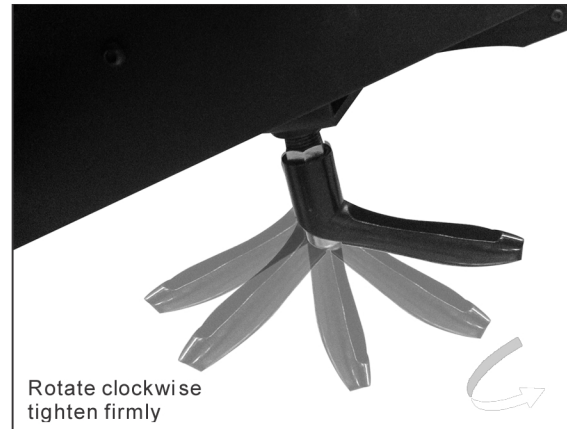
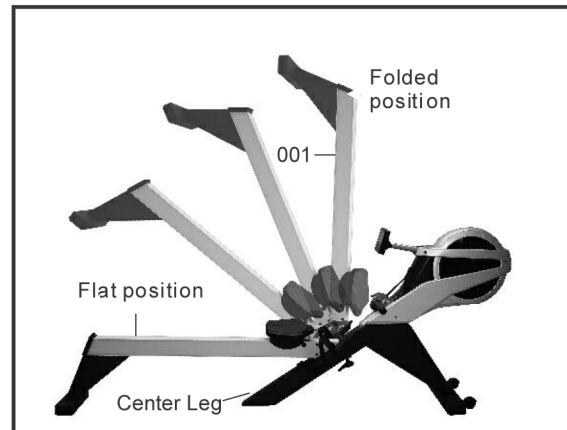


1. Using your thumb and forefinger on the FOOT STRAP BUCKLE (Fig. 1) move your thumb inward as shown to release the FOOT STRAP as shown in Fig. 2.
2. While holding the bucket inward, lift your foot upward off the heel catch and pull back slightly to loosen the FOOT STRAP.

Folding

Folding the BodyCraft VR500 is the reverse of the unfolding procedure.

WARNING: When unfolding and folding the BodyCraft VR500 to avoid serious injury two people are required. Keep finger and hands away from folding hinge points.



1. With the VR500 in the flat position, lift on the center leg slightly and rotate the TIGHTEN KNOB [125] counterclockwise five to seven turns.
2. The second person can now lift the ALUMINUM BEAM [001] to be folded position.
3. With the BodyCraft VR500 in the folded positions, the first person can now rotate the TIGHTEN KNOB [125] clockwise to tighten and secure the ALUMINUM BEAM [125].

Transportation and Storage

The BodyCraft VR500 is fitted with TRANSPORTATION WHEELS making it fairly simple for one person to move it by themselves. The BodyCraft VR500 is a large rowing machine that weighs 101lbs so you may require help when moving it around depending on your size and strength.



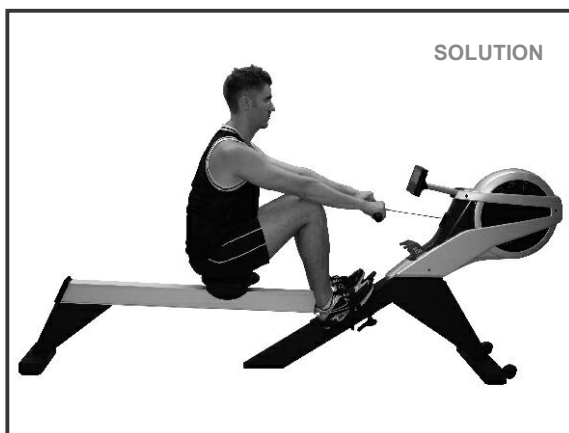
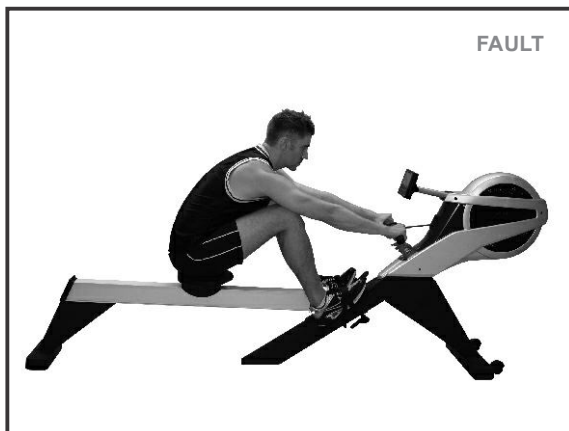
1. Position yourself as shown in Fig 1. Hold onto the rowing machine with both hands. Using your body weight, slowly tip the Air-Magnetic towards the front while at the same time move around to the front of the machine to support the weight.
2. Once balanced wheeling the machine (see Fig. 2) is easy with the special Soft PVC Tires on the Wheels to protect your floors & carpet.
3. When resting the BodyCraft VR500 to the floor follow the reverse of step one (as shown in Fig. 1).

CORRECT ROWING GUIDE

Over Reaching

FAULT

The body stretches too far forward. The shins may be past vertical. The head and shoulders tend to drop towards the feet. The body is in a weak position for the stroke.



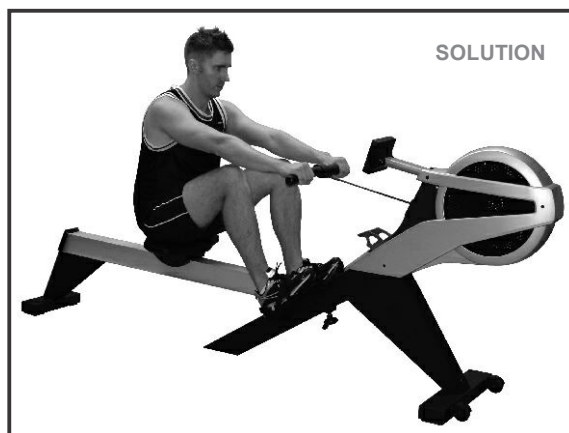
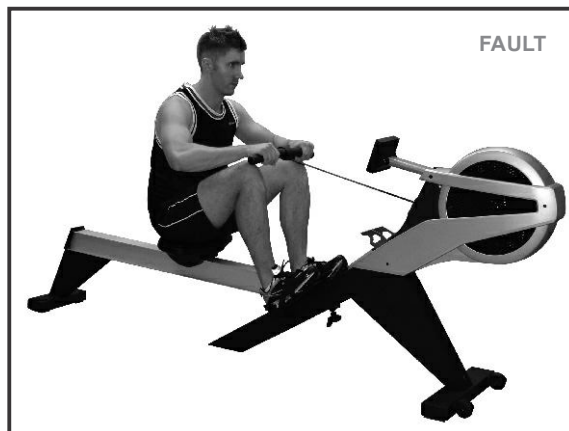
SOLUTION

The shins are vertical. The body is pressed up to the legs. The arms are fully extended and relaxed, body tilted slightly forward. This position should feel comfortable.

Rowing with Arms Bent

FAULT

The user starts the stroke by pulling with the arms rather than pushing with the legs.



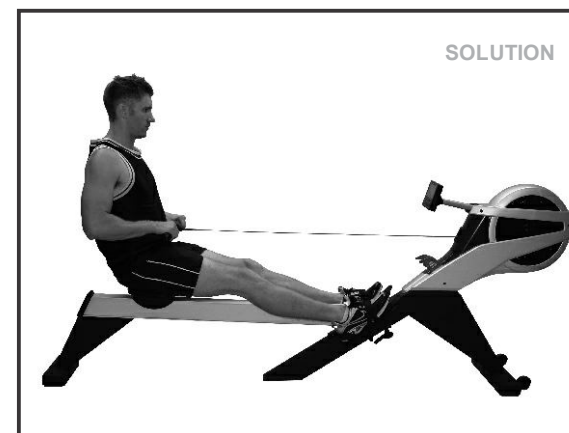
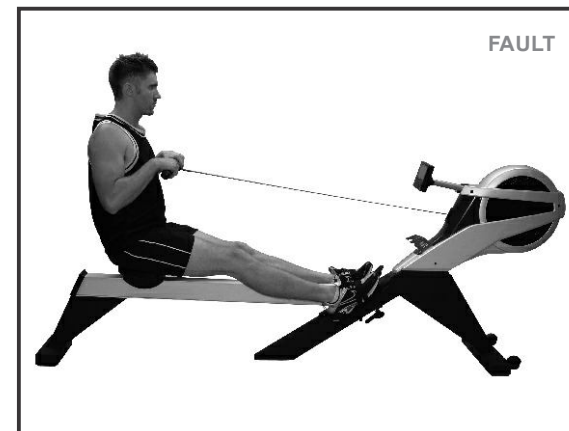
SOLUTION

The user starts the stroke by pushing the legs and bracing the back with the arms fully extended and relaxed.

Bent Wrists

FAULT

The user bends their wrists at any time through the stroke.



SOLUTION

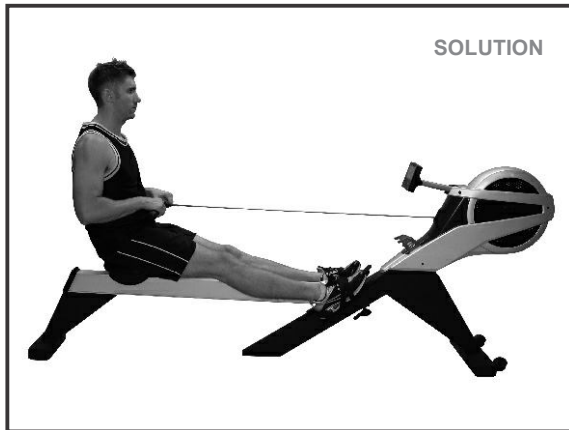
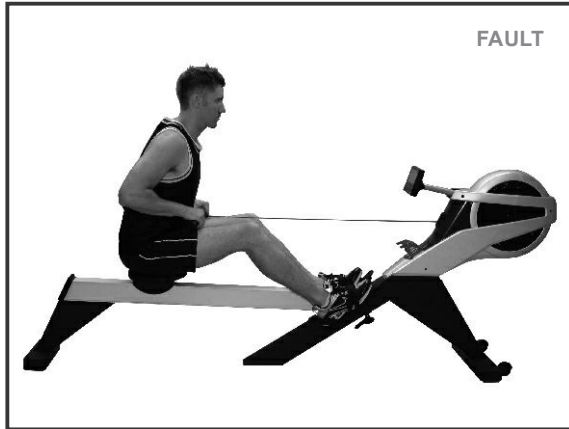
Always row with flat wrists through the entire stroke.

CORRECT ROWING GUIDE

Pulling the Body to the Handle

FAULT

At the finish, the user, instead of pulling the handle to the body, pulls themselves forward to the handle.



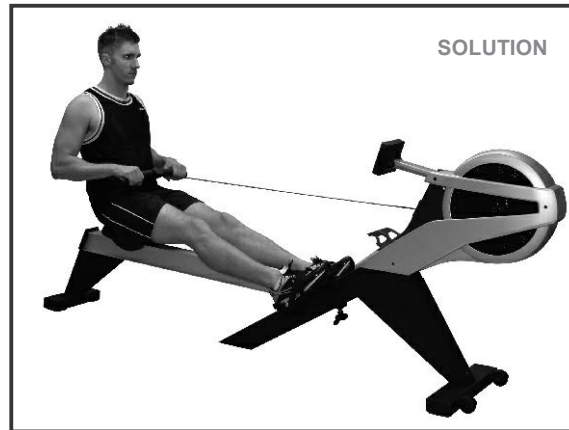
SOLUTION

At the finish the user leans back slightly, holds the legs down and draws the handle to the body using the upper body as a firm platform.

Flying Elbows

FAULT

The user's elbows are sticking out from the body at the finish and the handle is at chest level.



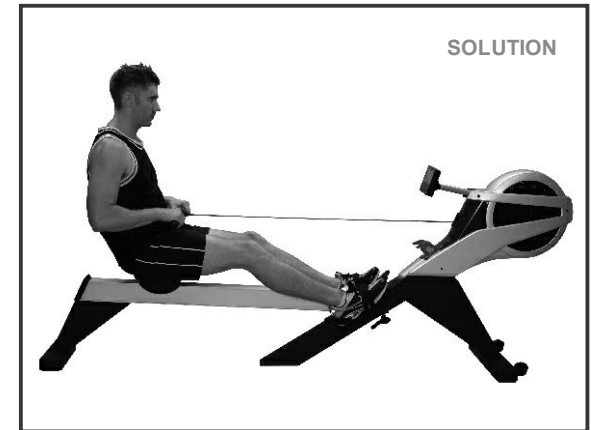
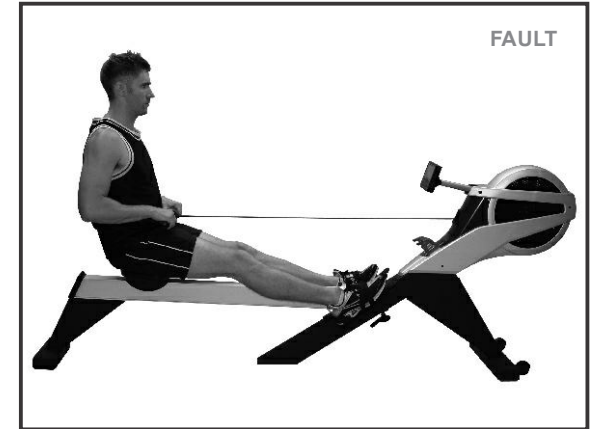
SOLUTION

Draw the handle to the body. The wrists are flat and the elbows pass close to the body. Elbows extend behind the body as the handle is drawn to the waist.

Locking the Knees

FAULT

At the end of the stroke the user locks the knees making the legs straight.



SOLUTION

Always keep the legs slightly bent in the fully extended position. Do not lock the knees.

BodyCraft VR500 Pro Air/Magentic Rower ASSEMBLY INSTRUCTIONS

Introduction

Congratulations on your purchase of the BodyCraft VR500 Rower. This product has been designed and manufactured to meet the needs and requirements for both Residential and Light Commercial use.

Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/or maintenance.

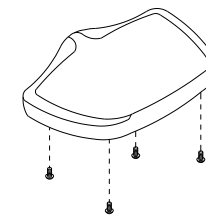
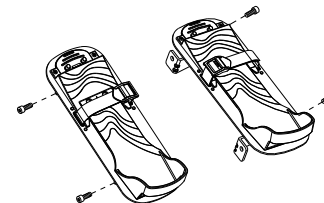
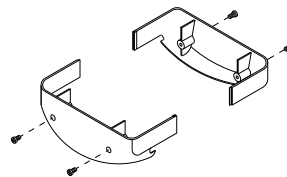
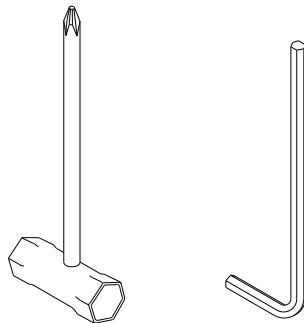
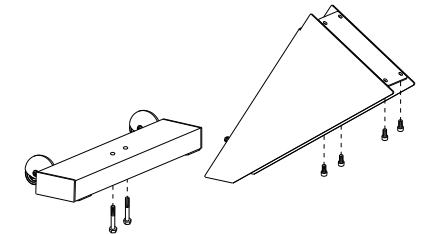
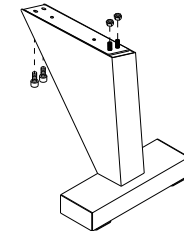
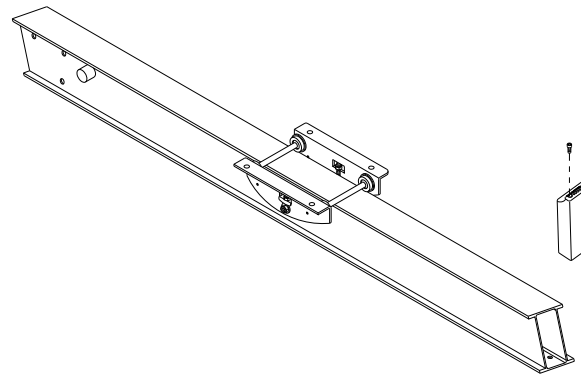
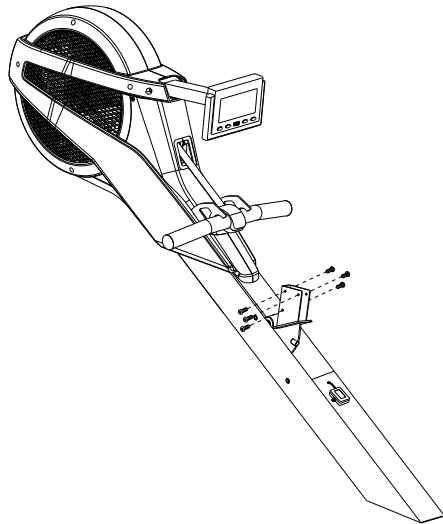
If you have any further questions, please contact us at 800-990-5556 Monday-Friday 9am - 5pm EST or via email at info@bodycraft.com. We wish you lots of success and fun while training.

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Check List

IF ANY OF THESE PARTS ARE MISSING CONTACT YOUR DEALER or Contact BodyCraft 800-990-5556. Email: service@bodycraft.com.



BodyCraft VR500 Rower ASSEMBLY INSTRUCTIONS

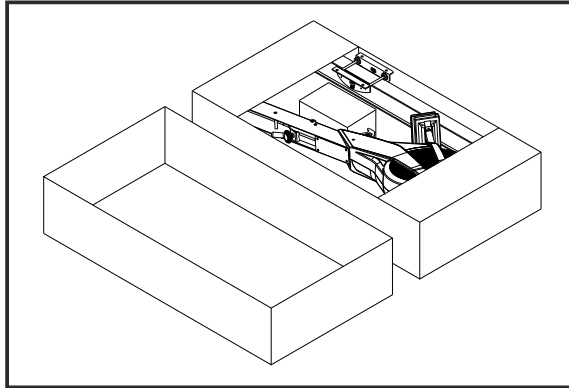
STEP 1

Clear a 7' x 8.5' work area before unpacking your BodyCraft VR500 Rower.

STEP 2

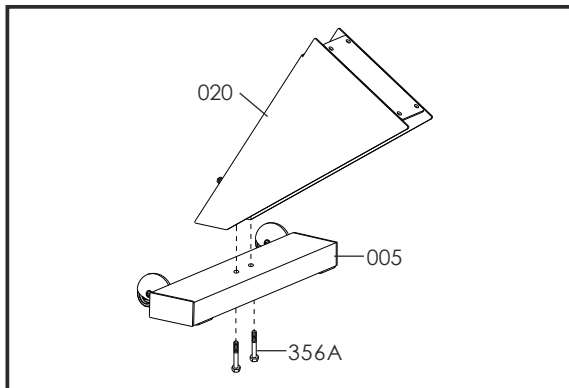
Open the carton as shown in the diagram below.

NOTE: To protect the BodyCraft VR500 Rower while assembling we suggest that you do not remove the Protective Packing Material until it is absolutely necessary.



STEP 3

a) Assemble the FRONT STABILIZER [005] and FRONT BEARING SUPPORT [020] with 2 BOLTS [356A] and tighten firmly.

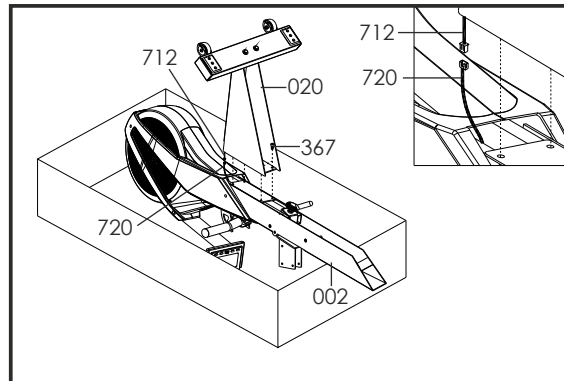


STEP 4

- a) Carefully place the MAIN FRAME [002] in the Carton Lid and Poly Foam as shown in the diagram below.
- b) Remove the 4 pre-installed BOLTS [367] from the MAIN FRAME [002] with the tool provided
- c) Connect AC ADAPTOR CABLE [712] to AC CABLE [720] as shown below.

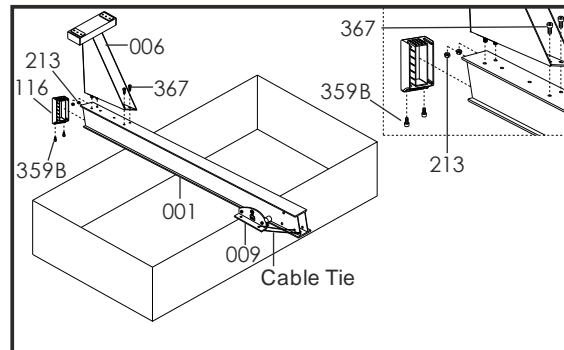
IMPORTANT for the next step: please be sure that the AC ADAPTOR WIRE does not get pinched in the frame.

d) Attach the Front Stabilizer Assembly from Step 3 to the MAIN FRAME [002] as shown. Use the previously removed 4 BOLTS [367] and tighten firmly.



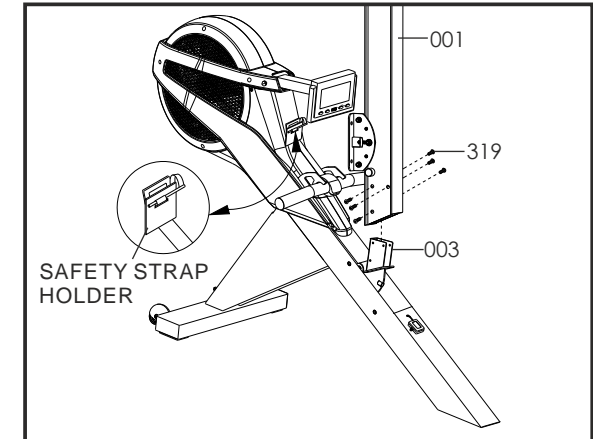
STEP 5

- a) Remove the ALUMINUM BEAM [001] from the carton and place it on top of the carton lid as shown below.
- b) Assemble REAR STABILIZER [006] with 2 BOLTS [367] and 2 NUTS [213] and then tighten firmly.
- c) Assemble ALUMINUM BEAM END CAP [116] with 2 BOLTS [359B] and tighten firmly.
- d) Remove the cable tie from the SEAT CARRIAGE [009].



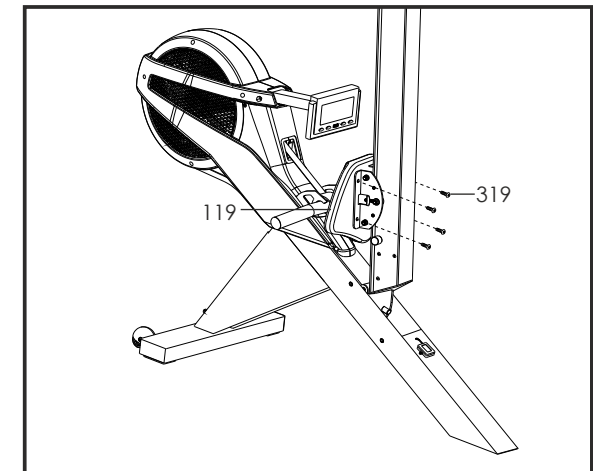
STEP 6

- a) Remove the partly assembled rower from the carton lid and place it as shown below.
- b) Remove the SAFETY STRAP HOLDER and discard. Place the HANDLE BAR in its HOLDER.
- c) Remove the pre-installed 6 BOLTS [319] from PIVOT BRACKET [003] with the TOOL provided.
- d) Assemble the ALUMINUM BEAM [001] to the PIVOT BRACKET [003] as shown. Secure and tighten with the previously removed 6 BOLTS [319].



STEP 7

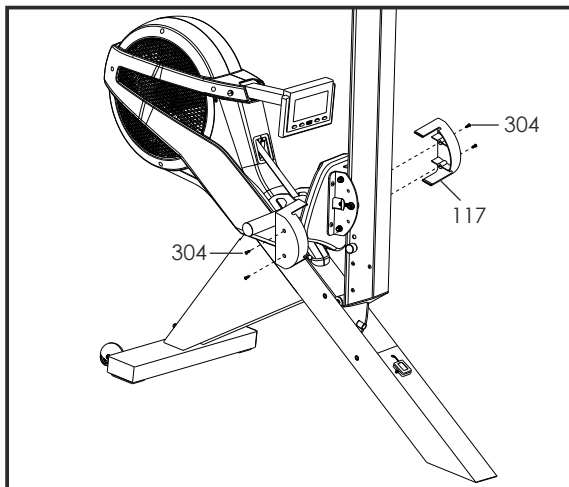
- a) Remove the pre-installed 4 BOLTS [319] from SEAT [119] with the TOOL provided.
- b) Assemble the SEAT [119] to the SEAT CARRIAGE [009] as shown with the 4 BOLTS [319] and tighten.



BodyCraft VR500 Rower ASSEMBLY INSTRUCTIONS

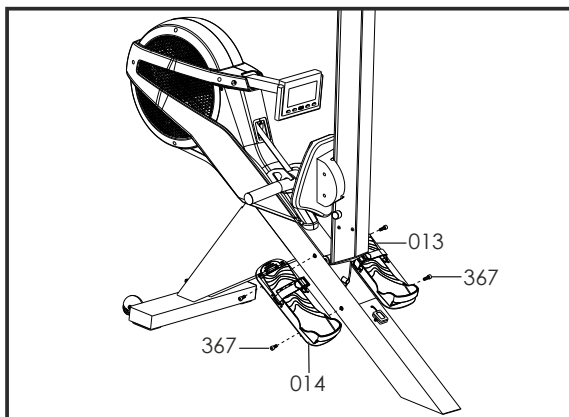
STEP 8

- a) Remove the 4 pre-installed BOLTS [304] from the SEAT CARRIAGE [009] with the TOOL provided.
- b) Assemble the SEAT CARRIAGE COVERS [117] with the 4 BOLTS [304] and tighten firmly.



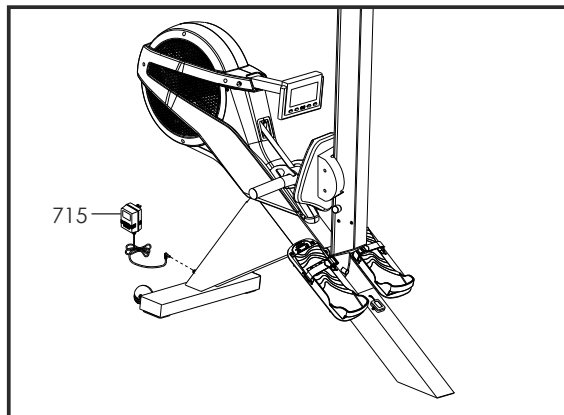
STEP 9

- a) Remove the 4 pre-installed BOLTS [367] from MAIN FRAME [002] as shown below with the TOOL provided.
- d) Assemble the 2 FOOT PEDAL [013 & 014] with the 4 BOLTS [367] and tighten firmly. NOTE: Each foot pedal is marked left and right with "L" and "R" stickers.



STEP 10

- a) Connect the AC ADAPTOR [715] into the main power socket as shown below.



STEP 11

Remove all Protective Packing Material and discard.

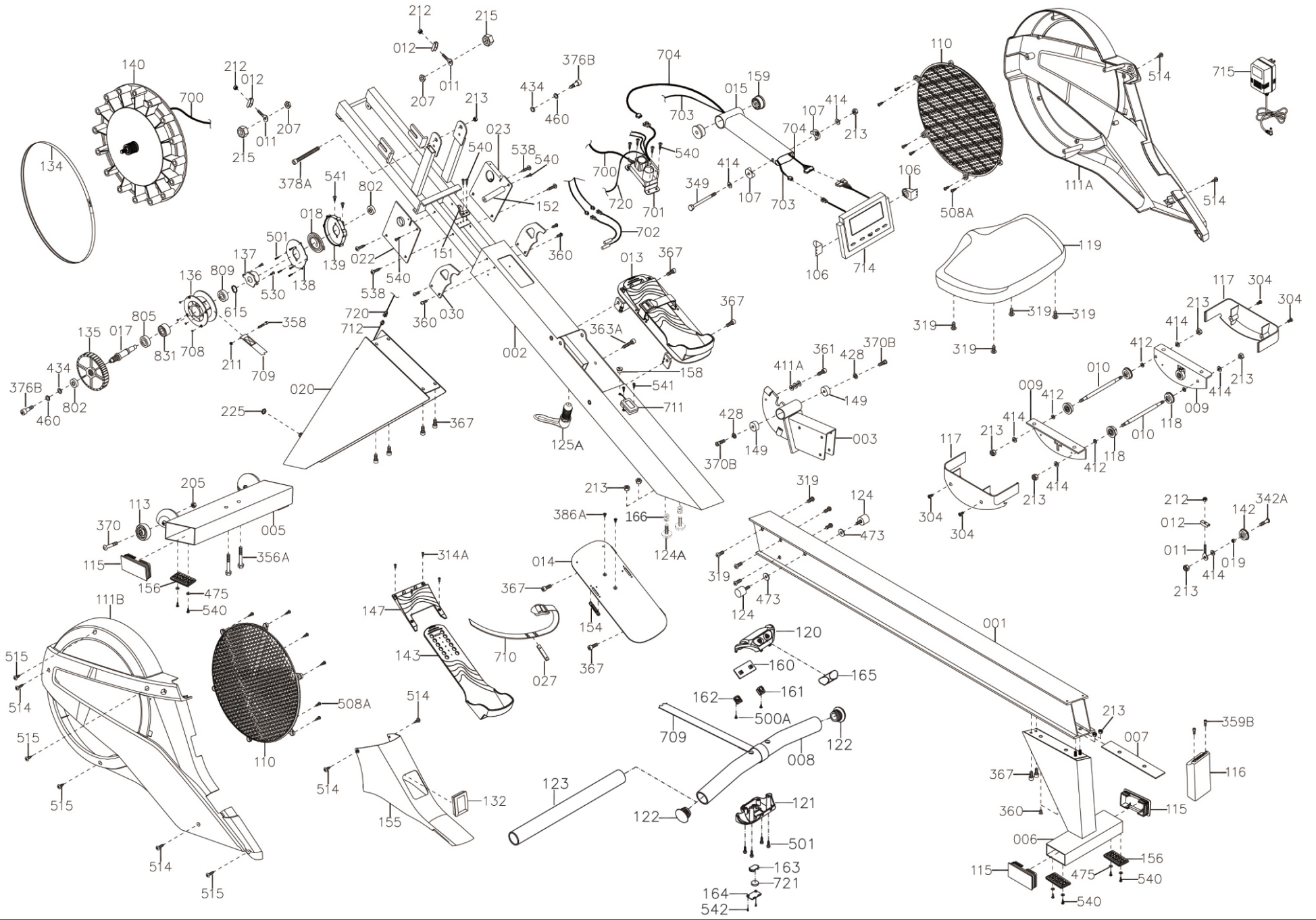
ASSEMBLY COMPLETE!

IMPORTANT: It is important to read the Owner's Manual and all safety instructions thoroughly to familiarize yourself with the BodyCraft VR500 Rower before using it. If you have any questions or comments, please contact us at 800-990-5556 Monday-Friday 9am - 5pm EST or via email at info@bodycraft.com.

PART NO	DESCRIPTION	Q'TY	PART NO	DESCRIPTION	Q'TY	PART NO	DESCRIPTION	Q'TY
001	ALUMINUM BEAM	1	136	STRAP DRUM	1	370B	BOLT	2
002	MAIN FRAME	1	137	RETURN SPRING - DRUM	1	376B	BOLT	2
003	PIVOT BRACKET	1	138	RETURN SPRING - COVER	1	378A	BOLT	1
005	STABILIZER - FRONT	1	139	RETURN SPRING - HOLDER	1	386A	BOLT	4
006	STABILIZER - REAR	1	140	FLYWHEEL FAN	1	411	WASHER	3
007	REAR BRACKET	1	142	SPECIAL SEAT ROLLER	2	412	WASHER	4
008	ALI HANDLE BAR	1	143	HEEL REST	2	414	WASHER	8
009	SEAT CARRIAGE	2	147	HEEL REST HOLDER	2	428	WASHER	2
010	SEAT CARRIAGE SHAFT	2	149	BUSHING	2	434	WASHER	2
011	ROLLER ADJUSTMENT BOLT	2	151	SENSOR HOLDER	1	460	WASHER	2
011A	ROLLER ADJUSTMENT BOLT	2	152	MAIN COVER JOINT POST	1	473	WASHER	2
012	ROLLER ADJUSTMENT PLATE	4	154	STRAP TRIM	4	475	WASHER	8
013	FOOT PEDAL - RIGHT	1	155	TRIM COVER	1	500A	SCREW (OPTIONAL)	2
014	FOOT PEDAL - LEFT	1	156	STABILIZER FOOT	4	501	SCREW	9
015	COMPUTER ARM	1	158	CABLE PLUG	1	508A	SCREW	12
017	CLUTCH SHAFT	1	159	BUSHING	2	514	SCREW	6
018	RETURN SPRING	1	160	PCB (OPTIONAL)	1	515	SCREW	4
019	ROLLER SPACER	2	161	PCB GUIDE - RIGHT (OPTIONAL)	1	530	SCREW	2
020	SUPPORTER - FRONT	1	162	PCB GUIDE - LEFT (OPTIONAL)	1	538	SCREW	4
022	BEARING BRACKET -B	1	163	BATTERY HOLDER (OPTIONAL)	1	540	SCREW	16
023	BEARING BRACKET -A	1	164	BATTERY COVER	1	541	SCREW	4
027	STRAP HOLDER	2	165	DECAL	1	542	SCREW	2
030	HANDLE BAR HOLDER	2	166	SPRING	2	615	RETAINING RING	1
106	COMPUTER CASE NUT COVER	2	205	NUT	2	700	TENSION CABLE	1
107	COMPUTER ARM SPACER	2	207	NUT	2	701	MOTOR with CABLE	1
110	COVER - HUB	2	211	NUT	1	702	MOTOR SENSOR CABLE	2
111A	COVER MAIN RIGHT	1	212	NUT	4	703	COMPUTER CABLE	1
111B	COVER MAIN LEFT	1	213	NUT	12	704	COMPUTER CABLE	1
113	WHEEL	2	215	BOLT	2	708	SENSOR MAGNET	4
115	STANDARD CAP	4	225	BOLT	1	709	DRIVE STRAP ASSEMBLY	1
116	ALUMINUM BEAM END CAP	1	304	BOLT	4	710	FOOT STRAP	2
117	CARRIAGE COVER	2	314A	BOLT	8	711	CHEST BAND RECEIVER	1
118	SEAT CARRIAGE ROLLER	4	319	BOLT	10	712	AC ADAPTOR CABLE	1
119	SEAT	1	342A	BOLT	2	714	COMPUTER	1
120	STRAP BUCKLE COVER - TOP	1	349	BOLT	1	715	AC ADAPTOR	1
121	STRAP BUCKLE COVER - BOTTOM	1	356A	BOLT	2	720	AC CABLE	1
122	PLUG	2	358	BOLT	1	721	BATTERY CR2032 (OPTIONAL)	1
123	FOAM GRIP	1	359B	BOLT	2	802	BEARING 6000ZZ IJK	2
124A	CARRIAGE STOPPER	4	360	BOLT	6	805	BEARING 6003 INA	1
125A	POP PIN HANDLE	1	361	BOLT	1	809	BEARING 6903ZZ	1
132	STRAP SLOT TRIM	1	363A	BOLT	1	831	CLUTCH	1
134	POLY "V" DRIVE BELT	1	367	BOLT	10			
135	DRIVE PULLEY	1	370	BOLT	2			

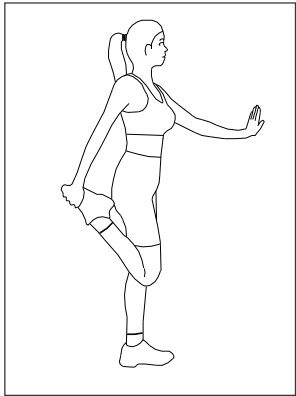
PARTS LIST

EXPLODED DRAWING



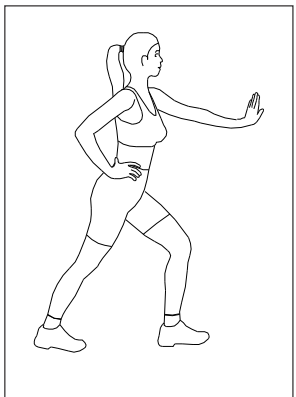
STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Stretching Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



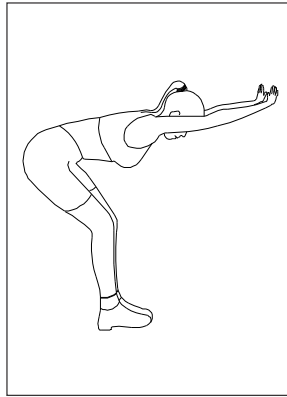
1. Quadriceps Stretch

Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.



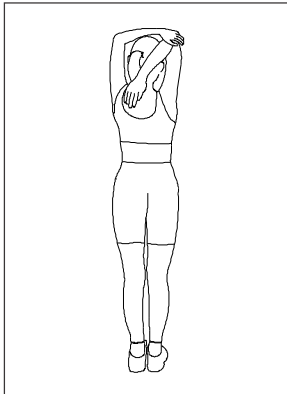
2. Calf, Achilles Stretch

Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



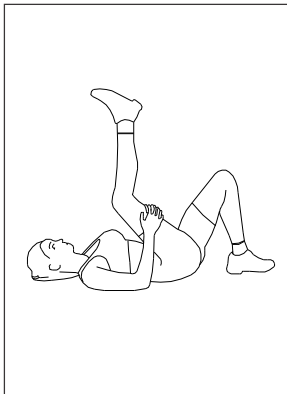
3. Back Stretch

With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20 - 30 seconds and release.



4. Rear Upper Arm Stretch

Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20 - 30 seconds and release. Repeat for opposite arm.

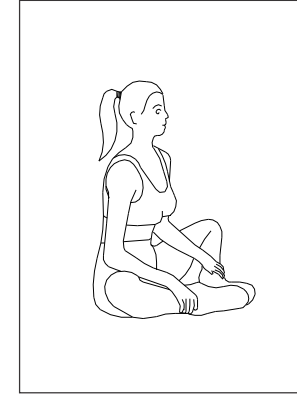
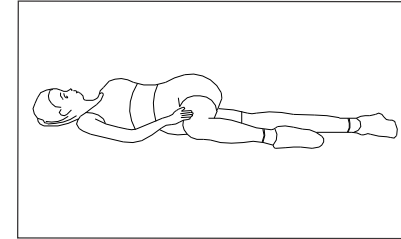


5. Hamstring, Lower Back Stretch

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

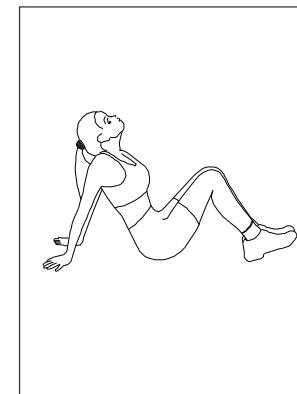
6. Buttocks, Hips, Abdominal Stretch

While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20 - 30 seconds and release.



8. Chest, Shoulder, Upper Arm Stretch

Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.

Pairing the VR500 Handlebar Control with Computer

In the rare event that your VR500 loses its wireless pairing between the handlebar control and computer, you will need to perform the following steps to create a new, unique, wireless pairing between the handlebar control and the computer. Please follow all steps very carefully. We suggest using two people to perform the steps as the battery needs to be inserted into the handlebar controller at the same time the power adapter is plugged into the rower. This will create a unique PAIRING between the handlebar controller and the computer.

Step 1 - Turn handlebar upside down and rest it in the handlebar holder. If the battery cover is secured by 2 screws, remove them with a phillips head screw driver.

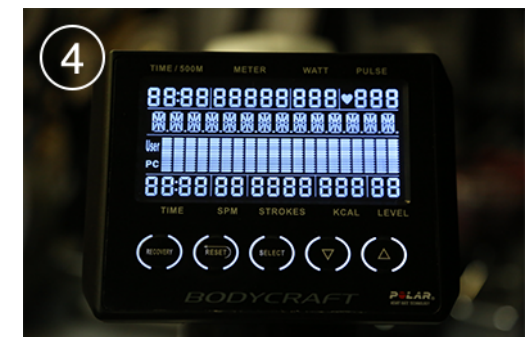
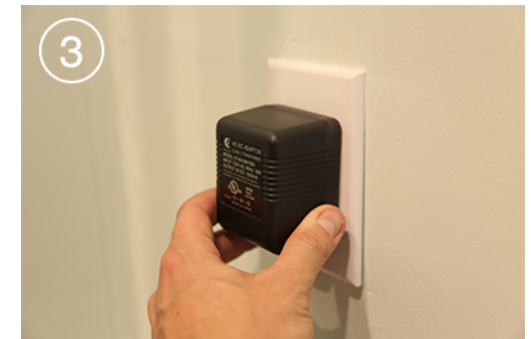
Step 2 - Remove battery cover. (If battery is inside, remove battery)

Step 3 - Insert the power supply pack into a nearby 110v outlet.

Step 4 - With the power supply plugged into the nearest outlet, AT THE SAME TIME, one person should slide the battery (positive + side up,) making sure the top prongs are on top of the positive side) into the battery compartment while the other person plugs the power supply cord into the rower. You will see the computer screen light up for 1-2 seconds before switching to the USER screen.

Step 5 - Wait 5-10 seconds before pressing the up or down arrows on your handlebar controller. At this point your handlebar controller should have its own unique link to the computer and should be functioning correctly.

Step 6 - Replace the battery cover and insert the two phillips head screws into the designated holes. Flip handlebar controller upright and the pairing process is complete.



The BodyCraft VR500 Pro WARRANTY

BODYCRAFT warrants its products to be free of defects in material and workmanship for the time stated below to the original purchaser.

This warranty is valid only in accordance with the following conditions:

- The warranty begins on the original date of purchase at retail and ends when the original owner disposes of it, either through sale, gift, or otherwise.
- This warranty is available only for purchases made within the USA and Canada, and currently residing in the USA or Canada.*
- In order for the warranty to be valid for the terms listed below, the product must be registered with BodyCraft within 30 days of purchase.
- The warranty is not transferable and does not cover normal maintenance.
- This warranty applies to Residential and Light Commercial use only and is void when used in a Full Commercial environment.
- This warranty does not cover damage resulting from accident, misuse, water, tampering, unreasonable use, unauthorized repairs, improper repairs, alterations or normal wear and tear.
- If the item exhibits such a defect, BODYCRAFT will, at its option, repair or replace it without cost for parts. Shipping and handling charges may apply. (BODYCRAFT may request a return of the part(s) or photographic evidence of the damaged part(s) prior to replacement at the owners expense).
- Proof of purchase must be supplied to validate warranty and the product must have been registered with BodyCraft via the included warranty card or online at www.bodycraft.com.
- This warranty is in lieu of all warranties, expressed or implied, and/or all other obligations or liabilities on our part and we neither assume nor authorize any person to assume for us any other obligation or liability in connection with the sale of the BodyCraft VR500. Under no circumstances shall we be liable by virtue of this warranty or otherwise for damage to any person or property whatsoever for any special, indirect, incidental, secondary or consequential damage of any nature whatsoever arising out of the use or inability to use the BodyCraft VR500.
- ***Residential Warranty:*** Lifetime Frame, 5 Years Parts, 1 Year Wear Items and 2 Years Labor.
- ***Light Commercial Warranty**:*** 10 Years Frame, 2 Years Parts, 1 Year Wear Items and 90 Days Labor.

* If you do not reside within the USA or Canada, please contact your local BODYCRAFT distributor for details specific to you.

** 5 hours or less of daily use.