

# VR500 PRO

AIR + MAGNETIC RESISTANCE ROWER

BODYCRAFT

# COMFORT & CONVENIENCE

The VR500 Pro Air and Magnetic Resistance Rower represent over a decade of research and development. This rower incorporates all the latest technology and long-standing consumer requests resulting in a smooth, high-performance rowing workout. Choose your own experience by adding our CONNECT22 Tablet to use apps like Netflix, and Youtube where you will find virtual rowing and coaching videos.



## GIVE YOURSELF A HAND

Our ergonomically correct comfort grip handle comes standard with a wireless 4 button control. All functions of the VR500 can be controlled at your fingertips. This includes changing the resistance on the fly allowing you to self regulate your intensity.



## REALISTIC ROWING EXPERIENCE

While other rowers rely on air resistance only, the VR500 PRO uses AIR + MAGNETIC RESISTANCE providing the most realistic rowing experience available. Providing up to 32 levels of resistance, the VR500 PRO will challenge even the most seasoned athlete. We also loaded the VR500 PRO with programs that automatically changes the resistance for you during your workout.



OPTIONAL  
CONNECT22 TABLET



## A TRULY IMMERSIVE EXPERIENCE

YOU CHOOSE your own immersive experience with the BODYCRAFT CONNECT22 Touchscreen Android 22" Tablet! Connect to fitness apps or watch virtual scenes or workout with hundreds of FREE coaching and training videos using Youtube. Make exercise fun by catching up on your favorite shows and movies with Apps like Hulu & Netflix. Customize your Connect22 by downloading any app of your choice through the google play store. NO SUBSCRIPTION REQUIRED! Learn more at [BODYCRAFT.com](http://BODYCRAFT.com)

# VR500 PRO

AIR + MAGNETIC RESISTANCE ROWER

## BODYCRAFT

# FEATURES AND SPECS

## FEATURES

- **MONITOR:** Adjustable Tilting Hi-DEF Black Mask LCD w/ High Contrast White LCD Technology
- **RESISTANCE:** 32 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 Comfort Grip Aluminum Handlebar with Wireless Remote Control
- **SEAT:** Contoured Comfort Seat with Heavy Duty Roller Bearings
- **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 500,000 Repetitions
- **SUPPORT LEGS:** Precision Formed Laser Cut High Strength Steel
- **STORAGE:** Easy Fold and Roll System with Safety Child Lock

## SPECS

- **FINISH:** Powder Coated Steel with Anodized Aluminum Beam
- **UNIT FLOOR DIMENSIONS:** 20"W x 98.5"L
- **SEAT HEIGHT:** 19"
- **SEAT TRAVEL:** 38.5" (up to 6'8" user height)
- **MAXIMUM USER WEIGHT:** 350lbs (up to 5 hours a day)
- **ASSEMBLED DIMENSIONS:** 98.5"L x 20"W x 38.5"H
- **FOLDED DIMENSIONS:** 58.5"L x 20"W x 77"H
- **BOX DIMENSIONS:** 71.5" x 30" x 10" - Ships LTL
- **BOXED WEIGHT:** 116lb 52.6kgs
- **UNIT WEIGHT:** 101lb 45.5kgs

## WARRANTY

- **RESIDENTIAL:** Lifetime Frame, 7 years parts, 1 year wear items and 2 years of labor.
- **LIGHT COMMERCIAL:** 10 years frame, 3 years parts, 1 year wear items and labor. (up to 5 hours/day)

## BLACK MASK LCD DISPLAY

- **DISPLAY:** Time/500M, Calories, Pulse, Strokes Per Minute (SPM), Watts, Strokes, Meters, Time, Level, Profile
- **USER PROFILES:** 4 Users
- **MANUAL MODE:** Quick Start or Set Countdown Goals.
- **PROGRAM PROFILES:** 12 Auto Resistance Change Profiles
- **PROGRAMS:** 6 Race, 4 HRC, 3 Interval, User Mode, 1 Custom Definable & Manual
- **RACES:** 5 Different Preset Races; Also Race vs User's Average
- **INTERVALS:** Interval Time, Interval Distance & Custom Intervals for Various Time or Various Distance.
- **HEART RATE CONTROL PROGRAMS:** 60%, 75%, 85%, and Custom
- **GOAL PROGRAMS:** Time, Distance(Meters) and Watts
- Cool Down Feature
- **RANGE:** 32 Levels of Air+Eddy Current Magnetic Resistance
- **PAUSE/POWER OFF FEATURE:** Can Pause Workout for 5 Minutes and Will Auto Shutdown After 5 Minutes of No Use
- **BLUETOOTH:** FTMS Protocol Compatible



DELUXE ADJUSTABLE HEEL REST WITH QUICK ADJUST FOOT STRAP



CONTOURED COMFORT SEAT WITH HEAVY DUTY ROLLER BEARINGS

OPTIONAL PHONE/TABLET HOLDER (DIFFERENT FROM CONNECT2)

EASY FOLD AND ROLL SYSTEM WITH CHILD SAFETY LOCK