



Keeping South Florida Healthy  
& Fit for over 25 Years!

**BODYCRAFT**

**EXP** SERIES™

# VR400 ROWER

## CONSOLE HIGHLIGHTS

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!**

**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



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# VR400 ROWER

## FEATURES AND SPECIFICATIONS

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

## WARRANTY

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

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

## CONNECT 22 \*OPTIONAL

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



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