



ERGATTA OWNER'S MANUAL



Welcome to Ergatta! We're excited to get you started. Please read this manual carefully before using your Ergatta Luxe Rower or Ergatta Lite Rower and follow all operating, maintenance, and safety guidelines provided. Any improper use or maintenance can result in injury and void the warranty terms.



strava.com/clubs/ergattafitness



facebook.com/groups/ergattafitness



[@ergattafitness](https://instagram.com/ergattafitness)



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SAFETY

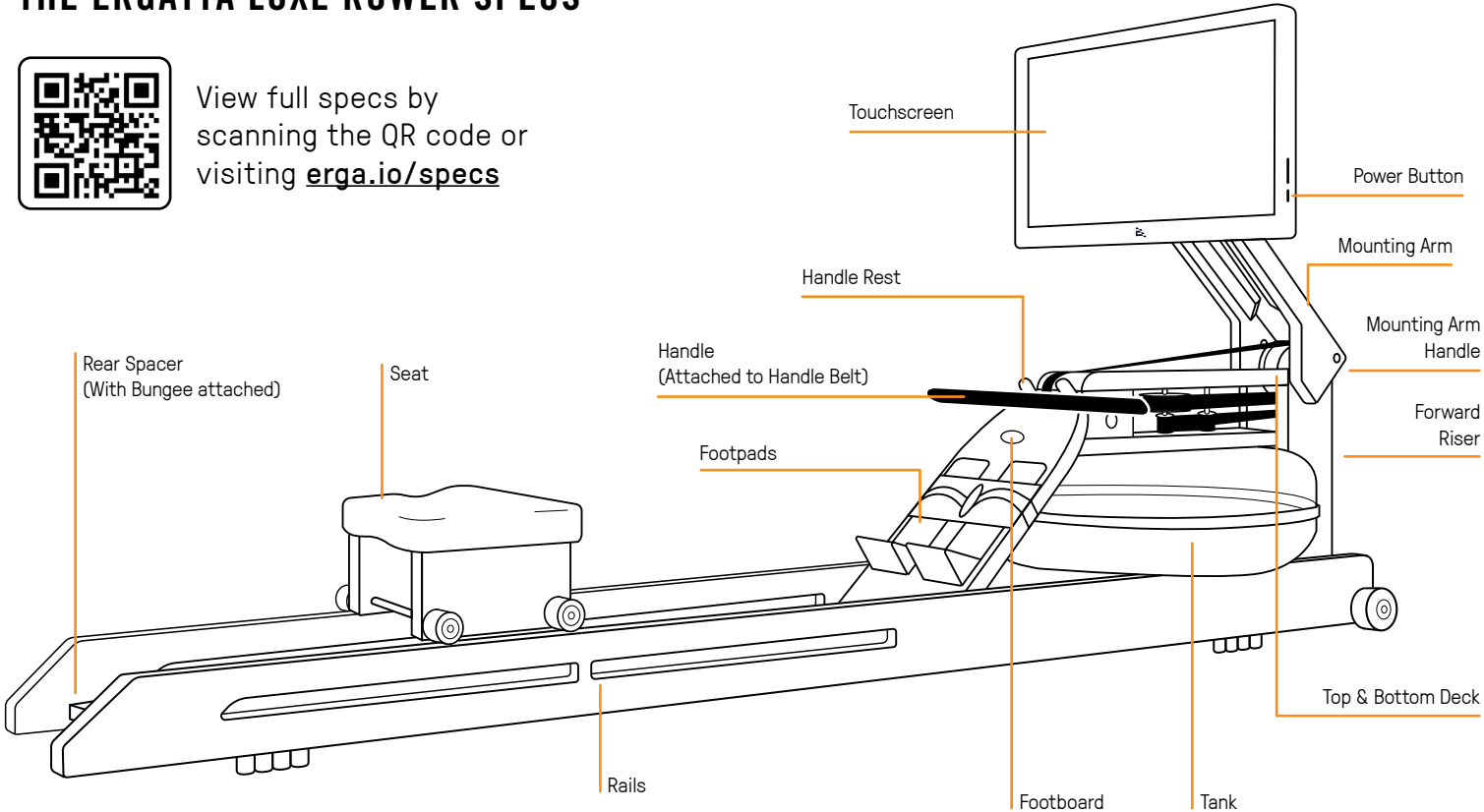
- Please read all safety instructions before using your rower. It is the sole responsibility of the owner to ensure that all users of the Ergatta rowers are informed and aware of all warnings and precautions.
- Place the rower on a horizontal and stable surface.
- Review Ergatta technique tutorials before using your Ergatta rower: erga.io/technique
- Consult your doctor before engaging in any exercise program. Ergatta makes no representations or warranties that the Ergatta rowers are intended to and/or does diagnose, treat, cure, or prevent any allergies or other medical disorders or conditions, and you hereby acknowledge this disclaimer and that we are not engaged in providing you with a medical device, medical advice and/or healthcare services by providing you with access to the Ergatta rowers.
- If you feel pain or dizziness while exercising, stop immediately. It is recommended that you consult a doctor if the pain does not subside for an extended period of time.
- Keep hands away from moving parts when the machine is in use. Keep all observers, especially children and pets, away from moving seat wheels, straps and pulleys. Ensure others do not touch the machine when in use.
- Wear proper exercise clothing when using the rower. Loose clothing can get caught in the machine. Make sure your shoes are tied.
- Place the handle back into the handle rest after use. Do not let go of the handle when rowing.
- Do not pull on the handle when the machine is upright. This can cause the machine to fall over.
- Do not pull the seat in order to stand the machine upright. This can break the seat and cause the machine to fall over.
- When the machine is in its upright storage position, make sure not to bump into it, which may cause it to fall over. Take extra caution with children.
- Regularly inspect and follow maintenance protocol as recommended in this manual. Please replace defective parts immediately. Only use original parts from the manufacturer.



THE ERGATTA LUXE ROWER SPECS



View full specs by scanning the QR code or visiting erga.io/specs

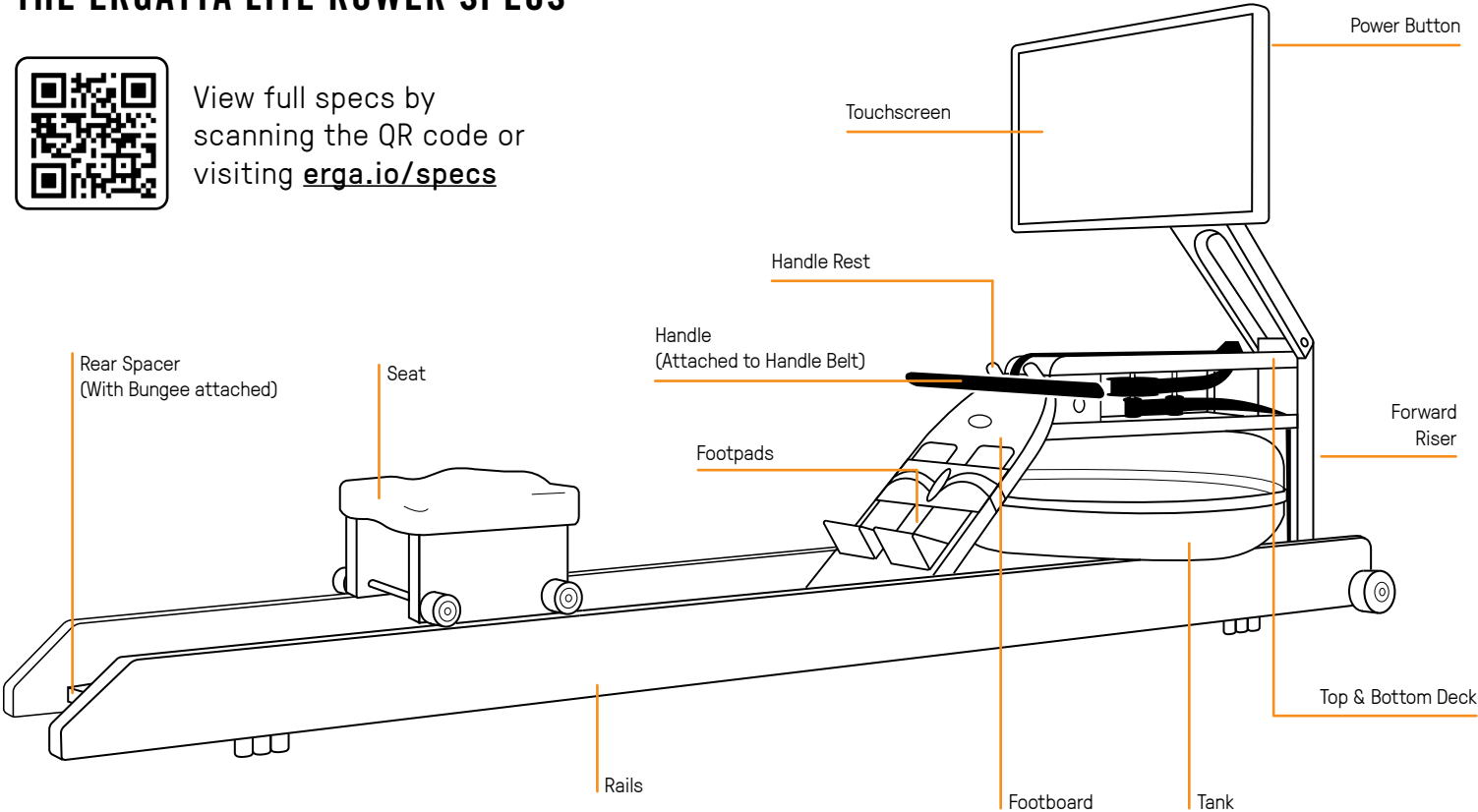




THE ERGATTA LITE ROWER SPECS



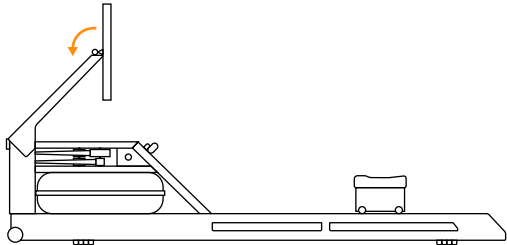
View full specs by
scanning the QR code or
visiting erga.io/specs



HOW TO STORE THE ERGATTA LUXE ROWER

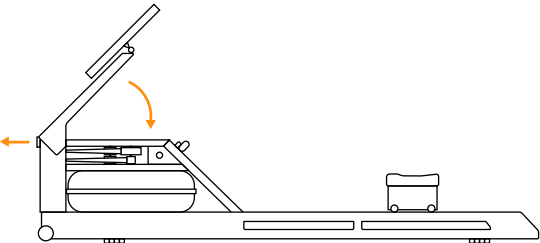
Your Ergatta Luxe Rower can easily be stored upright when not in use.

1



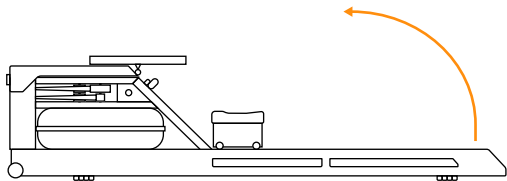
Tilt the touchscreen upwards.

2

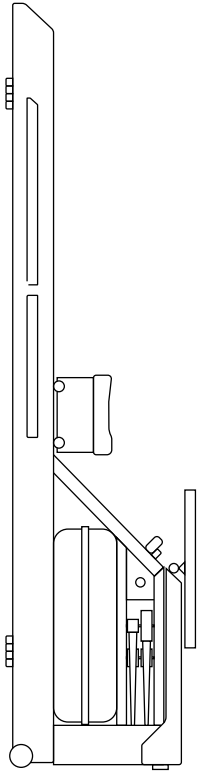


Pull the black lever at the base of the arm, then gently collapse the arm

3



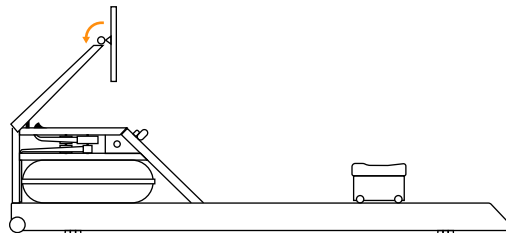
Lift the machine from the rear spacer end (ensure the seat is in the forward position close to the footboard). Do not lift the machine by the seat - this will damage the wheels.



HOW TO STORE THE ERGATTA LITE ROWER

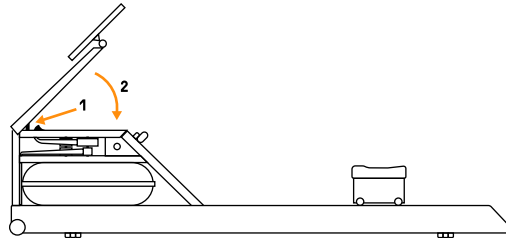
Your Ergatta Lite rower can easily be stored upright when not in use.

1



Tilt the touchscreen upwards.

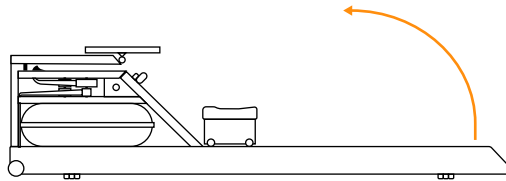
2



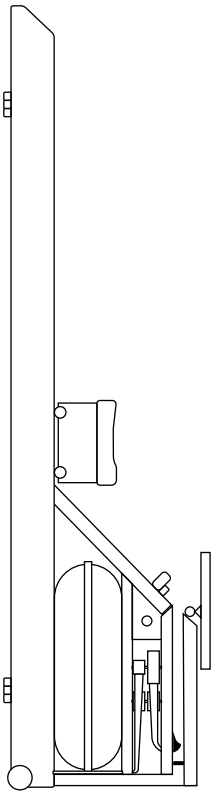
First, press the kickstands at the base of the arm into their sockets. Then, gently lower the arm until the magnets engage with the top deck.

Important: Pressing down on the arm without folding the kickstands, or lifting the rower to the vertical position without lowering the arm, could cause damage to your rower.

3



Lift the machine from the rear spacer end (ensure the seat is in the forward position close to the footboard). Do not lift the machine by the seat - this will damage the wheels.





MACHINE DETAILS

RESISTANCE

The rower uses drag to provide an exercise that's entirely self paced. The machine does not require adjustment to increase resistance. Changing the water level doesn't change the resistance– it simply changes the mass that the user is trying to move. Increasing the water level adds more mass (think of it as simulating a heavier boat), while decreasing the water level reduces the mass (a lighter boat).

WOOD

The Ergatta Luxe and Ergatta Lite rowers are built from sustainably sourced cherry and oak wood treated with Danish oil. The Ergatta rower is additionally stained. Please note that cherry wood is photosensitive and may evolve in color over time.

TANK

We recommend a water level of 17. Do not fill above the maximum level; overfilling the tank could impact the warranty coverage. The tank should be filled with municipal water; municipal water contains additives which will deter the growth of algae. To fill, remove, or adjust the water level, use the siphon provided and follow the steps at erga.io/tank.

FOOTPAD

The footstrap and the heel rests are adjustable for maximum comfort. The footstrap should sit across the widest part of your foot, just below the base of your toes. To insert the heel rests, slide each one into the thin opening. Then, using the assembly card as a ramp, guide each heel rest over the two black notches on the footboard. Set each heel rest to the appropriate height for your foot, then press down to secure them in place.

ONGOING MAINTENANCE

CLEANING

To maintain the appearance and integrity of your rower, all you need to do is keep the machine clean. Wipe the machine after each workout to clean off any sweat, and use a cloth or vacuum cleaner to remove any dust build up – especially on the surface of the rails. Be careful not to use any methylated spirits, chlorates, bleach, or ammonia based fluids as these will damage the machine. The use of improper cleaning products could void the warranty.

WOOD

Every few months, you can polish your wood using the Danish Oil provided. Apply a very thin coat across the wood with a lint-free cloth at room temperature. Allow the Danish Oil to penetrate the wood for a minimum of 5 minutes, then rub briskly using the cloth until the surface is completely dry. Allow the wood to cure for a minimum of 8 hours.

TANK

Keep the water in the tank clean and clear by adding a water purification tablet to the basin every 6-12 months. Need more tablets? Visit erga.io/purification to request some - we'll ship them to you within 2 weeks.

FRAME

Every few months, we recommend that you check the bolts on your machine to make sure they're tight (but not overtightened). Using the 5mm Allen key stored underneath the rear spacer, gently test and tighten the bolts in the diagram below. Please note, the Ergatta Lite rower uses 4mm Allen keys for the top deck bolts.





SETTING UP YOUR ERGATTA ROWER

CONNECTING YOUR ERGATTA

Before you use your Ergatta rower, make sure all of the cables have been properly connected.

POWER

When you first plug in your Ergatta, the touchscreen will automatically turn on. You can also power on your Ergatta by pressing the power button which is located on the side of the screen for Ergatta Luxe or back of the screen for Ergatta Lite. To power down your Ergatta, press the power button and hold for 3 seconds. If you leave your Ergatta on and unattended, the touchscreen will go to sleep automatically after 10 minutes of inactivity.

CONNECTING TO THE INTERNET

Ergatta will prompt you to connect to the Internet. Follow the on-screen instructions to connect to Wi-Fi or connect an ethernet cable to the Ergatta touchscreen. Make sure that your machine is close to a Wi-Fi router or near a signal booster/extender.

MEMBERSHIP

Follow the on-screen steps to select your membership. A single membership includes unlimited profiles, so all members of the household can enjoy.

GETTING STARTED WITH ERGATTA

FORM

Proper form is essential to providing you a safe, low impact workout that will help you get better with every workout. Please watch our form tutorial at erga.io/technique before using your Ergatta rower.

FOOTPADS

The footpads are adjustable, and they should be placed such that the strap goes over the balls of your feet, or right over the top of your laces.

GRIPPING THE HANDLE

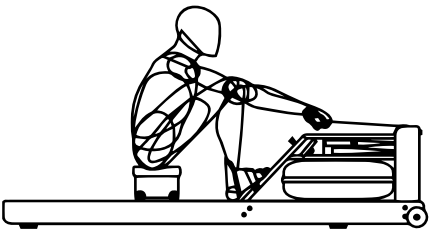
Place your fingers on top (palms down), with your thumb on the bottom, while maintaining a wide grip. Your hands should be at the ends of the handles, with your pinkies at the very end. Hold the handle loosely; don't grip it too tightly. You want to grip it in such a way that it's not touching your palm, but rather sitting inside your knuckles (aka, "relaxed grip").

ONLINE RESOURCES

Visit erga.io/getting-started for tips & tricks, tutorial videos, and more.



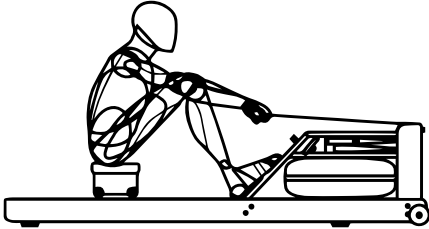
ROWING STROKE



1

CATCH POSITION

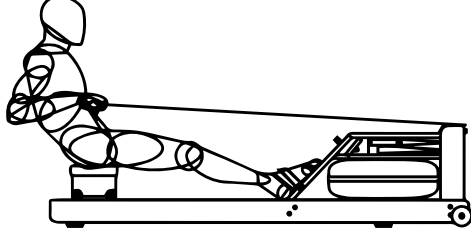
Sitting tall, arms straight and reaching forward, shoulders relaxed, head up, eyes looking forward, legs compressed, and shins vertical.



2

DRIVE PHASE

Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



3

RELEASE POSITION

Legs straight, handle drawn to chest, sitting back just past the vertical, torso firm, shoulders relaxed, head up and eyes looking forward.

METRICS

 **SPLIT**

A speed metric, measured by how much time it takes you to row 500m. The lower your split time, the faster you're rowing. Split times serve as a good benchmark to measure your pace and improvement over time (you can think of it as "running an X-minute mile" and trying to lower that as you improve).

 **SPM (STROKES PER MINUTE)**

A cadence metric, measured by the number of strokes you take per minute.

 **BPM (BEATS PER MINUTE)**

A measurement of your heart rate. This metric will only populate if you have a heart rate monitor connected.

 **CALORIES**

The amount of energy your body expends during the course of a workout, measured in Calories (or kCal).

 **POWER**

The per-second output of your effort, measured in Watts.

THE INTERFACE



1 YOUR LIBRARY

Find your “favorited” workouts, past rows, personalized recommendations, and upcoming Push Program workouts.

2 PUSH PROGRAMS

Explore series of workouts that are organized around a fitness objective or a common theme. Push Programs range in difficulty from beginner to advanced, and they vary in duration from short “playlists” that you can complete in a day to structured plans that will carry you through 3+ months of training.

3 SOLO GAMES

Search through thousands of HIIT, Endurance, Conditioning, and Recovery workouts with personalized targets and real-time feedback. Work to meet speed and cadence challenges that keep you on your toes and always give you something to work for.

- **Pulse:** Hit and maintain target rowing speeds, trying to reach 100% completion.
- **Meteor:** Collect tokens as you fly through space at different target speeds.
- **Echo:** Score points by syncing your stroke rate perfectly with approaching targets.
- **Wavelength:** Hit targets, dodge obstacles, and stay above the changing water level as you navigate stunning environments.

4 COMMUNITY GAMES

Go head-to-head with Rivals, the community, and your past performances in competitive workout experiences that motivate you to give your best effort in the name of bragging rights.

- **Races:** Reach the finish line first in distance-based workouts ranging from a 100m dash to marathon lengths. Races have varying rest breaks and segment lengths to change their intensity and focus.
- **Vortex:** Score points before your competitors can by holding higher Intensity Zones and increasing Strokes Per Minute.

5 WEEKLY GOALS

Set a goal for the number of days you aim to row each week and receive personalized updates and tips to keep you on track.

6 MONTHLY CHALLENGE

Complete with special content, live races, and events, compete with the community in a unique challenge every month that raises money for a selected charity.

7 LIVE RACES

Sign up for Live Race times and go head-to-head with friends, Rivals, and members of similar speed. Also found in the Races Library.

THE INTERFACE



8

CLASSES

Choose from a variety of Classes led by expert instructors. Options include HIIT, Endurance, rower-only, and on-off rower variations. You can select classes based on your preferred instructor, focusing on cardio and core, express workouts, or endurance training. These classes are designed to cater to all fitness levels and preferences.

9

OPEN ROW

Unstructured or self-led workouts that lets you visualize your output in realtime and saves to your history and dashboard.

- **Scenic Row:** Explore dozens of scenic and city waterways around the world.
- **Custom Intervals:** Program your own workout with time and distance intervals.
- **Just Row:** Truly self-directed, set a time or distance goal, or just row.

10

MENU

Find technique videos, tutorials, sync your Strava account, check for updates, and adjust your WiFi connection.

11

DASHBOARD

Store your data, track your results, collect Milestones, and measure your progress over time.

12

RANKINGS

See how your efforts stack up against Rivals and the community.

13

RIVALS

Find and connect with recent competitors, friends, and family members to keep up with their progress and join in on their workouts.

14

CHALLENGES

Compete with and against the community for charity, badges, and bragging rights.

- **Private:** Create custom group challenges with up to 10 Rivals, friends, or family members to reach time and distance goals.
- **Monthly:** Complete with special content, live races, and events, compete with the community in a unique challenge every month.
- **Annual:** Chase down a lofty meters goal for special badges, recognition, and merchandise.

15

CALIBRATION

Complete a 1,000m calibration time trial that sets your personalized Intensity Zones and shapes your experience.

16

PROFILE + NOTIFICATIONS

Access your user settings, edit personal details, and switch profiles.

INTENSITY ZONES + CALIBRATION

CALIBRATION

In order to get the most out of your Ergatta experience, you should make sure to complete the Calibration exercise. Ergatta will analyze your Calibration workout in order to establish your personalized “Intensity Zones” and to facilitate match-making against fair competition in Race Workouts. As you progress, the rower will automatically recalibrate your fitness profile to drive continuous improvement. You can also manually recalibrate by selecting Recalibrate on the Intensity Zone section in your Dashboard.

INTENSITY ZONES

Your intensity zones determine your targets in Interval Workouts and your automated matchmaking in Race Workouts. They are visible to you across all workouts so you understand your output relative to your capacity.

PADDLE	STEADY	RACE	SPRINT
Approx 55-75% Effort	Approx 75-85% Effort	Approx 85-95% Effort	Approx 100% Effort

YOUR FIRST MONTH CHECKLIST

☐ COMPLETE A CALIBRATION WORKOUT

Row 1,000m to set your baseline Intensity Zones. This tailors our game-based workouts to your exact level.

☐ SET A ROWING GOAL

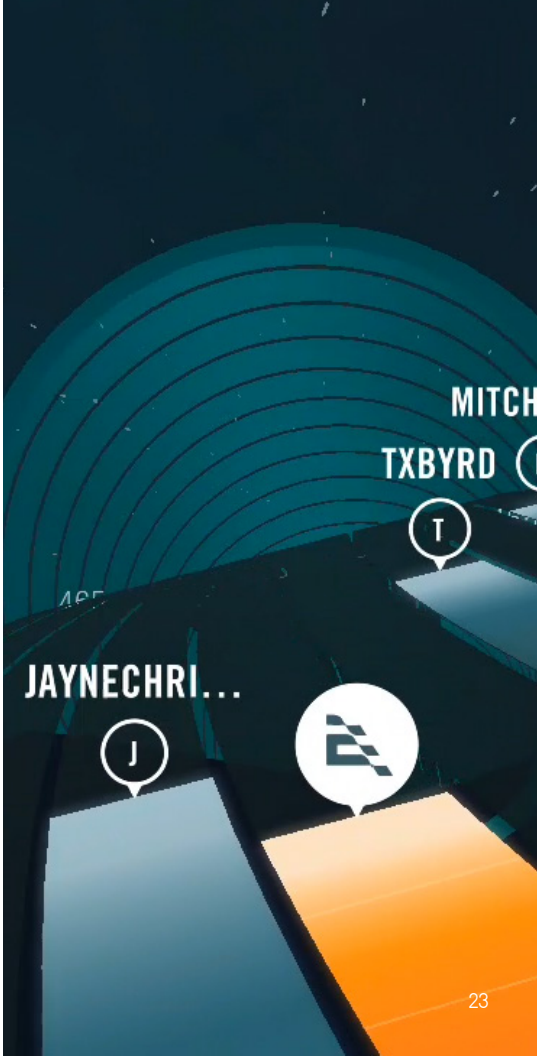
How often do you want to row? Setting a weekly goal is a great way to boost consistency and track your wins over time.

☐ SAMPLE THE EXPERIENCES

From games to competitions, scenic rows to classes—there are lots of ways to work out with Ergatta. Explore the libraries on your home screen to find your favorites. Complete a “Sampler” Push Program to try multiple experiences built around a common fitness goal.

☐ JOIN A MONTHLY CHALLENGE

On the first of the month, we release a new fitness-based challenge. Not only does your completion earn you a badge, but it also supports a donation to a rotating selection of non-profits.



INTEGRATIONS

HEART RATE MONITORS

You'll be prompted to pair your Heart Rate Monitor before you start your workout.

Ergatta supports heart rate monitors that connect via Bluetooth. Supported devices include Apple Watch Series 4, 5, 6, 7 and 8, Polar H9, Polar OH1, Polar H10, Garmin HRM-Dual, Wahoo, Tickr, and WHOOP. If you own a HRM that is not included in this list, we cannot guarantee that it will be compatible. Heart rate monitors that require a PIN entry to connect via Bluetooth, such as Fitbit or certain Garmin smart watches may not be compatible at this time.

If you are having trouble connecting your heart rate monitor, visit [support.ergatta.com](mailto:support@ergatta.com) for troubleshooting tips or reach out to support@ergatta.com for further assistance.

BLUETOOTH HEADPHONES

You'll be prompted to pair your Bluetooth headphones before your workout begins. Make sure your audio device is powered on and in pairing mode. If you are having trouble connecting your headphones, visit [support.ergatta.com](mailto:support@ergatta.com) for trouble-shooting tips or reach out to support@ergatta.com for further assistance.

STRAVA

Connect your Strava account in the Integrations section (in the settings menu) of the app. Follow the on-screen steps to connect your device. Once connected, your workout data will automatically sync and post to Strava after each workout - no action needed. If you want to delete any workouts from your Strava feed, you can do so within the Strava app directly.

SOFTWARE UPDATES

Software updates are pushed regularly with new feature releases, enhancements, and bug fixes. The App will automatically detect when a new software update is available. You may install new updates right away, or opt to download in the background, meaning the App will be up to date next time you power it on.

MOBILE APP

Take Ergatta on-the-go. With the mobile app, you can find and save workouts for later, access personalized form feedback with Coach AI (iOS only), scan the Rankings, view your workout history, and more. Available on iOS and Android devices:



TROUBLESHOOTING + SUPPORT

GENERAL SUPPORT

If you run into any issues, you can reach out to us via e-mail at support@ergatta.com or can contact a member from our Customer Experience team at ergatta.com/contact-us. For orders outside the US, scan the QR code for applicable contact info.



FAQS

You can also find common troubleshooting tips and FAQs on our member portal at [support.ergatta.com](mailto:support@ergatta.com).



WARRANTY

All Ergatta hardware is covered by WaterRower’s Limited Warranty, which is provided below. Customer may initiate a warranty claim by contacting Ergatta at support@ergatta.com.

LIMITED WARRANTY

What this Limited Warranty Covers: In-Home and Commercial Use – WaterRower (US) Inc. (“WaterRower”) will replace or repair at its factory or nominated service facility any WaterRower Rowing Machine (“the Product”) found to be defective in material or workmanship for a period of ONE (1) YEAR from the date of initial shipment of the Product by WaterRower. This Limited Warranty is upgradeable to THREE (3) YEARS on all components, excluding touchscreen electronics, electronics accessories and rechargeable batteries, and FIVE (5) YEARS on the structural frame by registering the Product within the first year of purchase.

WaterRower warrants against defects in material or workmanship for touchscreen electronics, electronics accessories and rechargeable batteries received from WaterRower or any of its authorized dealers for a period of ONE (1) YEAR after the date of shipment.

WaterRower warrants against any replacement WaterRower spare part received from WaterRower or any of its authorized dealers for a period of NINETY (90) DAYS after the date of shipment.

This Limited Warranty applies to the initial purchasers of the Product or spare part and is not transferable to any other party.

How Can a Customer Obtain Warranty Service: A customer making a warranty claim is responsible to return the defective Product or component to WaterRower’s factory or its nominated service center, prepaying all postage or other shipping charges. The Product or component must be returned to your nearest WaterRower office or nominated service center (<https://www.waterrower.com/contact-us>). The customer must first notify WaterRower of his/her intent to return the Product or component and receive a confirmation from WaterRower before the Product is returned.

Claimant’s Responsibilities: A claimant must ensure that the defective Product or component are properly packed to protect it from damage during shipping. WaterRower will not be responsible for any damage that occurs to the Product or component during shipment.

What WaterRower Will Do: WaterRower will review, repair or replace the Product or component at WaterRower’s discretion. WaterRower will then return the repaired or replaced product or component to the claimant at WaterRower’s expense. WaterRower will ground/economy ship all replacement warranty Products or components to claimant. Charges will apply for any alternative shipping methods requested by claimant. Product shipped outside of its initial purchase country may be subject to additional shipping costs. Where the product warranty has been deemed void, the costs of repair and any associated shipping costs shall be borne by the claimant. WaterRower will contact the claimant prior to return of the repaired Product or component.

This Limited Warranty Will be Void When: This Limited Warranty will be void if the claim has resulted from: (a) improper assembly of the Product, (b) usage of the Product beyond its design, (c) overfilling of the Product’s water tank, as explained in the WaterRower Assembly Manual, (d) use of a purification product in the water tank other than that which has been approved by WaterRower, (e) use of improper cleaning materials, as described in the preventative maintenance steps in the WaterRower Owner’s Manual, (f) use and/or storage of Product in inclement weather, including but not limited, to extreme temperatures and moisture; (g) accident, abuse, misuse, misapplication or as a result of any modification other than that authorized by WaterRower, and (h) improper preventative maintenance steps as described in the WaterRower Owner’s Manual.

Restriction on the Duration of Implied Warranties: The term of any implied warranty, including but not limited to any implied warranty of merchantability or fitness for a particular purpose that may arise under your country province or state law is limited to the term of the express Limited Warranty in the first paragraph, above. Some states (countries and provinces) do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.



Learn about our referral
program at [**erga.io/refer**](https://erga.io/refer)