

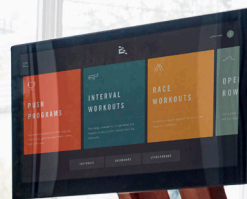


ERGATTA

OWNER'S MANUAL



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





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## SAFETY

- Please read all safety instructions before using your Ergatta Rower. It is the sole responsibility of the owner to ensure that all users of the Ergatta are informed and aware of all warnings and precautions.
- Place the Ergatta on a horizontal and stable surface.
- Review Ergatta technique tutorials before using your Ergatta Rower: [erga.io/technique](https://erga.io/technique)
- Consult your doctor before engaging in any exercise program. Ergatta makes no representations or warranties that the Ergatta Rower is 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 Rower.
- 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 Ergatta 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.



## SPECS

### MONITOR

Power Supply	12V DC, 3A
Screen Resolution	1920 x 1080 Full HD
Screen Size	17.3"
Connectivity	Bluetooth 4.0 for Heart Rate Monitor and Wireless headphone pairing
Internet	WiFi (802.11b/g/n/ac, 2.4G+5) and Ethernet
Camera + Microphone	Not used in Ergatta app; however, tapping the power button lightly will pull up the built-in camera on the monitor. This will not be used by Ergatta

### DIMENSIONS

Activated	86" x 23" x 40"
Stored	86" x 23" x 22.5"
Upright Footprint	23" x 22.5"

### WEIGHT

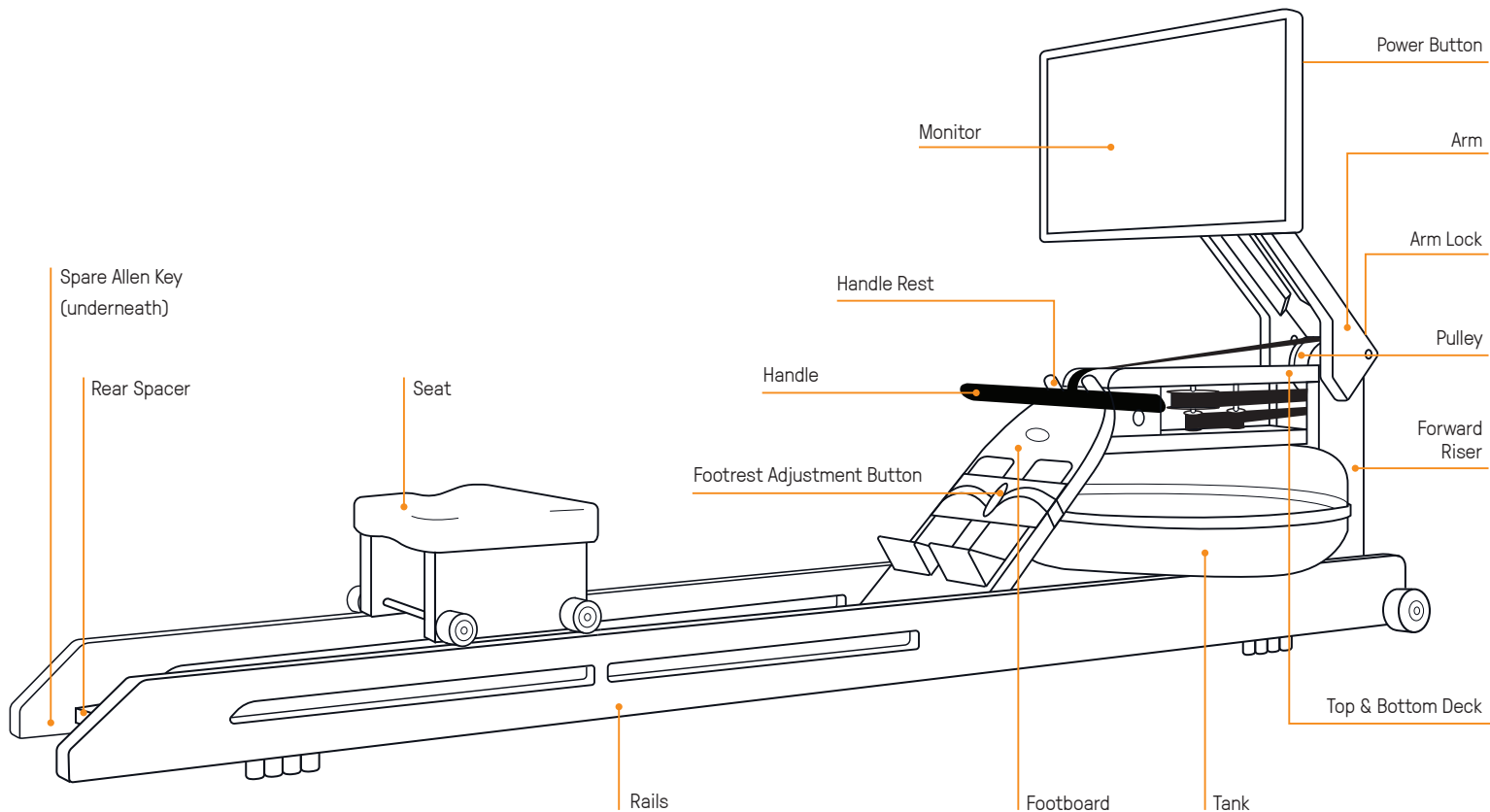
With Water	105 lbs
Without Water	76.5 lbs

### HEIGHT + WEIGHT LIMITS

Height	40" inseam, or individuals up to about 6'8"
Weight	500 lbs



# THE ROWER



## MACHINE DETAILS

### WOOD

The Ergatta rower is made from replenishable cherry wood, treated with stain and Danish oil. 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](https://erga.io/tank).

### RESISTANCE

The Ergatta 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).

### FOOTPAD

The footstraps and footrests are adjustable for flexible comfort. The footstrap is designed to cross the foot right below the base of your toes. Press the button in the center of the footpad to move the footrests up or down.



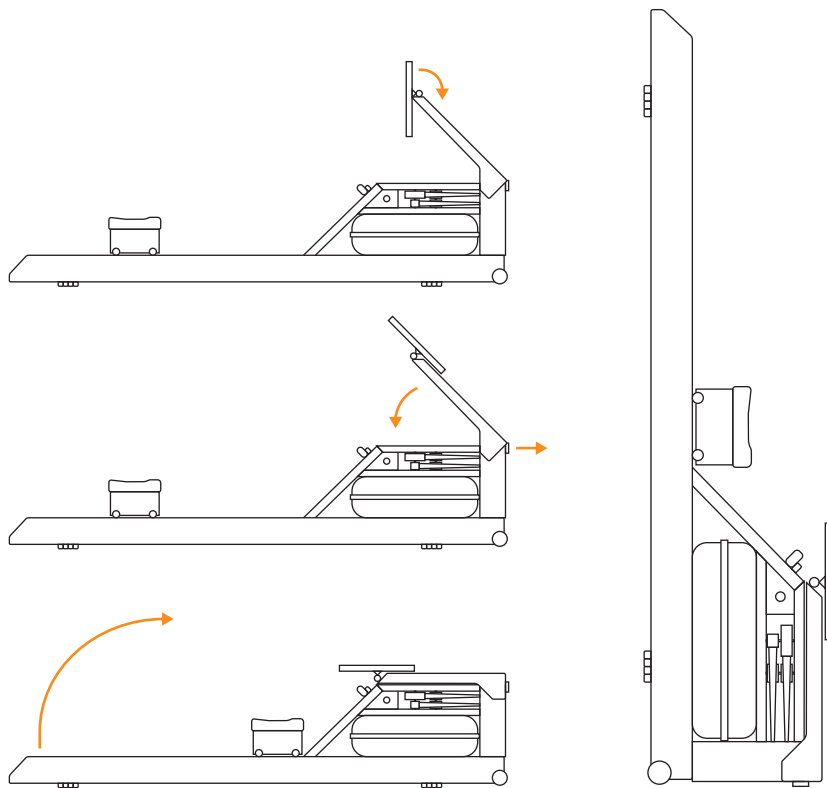
## HOW TO STORE

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

1 Tilt the monitor 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 (please 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.



## ONGOING MAINTENANCE

### CLEANING

To maintain the appearance and integrity of your Ergatta 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.

### 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](https://erga.io/purification) to request some – we'll ship them to you within 2 weeks.

### 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.





## ONGOING MAINTENANCE

### 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.



## SETTING UP YOUR ERGATTA ROWER

### CONNECTING YOUR ERGATTA

Before you use your Ergatta Rower, make sure all of the cables have been properly connected. Reference [erga.io/connect-ergatta](https://erga.io/connect-ergatta) for step-by-step video instructions.

### POWER

When you first plug in your Ergatta, the monitor will automatically turn on. You can also power on your Ergatta by pressing the power button on the back of the monitor. To power down your Ergatta, press the power button and hold for 3 seconds until you see a “Shutting down...” dialog box. If you leave your Ergatta on and unattended, the monitor will go to sleep automatically after 10 minutes of inactivity.

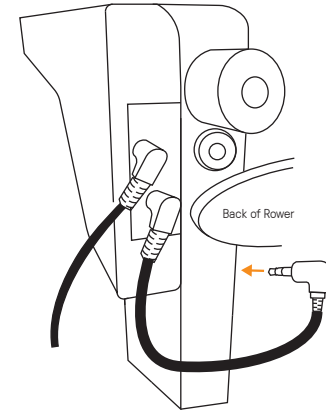
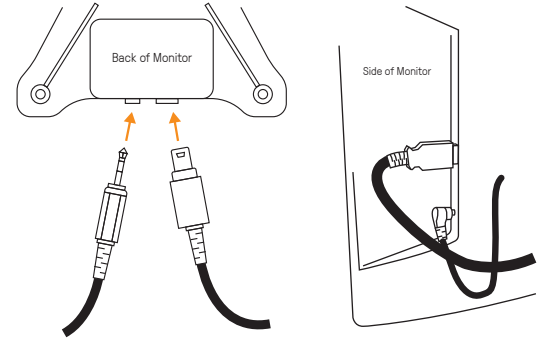
### CONNECTING TO THE INTERNET

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 monitor. 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. You can choose from a monthly membership (\$29/month) or a discounted annual membership (\$290/year). A single membership includes unlimited profiles, so all members of the household can enjoy.

### CABLE CONNECTIONS



## 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](https://erga.io/technique) before using your Ergatta.

### FOOTPAD

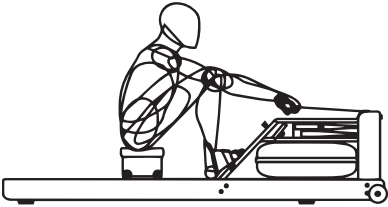
The footpads are adjustable, and they should be placed such that the strap goes over the balls of your feet, or right over the top of your laces. Press down on the middle button between the pads to adjust your footpads up and down.

### 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").

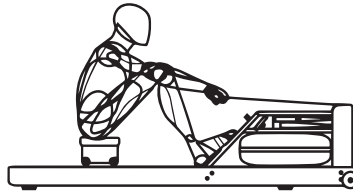


## ROWING STROKE



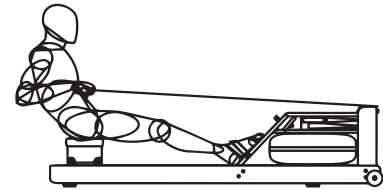
### 1 CATCH POSITION

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



### 2 DRIVE PHASE

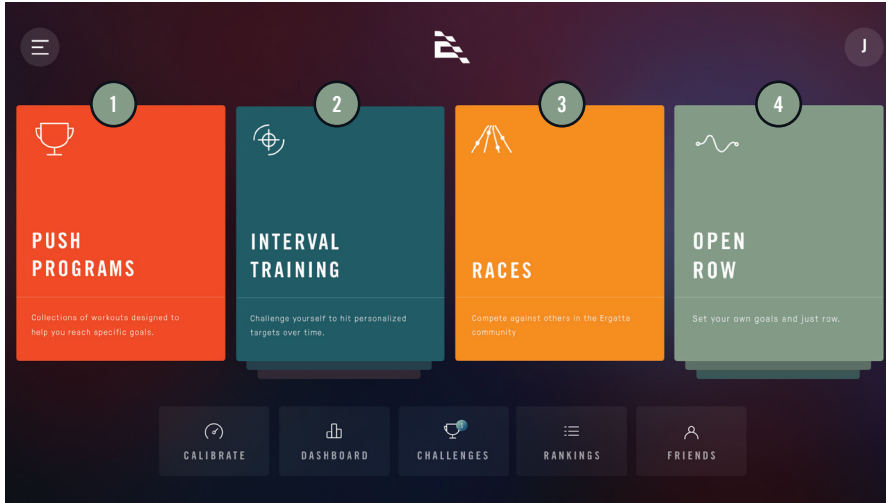
Drive back with the legs, arms hang off the handle and only begin to bend once handle is above the knees, torso is strong with good posture and body angle opens up slowly as you drive the legs.



### 3 RELEASE POSITION

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## THE INTERFACE



### 1 PUSH PROGRAMS

Work towards specific goals via a series of sequential workouts organized around a final challenge. Programs range from beginner to advanced—helping new members learn the fundamentals of the Ergatta experience, and providing experienced members with useful paths to enhance their performance.

### 2 INTERVAL WORKOUTS

Select from hundreds of HIIT, Endurance, and Technique workouts with personalized interval targets and real-time feedback. Work to meet speed and cadence challenge that keep you on your feet and always give you something to work for.

**Pulse:** Hit and maintain personalized target zones and work your way towards 100%.

**Meteor:** Collect tokens as you fly through space at different target speed

### 3 RACE WORKOUTS

Go head-to-head in competitive races against others in the Ergatta community through Ergatta's intelligent matchmaking platform. Make new rivals, compete with friends, or challenge yourself by racing against your past performances

### 4 OPEN ROW

Pave your own path in self-led rows with options for setting time or distance goals. Visualize your data and understand your output in real time, in an unstructured, customizable workout.



# THE INTERFACE



## 1 SETTINGS

View our tutorials and help videos, connect your Strava account, check for updates, and make any adjustments to your WiFi connection.

## 2 CALIBRATION

Complete the calibration exercise to personalize the experience to you.

## 3 DASHBOARD

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

## 4 RANKINGS

Measure your results against others in the Ergatta community.

## 5 CHALLENGES

Compete in Monthly Challenges to unlock charitable donations made on your behalf by Ergatta. No opt-in necessary.

## THE INTERFACE

### 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

Approx 55-75% Effort

#### STEADY

Approx 75-85% Effort

#### RACE

Approx 85-95% Effort

#### SPRINT

Approx 100% Effort

## INTEGRATIONS

### HEART RATE MONITOR

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 Polar H9, Polar OH1, Polar H10, Garmin HRM-Dual, Wahoo, Tickr, and WHOOP. (Please click [HERE](#) for how to pair your WHOOP.) If you own a HRM that is not included in this list, we cannot guarantee that it will be compatible. That said, if you have successfully paired your HRM, please contact us at [support@ergatta.com](mailto:support@ergatta.com) so that we can add to our list.

Heart rate monitors that require a PIN entry to connect (such as Apple Watch) via Bluetooth or ANT+ devices are not supported at this time.

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

## 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.

## TROUBLESHOOTING + SUPPORT

### GENERAL SUPPORT

If you run into any issues, you can reach out to us via e-mail at [support@ergatta.com](mailto:support@ergatta.com) or can contact a member from our Customer Experience team at [ergatta.com/contact-us](https://ergatta.com/contact-us).

### FAQS

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

## WARRANTY

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.







