ERGATTA

USER MANUAL

Ergatta-Concept2 RowErg Connection Kit



Welcome to Ergatta! We're excited to get you started. Please read this manual carefully before using your Ergatta-Concept2 RowErg Connection Kit and follow all operating, maintenance, and safety guidelines provided. Improper use of maintenance can result in injury and void the warranty terms.

instagram.com/ergattafitness

facebook.com/groups/ergattafitness

strava.com/clubs/735814

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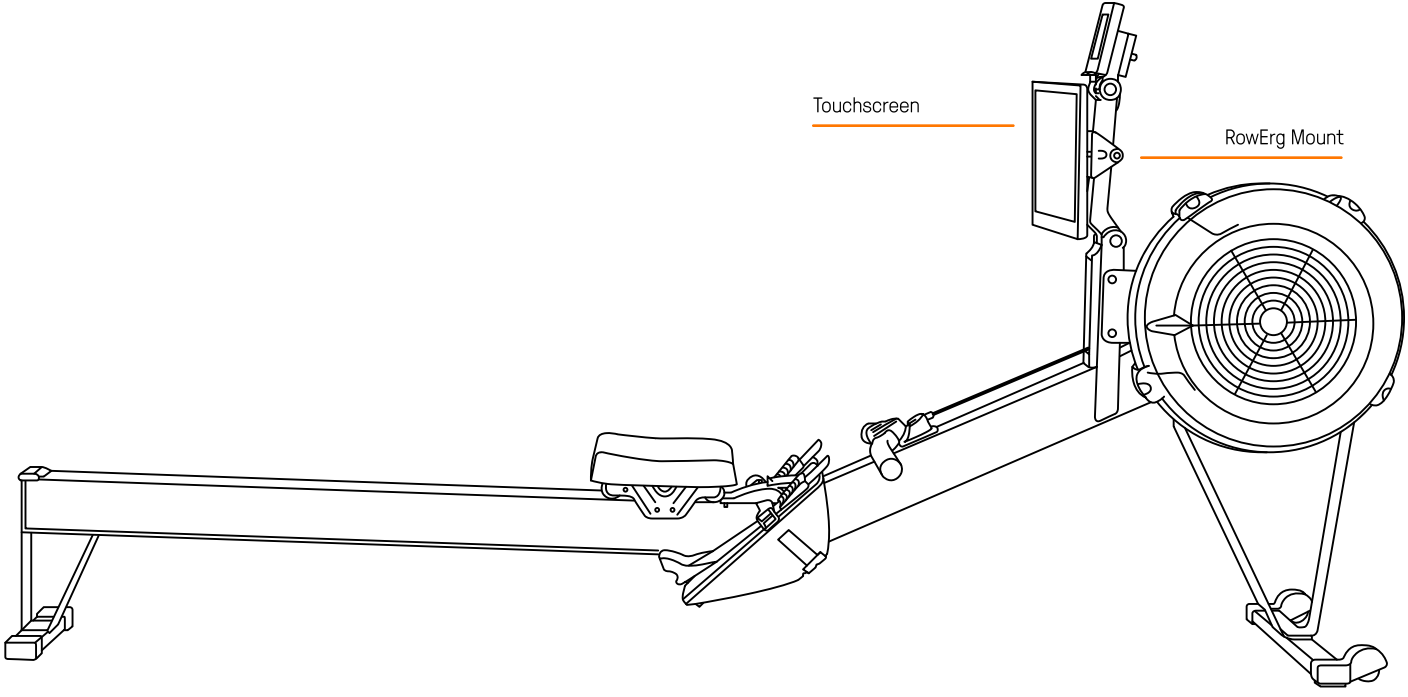
Warranty 22


COLLECTED
6/38
CURRENT SCORE 2,200
8/16 INTERVAL 0:38
HIGH SCORE 5,000
+4
BONUS
+3
220BPM
HEART RATE
802m
DISTANCE
9:03
TIME ELAPSED
36W
OUTPUT
92
CALORIES

SAFETY

- Please read all safety instructions before using your Ergatta-Concept2 RowErg Connection Kit. It is the sole responsibility of the owner to ensure that all users Ergatta equipment and software are informed and aware of all warnings and precautions.
- Review Ergatta technique tutorials before using the Ergatta platform: erga.io/technique
- Consult your doctor before engaging in any exercise program. Ergatta makes no representations or warranties that the Ergatta experience 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 experience.
- 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, chain, and elbows. Ensure others do not touch your Concept2 RowErg or Ergatta Connection Kit 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 or all the way into the chain feeder window 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 and cause harm to yourself, others, and the Connection Kit.
- 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 replace defective parts immediately. Only use original parts from the manufacturer.

CONNECTION KIT SPECS

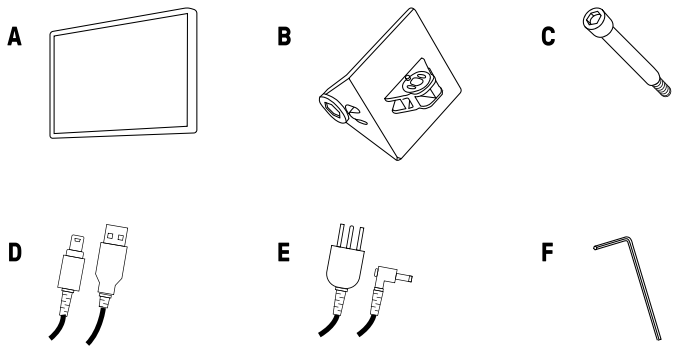


MONITOR SPECS

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.

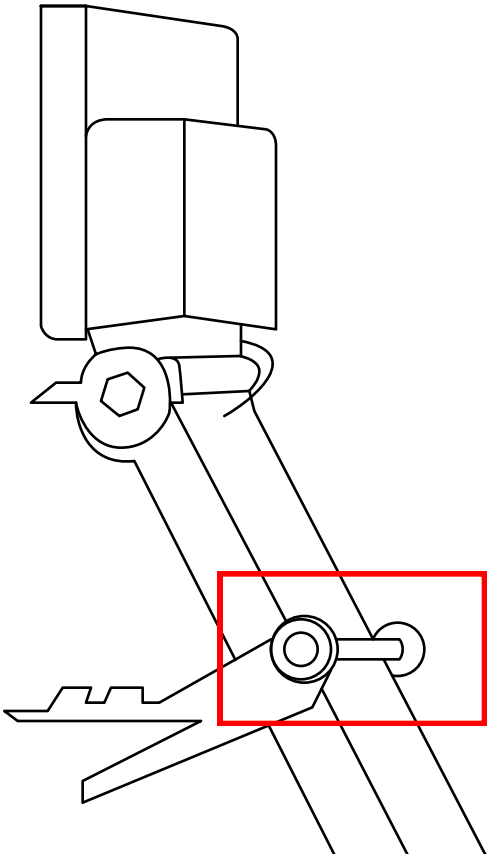
WHAT’S INCLUDED

- **A** Ergatta Touchscreen with VESA Mount
- **B** RowErg Mount
- **C** Touchscreen Bolt
- **D** USB Cables x 2 (use the USB cable compatible with your PM5 Monitor)
- **E** Power Cable
- **F** 1/8” Allen Key

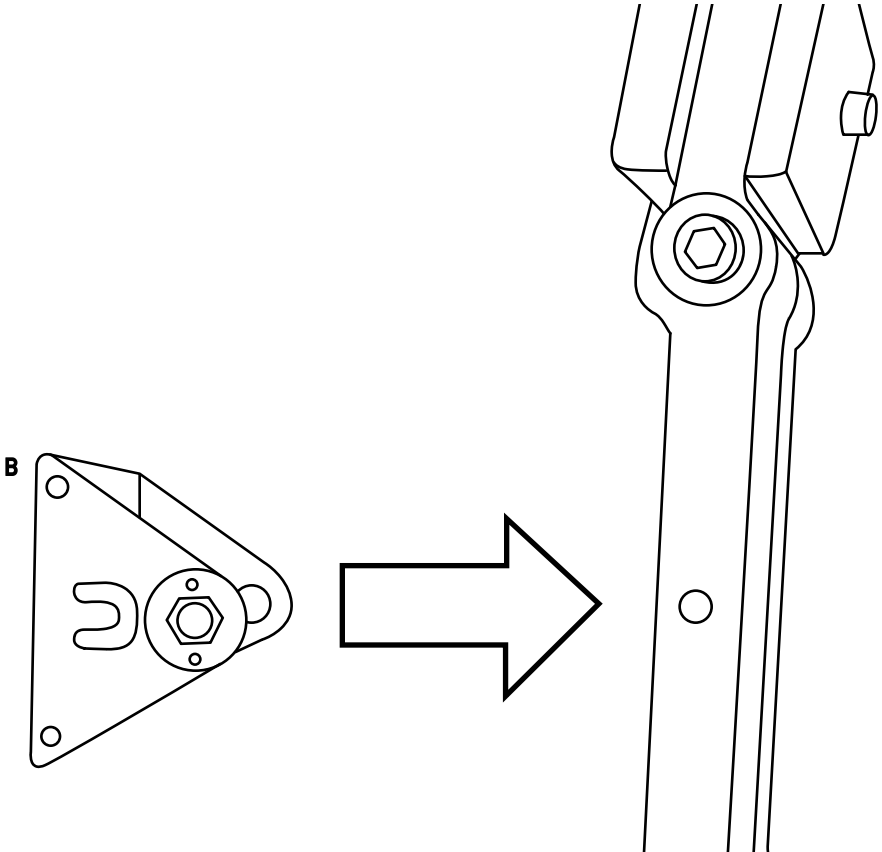


1

Remove the bottom clamp of the existing device holder from your Concept2 rower. The thumb screw and nut will be re-used with your Ergatta Upgrade kit.

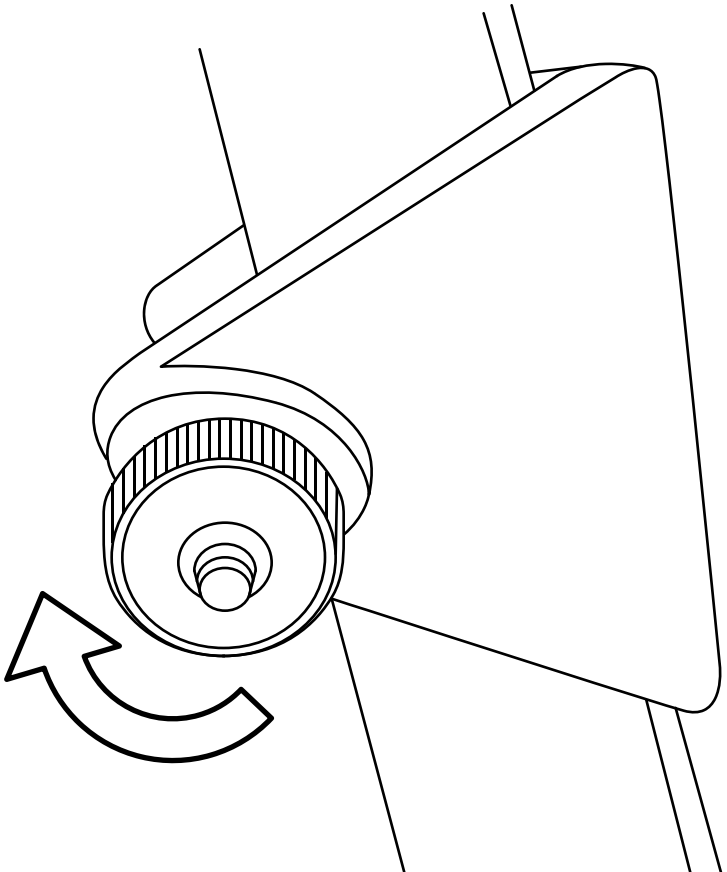


2 Align the inner prong of the Ergatta mounting bracket with the hole on the right side of the Concept2 arm to snap the bracket into place.



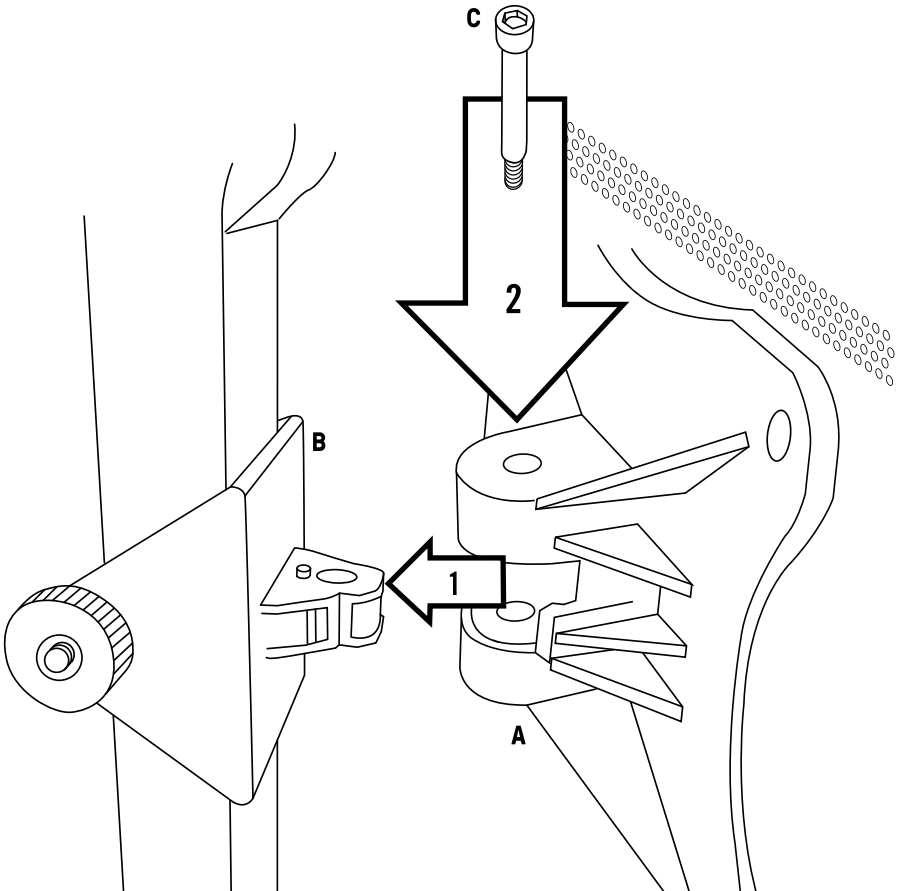
3

Place the bolt through the bracket, aligning the nut with the indent within the mount.
Tighten the mount using the thumb screw.



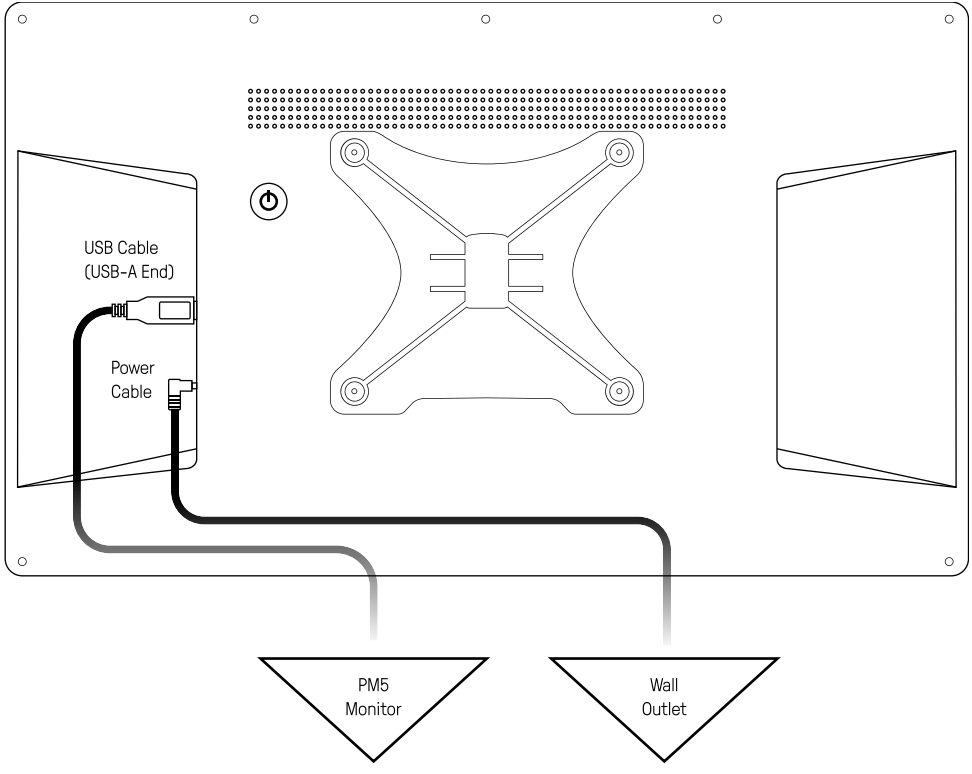
4

Place the touchscreen with VESA mount onto the rower, then fasten into place using the provided touchscreen bolt and 1/8” Allen Key.



5

Plug the USB A side of the cable into the touchscreen then plug the opposite side of the USB cable into the back of your PM5 monitor.* Plug the power cable into a wall outlet and into the rear of the touchscreen. The Ergatta touch screen will automatically power on once plugged in.



**Note: Depending on the model of PM5 monitor you own, this may be a USB B or USB C connection.*

GETTING STARTED WITH ERGATTA

POWER

When you first plug in your Ergatta touchscreen, it will automatically turn on. You can also power on the screen by pressing the power button on the back of the touchscreen. To power down your Ergatta touchscreen, press the power button and hold for 3 seconds until you see a “Shutting down...” dialog box. If you leave your screen on and unattended, it will shut down 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.

ONLINE RESOURCES

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



THE INTERFACE



1 YOUR LIBRARY

Find your favorite workouts, past rows, what's next in your Push Programs, and personalized recommendations.

2 PUSH PROGRAMS

Find workout series organized around a final challenge. Programs range from beginner to advanced and vary from short playlist to extensive training programs.

3 INTERVAL WORKOUTS

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 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 speeds.

Echo: Sync your stroke rate with the passing rhythm blocks to score points and stack up streaks.

4 COMPETITIVE WORKOUTS

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: Collect tokens as you fly through space at different target speeds.

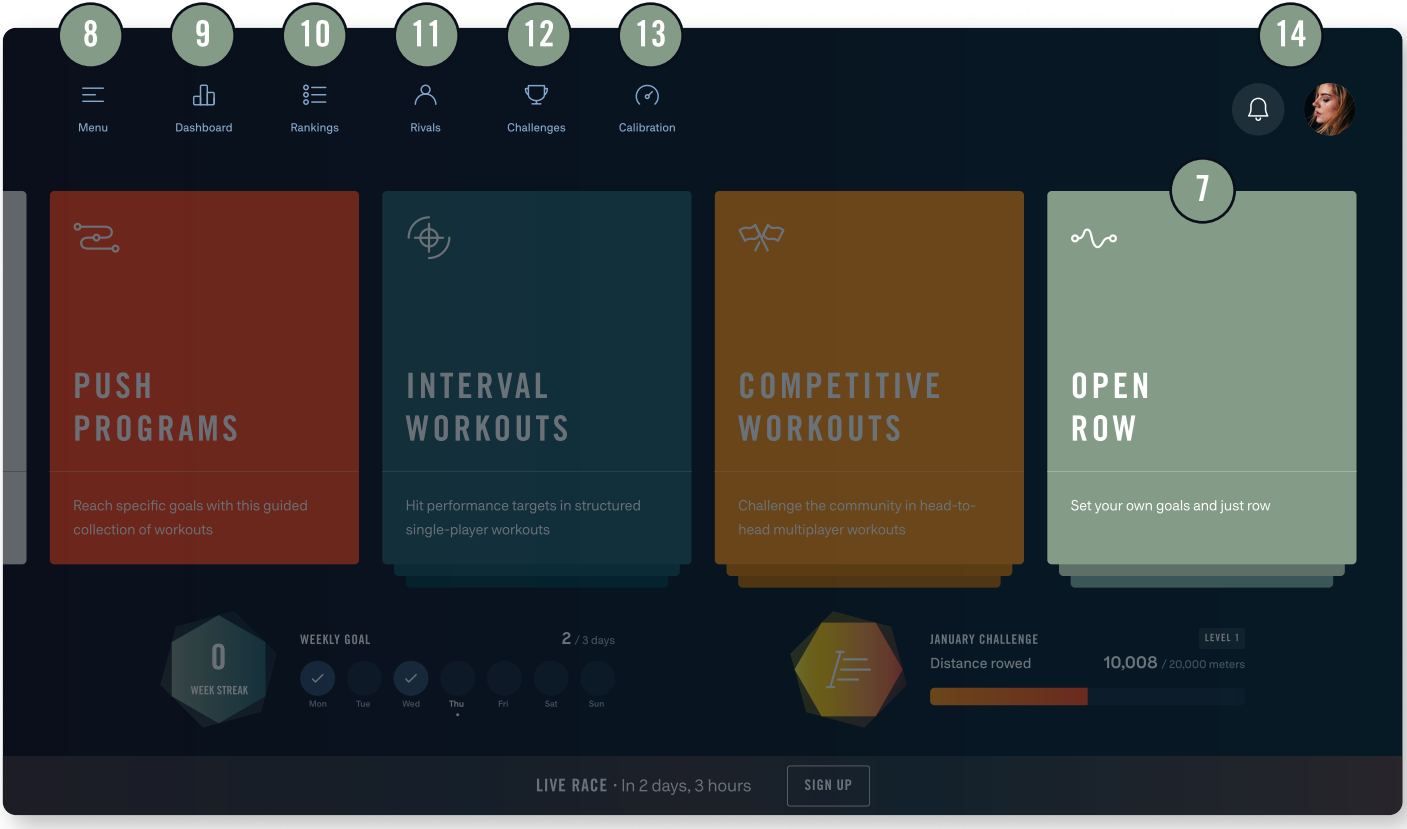
5 WEEKLY GOALS

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

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.

THE INTERFACE



7 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.

8 MENU

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

9 DASHBOARD

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

10 RANKINGS

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

11 RIVALS

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

12 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.

13 CALIBRATION

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

14 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

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.

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 ergatta.com/faq/pages 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 ergatta.com/faq/pages for troubleshooting 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

Enhance your workout and race performance by planning ahead and staying on top of the results. Access form feedback from CoachAI (iOS only), see where you stand in the Rankings, browse your workout libraries, history, highlights, and progress on the go. 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 ergatta.com/faq/pages.



WARRANTY

ERGATTA ROWER, UPGRADE PACKAGE, AND CONCEPT2 ROWERG CONNECTION KIT LIMITED WARRANTY

Ergatta's Limited Home Warranty is included complimentary with the purchase of an Ergatta Rower, Ergatta Upgrade Package, or Concept2 RowErg Connection Kit. To initiate a warranty claim, you must contact Ergatta's team at support@ergatta.com.

LIMITED WARRANTY

Ergatta's Limited Home Warranty is provided by its manufacturer, WaterRower. All Ergatta hardware is covered by WaterRower's Limited Warranty.

Ergatta Rower: Touchscreen: 1 Year; Component Parts including Handle, Strap, Cabling: 3 Years; Wooden Structural Frame: 5 Years
Ergatta Upgrade Package: 1 Year
Concept2 RowErg Connection Kit: 1 Year

HOW TO FILE A WARRANTY CLAIM

Ergatta members making a warranty claim are responsible for returning the defective product or component to Ergatta's manufacturer WaterRower at the request of Ergatta. To make a claim under this Limited Warranty, you must follow the below steps:
Contact Ergatta's support team with the following information:

- Your Rower's or Upgrade Package's serial number
- Your original order number
- A description of the defective part
- Any photographs or video displaying the damage

Claims must be made within the specified warranty period. If you purchased directly through Ergatta, you may contact the Ergatta support team at ergatta.com/contact-us. If you purchased from one of our retail partners, please contact the retailer from whom you made your purchase. Ergatta's warranty is only available to the original purchaser and cannot be transferred. **Note:** You may be required to perform routine troubleshooting steps to help diagnose the issue or if the support team believes that it is something that can be resolved through troubleshooting.

WHAT ERGATTA WILL DO: After you have submitted a claim, Ergatta will work with its manufacturer (WaterRower) to 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.
The Limited Warranty will be void if the claim has resulted from: *Improper assembly of the Product; Usage of the Product beyond its design; Overfilling of the Product's water tank, as explained in the Ergatta assembly manual; Use of a purification product in the water tank other than that which has been approved by WaterRower or Ergatta; Use of improper cleaning materials, as described in the preventative maintenance steps in the Ergatta manual; Use and/or storage of Product in inclement weather, including, but not limited to, extreme temperatures and moisture; Accident, abuse, misuse, misapplication or as a result of any modification other than that authorized by WaterRower or Ergatta; Improper preventative maintenance steps as described in the Ergatta manual*

THE LIMITED WARRANTY DOES NOT COVER: Labor services; Products that are stolen, counterfeit, or purchased from an unauthorized distributor or reseller; Products purchased or used outside the United States; Damage or equipment failure due to normal wear and tear, improper or negligent assembly, maintenance, installation, relocation, or repair (other than in each case that is caused by an Ergatta technician), use of the Product with parts or accessories from third parties, or with parts or accessories not originally intended for or compatible with the Product. For extended coverage, you can purchase the Clyde Extended Warranty (available only at the time of purchase for customers in the United States). To learn more, visit our FAQ.

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.

RESTRICTION ON OTHER DAMAGES: WaterRower shall not be liable for any direct, consequential, incidental, indirect or special damages under this Limited Warranty or any implied warranty that may arise under your country, province or state law. Some states (countries and provinces) do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. Any dispute arising from the terms of this Limited Warranty must be resolved in a court within the state of Rhode Island, USA. Additional information on parts, assembly, preventative maintenance and manuals, as referred to within this Limited Warranty, can be found at www.waterrower.com/warranty

Ergatta customers will be automatically registered when they create an account on the Ergatta App.

