

# BODYCRAFT

## 5000 PRO

AIR + MAGNETIC RESISTANCE ROWER



### COMPUTER • MANUAL



[WWW.BODYCRAFT.COM](http://WWW.BODYCRAFT.COM)

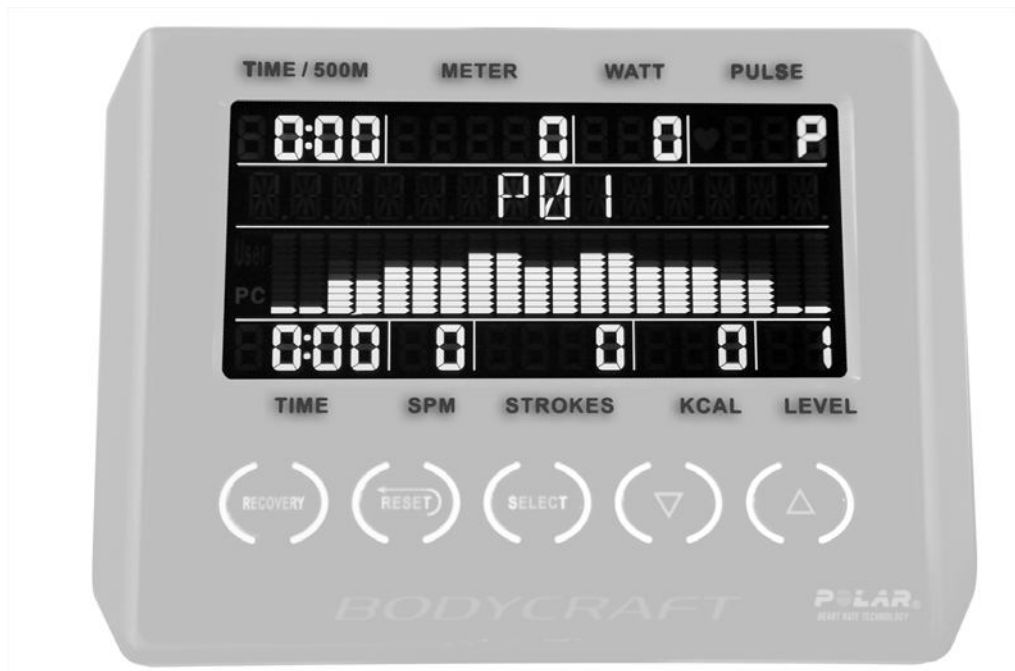


800-990-5556



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## DISPLAY DESCRIPTION



- TIME / 500 M:** Displays the calculated current pace per 500 Meters. The display changes with every stroke to provide immediate feedback.

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- METER:** Displays calculated distance traveled in Meters. Or, if a distance goal is input, the display will count down from preset distance to 0. When the goal is reached, the computer will beep and then start to accumulate distance.

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- WATT:** Displays the current user power output in watts.

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- PULSE:** Displays the current user Heart Rate. This feature is only available with the optional Telemetry Heart Rate Chest Strap.

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- TIME:** Displays the elapsed time during workout. Or, if a time goal is input, the display will count down from preset time to 0. When the goal is reached, the computer will beep and then start to accumulate time.

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- SPM:** Displays current strokes per minute. The display changes with every stroke to provide immediate feedback.

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- STROKES:** Displays # of strokes completed. The display changes with every stroke to provide immediate feedback.

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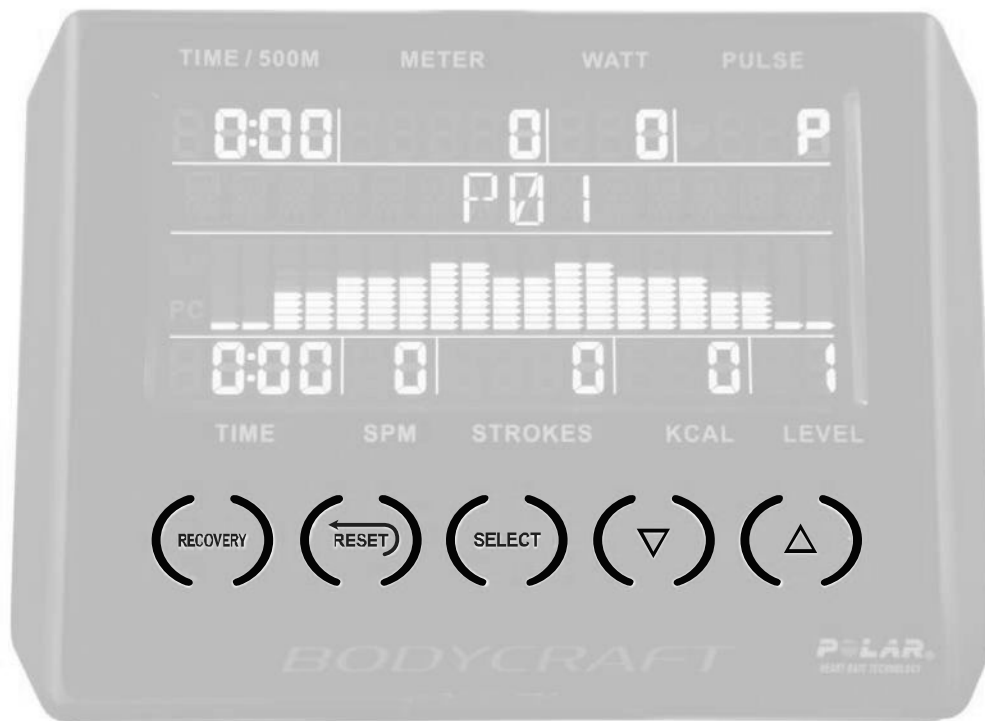
- KCAL:** Displays approximate calorie expenditure. Or, if you preset a calorie goal, this display will count down from preset calorie burn goal to 0. When the goal is reached, the computer will beep and then start to accumulate calorie expenditure.

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- LEVEL:** Displays the current resistance level. There are 32 resistance levels; 2 levels per LCD row.

\*BodyCraft reserves the right to make improvements and changes without notice.

# KEY FUNCTIONS



- Press this button at the end of the workout to test your fitness level, which analyzes your dropping heart rate and provides a score from 1-6.
- Test requires the Telemetry Heart Rate Chest Strap (optional purchase).



- Reverse to Main Menu during Setup
- Go Back One Step
- When in the Main Menu press this button once to go to age setting mode. Use (▲) or (▼) to find your age. Press (RESET) again to confirm Age Setting and return to the Main Menu.
- Press and hold for 2 sec to Reset (Reboot) the Display (this will also bring up the User profile, see page 4)



- Confirm Setting or Selection
- Choose Preferred Program



- Change Selection
- Increase Resistance Level
- Hold for 2 sec for Rapid Change



- Change Selection
- Decrease Resistance Level
- Hold for 2 sec for Rapid Change

# POWERING ON YOUR ROWER

Once your rower is fully assembled then you are ready to power on your rower for the first time. Insert the plug-in adapter into the front of rower and plug in the power supply into the wall. On the initial power up, the computer will automatically power up and all the LCD segments will briefly light up for about two seconds, then start blinking "User 0". If not, check power connections and circuit breakers. If the computer console displays an error code, please first check power connections then call your local BODYCRAFT dealer for service if the problem persists.

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**AUTO POWER UP** You can power up the rower by simply pulling the handlebar (this initiates "Quick Start", see below) or if you press any key the computer will power up into the main menu, from here you can press and hold reset for 2 seconds to choose a different user mode (it defaults to the last user set) or press the (▲) or (▼) to scroll thru the programs (see below for additional information).

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**AUTO POWER DOWN** The computer will automatically power down four minutes after you stop rowing.

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## OPERATION

**QUICK START** The quickest way to start a workout is to simply start rowing. This will initiate the Manual mode. In Manual mode, the Time will count up from zero, and display a flat profile. All workout data will start to accrue and the workload may be adjusted manually by pressing (▲) or (▼). The dot matrix display will show only the bottom row lit at first. As you increase the workload, more rows will light indicating a harder workout. There are 32 levels of resistance. Each of the 16 rows represents 2 resistance levels. The Handlebar will get harder to pull as the rows increase. The dot matrix has 20 columns of lights and each column represents a distance traveled of 250 Meters (at default). At the end of the 20th column (or 5000 Meters) the display will wrap around and start at the first column.

**SELECTING A USER** - There are 5 user modes, Users 0-4. Press and hold the **(RESET)** button for 2 sec to enter User mode. Use (▲) or (▼) to scroll through the users and press **(SELECT)** to lock in your setting. (Note: User 0 is meant for general use and any data entered will not be saved after the workout.)

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**STANDARD OPERATION** Press any key to power up the display to the Main Menu. From here you may press and hold the **(RESET)** button for 2 sec to choose a different user or use the (▲) or (▼) key to scroll through the the programs. Press **(SELECT)** to lock in your setting.

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**MANUAL MODE** In this mode you may simply start rowing (all data will start counting up from 0) or you may press the **(SELECT)** button to set various goals. (See page 5 - Personal Goals/Target Values for detailed operation)

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**PROGRAM MODE** Is controlled by the preset programs. (See page 6 - Program Mode for detailed operation)

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**WATT MODE** Is controlled by your input watt goal. The rower will change workload related to your strokes per minute (SPM) to maintain user watt energy expenditure. Here, you will set a desired wattage as a measure of workload and the rower will maintain that wattage; increasing workload at SPM and decreasing workload as you increase SPM.

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**PERSONAL MODE** Is controlled by your personal user profile. Users 1-4 contain memory banks to remember personal data and programs designed by individual users. In this mode, you can design your own program profile before the workout begins, or you can make it up as you go along. Either way, the profile will be saved for your next workout. (Note: User 0 is meant for general use and any data entered will not be saved after the workout.)

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# ADDING PERSONAL GOALS / TARGET VALUES

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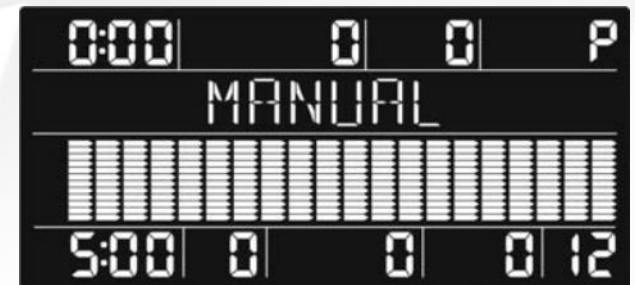
Once you have selected a mode, or program, you can add a personal goal, or target value. This is an option. If you do not care to add a target value, simply start rowing to begin your workout. If you wish to add a target value, after you have selected your workout program, you will notice that the time windows is blinking. From here you may press the **(SELECT)** button to scroll through the various settable values as listed below. Use **(▲)** or **(▼)** buttons to change the value. You may press select to move on to the next value or once finished you may simply start to rowing. This will lock in the settings. If you would prefer to set a distance goal, press **(SELECT)** twice so that the METER window is blinking. Pressing **(SELECT)** three times will allow you to set a calorie expenditure goal. You can set only one goal. Once one goal is preset, the other two windows will clear to 0. Once your personal goal is reached, the computer will sound an alarm for a few seconds, then start to count up. Pressing **(SELECT)** four times will allow you to set a resistance level for the selected program.

TIME	Range is from 5:00 to 99:00 minutes in 1 minute increments
DISTANCE	Range is from 100 Meters to 99,900 Meters in 100 M increments
CALORIES	Range is from 10 to 990 calories in 10 calories increments
TARGET HEART RATE	Range is from 30 to 240 bpm in single bpm increments

## MANUAL MODE

As the name implies, in MANUAL mode, you control the workload. You can simply start rowing, or press **(▲)** or **(▼)** in MAIN Menu to choose Manual mode, then press **(SELECT)**. Once Manual Mode has been selected use the **(▲)** or **(▼)** button to adjust resistance. Or, you can enter Manual mode after inputting age.

(In Main Menu, pressing **(RESET)** will enter AGE Set Mode. Use **(▲)** or **(▼)** to find age. Press **(SELECT)** to confirm Age setting. Then press **(RESET)** to return to Main Menu and choose Manual mode. You can then press the **(SELECT)** Key to begin, or you can enter an individual goal.



# PROGRAM MODE

Once the Program Mode has been selected, press (▲) or (▼) to select preferred workout PROGRAM P1 – P12, and then press (SELECT). You can then either set a target value as described previously, or just start rowing. You can also preset a program resistance level by pressing (SELECT) four times until the LEVEL window is blinking. Then Press (▲) to select a level.

If you stop rowing, the computer will stop counting. Once you have stopped for 10 seconds, the computer will display average values for the workout and overall values achieved. (You must resume rowing within four minutes to retain your data values.)

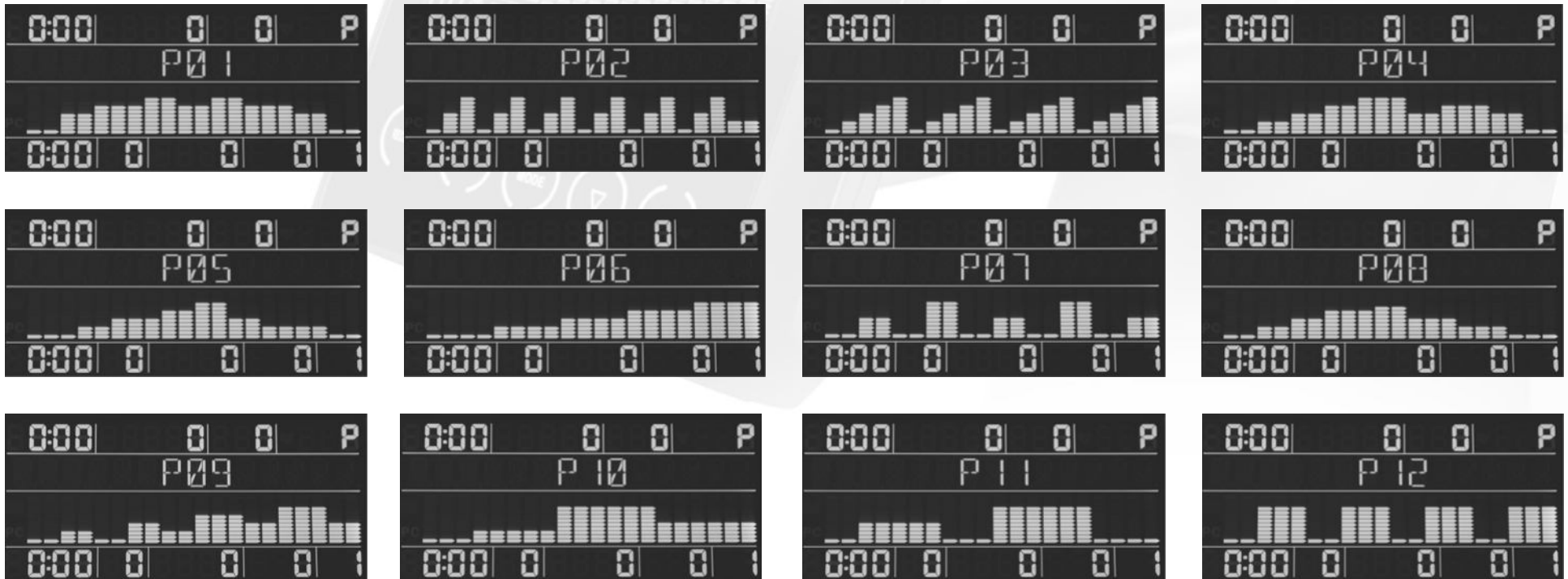
The computer will alternately show

- Average Time / 500 M
- Average Watts
- Average SPM

Then alternate to

- Total Meters
- Total Time
- Total Strokes

Press (SELECT) to return to the workout, or (RESET) to cancel workout and return to Main menu.



# RACE MODE

Press (▲) or (▼) in Main Menu until **RACE** is displayed, then press (SELECT).

Press (▲) or (▼) to select which race:

- Individual • 500m (Default time goal is 3:00)
- Beginner Track • 1000m (Default time goal is 6:00)
- Olympic Track • 2000m (Default time goal is 12:00)
- Long Track • 5000m (Default time goal is 30:00)
- Oxford Boat Race • 6779m (Default time goal is 40:00)

When the desired **RACE** is displayed, press (SELECT). The Time window will blink.

Press (▲) or (▼) to select a target Time to complete the race, then press (SELECT). Start rowing, or Press (▲) or (▼) to change the preset level, then press (SELECT). Start rowing, or Press (▲) or (▼) to preset a Target Heart Rate. (Optional chest strap required)

Start Rowing. The computer will beep to signal the start of the race. You will then race against the computer. The **TIME** and **METER** will start counting down until one value reaches 0. If you stop rowing, the computer will stop counting. Once you have stopped for 10 seconds, the computer will display average values for the workout and overall values achieved.

The computer will alternately show

- Average Time / 500 M
- Average Watts
- Average SPM

Then alternate to

- Total Meters
- Total Time
- Total Strokes

Press (SELECT) to return to the workout, or (RESET) to cancel workout and return to Main menu.



## INTERVAL MODE

Press (▲) or (▼) in Main Menu until INTERVAL is displayed, then press (SELECT).

Press (▲) or (▼) to select INTERVAL TIME, or INTERVAL DISTANCE, then press (SELECT) to confirm.

If INTERVAL TIME is selected, press (▲) or (▼) to set the desired WORK TIME (default 1:00 minute) for your work intervals – from 1:00 to 99:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Then you will set your desired REST intervals (default :30 seconds) by the same method from :10 to 9:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Set total number of INTERVALS (default 10) from 1 to 10. Press (SELECT).

Set work LEVEL (default 12) from 1 to 16. Press (SELECT).

Start Rowing.

If INTERVAL DISTANCE is selected, press (▲) or (▼) to set the desired DISTANCE (default 100 Meters) for your work intervals – from 100 to 99,900 in 100 Meter intervals. When your desired distance is displayed, press (SELECT).

Then you will set your desired REST intervals (default :30 seconds) by the same method from :10 to 9:50 in 10 second intervals. When your desired time is displayed, press (SELECT).

Set total number of INTERVALS (default 10) from 1 to 10. Press (SELECT).

Set work LEVEL (default 12) from 1 to 16. Press (SELECT).

Start Rowing.





# USER PROGRAM MODE

Press (▲) or (▼) in Main Menu until USER PROGRAM is displayed, then press (SELECT).

You can then customize each segment by pressing (▲) or (▼) and then pressing (SELECT) to move to next segment. When you have created the program profile you desire, press and hold (SELECT) to confirm.

You can either start rowing, or set a target value for TIME, METERS, or KCAL. Once one function is preset, the other two values will clear to ( 0 )

Start rowing, all preset values will start counting down to ( 0 )

If you stop rowing for 10 seconds, computer will display workout average value.

Press (MODE) to return to USER PROGRAM mode, or press (DELETE) to return to main menu.



# H.R.C. MODE

**\*NOTE:** This mode can only be used if you own the optional Telemetry Chest Strap.

Press (▲) or (▼) in Main Menu until **H.R.C.** is displayed, then press (**SELECT**).

Press (▲) or (▼) to select 55%, 75%, 90%, or TAG then press (**SELECT**).

(TAG mode allows you to set your own custom target pulse rate.)

These values are calculated based upon the age you have preset.

In Main Menu, pressing (**RESET**) will enter AGE Set Mode. Use (▲) or (▼) to find age.

Press (**SELECT**) to confirm Age setting.

You can either start rowing, or set a target value for TIME, METERS, or KCAL.

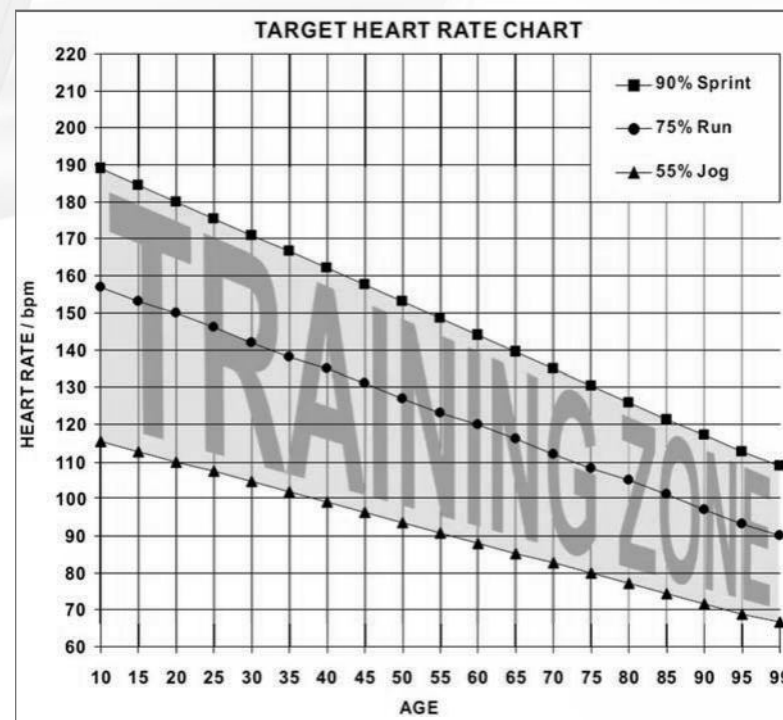


The Target HRC Program is designed to keep your heart rate at the constant level you have selected. Every 30 seconds, the computer will check your pulse (bpm) against what you have selected and will automatically adjust the resistance levels accordingly.

**\*NOTE:** During your workout you cannot manually adjust the resistance levels.

To select a bpm that is optimal for you, refer to the TARGET HEART RATE CHART.

**IMPORTANT:** While increasing your heart rate is an important part of exercise, it is also important that your heart rate not be too high. To be safe, we suggest you start your regimen at the 55% HRC and increase your target heart rates as your fitness level improves. The recommended absolute maximum heart rate is equal to 220 bpm – your age.



# HEART RATE RECEIVER & CHEST BELT

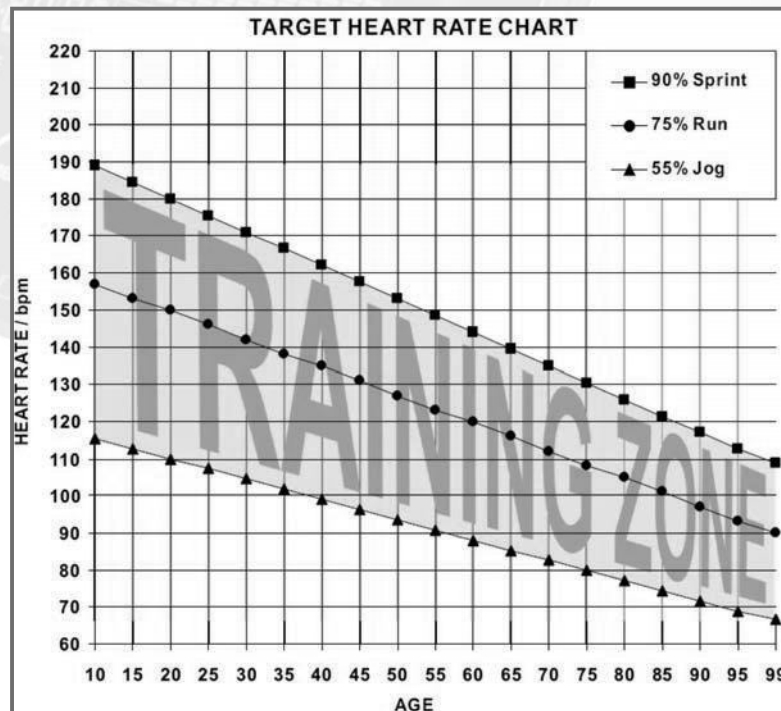
The computer has a built in chest belt telemetry receiver that uses the international standard 5 kHz bandwidth. Your heart rate will only register on the computer if you are wearing a compatible chest belt. Please follow the instructions included with your optional chest belt for proper operation.



(Chest Belt Sold Separately)

## Calculating your Target Heart Rate (T.H.R.)

Your optimal heart rate range during exercise is referred to as your training zone. To achieve the most effective results you should perform your exercise within your training zone. Refer to the TARGET HEART RATE CHART below to calculate your T.H.R. at 55%, 75%, and 90% of your suggested training zone. We suggest you begin your workout program at the 55% T.H.R. level and increase your T.H.R. % as your fitness level improves. The Target Heart Rate formula is:  $220 - \text{age} \times \text{T.H.R. \%}$  (e.g.:  $220 - 30 \text{ years old} \times 55\% = \text{T.H.R. } 104.5$ )



Press (←) or (→) in Main Menu until WATT is displayed, then press **(SELECT)**.

Press (←) or (→) to preset WATT target from 25-300 Watts (default is 120), then press **(SELECT)**.

Start rowing, or set a target value for TIME, METERS, or KCAL. Once one function is preset, the other two values will clear to ( 0 )

Start rowing, all preset values will start counting down to 0.

If you stop rowing for 10 seconds, computer will display workout average value.

Press **(MODE)** to return to USER PROGRAM mode, or press **(DELETE)** to return to main menu.



## A WORD ON WATTS

Watt is a measure of power. On your rower, the watt readout is the amount of power you output at your current SPM. The WATT PROGRAM is designed to keep your watt output at a constant level that you have selected. If you row harder, the computer will reduce the workload to keep your wattage output constant. The reverse happens if you row slower. During the workout you can adjust the watt value by pressing up or down. Like the other modes, once you have chosen the Watt Mode, you can begin your workout by starting to row, or you can enter personal target values by continuing to press **(SELECT)** and setting the target values.

# RECOVERY MODE

The Recovery Program is designed to evaluate your fitness level immediately after your workout.

Be sure to provide the computer with a pulse signal via the optional Wireless Telemetry Chest Strap.

To activate the Recovery Program, immediately after completing your workout press the RECOVERY KEY.

The computer will analyze your dropping heart rate for one full minute then give you a score as follows:

<b>1.0</b>	<b>OUTSTANDING</b>
<b>1.0 &lt; F &lt; 2.0</b>	<b>EXCELLENT</b>
<b>2.0 &lt; F &lt; 2.9</b>	<b>GOOD</b>
<b>3.0 &lt; F &lt; 3.9</b>	<b>FAIR</b>
<b>4.0 &lt; F &lt; 5.9</b>	<b>BELOW AVERAGE</b>
<b>6.0</b>	<b>POOR</b>

