



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.



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



[facebook.com/groups/ergattafitness](https://www.facebook.com/groups/ergattafitness)



[strava.com/clubs/735814](https://www.strava.com/clubs/735814)



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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
- 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	12.5"
Connectivity	Bluetooth 5.0 for Heart Rate Monitor and Wireless headphone pairing
Internet	WiFi (802.11b/g/n/ac, 2.4G+5) and Ethernet

DIMENSIONS

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

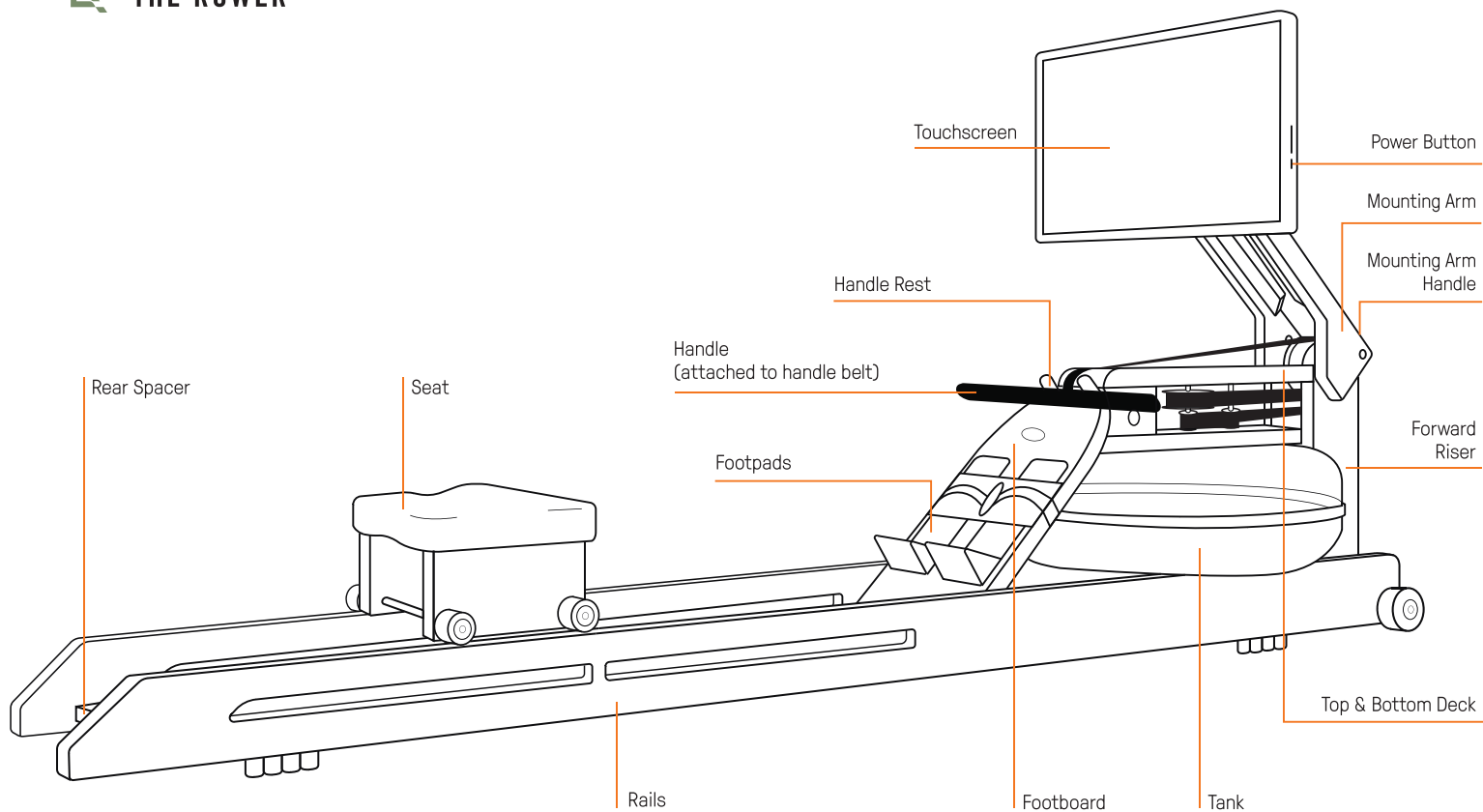
WEIGHT

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





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.

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.

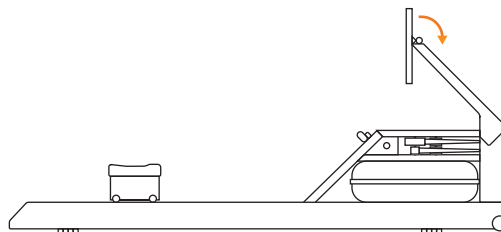


HOW TO STORE

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

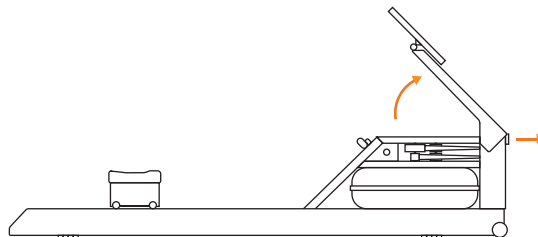
1

Tilt the touchscreen upwards



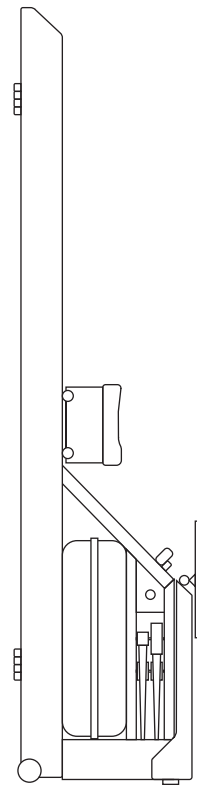
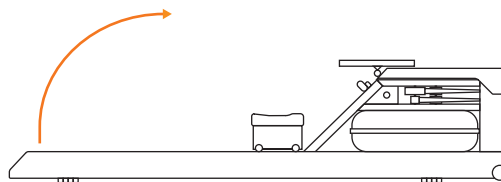
2

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.



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 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.

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 on the back of the touchscreen. 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 touchscreen will go to sleep automatically after 10 minutes of inactivity.

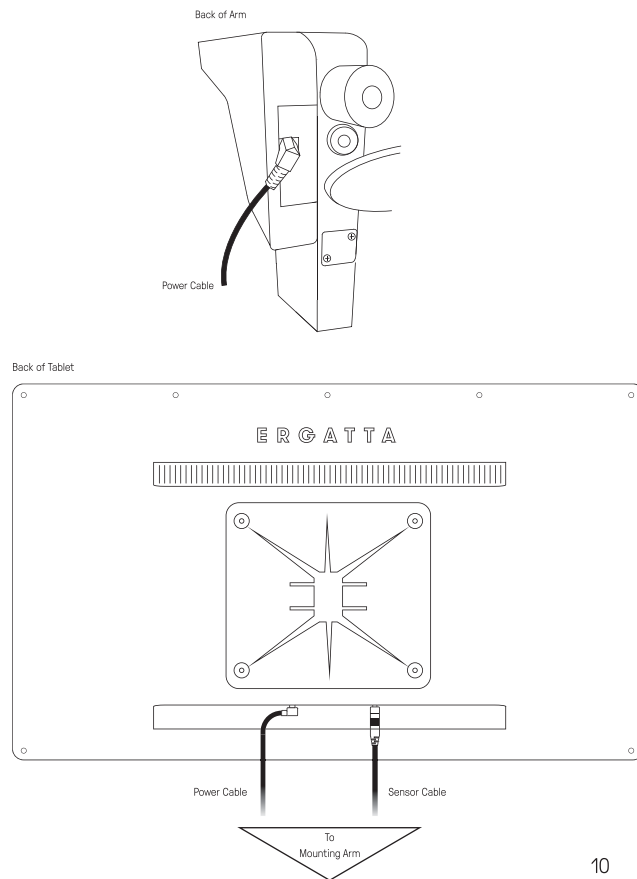
CONNECTING TO THE INTERNET

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.

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 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.

GRIPPING THE HANDLE

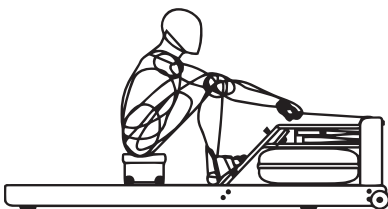
Place your fingers on top (palms down), with your thumb on the bottom, while maintaining a wide grip. Your hands should be at the ends of the handles, with your pinkies at the very end. Hold the handle loosely; don't grip it too tightly. You want to grip it in such a way that it's not touching your palm,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

ONLINE RESOURCES

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

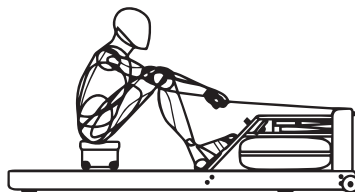


ROWING STROKE



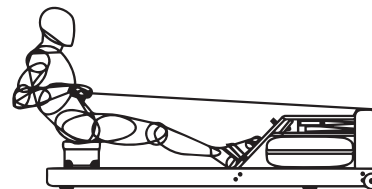
1 CATCH POSITION

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.