



WATERROWER UPGRADE KIT

OWNER'S MANUAL

WaterRower Owner's Manual

Please reference the WaterRower user portal for all usage and maintenance information regarding your WaterRower machine:

<https://www.waterrower.com/us/owners>

Important Safety Precautions

Please reference <https://www.waterrowerservice.com/safety-precautions/> for important safety precautions.

Ergatta Disclaimer for Physical Activities

You should consult your doctor before engaging in any exercise program made available through the Ergatta App. We make no representations or warranties that the App 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 App. We are not responsible in any way for any injuries or health problems, including, without limitation, incapacity or death, which may result from your use of the App.

Mounting Arm

Construction	Hardwood & Stainless Steel
Height - In Use	40"
Height - Stored	24.5"
Length	21.5"
Width	4.5"
Weight	3 lbs
Monitor Position	Fixed

Monitor

Power Supply	12V DC, 3A
Screen Resolution	1920 x 1080 Full HD
Screen Size	17.3"
Width	16.5"
Height	10.25"
Operating System	Android 7.1.2
Processor	RockChip RK3399
Memory	16G
RAM	2G
Connectivity	WiFi, Ethernet
Weight	3.55 lbs

Your Ergatta WaterRower Upgrade Kit includes:

1x Tablet Monitor
1x Tablet Arm
1x Tablet Arm Bracket
1x Power Cord
2x JCN
2x JCB
2x Washer
1x Tablet Monitor Bolt
2x 5mm Allen Key
1x 1/8" Allen Key
6x Wire Retainers

NEED HELP?

Visit the Customer Support Portal at <https://support.ergatta.com> or reach out to the Customer Support Team at support@ergatta.com.



ASSEMBLY & USAGE

An instructional assembly video can be found at: <https://erga.io/upgrade-assembly>

Assembly Instructions

1. Using a 5mm Allen key, loosen the tie rods two to three revolutions. Do not fully unscrew and remove the tie rods.
2. Slide the tablet arm bracket into place. Re-tighten the tie rods using a 5mm Allen key. Note: if you have SmartRow installed, please go to support.ergatta.com for instructions.
3. Using two 5mm Allen keys and the provided JCN and JCB hardware, attach the tablet arm to the tablet arm brackets.
4. Raise the tablet arm and lock it in place. Line up and slide the tablet onto the tablet arm.
5. Using the 1/8" Allen key, install the bolt to secure the tablet to the tablet arm.
6. Install the power and USB cable into the righthand side of the tablet.
7. Install the mini-USB end of the cable into the back of the S4 monitor.
8. Place the adhesive cable retainers along the righthand side of the bottom deck; place the USB cable into the wire retainers. Make sure the wire does not make contact with any of the moving parts of the WaterRower.
9. Plug the small end of the power cable into the side of the tablet arm. Note: This plug will still have some metal showing when fully plugged in; pushing too hard may result in damage to the power connector or monitor.

Storage Instructions

1. To power off your tablet monitor, press and hold the power button on the back of the tablet for three seconds.
2. Tilt the tablet backwards to its stowed position (it will snap into place). Then, pull the handle on the tablet arm bracket upward to unlock and lower the tablet arm to its resting position. Take care when lowering the arm that the magnets in the arm rest on the bolts of the top deck and do not rest on the wires.



SETTING UP YOUR ERGATTA UPGRADE PACKAGE

Powering On

Once your Ergatta Upgrade Package is assembled, plug in the three-pronged end of the power cord into a power outlet.

The monitor will automatically power on and launch the Ergatta App.

Connecting to the Internet

Upon first-time launch, the Ergatta App will prompt you to connect to the Internet. Follow the on-screen instructions to connect to WiFi or connect an ethernet cable to the Ergatta monitor.

Make sure that your WaterRower machine is close to a Wi-Fi router or near a signal booster/extender.

Creating a Profile

Follow the on-screen steps to create your first profile. You can create unlimited profiles on your device.

Account Subscription Management

Your Upgrade Package comes with a one-month free trial (two-months if your purchase came with a promotion). Your free trial will be activated when you create your first profile. When you are nearing the end of your free trial, you'll receive an e-mail from **support@ergatta.com** with subscription activation steps. If you choose not to activate your subscription at the end of the free trial, your access will be terminated.

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GETTING STARTED WITH ERGATTA

Tutorials & Help Videos

Interactive tutorials and a series of tutorial videos are available in the settings menu of the app. Tap the hamburger icon on the top left on the homescreen.

Calibration

In order to get the most out of your Ergatta experience, you should make sure to complete the Calibration exercise. The Calibration exercise is a 2,000 meter unstructured row, which should take you up to 13 minutes to complete.

Ergatta will analyze and model the results from your calibration exercise in order to establish your personalized “Intensity Zones” used in Interval Workouts, and to facilitate match-making against fair competition in Race Workouts.

THE ERGATTA WORKOUT EXPERIENCE

Ergatta offers three main workout types (with more on the way):



INTERVAL WORKOUTS

Structured interval-workouts that challenge you to hit and maintain personalized SPM & Split targets. Workout categories include Endurance, HIIT, and Technique.



RACE WORKOUTS

Race-based competitions against yourself and other members of the Ergatta community.



OPEN ROW

Self-lead rows; set your time or distance and row at your own pace.

For up-to-date FAQ about the Ergatta workout experience and App, visit the Customer Support Portal at <https://support.ergatta.com> or reach out to the Customer Support Team at support@ergatta.com.

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METRICS

S4 vs. Ergatta

You may see a discrepancy in the stroke rate and split metrics between the Ergatta app and your S4 monitor. This is expected, due to a difference in the time frame over which these metrics are calculated. The Ergatta app uses a more real-time calculation of these metrics to make it feel more responsive when you speed up to catch the opponent ahead of you. Over long periods at constant speed and constant stroke rates, you should see the two converge on the same stats.

Heart Rate

Heart Rate Monitoring will be supported in an upcoming software release. All updates and details about HRM support will be shared with customers via e-mail and posted to the Customer Support Portal.



ONGOING USAGE

Powering Off

To power off your device, press the power button on the back of the monitor and hold for 3 seconds until you see a “Shutting Down” alert. The S4 monitor will automatically turn off.

You can also put your monitor to sleep by pressing the power button once lightly. Note that the S4 monitor will not automatically turn off if you put your monitor to sleep - you'll need to manually power the S4 monitor off.

It is recommended and important that you power off your device from time to time in order for the Ergatta app to auto-install new software updates.

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 and will prompt you with a “Do you want to install an update to this application?” notification. Select Install.

Accessing Other Applications

You can access other applications through your monitor. To do so, swipe up from the bottom of the monitor until you see a toolbar on the bottom of the screen. Tap the square button to exit the app, then swipe up again from the bottom of the screen to launch the application menu, including Google Play Store.

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WARRANTY

All hardware in the Ergatta Upgrade Package 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.

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.

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