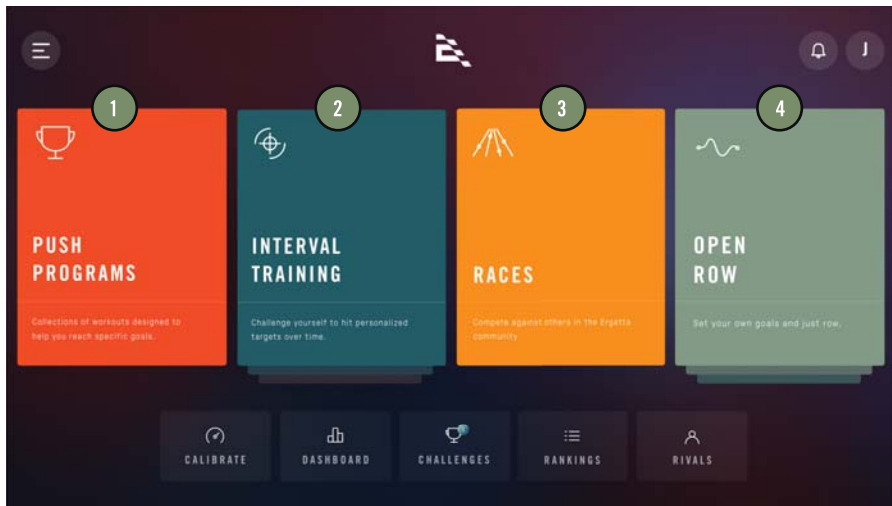


THE INTERFACE



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

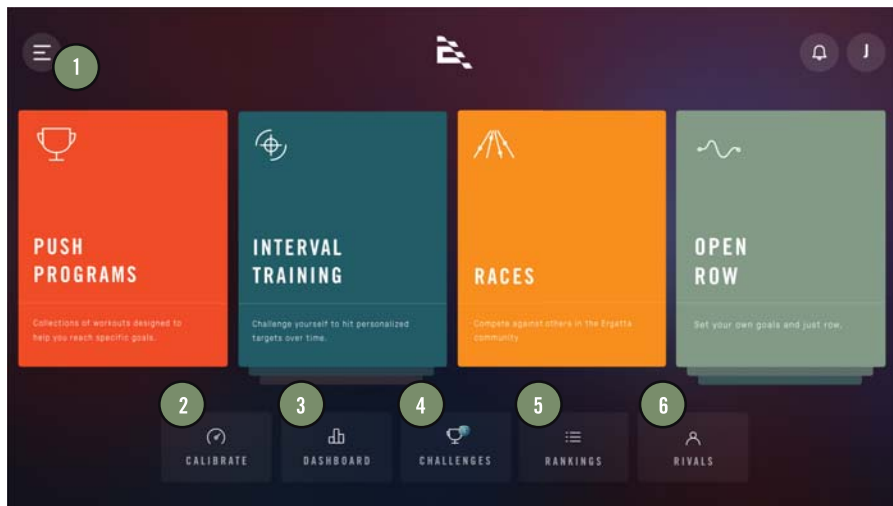
3 RACE WORKOUTS

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.

6 RIVALS

Find and add rivals among the Ergatta community.

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

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. 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 (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 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 support.ergatta.com 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.

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 or can contact a member from our Customer Experience team at ergatta.com/contact-us. For orders outside the US, use the below QR code for applicable contact info.



Contact Info

FAQS

You can also find common troubleshooting tips and FAQs on our member portal at support.ergatta.com.



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

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

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.

TABLET FCC ID: 2A64L-1001

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and**
- (2) This device must accept any interference received, including interference that may cause undesired operation.**







Caution:

Intended for sale and application in a business environment.

Use the Product in the environment with the temperature Between -10°C and 40°C ; Otherwise, it may damage your product. Products can only be used below 2000m altitude

For the following equipment:

Product Name: Ergatta TouchScreen

Brand Name: Ergatta

Model No.: 1001

ERGATTA, INC

E-mail: al@ergatta.com

hereby declares that this [Name: Ergatta TouchScreen, Model: 1001] is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.



The product shall only be connected to a USB interface of version USB2.0 and that the connection to a power USB is allowed.

Use careful with the earphone maybe possible excessive sound pressure from earphones and headphones can cause hearing loss.



Adapter shall be installed near the equipment and shall be easily accessible.

Only can use adapter as below:

Power Adapter Model: FJ-SW20261203000D

INPUT:100- 240V~50/60Hz 1.5A Max; OUTPUT: 12Vdc 3.0A

Shenzhen Fujia Appliance Co., Ltd.

The plug considered as disconnect device of adapter.

This product is intended for sale and application in a business environment.

RED Article 10 2

-This product can be used across EU member states

	BE	BG	CZ	DK	DE	EE	IE
	EL	ES	FR	HR	IT	CY	LV
	LT	LU	HU	MT	NL	AT	PL
	PT	RO	SI	SK	FI	SE	UK (NI)

The device is restricted to indoor use only when operating in the 5150 to 5350 MHz frequency range.

The RF distance between body and product is 0mm.

Bluetooth	
Bluetooth Version:	Bluetooth V5.0
Frequency Range:	2402-2480MHz
Max.RF Output Power:	7.81dBm (EIRP)
Wi-Fi (2.4GHz)	
Support Standards:	802.11b, 802.11g, 802.11n-HT20
Frequency Range:	2412-2472MHz for 802.11b/g/n(HT20)
Max.RF Output Power:	15.59dBm (EIRP)
Wi-Fi (5GHz)	
Support Standards:	802.11a, 802.11n-HT20/40, 802.11ac(HT20), 802.11ac(HT40), 802.11ac(HT80)
RF Output Power	Max. 12.92dBm (EIRP)
Operation Frequency:	Band 1: 5180-5240MHz, Band 2: 5260-5320MHz, Band 3: 5500-5700MHz,
SRD(5.8GHz)	
Support Standards:	802.11a, 802.11n(HT20/40); 802.11ac-VTH20, 802.11ac-VTH40,802.11ac-VTH80
RF Output Power	Max. 10.06dBm (EIRP)
Operation Frequency:	5745-5825MHz

FCC Radiation Exposure Statement:

This device meets the government's requirements for exposure to radio waves. The guidelines are based on standards that were developed by independent scientific organizations through periodic and thorough evaluation of scientific studies. The standards include a substantial safety margin designed to assure the safety of all persons regardless of age or health. The SAR limit of USA (FCC) is 1.6 W/kg averaged. Device types: Ergatta TouchScreen (FCC ID: 2A64L-1001) has also been tested against this SAR limit. SAR information on this and other pad can be viewed on - line at <http://www.fcc.gov/oet/ea/fccid/>. Please use the device FCC ID number for search. This device was tested simulation typical 0mm to body. To maintain compliance with FCC RF exposure requirements, use accessories should maintain a separation distance between the user's bodies mentioned above, use accessories should not contain metallic components in its assembly, the use of accessories that do not satisfy these requirements may not comply with FCC RF exposure requirements, and should be avoided.

FCC Warning

NOTE 1: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF Exposure Statement

For body worn operation, this device has been tested and meets the IC RF exposure guidelines when used with an accessory designated for this product or when used with an accessory that contains no metal and that positions the handset a minimum of 0 mm from the body. Noncompliance with the above restrictions may result in violation of RF exposure guidelines.

Pour les opérations de port du corps, cet appareil est testé pour être conforme aux lignes directrices sur l'exposition aux RF IC lorsqu'il est utilisé avec des accessoires spécifiés pour ce produit ou avec des accessoires qui ne contiennent pas de métal et dont le téléphone est à au moins 0 mm du corps. Le non - respect des limites ci - dessus peut entraîner une violation des lignes directrices sur l'exposition aux radiofréquences.

IC WARNING

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada’s licence-exempt RSS(s). Operation is subject to the following two conditions:

- (1) This device may not cause interference.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- 1. L'appareil ne doit pas produire de brouillage;
- 2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

The device is restricted to indoor use only when operating in the 5150 to 5250 MHz frequency range.
Lorsque l'appareil fonctionne dans la gamme de fréquences de 5150 à 5250 MHz, il est limité à une utilisation en intérieur uniquement.

The device is restricted to indoor use only when operating in the 5150 to 5250 MHz frequency range.
Lorsque l'appareil fonctionne dans la gamme de fréquences de 5150 à 5250 MHz, il est limité à une utilisation en intérieur uniquement.