



ERGATTA





## GAME-BASED ROWING

Ergatta helps you build a fitness routine by adding achievement into every workout. Personalized, interactive games are tailored to your fitness level and designed to make your workouts fly by.

Combined with expert-led classes and scenic rows around the world, Ergatta offers the best variety and support for rowers of all levels.

Sleek, elegant and handcrafted from sustainably-sourced wood, our rower is made for your living room and folds to store in small spaces.

 WATCH TRAILER

50m  
TO FINISH!

M



## ARTFULLY DESIGNED

Made from premium Appalachian Cherrywood or Oak, selected for durability and aesthetic, Ergatta rowers are designed to match any room in the house.

### + HANDCRAFTED IN THE USA

Ergatta rowers are handcrafted in Rhode Island, in partnership with WaterRower, the leading manufacturer of wooden and water-based rowing machines for over 30 years.

### + SMALL AND EASILY STORED

Both rowers store upright and take up as much space as a barstool. The Ergatta Rower stands with a footprint of 23" x 22.5", and the Ergatta Lite 23" x 21". No mounting kit or wall required. Fitted with a foldable touchscreen arm and wheels, both rowers are designed for easy setup, movement, and storage by a single person.



*"With its rich cherrywood, it looks more like an elegant piece of furniture than something usually found on the cardio floor."*

VOGUE



# THE ERGATTA LUXE ROWER

COMPARE ROWERS

SUPPORTS UP TO 500LBS,  
40" INSEAM, 6'8" HEIGHT

21.5" HD  
TOUCHSCREEN

BLUETOOTH  
COMPATIBLE

FOLDS AND  
STORES

41"



23"

86"

78LBS (WITHOUT WATER)  
106.5LBS (WITH WATER)

SAFE FOR ALL  
FLOOR TYPES



# THE ERGATTA LITE ROWER

COMPARE ROWERS



17.3" HD  
TOUCHSCREEN

BLUETOOTH  
COMPATIBLE

FOLDS AND  
STORES

SUPPORTS UP TO 320LBS,  
38" INSEAM, 6'4" HEIGHT

38"

40LBS (WITHOUT WATER)  
72LBS (WITH WATER)

82"

23"

SAFE FOR ALL  
FLOOR TYPES



# THE WATER FLYWHEEL

Resistance adjusts based on your input. More effort meets more resistance, just like rowing on the water. No complicated settings to adjust; resistance smoothly scales up and down with your effort.

## + EASY ON THE BACK

Resistance is evenly distributed throughout the stroke, putting less strain on your back while making your core and arms pick up more of the work.

## + NEAR SILENT

When rowing, the spinning water makes a low, soothing woosh that's akin to white noise and won't wake sleeping housemates in the next room. Many find the sound particularly meditative.

 LISTEN



*"Real water is soothing and provides a tension that feels natural and somehow pleasing. I've used many fan rowers and they just don't compare."*

**G** GREGORY W.



# WORKOUTS YOU CAN WIN

## + GAME-BASED FITNESS

Go head-to-head with others, or challenge previous efforts for a high score. Ergatta workouts are delivered in the form of games, each highly interactive and motivating you with competition and scoring that keeps your eyes off the clock.

## + CALIBRATED TO YOU

Workout targets and challenges are adapted to your fitness level, evolving with your progression over time. Your Calibration automatically updates with regular use, and you can select which workouts count towards your improvement and which are for recovery.

## + DESIGNED FOR PROGRESS

There are thousands of game-based workouts, each thoughtfully designed by fitness professionals to drive individual progress and results via progressive load training.



WATCH TRAILER





# NEW TO ROWING?

## + GETTING STARTED

Progress through video tutorials and interactive drills in a program designed for first-time rowers. Short, accessible workouts get you up to speed, introduce key concepts, and get you ready for an optional 1k time trial that Calibrates your initial fitness level.

## + BEGINNER PROGRAMS

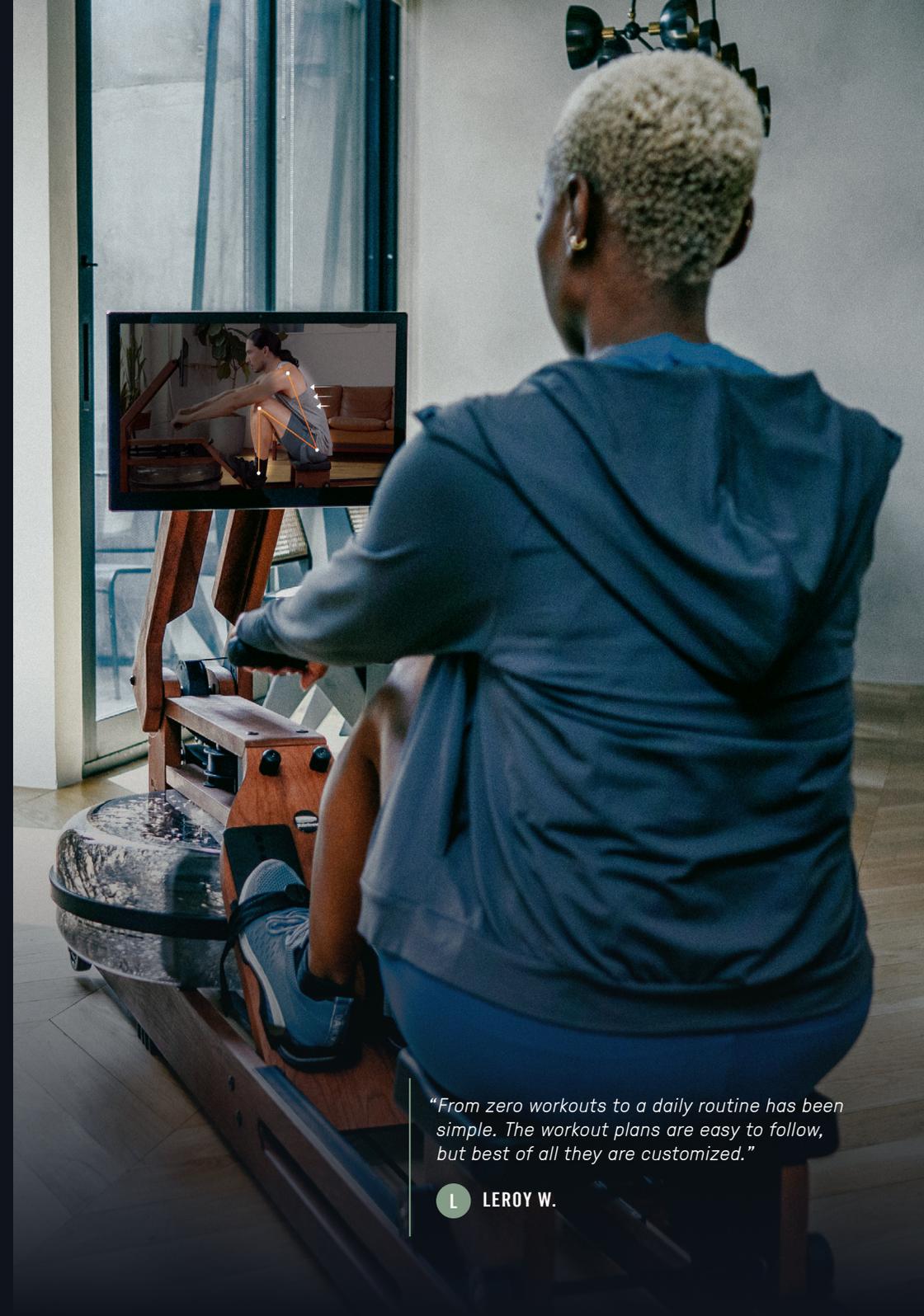
We'll guide you through your first few months with starter programs designed for every starting line, whether that's getting off the couch, learning the fundamentals, or tracking towards your first 5k.

## + LEARN TO ROW WITH COACH AI

Receive real form feedback and instruction throughout your rowing journey from Coach AI. Feel your power and efficiency increase, plus prevent injury as you begin to take on harder workouts.

## + PRACTICE IN CLASS

Practice your technique with tips and guidance from professional CityRow instructors. Explore libraries of classes, tutorials, and drills that offer complete support as you get in the swing of rowing.



*"From zero workouts to a daily routine has been simple. The workout plans are easy to follow, but best of all they are customized."*

L LEROY W.



# COACH

AI

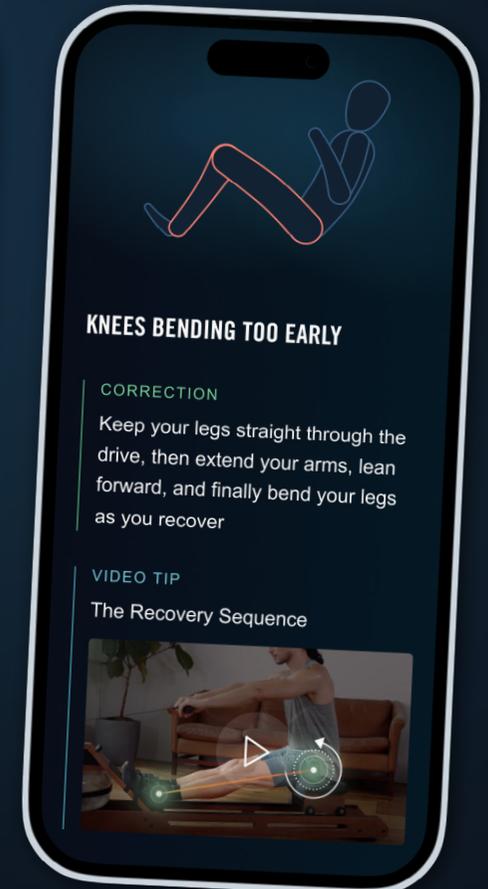
## MEET YOUR PERSONAL TRAINER

Learn to row with form feedback from Coach AI. Analyze your technique, see your mistakes, and improve over time with recommended drills and video instruction.

Feel your strength and efficiency increase and row with confidence knowing you can push the pace with safe technique.

Coach AI uses computer vision to analyze your rowing form and provide personalized feedback. [Learn more](#)

 WATCH TRAILER





# PERSONALIZED FOR YOUR PROGRESS

Ergatta's patent-pending Calibration system customizes your fitness experience with detailed Intensity Zones that personalize individual interval targets and overall workout difficulties to your speed and endurance.

Intensity Zones enable Ergatta to match you with your closest competitors for competitive Race workouts, or level the playing field in Vortex, where relative effort translates into a final score.

A distance-based calibration workout sets your initial Intensity Zones, which automatically adapt with your workout performance to drive continuous improvement.



*"I love how it learns and adapts to me as my skills and endurance and strength increase."*

**P** PATRICE S.

## INTENSITY ZONES

### PADDLE

Light rowing, great for warming up, cooling down, and active rest.

### STEADY

Brisk, sustainable pacing to strengthen cardio and endurance.

### RACE

Intense rowing that develops strength and speed.

### SPRINT

Anaerobic exercise that extends your limits.



## SOLO GAMES

Our Solo Games—Wavelength, Meteor, Echo, and Pulse—feature thousands of unique HIIT, Conditioning, Endurance, and Recovery workouts, each equipped with real-time feedback and optimized to your fitness profile.



### WAVELENGTH

Soar through stunning 3D worlds as you hit targets, dodge obstacles, and navigate the changing seas below. As you earn points, you'll collect Stars that unlock new workouts and special Perks.

The optional Campaign mode, inspired by the level progression system in classic games, guides you through sequential levels where you'll master skills and conquer virtual worlds.

Unique Gameplay Themes, like Arcade and Meditation, create vastly different styles of play, ensuring that there's something for everyone to love. With a wide variety of workouts and many ways to win, Wavelength is as much of a game as you want it to be.



**WATCH TRAILER**





## SOLO GAMES

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*“Twenty minutes on the rower can be a straight sufferfest. Playing meteor for twenty minutes, on the other hand, is an absolute blast. The graphics are sophisticated and dynamic enough to keep your attention while not overcomplicating or distracting.”*

MEN'S JOURNAL



### METEOR

Inspired by classic 2D side-scrolling games, this experience challenges you to collect tokens as they fly through space at varying target speeds. Sync your stroke rate with the speed of the passing tokens to maximize efficiency and push your target zones.



WATCH DEMO



## SOLO GAMES

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*I love having the ability to measure my progress while gaining a better understanding of how varying power vs. SPM impacts split times, all while building up endurance.*

**J** AMY W.

### ECHO

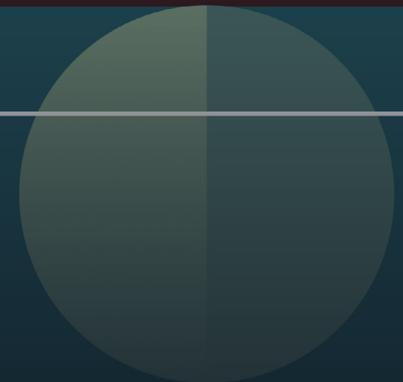
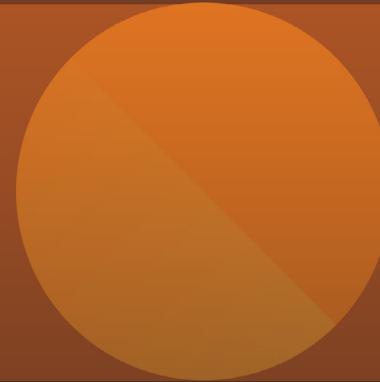
Echo adds a new dimension and strategy to your HIIT, Conditioning, and Endurance Interval workouts. Stabilize your rhythm and improve your form by aligning your strokes with the passing targets, and earn score point multiples as you stack up streaks.

 **WATCH TRAILER**



## SOLO GAMES

Our Solo Games—Wavelength, Meteor, Echo, and Pulse—feature thousands of unique HIIT, Conditioning, Endurance, and Recovery workouts, each equipped with real-time feedback and optimized to your fitness profile.



### PULSE

Hit and maintain personalized target zones and work your way to a final score of 100%. Targets take the form of speed zones defined by your individual Intensity Zones, strokes per minute, or both.

Rhythm, power and technique impact the stability of your spinning avatars on the mark and guide you to improving all three.

*"I was so caught up trying to hit the targets that I didn't realize I was working out until it was over. I was breathing hard and soaked in sweat, my legs were aching, and I was obsessed about the four targets I missed. I actually went back later that day for another workout so I could try to beat my last score."*

WIRED

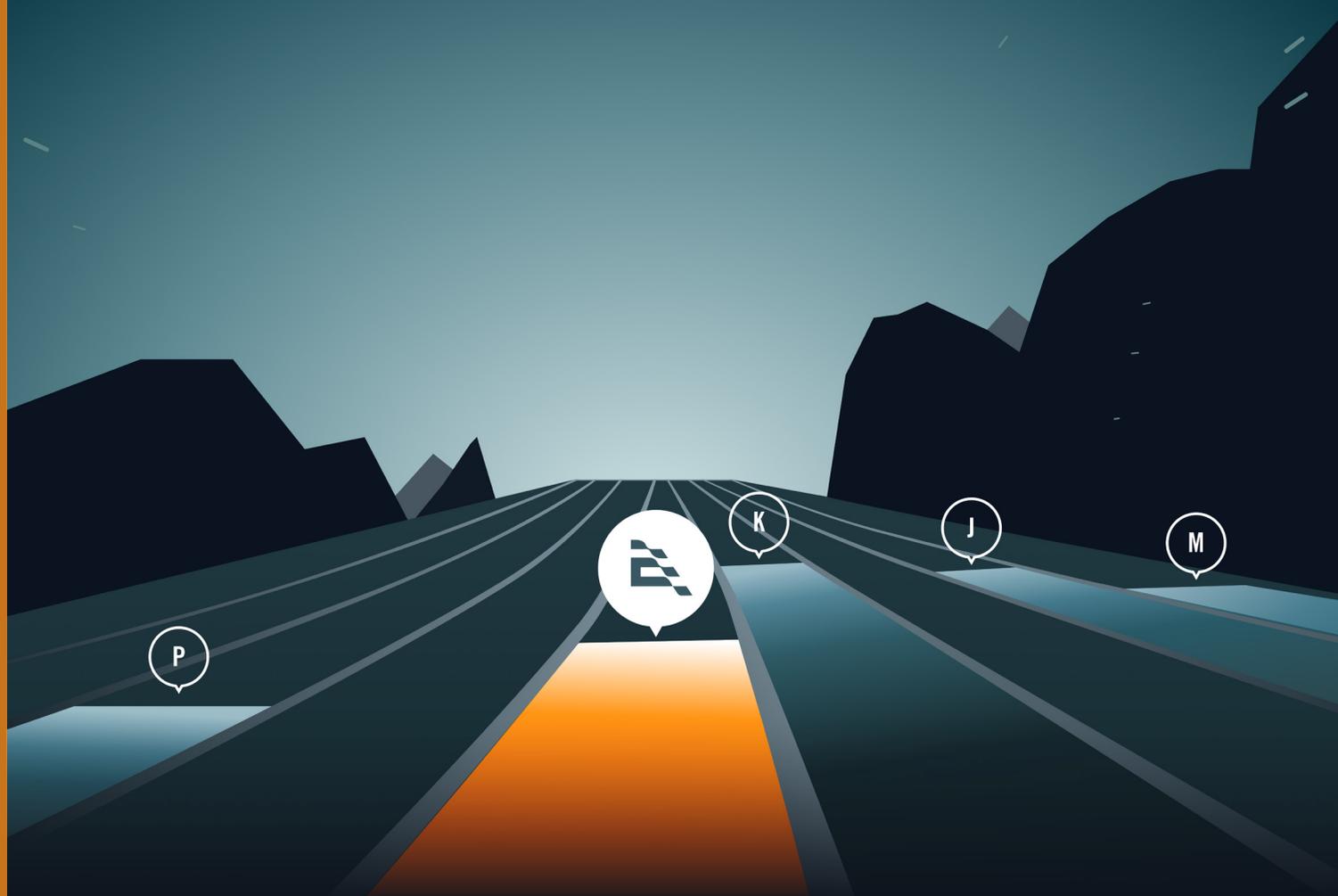


# COMMUNITY GAMES

Go head-to-head with Rivals, the community, and your past performances in two competitive workout experiences, **Races** and **Vortex**, that motivate you to give your best effort in the name of bragging rights.

*"I didn't know that I had such a competitive spirit. With every workout I am hitting new milestones, and I could see a massive difference in how I feel, look, and take my days with ease mentally."*

**J** JOHANNA E.



## RACES

Match with friends or members of similar speed with Ergatta's intelligent matchmaking platform. Available live and on-demand, there are hundreds of Race workouts: ranging from 100m to marathon length with a wide assortment of rest periods and segment lengths to vary their intensity and focus.

**Live Races** - There are 4 Live Race times available each week, with special Live Race Events, like the Turkey Trot, awarding prizes to the winners in each speed classification.

**Race of the Week** - The community comes together for a weekly featured race with podiums published for each speed category on Mondays.

**Race Yourself** - Race Yourself - Race your previous efforts or go head-to-head with Rowbot, a customizable pacing companion.

 **WATCH DEMO**



## COMMUNITY GAMES

Go head-to-head with Rivals, the community, and your past performances in two competitive workout experiences, **Races** and **Vortex**, that motivate you to give your best effort in the name of bragging rights.

*"It's easy to push just a little harder when I can see my competition on the screen."*

**A** ABE H.



### **VORTEX**

Driven by Ergatta's proprietary Calibrated Competition technology, Vortex puts members head-to-head for high scores in a competitive workout experience that awards points based on individual effort, not raw speed.

Score points and pull away from your competitors by increasing your relative speed and Strokes Per Minute (SPM). Your speed controls how many tokens you collect in a given stroke, and your SPM dictates how frequently you draw them in.

Play to your strengths and weaknesses to put forward your best effort and beat friends and family members of all speed levels through time-based intervals, rest periods, and bonus rounds awarding extra points.

 **WATCH TRAILER**



## PUSH PROGRAMS

Goal-oriented training plans that build you up to meet a final challenge. Workouts sequentially unlock as the previous workout is completed, with each working together to push you towards your goal.

*“To clearly see and visualize my progress has been really validating. It’s the only exercise or workout program I’ve been able to stick with over any period of time.”*

**A** ANDREW B.

2,000M RACE DAY

8

15 MIN FINAL STRIDES

**TACKLE GOALS**

Improve your 5k, crosstrain, or just get up off the couch and row your first 1,000m. Programs range from beginner to advanced and for goals both big and small. To pursue long-term goals, Progressive Push Programs stack sequentially unlocking programs together to focus efforts and stage your improvement.

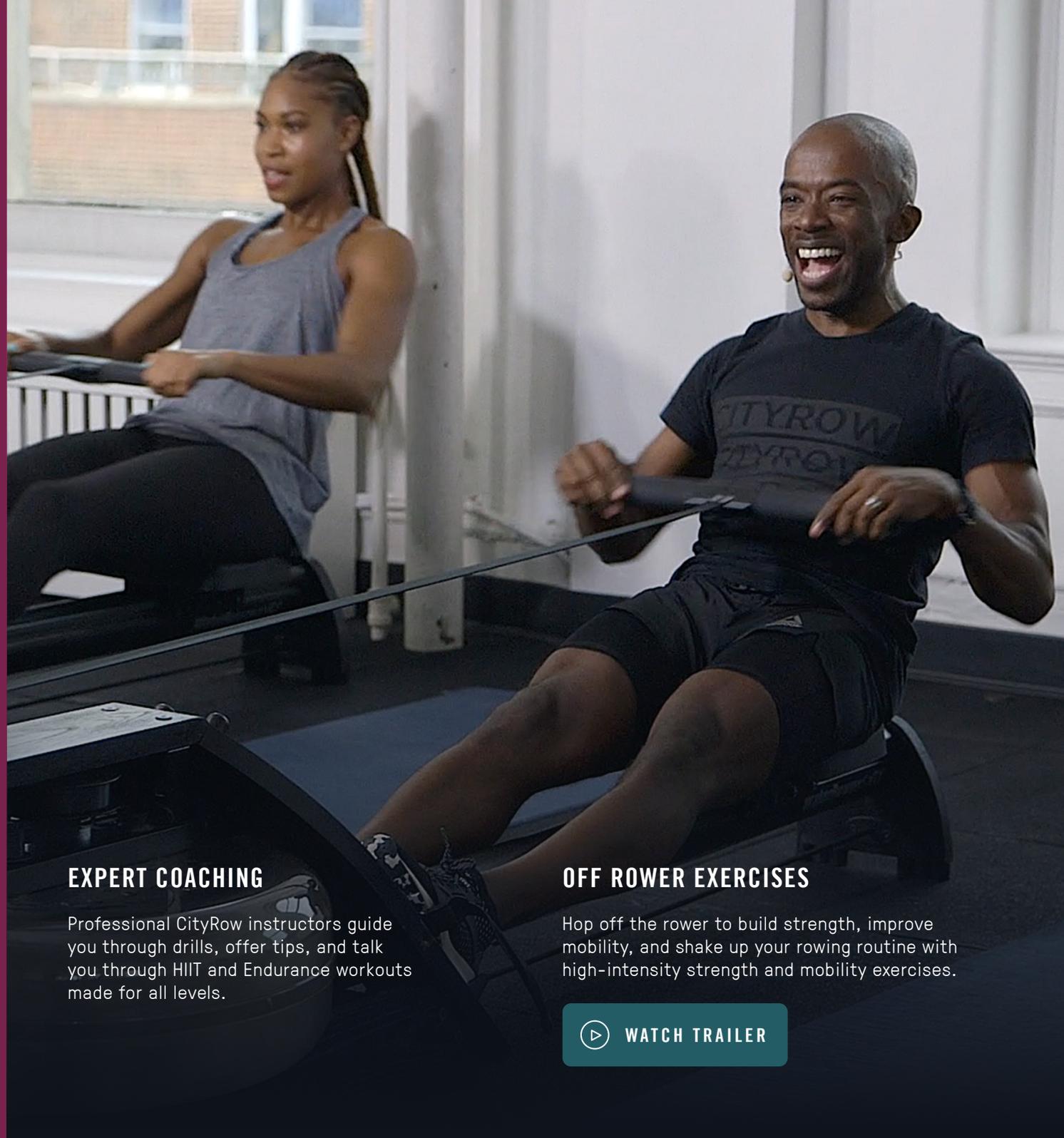
**STRUCTURE YOUR ROUTINE**

Take the guesswork out of your routine with rest days and recovery workouts built in to keep you on course. Designed by fitness professionals, Push Programs range from 5 to 50+ workouts with new routines and training plans released monthly.



## CLASSES

Dive into premium, instructor-led studio classes powered by CityRow. Experienced instructors put the spotlight on technique and form, coach you through tough intervals, and emphasize injury prevention.



### EXPERT COACHING

Professional CityRow instructors guide you through drills, offer tips, and talk you through HIIT and Endurance workouts made for all levels.

### OFF ROWER EXERCISES

Hop off the rower to build strength, improve mobility, and shake up your rowing routine with high-intensity strength and mobility exercises.



WATCH TRAILER



# OPEN ROW

Row through dozens of scenic and city waterways around the world. New locations are added every few months, with both forward-facing and more traditional backward-facing options.

*"I love the laid out plans for improving my performance, but I also love the ability to row at my own pace with beautiful scenery."*

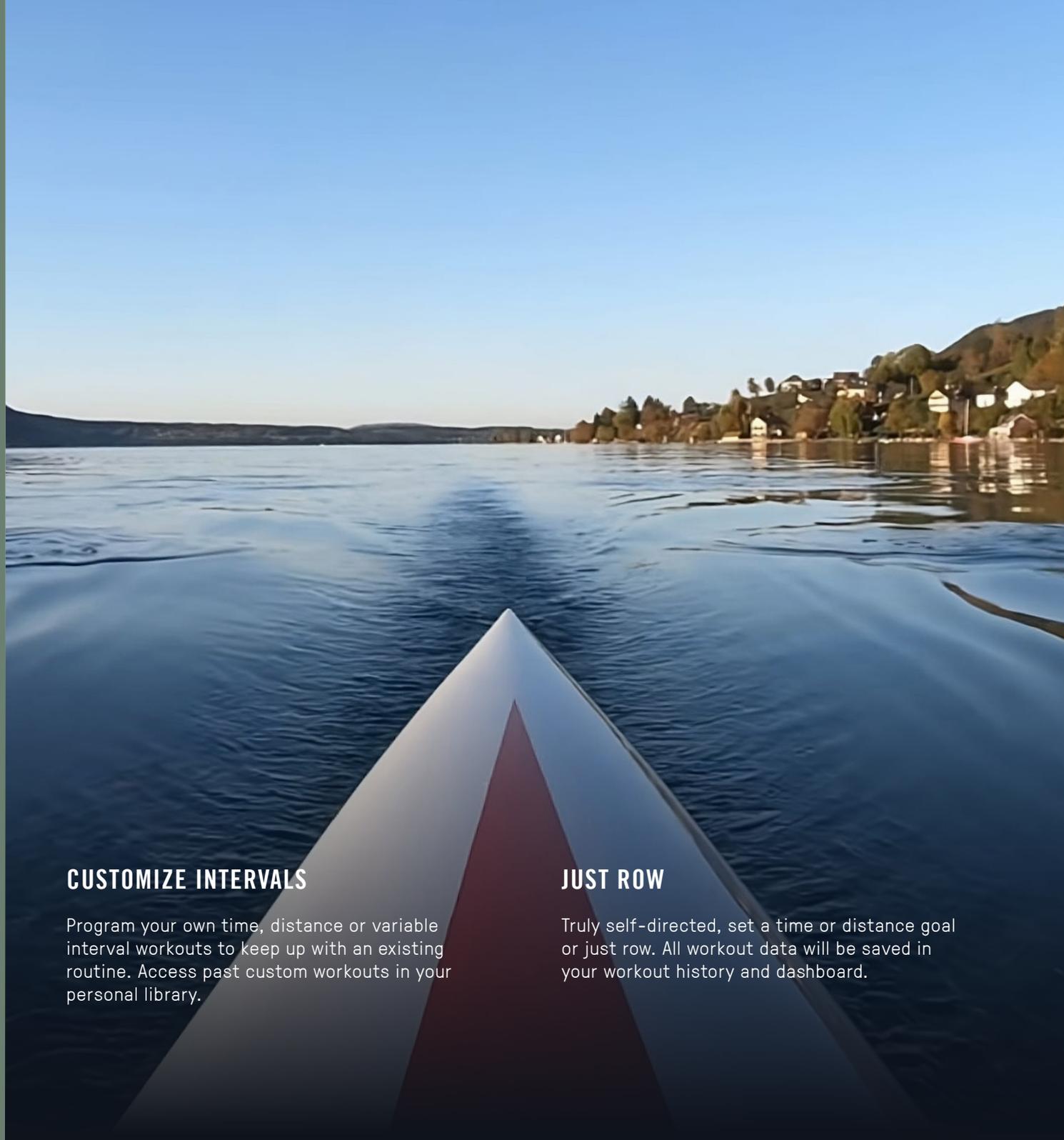
**L** LAURA B.

## CUSTOMIZE INTERVALS

Program your own time, distance or variable interval workouts to keep up with an existing routine. Access past custom workouts in your personal library.

## JUST ROW

Truly self-directed, set a time or distance goal or just row. All workout data will be saved in your workout history and dashboard.





## COMMUNITY WITH A COMPETITIVE EDGE

Member interaction is at the center of the Ergatta experience, and the members who bring it to life are motivated by the thrill of competition, self-improvement, and collective achievement.

Connect with other members as friends, or “Rivals,” on Ergatta. Join in on their races, keep up with their recent efforts, and see how you stack up against each other in the Rankings.



The workouts are not only fun, competitive and challenging, but the whole gaming experience keeps me engaged, focused and driven to improve—not only my stats, but my endurance and technique.

**BRET W.**



Competition with others: *check!*  
Competition with myself: *check!*  
Learning skills to improve my techniques and strategies: *check!* Push myself to the limit no matter how much I improve: *check!* I workout harder and more frequently now than I ever had before.

**GRANT R.**

**KATIE L.**

The progressive training is fantastic. I am a type A personality that thrives on progress and achieving. Every milestone recognized makes me look forward to the next.



The way the activities and workout programs are designed really creates a mindset that you want to win, beat your last time and hit new records.

**PETER B.**



I love it, the competitive nature really kicks in for any race you do. The interval workouts are great for practicing form and learning to how to pace yourself.



# CHALLENGES

## MONTHLY AND ANNUAL

Featuring special content, live races, and events, compete with the community in a unique challenge every month and year. Complete the monthly challenge to unlock a donation made on your behalf to a featured nonprofit, and the annual challenge for a special prize.

March  
April  
May



## PRIVATE GROUPS

Create custom group challenges with up to 10 Rivals, friends or family members. Chase a lofty time or distance target, row the most within a time window, or keep track of your progress towards a group goal.

## TEAM COMPETITION

Join forces and row your team to the top of the Rankings to earn specialty badges and bragging rights. Unlock extra accountability and keep up with the banter in the Ergatta Community Facebook Group.

NOVEMBER

SU	M	T	W	TH	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3





# MILESTONES

## + TRACK YOUR ACHIEVEMENTS

Milestones track the big moments in your rise up the rankings, and score you some bragging rights against your Rivals. Earn badges and bragging rights when you complete Challenges, Push Programs, and join the community for special events.

## + BECOME A MILLION METER MEMBER

Every stroke on your Ergatta rower counts towards your distance Milestones. You'll reach your first at 10k, and when you row 1 million meters with us, you'll unlock the ability to create and share your own celebratory workout with the community.



**BUILD YOUR  
ENDURANCE**



**WINNING  
ENERGY**



**TURKEY TRIALS  
11.24.22**



**67,367  
METERS ROWED**



# BENEFITS

## + NEW WORKOUTS EVERY WEEK

There is always something new to try. We release new workouts weekly, new programs and challenges monthly, and regular updates bringing new games and features.

## + UNLIMITED PROFILES

Create unlimited profiles with an Ergatta household membership. Each profile has full-access to features, including unique Intensity Zones, Calibration, social features, and data storage.

## + MEMBER CARE

Customer experience is the core of our mission. A dedicated team stands by to talk to you about the tech, technique, or your journey with Ergatta. No questions? No problem. You'll meet them in the member channels.

## + CONTINUOUS INNOVATION AND IMPROVEMENT

We're constantly expanding Ergatta's experience with new games and features, built in close collaboration with members. Beta test new experiences, or volunteer for a motion study group to help us pioneer an entirely new fitness experience.

Want to know more? [Schedule a Conversation](#)





# INTEGRATIONS



## CONNECT YOUR APPLE WATCH

Track your achievements with Apple Watch. Connect your watch to stream heart rate data and sync your Ergatta workouts with Apple HealthKit.



## HEART RATE SENSORS & HEADPHONES

Ergatta connects with Polar, Whoop, Garmin HRM-Dual, Wahoo Tickr, and non-PIN entry Bluetooth devices to stream your heart rate data. Connect your AirPods, headphones, or other Bluetooth-enabled speakers to your rower. Music stations are available through the touchscreen.



## STRAVA

Sync your Ergatta account to automatically upload your workouts on Strava, data transfer including power and heart rate analytics.



## MOBILE APP

Plan ahead, see your stats, sign up for races, and keep up with the Rankings on the Ergatta Mobile App. Available on iOS and Android devices.





# ROW NOW, PAY LATER

## FINANCE YOUR ROWER

We offer financing plans, **starting at 0% APR**, through Klarna and Affirm that let you start rowing now and pay over time. To apply for financing, add the Ergatta Rower or Lite to your cart and proceed to check out. At payment, choose “Klarna - Flexible Payments” or “Affirm - Pay Over Time.” After clicking “Complete Order”, you will be redirected to Klarna to complete your purchase securely.

## PAY WITH YOUR HSA/FSA

Qualify to use your HSA or FSA when checking out with Truemed—allowing you to purchase an Ergatta rower and membership using pre-tax dollars. That means potential savings of up to 30%.

## PAY OFF WITH PAYPAL

You can use PayPal credit at checkout which offers 0% APR if you pay it off in 6 months. You will be able to see this option on the payment page after logging into your PayPal account. Note: you must have an existing PayPal account to qualify for this option.

Need more info? [Visit our Financing FAQ](#)





# DELIVERY

## GROUND SHIPPING & SELF-ASSEMBLY

Your Ergatta rower will be shipped directly to you from Rhode Island within 5-10 days from purchase. Your order will be shipped in 3 boxes via FedEx (2 boxes for the Lite). We will also email you when your order is on its way with tracking information. Depending on your location, you can expect to receive your shipment within 1-2 weeks from purchase.

## PROFESSIONAL ASSEMBLY & DELIVERY

Ergatta rowers are packed and shipped within 5-10 days from purchase. We will send your rower to a local professional technician and will let you know when it is in transit.

Our delivery team will assemble your rower and call or email you to schedule a date and time for delivery. When you receive the rower, it will be fully assembled and ready to use.





# WARRANTY & RETURNS

## RISK-FREE HOME TRIAL

If you are not satisfied with any Ergatta product, you may initiate a return within 30 days of delivery for a complete refund. Professional assembly fees will not be refunded.

Professionally-delivered rowers will be picked up by technicians. Ground-shipping orders will receive postage to ship the rower back to our manufacturer. [Learn More](#)

## STANDARD WARRANTY

Ergatta offers warranty coverage, including all shipping costs, on all rowers sold. The warranty covers 5 years on the structural frame, 3 years on component parts, and 1 year on the digital tablet. [Learn More](#)

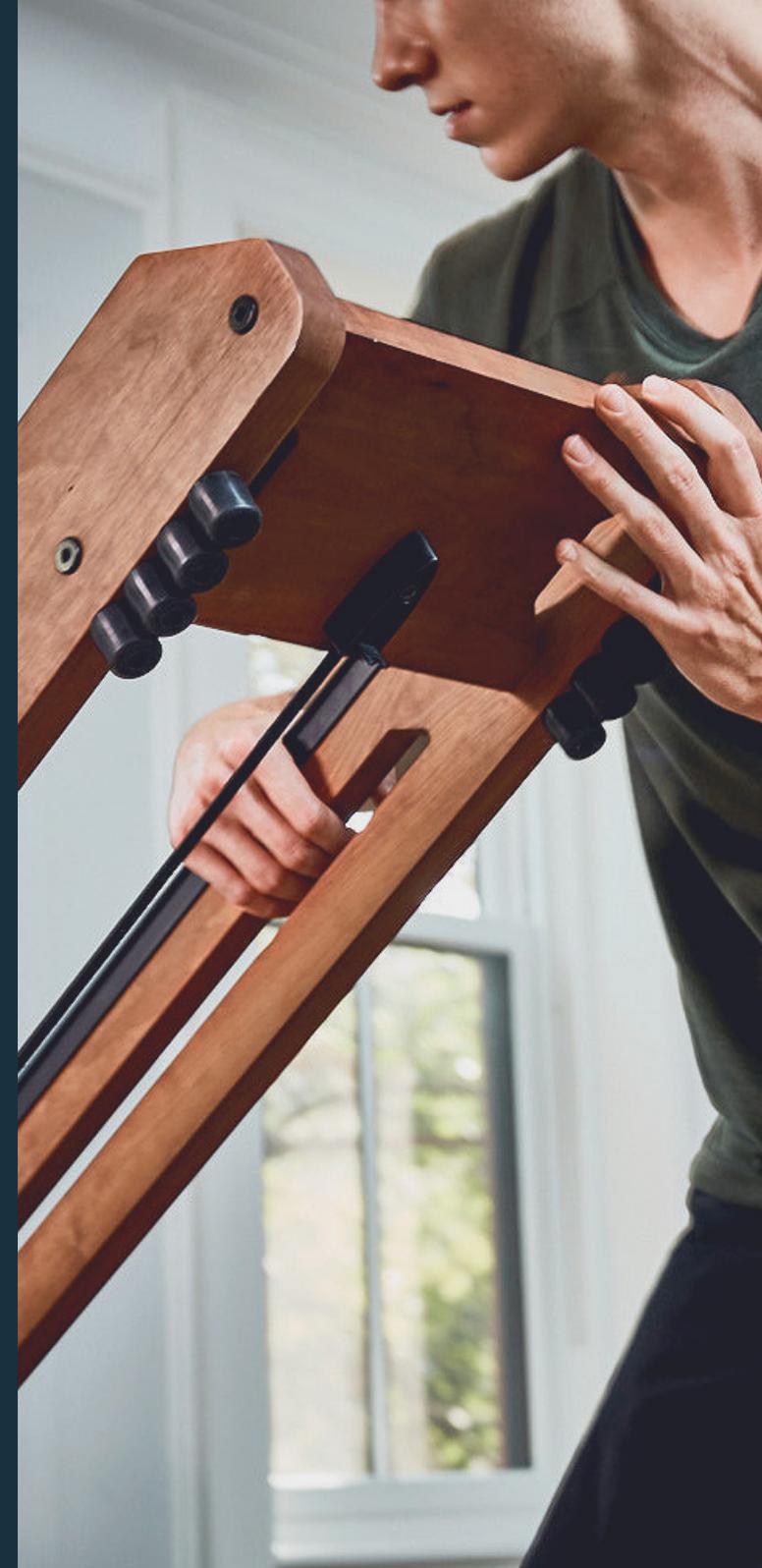
## EXTENDED WARRANTY

Ergatta has partnered with XCover to allow Ergatta members to purchase extended warranty (only available for US purchases).

Through XCover, this warranty provides coverage for:

- Accidental damage from handling (drops, spills and cracked screens) from the date of purchase.
- Repairs at no additional cost for approved claims. Reimbursement or replacement if product cannot be repaired.
- Mechanical and electrical breakdowns after the manufacturer's warranty expires.

Visit our website to [see full terms](#).





## ADDITIONAL INFORMATION

### ROWER CARE

You never need to empty or replace the water in Ergatta rowers. We recommend wiping sweat from the rower and rails after workouts, and adding a purifying tablet into the water basin to keep it clean and clear. Tablets are provided and free. Technicians do place a purifying tablet in your rower's water basin prior to delivery.

[Learn More](#)

### ACCESSORIES

Add a workout mat or give your journey a head start with rowing gear and apparel. Raise the base of the Ergatta Rower 8 inches with the HiRise Adaptor Kit – not available with the Ergatta Lite. [Learn More](#)





# GAME ON



Scan the QR code to shop now  
or visit: [erga.io/shop](https://erga.io/shop)

Have questions? Connect with us at [info@ergatta.com](mailto:info@ergatta.com)

95%  
TARGETS HIT

2,000M TRIAL RUN

Rehearse your Recalibration test rowing at your goal speed.  
After, take a day to row lightly before giving it your all.

26 SPM

28

		THIS MONTH		LAST 30 DAYS	
DATE	NAME	AGE	SEX	ROW TIME (1000M)	AVG SPM (1000M)
1	GeoLander1	47	M	1:12	1:45
2	Aber	32	M	1:15	1:44
3	MDgrooves	28	M	1:24	1:53
4	Chef28	28	F	1:34	2:12
5	MightyBob1990	31	M	1:25	1:51

JAYNECHRI...

KONSTANTI...

2:01

2:18

1:54

1:57

PROGRESSIVE PROGRAM

ROWING SERIES