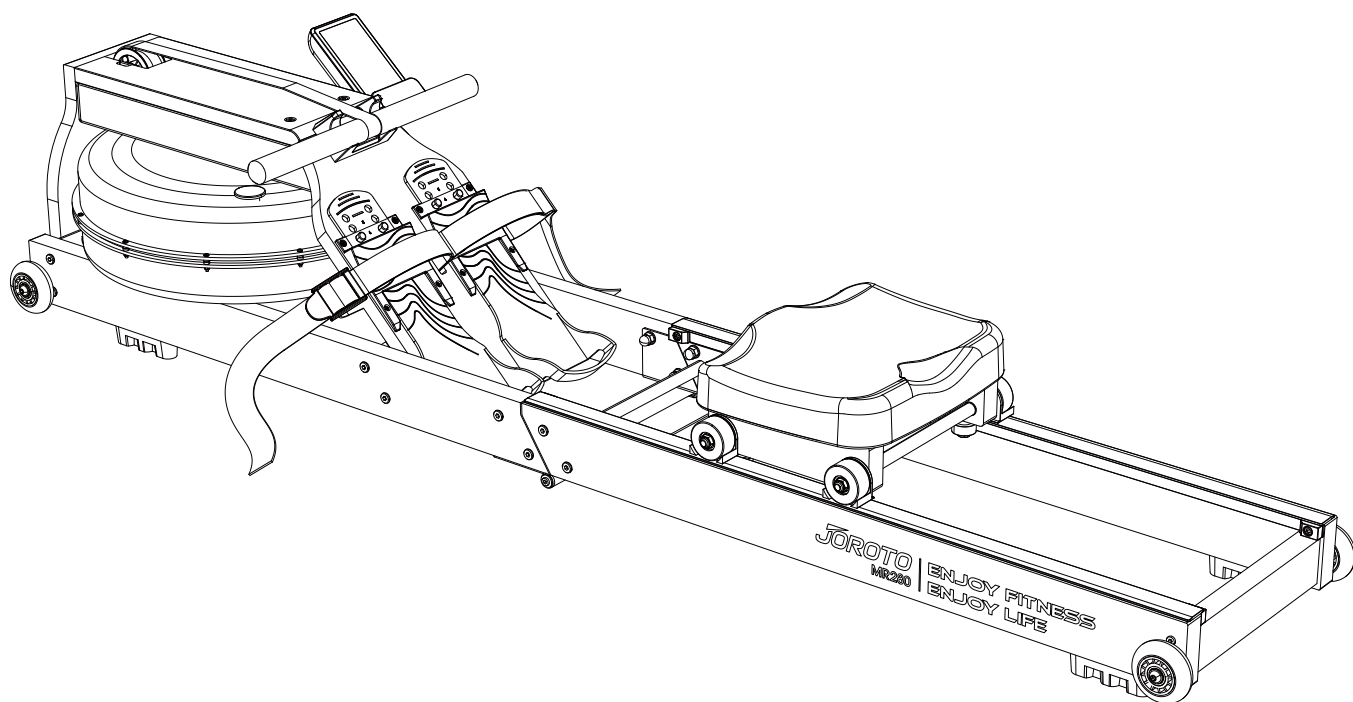


JOROTO[®]

User Manual



JOROTO-MR280

WATER ROWING MACHINE

This diagram is a detailed exploded view of a mechanical assembly, likely a camera or a similar optical device. It features numerous numbered components, including lenses, mirrors, prisms, and structural frames. Dashed lines indicate the assembly sequence and alignment of the parts. The parts are numbered from 1 to 90, with some numbers appearing multiple times for identical components. The diagram is oriented horizontally, with the main body of the device on the left and various accessories and sub-assemblies on the right.

NO.	NAME	NAME	NAME	NOM	SPEC.	QTY.
1	Left Front Rail	Linke vordere Schiene		Rail avant gauche	893*80*27	1
2	Right Front Rail	Rechte vordere Schiene		Rail avant droit	893*80*27	1
3	Left Back Rail	Linke hintere Schiene		Rail arrière gauche	920*80*27	1
4	Right Back Rail	Rechte hintere Schiene		Rail arrière droit	920*80*27	1
5	Rail Connecting Panel	Schienen-Verbindungsplatte		Panneau de connexion de rail	260*55*27	1
6	Seat Fixing Panel	Sitz-Befestigungsplatte		Panneau de fixation du siège	220*60*27	2
7	Front Baffle	vordere Lünette		Défecteur avant	290*240*20	1
8	Top Connecting Panel	Obere Anschlussplatte		Panneau de connexion supérieur	390*152*20	1
9	Pedal Bottom Plate	Pedal-Bodenplatte		Plaque inférieure de la pédale	380*250*20	1
10	U Connecting Panel	U-förmige Verbindungsplatte		Panneau de connexion U	Q235/53	2
11	Left Front Connecting Part	Linke vordere Verbindungsplatte		Pièce de connexion avant gauche	-	1
12	Right Front Connecting Part	Rechte vordere Verbindungsplatte		Pièce de connexion avant droite	-	1
13	Back Connecting Panel	Hintere Anschlussplatte		Panneau de connexion arrière	-	1
14	Tank Fitting Part	Wassertank-Halter		Pièce de raccord de réservoir	-	1
15	Fixing Panel	Befestigungsplatte		Panneau de fixation	Q235/52	1
16	Monitor Support Base	LCD-Anzeige Ständer		Afficher la base de support	Q235/52	1
17	Handlebar	lenker rohr		Le guidon	Q235/φ25*380	1
18	Long Bearing	lange Achse		Roulement long	Q235/φ10*305	1
19	Seat Bearing	Sitzrollenwelle		Roulement de siège	Q235/φ8*320	1
20	Fixed Pin	Fixiersliff		Broche fixe	SUS304/φ10*40	1
21	Bottom Half of Tank	Unterer Teil des Watertanks		Moitié inférieure du réservoir	PC/φ445*69.5	1
22	Top Half of Tank	Oberer Teil des Watertanks		Moitié supérieure du réservoir	PC/φ445*69.5	1
23	Blade	Watertank-Klinge		Pagayer	PC/φ330*106	1
24	Tank Sealing Ring	Dichtungsring		Anneau d'étanchéité de réservoir	φ430*7	1
25	Spring Box	Frühlingsbox		Boîte de printemps	φ140*134	1
26	Sealing Ring Fixing Part	Dichtringhalter		Pièce de fixation de la bague d'étanchéité	φ60*φ45*32	1
27	Washer	Gummidichtung		Rondelle	φ40*7	2
28	Washer 2	Gummidichtung 2		Rondelle 2	φ42*φ25*52	1
29	Rubber Sealing Washer	Gummidichtung		Rondelle d'étanchéité en caoutchouc	φ60*φ45*52	1
30	Bearing	Lager		Palier	NBR/φ20*φ40*8	2
31	Pulley	Role		Poulie	POM/φ68*φ54*32	1
32	Water Tank Plug	Wassertank-Stopfen		Bouchon de réservoir d'eau	φ31.3*10.4	1
33	Bearing Sleeve	Buchse		Manchon de roulement	PP/φ18*φ10.2*13	6
34	Small Strap Wheel	Rolle		Petite roue à sangle	POM/φ51*φ38*32	1
35	Pedal Supporting Base	Pedalunterlage		Base de support de pédale	PP/132*106*18	2
36	Pedal Adjustment Plate	Pedal-Einstellplatte		Plaque de réglage de la pédale	PP/343*106*56	2
37	Foot Pad	Fußpolster		Coussinet de pied	φ20*15	2
38	Moving Wheel	Transport Rad		Roue mobile	PU/φ69*23.5	4
39	Semi-Sphere Plug	Lenker-Endkappe		Prise semi-sphère	PP/25*1.5	2
40	Grip Cover	Lenker- Abdeckung		Couverture de poignée	φ30*3*180	2
41	PVC Sleeve	PVC Buchse		Manchon en PVC	PVC/φ15*φ8.2*40	2
42	PVC Sleeve 2	PVC Buchse 2		Manchon en PVC 2	PVC/φ15*φ8.2*195	2
43	PVC Sleeve 3	PVC Buchse 3		Manchon en PVC 3	PVC/φ15*φ8.2*10	4
44	PVC Sleeve 5	PVC Buchse 5		Manchon en PVC 5	PVC/φ16*φ10.2*5	2
45	Main Bearing Sleeve	Spindelbuchse		Manchon de palier principal	φ30*φ17*10	1

NO.	NAME	NAME	NOM	SPEC.	QTY.
46	Handlebar Holder	Lenker-Halter	Support de guidon	ABS/96*54*40	1
47	Seat Cushion Block	Sitz-Block	Bloc de coussin de siège	PVC/25*15*10	4
48	Small Roller	Kleine Rad	Petite roue	TPU/φ28*11,5	4
49	Roller Holder	Rolle-Befestigungsplatte	Porte-rouleau	PVC/46*43,5*32,4	4
50	Seat Roller	Sitz-Rolle	Rouleau de siège	TPU/φ46*22	4
51	Foot Pad	Fußpolster	Coussinet de pied	PVC/100*25*25	4
52	Sidebar	Seitenleiste	Barre latérale	PVC/30*17,5*917	2
53	Seat Cushion	Sitz	Coussin de siege	PU/320*260*52	1
54	Webbing Strap Set	Pedal-Einstellriemen	Sangle Sangle Ensemble	PP/38,1**2*800	1
55	EVA Pad	EVA-Streifen	Tampon EVA	EVA/90*25*82	2
56	Wire Plug12	Kabel-Stecker 12	Prise de fil 12	PVC/φ14,5*φ12	1
57	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6*15xS4	10
58	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6*30xS4	10
59	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6*50xS4	2
60	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M8*32xS5	4
61	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M8*40x15xS5	16
62	Hexagon Socket Cylinder Head Screw	Innensechskant-Zylinderkopfschraube	Vis à tête cylindrique à six pans creux	M6*16 S5	4
63	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M6*15xS5	6
64	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M6*32xS4	2
65	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M8*55x35xS5	2
66	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M8*80x50xS5	2
67	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M8*110x30xS6	1
68	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M10*50x15xS6	1
69	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M10*55xS6	1
70	Hex Bolts	Sechskantschrauben	Boulons hexagonaux	M8*90x20xS14	4
71	Hexagon Head Screws	Sechskantschrauben	Vis à tête hexagonale	M6*15xS10	3
72	Hexagon Socket Pan Head screw	Innensechskant-Pfannekopfschraube	Vis à tête cylindrique à six pans creux	M6*30xS5	1
73	Cross Recessed Pan Head Tapping Screws	Kreuzschlitz Flachkopf-Blechschauben	Vis autotaraudeuses à tête cylindrique à empreinte cruciforme	ST4,2x16xφ7	10
74	Cross Recessed Pan Head Tapping Screws	Kreuzschlitz Flachkopf-Blechschauben	Vis autotaraudeuses à tête cylindrique à empreinte cruciforme	ST4,2x19xφ11	12
75	Cross Recessed Pan Head Screws	Kreuzschlitz Pfannekopfschraube	Vis autotaraudeuses à tête cylindrique à empreinte cruciforme	M4x6xφ7	4
76	Cross Recessed Pan Head Screw with Washer	Kreuzschlitz Pfannekopfschraube (mit Unterlegscheibe)	Vis autotaraudeuses à tête cylindrique à empreinte cruciforme	M3x17xφ6	12
77	Nylon Nut	Nylonmutter	Écrou en nylon	M10x1,25xH12xS17	1
78	Nylon Nut	Nylonmutter	Écrou en nylon	M8xH7,5xS13	22
79	Nylon Nut	Nylonmutter	Écrou en nylon	M3xH3,8xS6	12
80	Cap Nut	Hut-Mutter	Écrou borgne	M8xH16xS13	8
81	Washer	Unterlegscheibe	Rondelle	d8xφ16x1,5	24
82	Shaft Retaining Ring	Wellenhaltering	Anneau de retenue d'arbre	D8*0,8	4
83	Washer	Unterlegscheibe	Rondelle	d6xφ16x1	1
84	Cross Recessed Pan Head Screws	Kreuzschlitz Pfannekopfschraube	Vis à tête cylindrique à empreinte cruciforme	M5x12	4
85	Monitor	LCD-Anzeige	Moniteur	FY8330	1
86	Sensor Wire	Sensordraht	Fil de capteur	-	2
87	Strap	Gurt	Sangle	24*3100	1
88	Allen Key S5	Inbusschlüssel S5	Clé Allen S5	30*80*5 S5	1
89	Water Pump	Wasserpumpe	Pompe à eau	PE/650*φ22	1
90	Water Purification Tablets	Wasser-Aufbereitungstabletten	Tablettes de purification d'eau	-	1

User Manual

Thank you for purchasing JOROTO MR280. Wish it will help you keep the best status when doing Aerobic exercise!

SAFETY GUIDANCE

To avoid the possible injuries or damage, please read the manual carefully before using the product! It is strongly recommended that you retain this manual for future reference.

1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using this equipment. Your doctor's advice is essential if you are taking medicines about heart rate, blood pressure or cholesterol.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising at once if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizziness or nausea. If you have experienced any of these symptoms, please consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is only used for adults.
5. Put the rower on solid and flat ground when you use it, also, you can consider using an exercise mat under the machine to protect your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
6. Ensure that all nuts and bolts are tightened securely before using this equipment. Safe usage of the equipment can only be maintained if it is examined regularly for damage or wear.
7. Always use the equipment as indicated. Please stop using it immediately, if you find any defective components while assembling or checking the equipment, or hear any abnormal noise from the equipment during use it. Do not use the equipment until the problem has been rectified.
8. Wear suitable sport clothes when using the equipment. Avoid wearing loose clothes which may get caught in the equipment, or it may restrict the movement to continue normally.

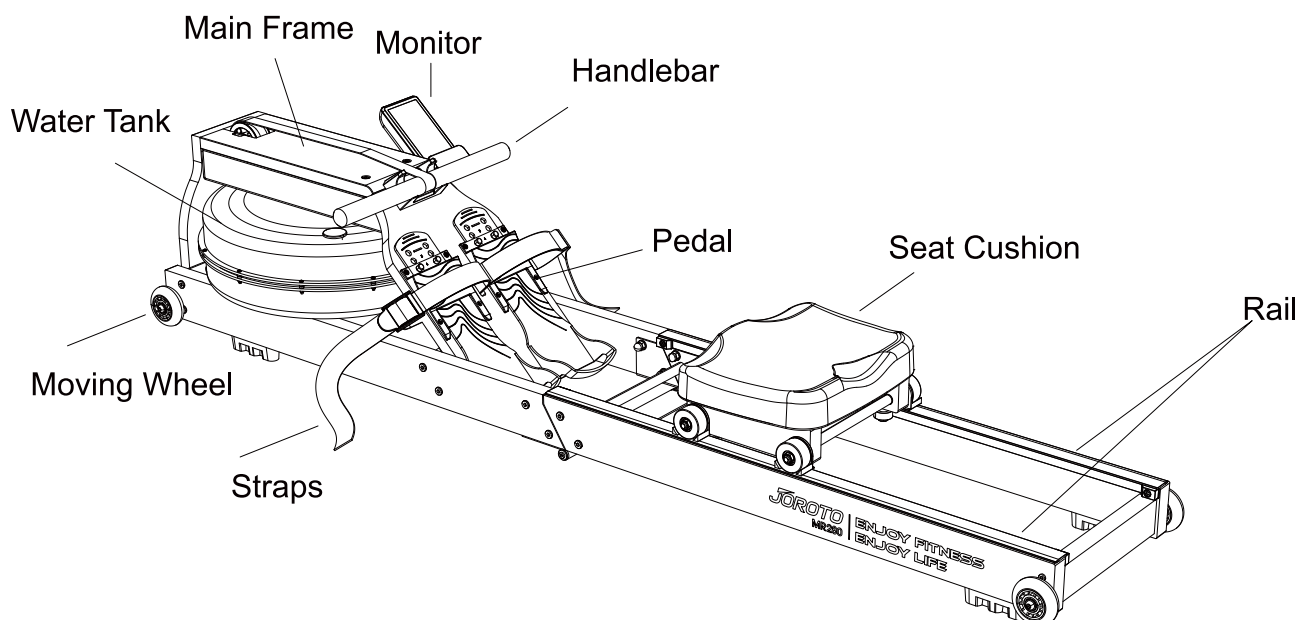
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting and moving the equipment. Always use proper lifting technique, and seek assistance if necessary.
12. Check the integrity of guards and safety devices regularly.
13. Be aware of all moving parts of the rowing machine, be careful of pinching your hands.

Warning !

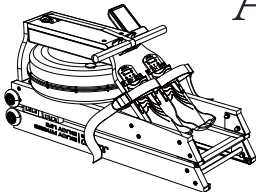
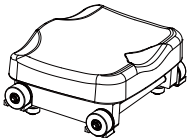

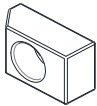



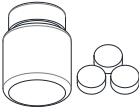
Strongly recommend that you consult the doctors or do the physical examination before using the rowing machine to do regular exercise. Pay more attention if you're over 35 years old and have never worked out before, or you're under pregnancy or there is any issue happened to your body. Read carefully and follow the precaution, it might cause serious injuries or damage to body if not following the instructions and warnings above.

Due to the failure to read the precautions carefully, JOROTO will be not responsible for the injury or other possible injury caused by the user's own reasons!

PRODUCT INSTRUCTION



Open the box, please check whether the following parts are complete:

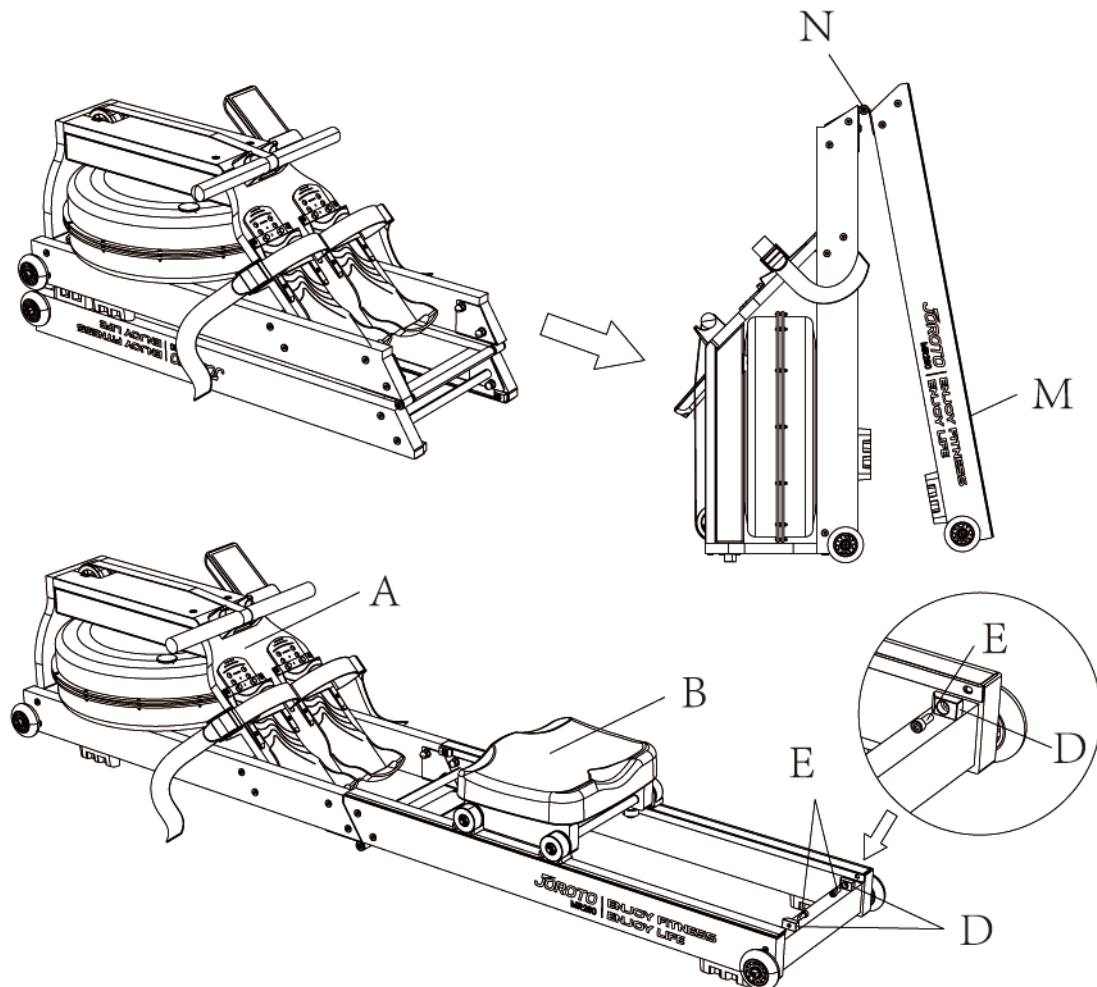
 <p>A</p>	 <p>B</p>	 <p>C</p>
 <p>D</p>	 <p>E</p>	 <p>F</p>
 <p>G</p>	 <p>H</p>	

No.	Name	QTY.	No.	Name	QTY.
A	Main Frame	1PC	B	Seat Cushion	1PC
C	Water Pump	1PC	D	Seat Cushion Block	2PCS
E	Hexagon Socket Cylinder Head Screw	2PCS	F	Allen Key S5	1PC
G	User Manual	1PC	H	Water Purification Tablets	3PCS

INSTALLATION INSTRUCTION

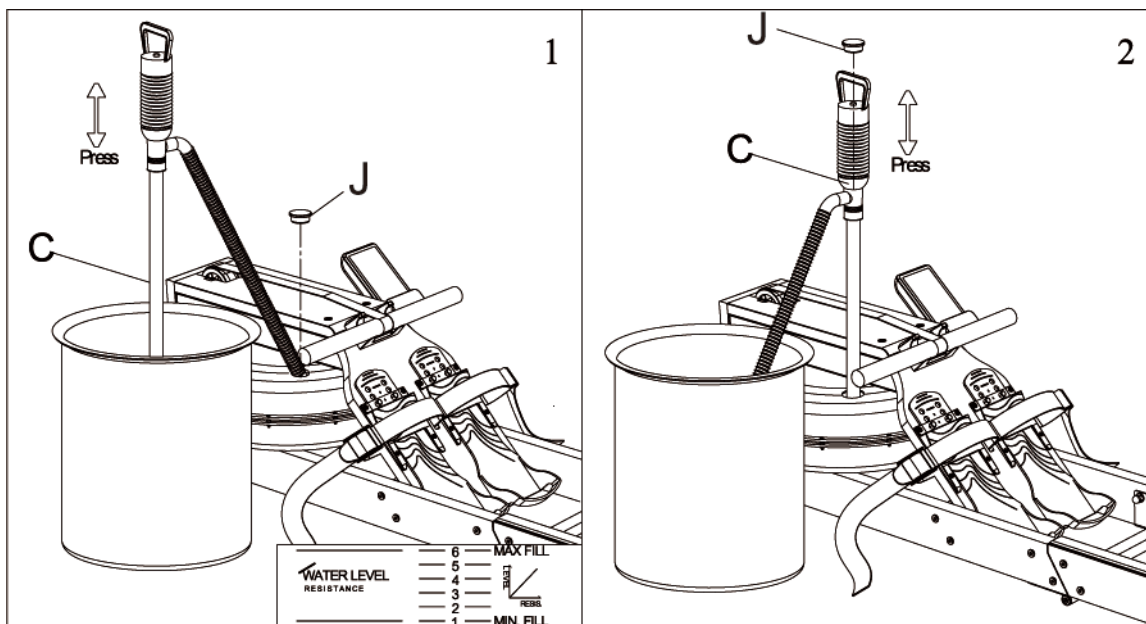
STEP 1

1. Take out the product from the carton and stand it up, then unfold the product flat on the ground, pay attention to hold one hand on the Folding Rod (N) and the other hand on the Guide Rail (M), and then push it slightly outward to prevent pinching.
2. Slide the Assembled Seat Cushion (B) into the Guide Rail first, then fix the Seat Cushion Block (D) on the Guide Rail with Hexagon Socket Cylinder Head Screws (E), now the assembling is completed.



STEP 2

1. Take the Tank Plug (J) out from the tank.
2. Inject water following Fig 1. Put the Water Pump (C) in the tank, use the Water Pump (C) to take water from the water bucket to the tank. Measure the amount of water in the tank according to the digital meter on the side of the tank.
3. Take out water from the tank as Fig 2. Put a bucket beside the machine, use the Water Pump (C) to draw water from the tank to the bucket. Put the Tank Plug (J) into the tank, clean the water on the machine. Complete the process.



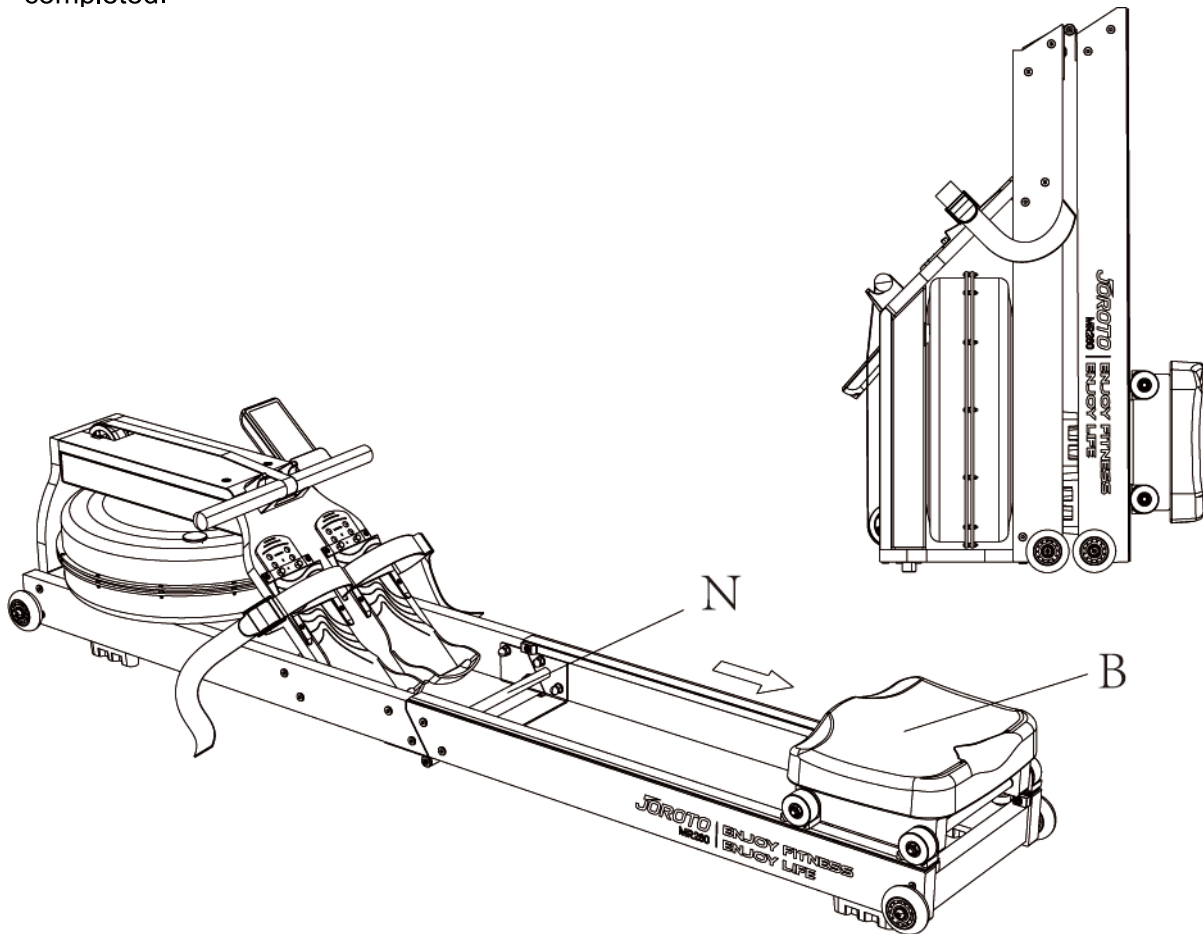
Water Tank Maintenance Notes

1. The tank may be filled with tap water or distilled water. Add a waterpurification tablet if necessary. Never use chlorine or chlorine bleach - this could damage the tank and lead to cancellation of the warranty.
2. Water purification tablets (enclosed 3 tablets) are suitable for keeping the water clean. One tablet is sufficient for the maximum filled water tank. Stir the water well after adding one tablet. Add one tablet to the tank about every 2-3 months.
3. Never expose the tank to direct sunlight and empty it if it is not going to be used for a long time.
4. Depending on the environment of the installation site and the frequency of use, the water should be changed regularly, but at the latest every 3 months or if there are signs of discolouration, bacteria or algae, etc. Use distilled water if possible!
5. The water from the tank is not suitable for consumption. After emptying, please pour the water away.

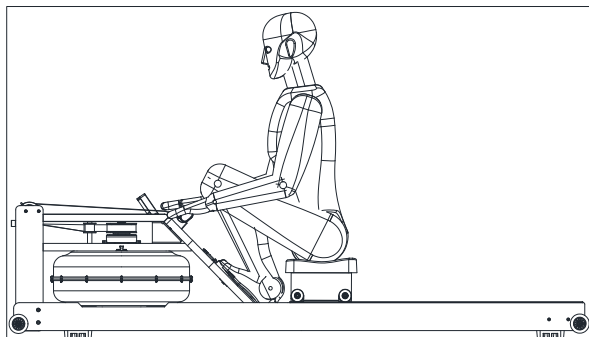
Folding

When folding the machine, please note:

1. Move the assembled Seat Cushion (B) to the end of the rail to prevent the Seat Cushion from falling quickly and damaging the machine.
2. Hold the Folding Rod (N) with your hand, and pull it up with a little force, then folding is completed.

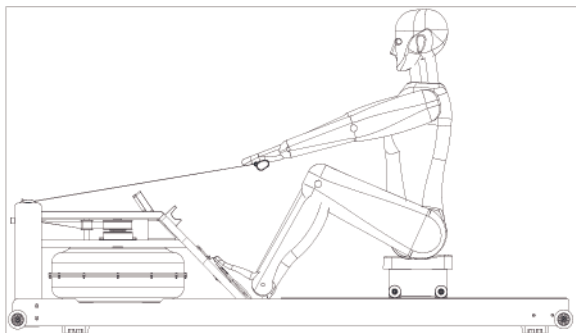


TRAINING GUIDANCE



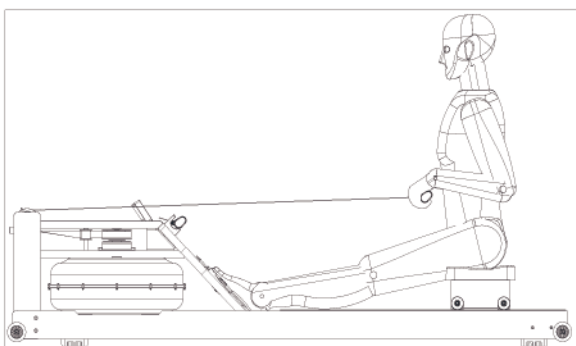
Ready Status

Set your arms forward, release your shoulders. Raise up your head and keep your eyes forward. Holding your feet and legs under your body.



Sliding Status

Grab the lever, set your body at the correct gesture and angle, release your legs to push forward.



Back to the position

Push forward your legs, pull the lever to your chest and release your shoulders. Keep eyes looking forward. After regular exercise and get the right rowing method, it will be much easier than rowing a real boat. Soon you will find the advantages of using a rowing machine to exercise.

TRAINING INSTRUCTIONS

Use this Rowing Machine will help build your shape and strengthen your body, also with a healthy diet it will help you lose weight.

1. Warm-up Stage

Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



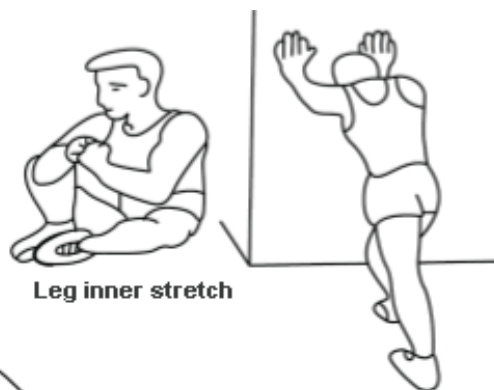
Side stretch



Front stretch



Leg outer stretch



Leg inner stretch

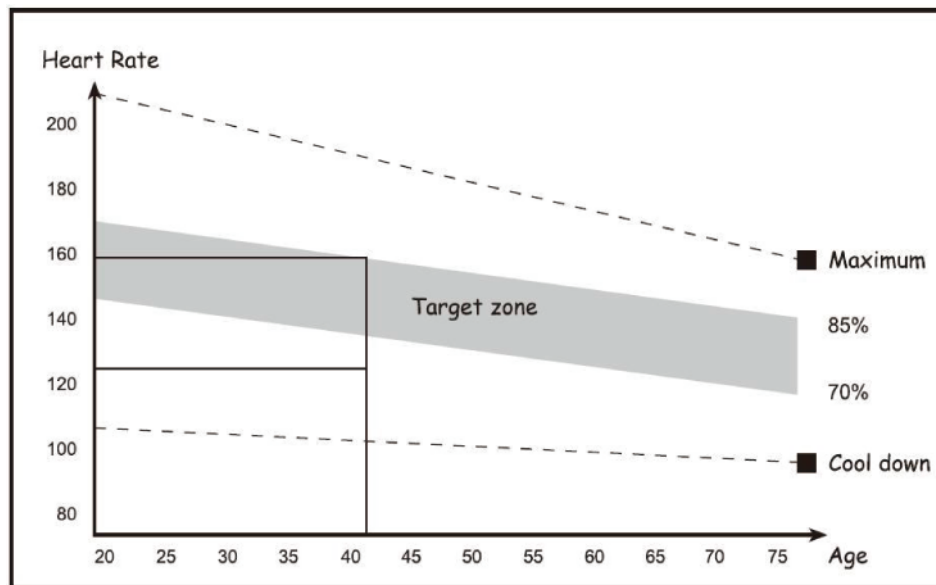


Calf and Achilles tendon stretch

2. Exercise Stage

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



3. Calm down Stage

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

After the training intensity is adopted, it's suggested to train for at least 3 times a week.

4. In Shape

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

5. Lose Weight

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

INSTRUCTION MANUAL OF MONITOR

BUTTONS

BUTTON	DETAIL
MODE	Press this button to toggle the display of TIME/ DIST/ CAL/STROKES/ PULSE/ TIME(500m) /ODO/ TOTAL STROKES/ SPM.
SET	Switch to select the "MODE" button to the corresponding flashing window. Press this button to increase the setting values of TIME, DIST, CAL, etc.
RESET	In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL. In display status, hold this button for 3 seconds to reset all value to zero.

FUNCTIONS

FUNCTION	DETAIL
TIME	Measure the cumulative time of the movement: measure the time from the start to the stop of the movement. Range: 0:00-99:59 minutes. Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm a few seconds. The maximum preset time is 99 minutes.
DISTANCE (DIST)	Display the total distance from exercise start to the end. Range: 0.0 ~ 9999. Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm a few seconds. The maximum preset distance is 9999 KM.
CALORIES (CAL)	Display the total calories consumed from exercise start to the end. Range: 0.0 ~ 9999 KCAL. The value of calories can be set in advance, when it approaches the preset calorie, the monitor will alarm a few seconds. The maximum preset calories is 9999 KCAL.
STROKES	Display instantaneous strokes. Range: 0~9999 strokes.
PULSE	Display the heart rate value (please prepare and wear the heartbeat chest strap before measuring the heart rate, the measurement value cannot be used as a medical basis).
TIME/500m	Display the time required for the user to exercise 500 meters. Range: 0:00 ~ 99:59 minutes.
TOTAL DISTANCE(ODO)	Display the total distance after installing the batteries.
TOTAL STROKES	Display the total strokes after installing the batteries.
SPM (strokes/ minute)	Display current repetition per minute(SPM) during exercise. It reflects the stroke frequency. Range: 0~1500 rate/minute.

NOTE

1. Without any signals of exercise or operation for 4 minutes, the power will turn off automatically.
2. When start training or pressing, the monitor will restart and back to work.
3. If the monitor dims or no data displayed, please replace the battery.

OPERATION

Press MODE to choose the display window that needs to be present, and the value in relevant window will flash. Then press SET to increase the value to reach your desired time, distance or calories. Press and hold SET to rapidly increase the value. Press RESET to reset the value in the associated flashing window.

BATTERY REPLACE

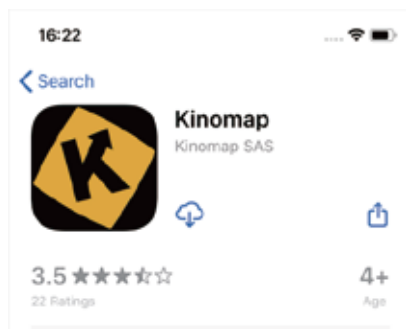
When the monitor becomes dim or illegible, remove the batteries and replace with SIZE 2* AAA UM4 R03.

HEART RATE BELT INSTRUCTIONS

1. If you need to check heart rate while exercising, please wear the heart rate belt before start rowing.
2. Both the heart rate belt and the monitor have built-in Bluetooth.
3. Please wear the heart rate belt directly against the skin, turn on the monitor, and then start your rowing, the heart rate value will be transmitted to the monitor via Bluetooth.

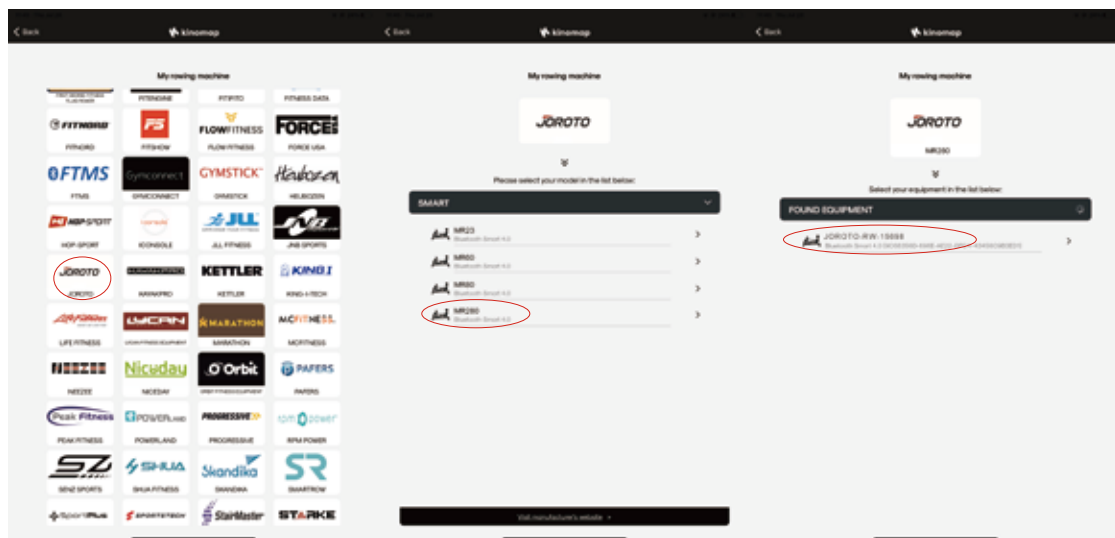
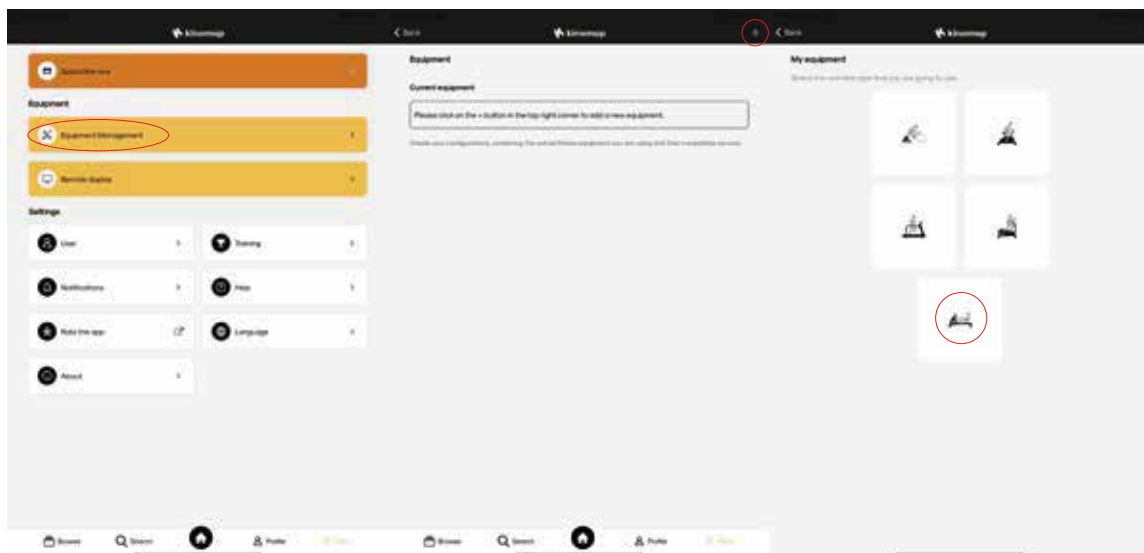
APP CONNECTION

1. Search "KINOMAP" in the mobile app store to download the app.



2. After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

3. Add sports equipment, the specific operations are as follows:



4. After the equipment is connected, choose the scene you like and start your workout!

FCC Warning

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: 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: This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

RF exposure:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

IC Warning

ISED Canada Statement:

This device contains licence-exempt transmitter(s)/receiver(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 and

2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation Exposure limits set forth for an uncontrolled environment to maintain compliance with IC's RF Exposure guidelines. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration du Canada:

Ce dispositif contient un (S) émetteur (S)/ récepteur (S) exempté (S) de licence qui respecte l'innovation,

Science et développement économique Canada a exempté le ou les RSS de licence. L'exploitation est soumise aux deux conditions suivantes:

1) cet appareil ne doit pas causer d'interférences et

2) ce dispositif doit accepter toute interférence, y compris toute interférence pouvant entraîner un fonctionnement indésirable du dispositif.

Exposition au rayonnement: cet équipement est conforme au rayonnement Canada

Les limites d'exposition fixées pour un environnement non contrôlé afin de maintenir la conformité avec les lignes directrices d'exposition aux RF d'IC. Ce dispositif et ses antennes ne doivent pas être co-localisés ni fonctionner en conjonction avec une autre antenne ou un autre émetteur.



Li'ang Health Science and Technology (Beijing) Co.,Ltd

Tel: 1-888-828-2521 86-400-700-5199

Scan the Instagram QR Code to reach us online

Email: support@jorotofitness.com