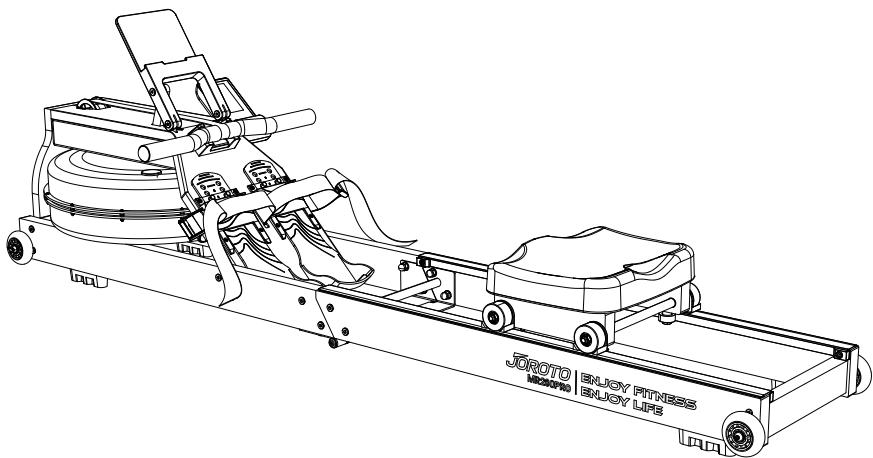


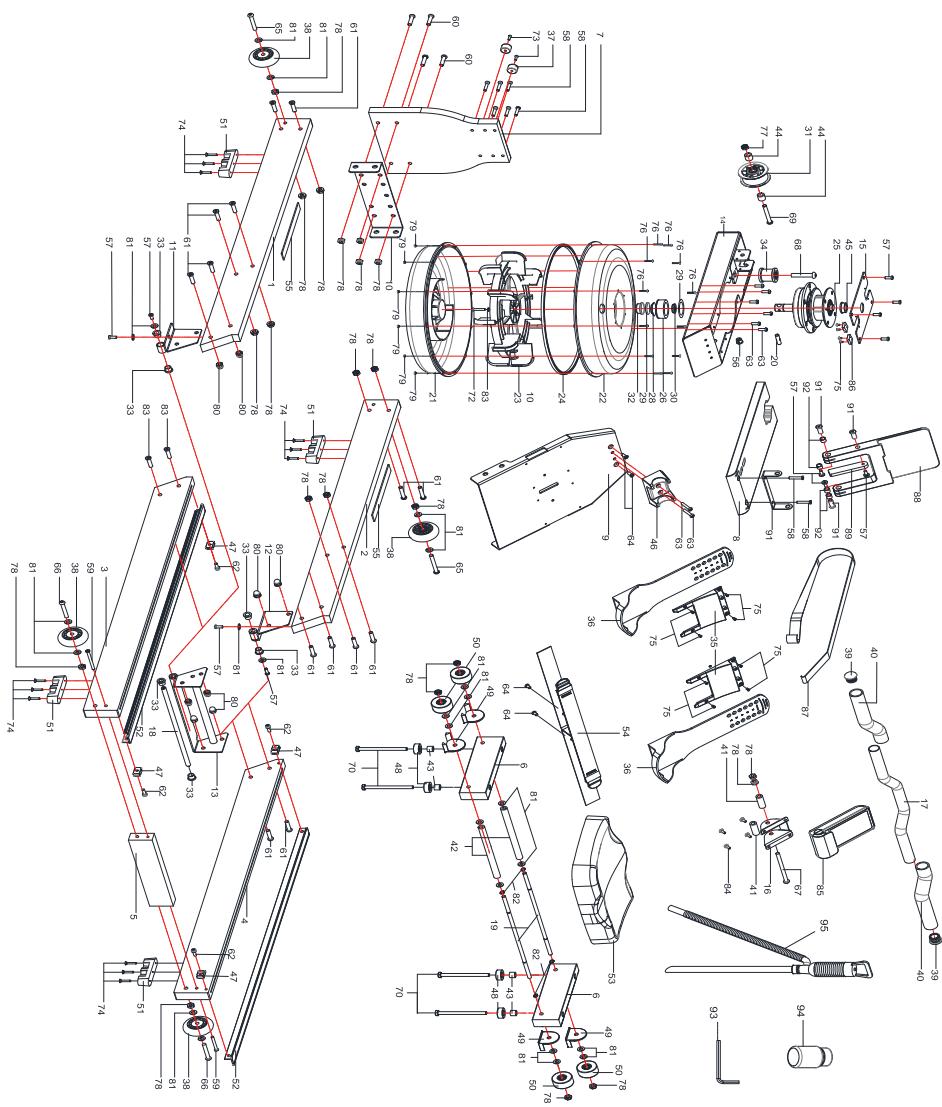
**JOROTO**®

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## User Manual



**JOROTO-MR280PRO**  
ROWING MACHINE



NO.	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	Déflecteur avant	290*240*20	1
8	Top Connecting Panel	Obere Anschlussplatte	Panneau de connexion supérieur	371*152*20	1
9	Pedal Bottom Plate	Pedal-Bodenplatte	Plaque inférieure de la pédale	Q235/365*260*35	1
10	U Connecting Panel	U-förmige Verbindungsplatte	Panneau de connexion U	Q235/365	1
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	Q235/62	1
16	Monitor Support Base	LCD-Anzeige Ständer	Afficher la base de support	Q235/φ25*430	1
17	Handlebar	lenker rohr	Le guidon	Q235/φ10*305	1
18	Long Bearing	lange Achse	Roulement long	Q235/φ8*320	1
19	Seat Bearing	Sitzrollenwelle	Roulement de siège	SUS304/φ10*40	1
20	Fixed Pin	Fixierspitze	Broche fixe.	PC/φ445*63.5	1
21	Bottom Half of Tank	Unterer Teil des Watertanks	Moitié inférieure du réservoir	PC/φ445*63.5	1
22	-Top Half of Tank	Oberer Teil des Watertanks	Moitié supérieure du réservoir	PC/φ445*63.5	1
23	Blade	Watertank-Klinge	Papayer	PC/φ30*106	1
24	Tank Sealing Ring	Dichtungsring	Anneau d'étanchéité de réservoir	φ43*0*7	1
25	Spring Box	Fühlungsbox	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*φ5*62	1
29	Rubber Sealing Washer	Gummidichtung	Rondelle d'étanchéité en caoutchouc	φ60*φ45*32	1
30	Bearing	Lager	Boîte de printemps	NBR/φ20*φ40*8	2
31	Pulley	Role	Palier	POM/φ8*75*32	1
32	Water Tank Plug	Watertank-Stopfen	Pouille	POM/φ8*75*32	1
33	Bearing Sleeve	Buchse	Bouchon de réservoir d'eau	φ11.3*10.4	1
34	Small Strap Wheel	Role	Manchon de roulement	PP/φ18*70*12*13	6
35	Pedal Supporting Base	Pedalunterlage	Petite roue à sangle	PP/φ51*φ38*32	1
36	Pedal Adjustment Plate	Pedal-Einstellplatte	Base de support de pédale	PP/132*10*6*18	2
37	Foot Pad	Fußpolster	Plaque de réglage de la pédale	PP/543*10*6*56	2
38	Moving Wheel	Transport Rad	Coussinet et de pied	φ20*15	2
39	Semi-Sphere Plug	Lenker-Endkappe	Roue mobile	PU/φ68*23.5	4
40	Grip Cover	Lenker-Abdeckung	Prise semi-sphère	PP/25*15	2
41	PVC Sleeve	PVC Buchse	Couverture de poignée	φ30*32*220	2
42	PVC Sleeve 2	PVC Buchse 2	Manchon en PVC	PVC/φ15*φ3*2*40	2
43	PVC Sleeve 3	PVC Buchse 3	Manchon en PVC 2	PVC/φ15*φ3*2*195	4
44	Sleeve	Buchse	Manchon en PVC 3	PVC/φ16*φ3.2*10	2
45	Main Bearing Sleeve	Spindelbuchse	Douille	PVC/φ16*φ10.2*5	2
46	Handlebar Holder	Lenker-Halter	Manchon de pâlier principal	Φ30*Φ17*10	1
47	Seat Cushion Block	Sitz-Block	Support de guidon	ABS/φ6*5*40	1
48	Small Roller	Kleine Rad	Bloc de cousin de siège	PVC/25*15*10	4
			Petite roue	TPU/φ28*11.5	4

NO.	NAME	NAME	NAME	NOM	SPEC.	QTY.
49	Roller Holder	Roller-Befestigungsplatte		Porte-rulleau	PVC/46*43*22.4	4
50	Seat Roller	Stitz-Rolle		Rouleau de siège	TPU/ø46*22	4
51	Foot Pad	Fußpolster		Coussinet de pied	PVC/100*25*25	4
52	Sidebar	Stitz		Barre latérale	PVC/30*17.5*9.7	2
53	Seat Cushion	Pedal-Einstellriemen		Coussin de siège	PP/320*260*52	1
54	Webbing Strap Set	EVA-Streifen		Sangle Sangle Ensemble	PP/38.1*2*800	1
55	EVA Pad	Kabel-Stecker 12		Tampon EVA	EV/A90*23*82	2
56	Wire Plug12			Prise de fil 12	PVC/ø14.5*ø12	1
57	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6x15xS4	10	
58	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6x30xS4	10	
59	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M6x50xS4	2	
60	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M8x32xS5	4	
61	Hexagon Socket Flat Head screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M8x40xS5	16	
62	Hexagon Socket Cylinder Head Screw	Innensechskant-Zylinderkopfschraube	Vis à tête cylindrique à six pans creux	M6x16 S5	4	
63	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M6x15xS5	6	
64	Internal Hexagon CounterSunk Head screw	Innensechskant-Senkstellschraube	Vis à tête fraîsée hexagonale interne	M6x32xS4	2	
65	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M8x55xS5	2	
66	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M8x80x50xS5	2	
67	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M8x110x30xS6	1	
68	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M10x50x15xS6	1	
69	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M8x90x20xS14	4	
70	Hex Bolts	Schäftschaftschrauben	Boulons hexagonaux	M6x15xS10	3	
71	Hexagon Head Screws	Schäftschaftschrauben	Vis à tête hexagonale	M6x90x20xS14	4	
72	Hexagon Socket Pan Head screw	Innensechskant-Pinnekopfschraube	Vis à tête cylindrique à six pans creux	M6*30xS5	1	
73	Cross Recessed Pan Head Tapping Screws	Kreuzschlitz Flachkopf-Blechscreuben	Vis autotaraudées à tête cylindrique à empreinte cruciforme	ST4.2x16xø7	10	
74	Cross Recessed Pan Head Tapping Screws	Kreuzschlitz Flachkopf-Blechscreuben	Vis autotaraudées à tête cylindrique à empreinte cruciforme	ST4.2x13xø11	12	
75	Cross Recessed Pan Head Screws	Kreuzschlitz Pinnekopfschraube	Vis autotaraudées à tête cylindrique à empreinte cruciforme	M4x6xø7	4	
76	Cross Recessed Pan Head Screws with Washer	Kreuzschlitz Pinnekopfschraube (mit Unterlegscheibe)	Vis autotaraudées à tête cylindrique à empreinte cruciforme	M3x17xø6	12	
77	Nylon Nut	Nylonmutter	Écrou en nylon	M10x125xH12xø17	1	
78	Nylon Nut	Nylonmutter	Écrou en nylon	M8xH7.5xS13	22	
79	Cap Nut	Hut-Mutter	Écrou en nylon	M3xH3.8xS6	12	
80	Washer	Unterlegscheibe	Écrou borgne	M8xH16xS13	8	
81	Shaft Retaining Ring	Welleinhalterring	Rondelle	d8xø15x1.5	24	
82	Washer	Unterlegscheibe	Anneau de retenue d'arbre	D8xø0.8	4	
83	Cross Recessed Pan Head Screws	Kreuzschlitz Pinnekopfschraube	Rondelle	d8xø16x1	1	
84	Monitor	LCD-Anzeige	Écrou en nylon	M5x12	4	
85	Sensor Wire	Sensordrat	Moniteur	FY83.30	1	
86	Strap	Gurt	Fil de capteur	-	2	
87	IPAD HOLDER	IPAD-Halter	Sangle	24*3100	1	
88	Support block	Stützblock	Support pour iPad	250*15*22*25	1	
89	IPAD mounting plate	IPAD-Montageplatte	Bloc de support	90*20*9	1	
90	Internal hexagon flat head screw	Innensechskant-Flachkopfschraube	Plaque de fixation iPad	Q235/132*20*45*ø2	1	
91	Sleeve	Buchse	Vis à tête plate hexagonale interne	M6x15x40xø22	3	
92	Allen Key S5	Irbuschlässel S5	Douille	Q235/ø12*ø10*10	4	
93	Water Pump	Wasserpumpe	Ol Alten S5	30*80*5 S5	1	
94	Water Purification Tablets	Wasser-Aufbereitungstabletten	Pompe à eau	PE/650.ø22	1	
95			Tablettes de purification d'eau	-	1	

## **IMPORTANT PRECAUTIONS**

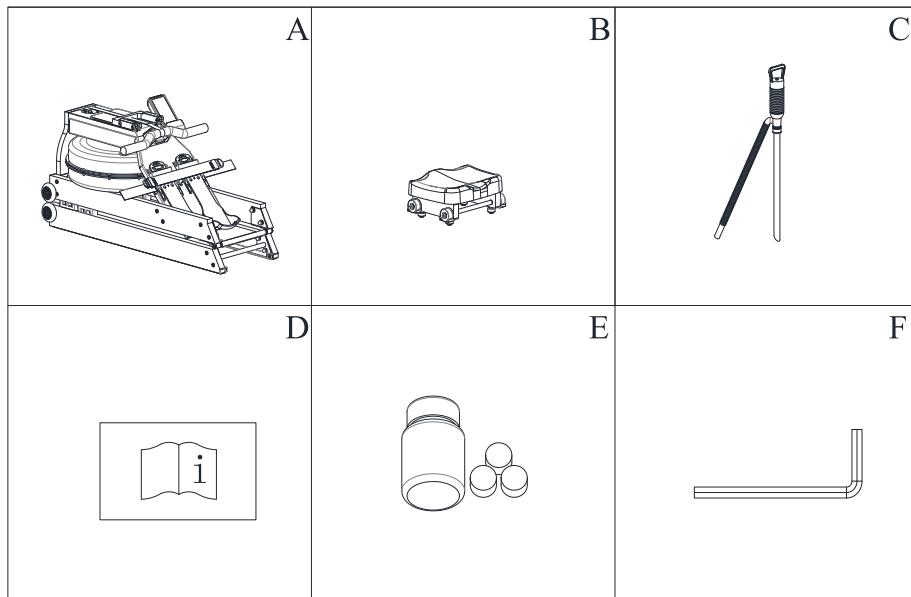
### **PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.**

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!

## OPEN THE BOX, PLEASE CHECK WHETHER THE FOLLOWING PARTS ARE COMPLETE:

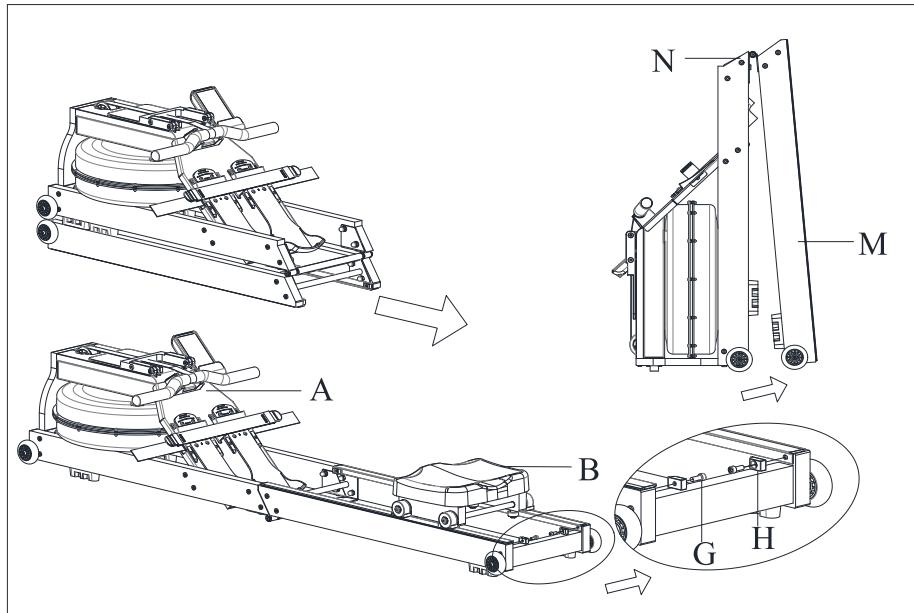


No.	Name	QTY.	No.	Name	QTY.
A	Main Frame	1PC	B	Seat Cushion	1PC
C	Water Pump	1PC	D	User Manual	1PC
E	Water Purification Tablets	3PC	F	Allen Key S5	1PC

# INSTALLATION INSTRUCTION

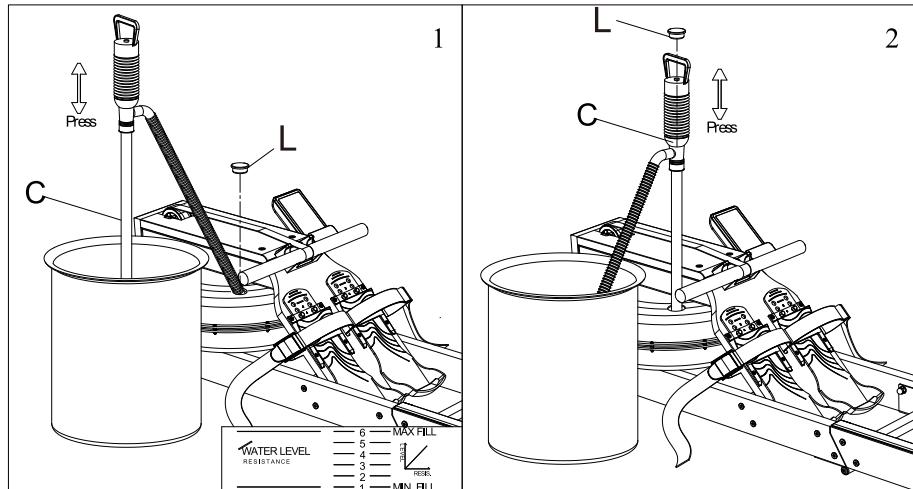
## STEP 1

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. Use the Allen key (F) to remove the Internal hexagonal cylindrical head screw (G) from the Seat cushion block (H); slide the Seat cushion (B) into the guide rail; then reassemble the removed screw and cushion.



## STEP 2

1. Take the Tank Plug (L) 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 (L) into the tank, clean the water on the machine. Complete the process.

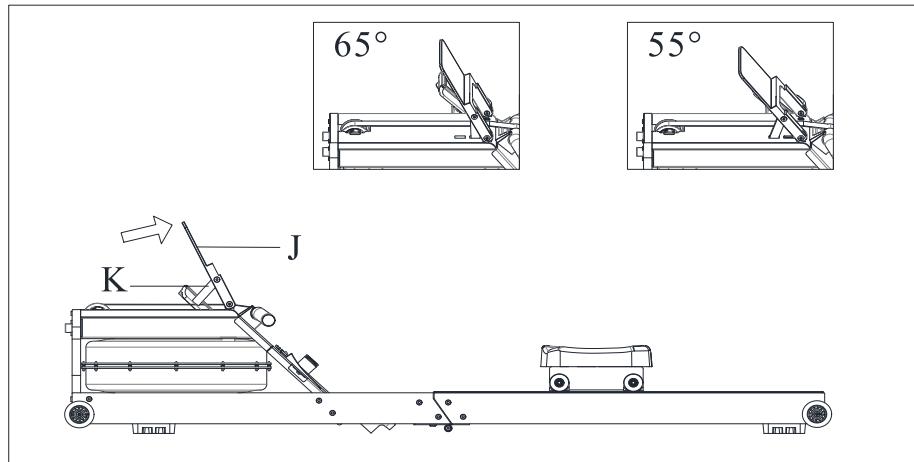


## WATER TANK MAINTENANCE NOTES

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.

## IPAD HOLDER ANGLE ADJUSTMENT

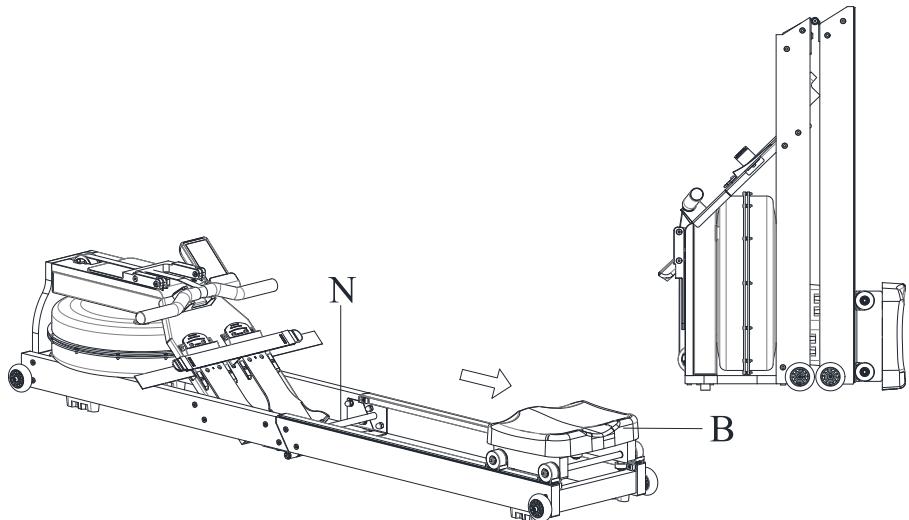
First, place the Support block (K) into the slot corresponding to the desired angle as shown in the diagram, then place your phone or tablet on the IPAD Holder (J)."



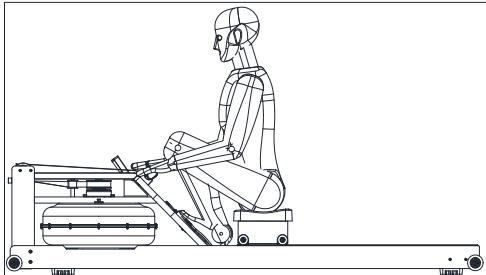
## FOLDING

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.

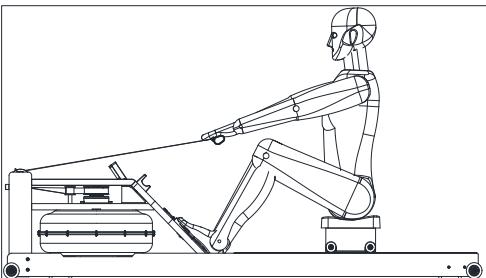


# TRAINING GUIDANCE



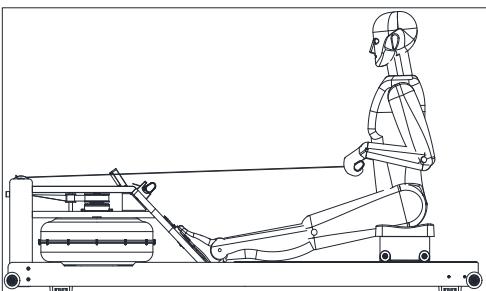
## READY STATUS

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

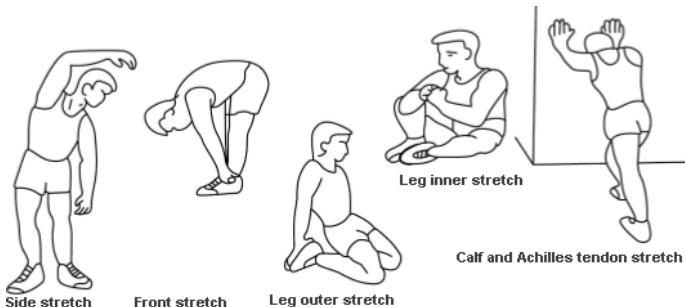
Push forward your legs, pull the lever to your chest and release your shoulders. Keep eyes looking forward. After regular exercise and get the right rowing method, it will be much easier than rowing a real boat. Soon you will find the advantages of using a rowing machine to exercise.

# 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

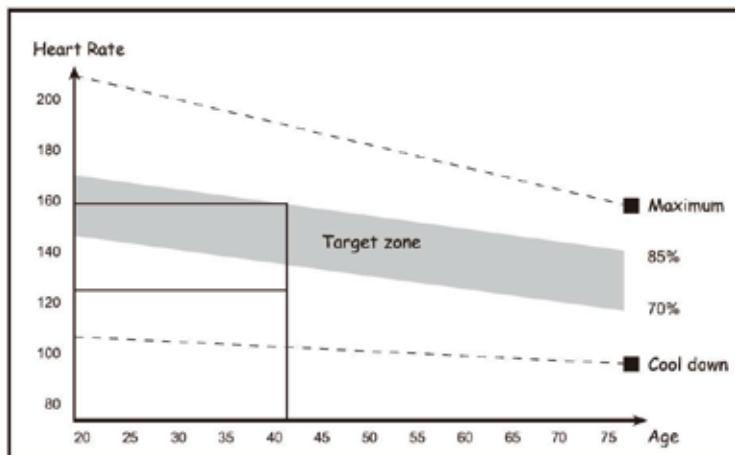
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



## 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**

<b>BUTTON</b>	<b>DETAIL</b>
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

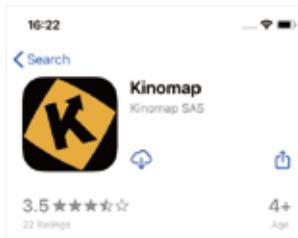
When the monitor becomes dim or illegible, remove the batteries and replace with SIZE 2\* AAA UM4 R03.

## 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

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

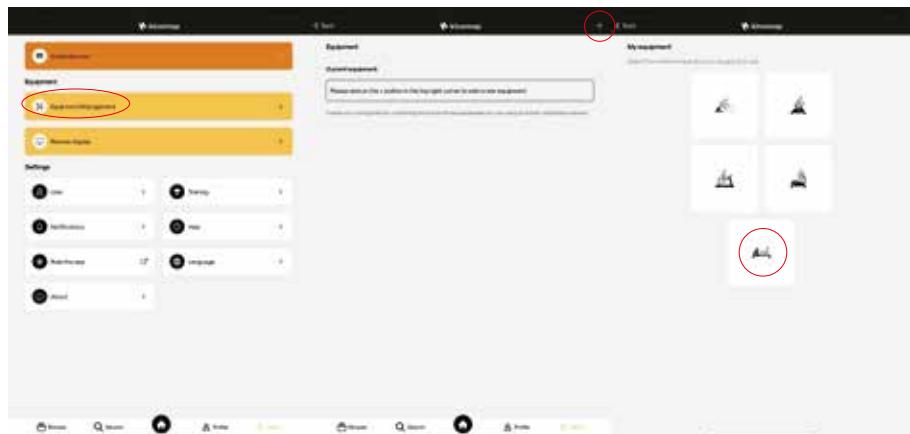


(2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.  
(3) Add sports equipment, the specific operations are as follows:

Equipment Management

“+”

Rowing Machine



Select “JOROTO”

Select “MR280PRO”

Found Equipment



(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.



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