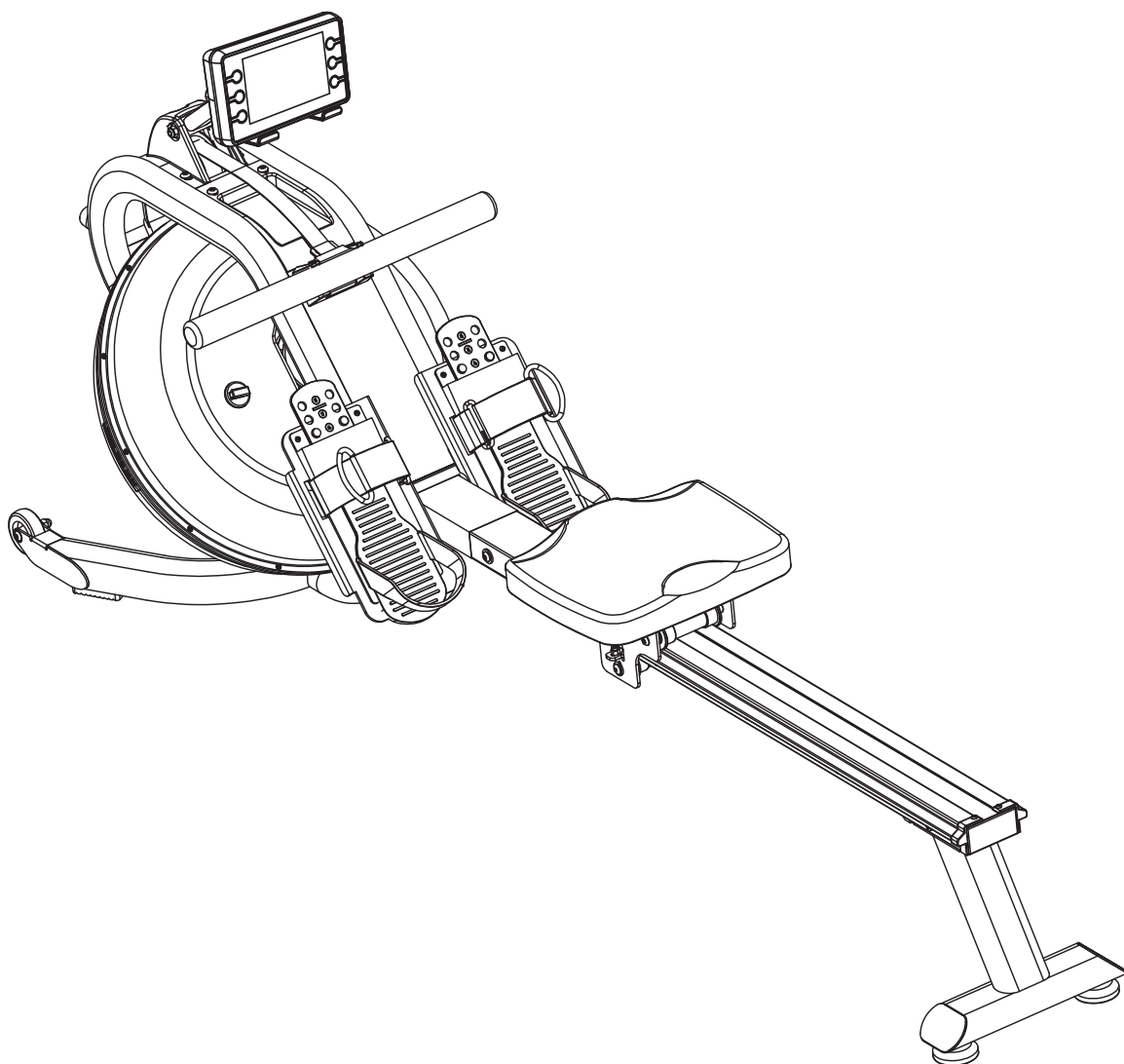


JOROTO[®]

User Manual



JOROTO-MR29

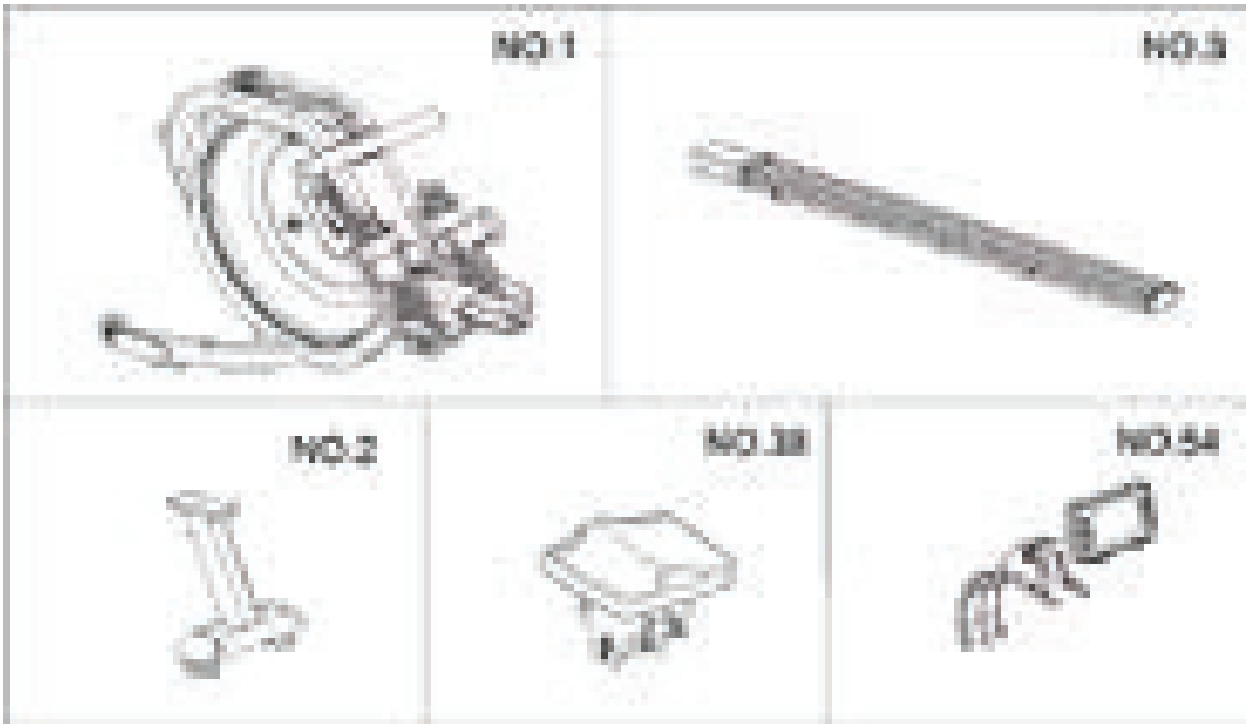
WATER ROWING MACHINE

IMPORTANT PRECAUTIONS

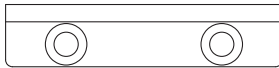
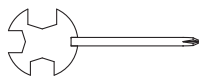
PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE

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.

PRE-ASSEMBLY PARTS



ACCESSORIES LIST

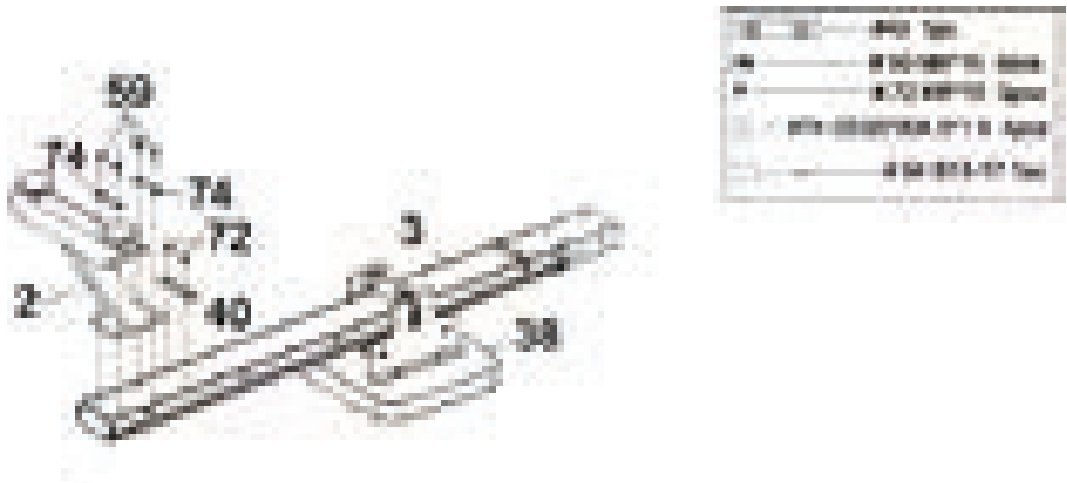
	_____ #19 1pc		_____ #68 M8*15 8pcs
	_____ #20 1pc		_____ #72 M6*10 2pcs
	_____ #40 1pc		_____ #74 OD20*ID8.5*1.5 8pcs
	_____ #59 M8*15 4pcs		_____ #93 S5 1pc
	_____ #61 M4*12 2pcs		_____ #94 S13-17 1pc
	_____ #62 M8*15 4pcs		

INSTALLATION INSTRUCTION

Friendly Reminder: Due to the large size of the machine, it is recommended to assemble it with two people.

STEP 1

Flip and place the Rail Tube Assembly (No.3) flat into the Seat Cushion (No.38), then use an Open-end Wrench (No.94) to secure the Buffer Pad (No.40) and two Cross Countersunk Head Screws (No.72) onto the track. Afterward, tighten the four Flat Washers (No.74) and four Hexagon Socket Screws (No.59) to secure the Rear Support Tube Assembly (No.2) and the Rail Tube Assembly (No.3).



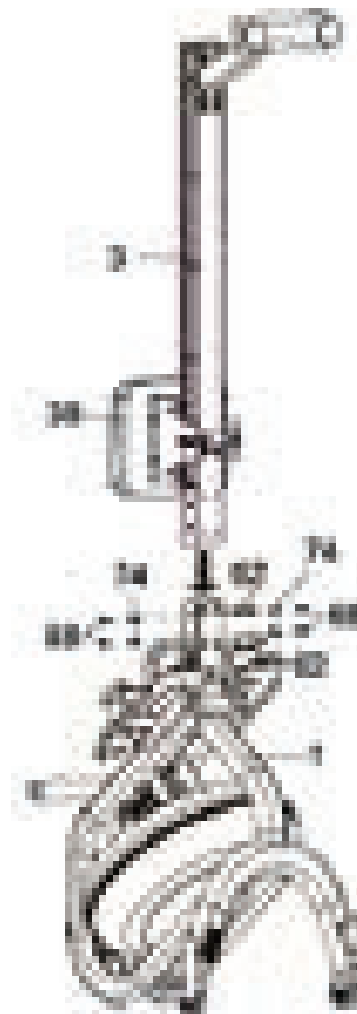
STEP 2

Use an Open-End Wrench (No.94) to fasten the Left/Right Rail Cover (No.19&20) and two Self-Tapping Screws (No.61) to secure the track.



STEP 3

Caution: |
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Assembly
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Assembly
(No.1) with



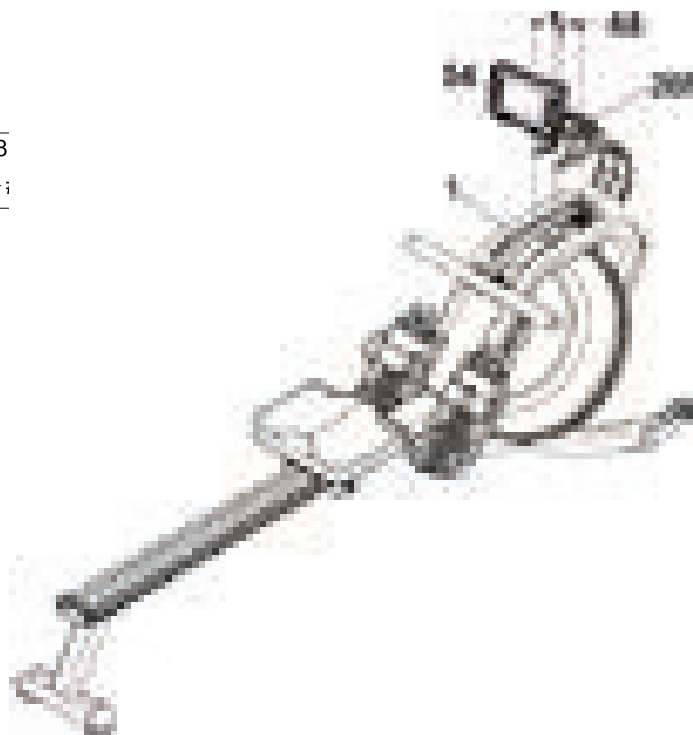
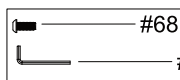
STEP 4-1

Use an Open-End Wrench (No.94) to loosen 1 Cap (No.80), 1 Flat Washer (No.74), and 1 Flat Head Hexagon Socket Screw (No.66) from the monitor Fixing Tube Assembly (No.9), and connect the wires from the Monitor Assembly (No.54) to the monitor Fixing Tube Assembly (No.9). Then, re-tighten the lock.



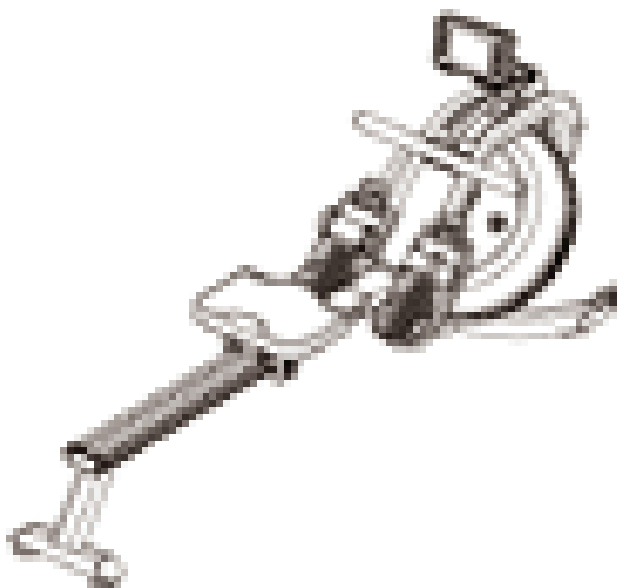
STEP 4-2

Use an Hex Key (No.93) and 4 Flat Head Hexagon Socket Screw (No.68) to secure the monitor assembly to the main frame.

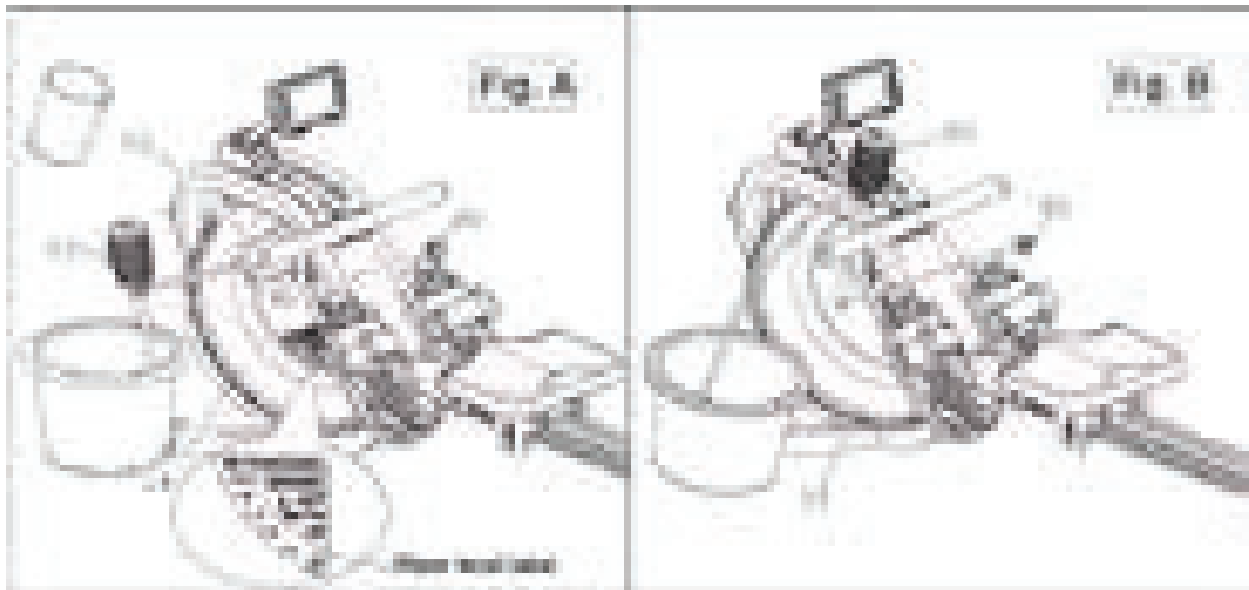


MAINTENANCE GUIDE

Please regularly wipe the machine table with a clean cloth or cleaner. Corrosive solvents should not be used to clean the plastic surface. After each use, please use a dry towel to wipe off any sweat stains on the machine table. Do not place the monitor in a humid environment, as moisture can cause malfunction and damage to electronic components. Avoid exposing the machine table to strong light, as it can damage the monitor screen and age the water tank plug. Before assembly and use, please check the tightness of all parts and screws.



HOW TO FILL AND PUMP WATER IN THE TANK



1. Remove the water tank plug (No.50) from the upper water tank (No.24).
2. Follow diagram A to fill water; insert the water filler (No.52) into the water tank, then pour water into the tank using a cup or a pump (No.53) and a bucket. Use the water level markings on the side of the tank to measure the water level.
3. Follow diagram B to pump water; place a bucket next to the machine, use the pump (No.53) to pump water from the tank into the bucket.
4. Insert the water tank plug (No.50) into the upper water tank (No.24), and use a dry cloth to wipe off any water on and around the machine table.

PRECAUTIONS

1. Change the water in the tank approximately every 3 months. After changing the water, add an appropriate amount of water purification tablets (one tablet corresponds to the entire tank capacity). If the water quality is turbid or contaminated, replace it immediately. The water used in the tank is not suitable for reuse.
2. If not used for a long time, pump out the water in the tank and then stand the machine upright.
3. Do not leave the machine in a low-temperature or exposed environment for an extended period. Prevent aging and damage to the tank and tank plug.

WATER LEVEL MARK

Refer to diagram A. The water level mark is on the side of the water tank, with a maximum water level of 6 levels. Do not exceed this water level when adding water. If adding water beyond the maximum water level causes product damage, it is not covered by the warranty. Resistance depends on the amount of water in the tank. Level 1 water represents the lowest resistance, while level 6 water represents the highest resistance.

PEDAL ADJUSTMENT

Pedal strap and pedal can be adjusted. They can be adjusted to fit different foot size of trainers.

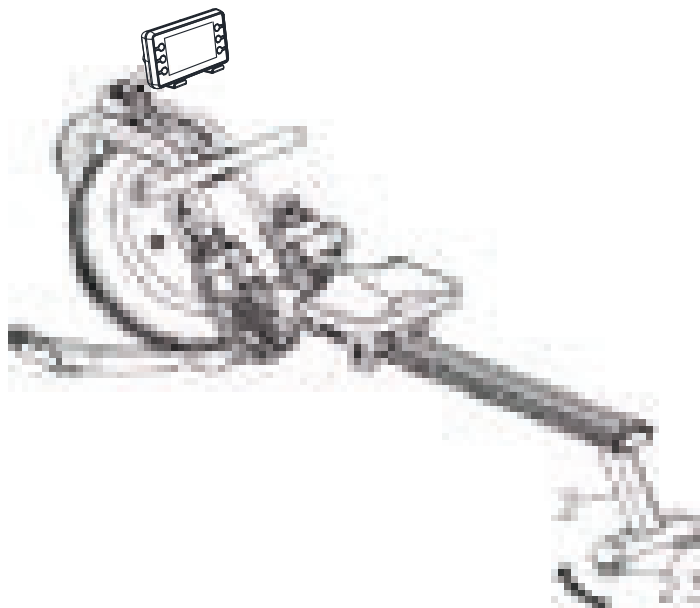
Pedal Adjustment: Pull the top of the Pedal and disengage from the Pedal Cage. Adjust the Pedal up and down to fit the foot size, insert it under the Pedal Cage and fix it.

Pedal Strap Adjustment: Rip off the strap buckle and adjust the strap to the proper size, then stick the strap on the hook surface to fix it.



BALANCE ADJUSTMENT

If the machine is unstable after assembly, please adjust the Adjustable Foot Support on the back stabilizer to make it stable.

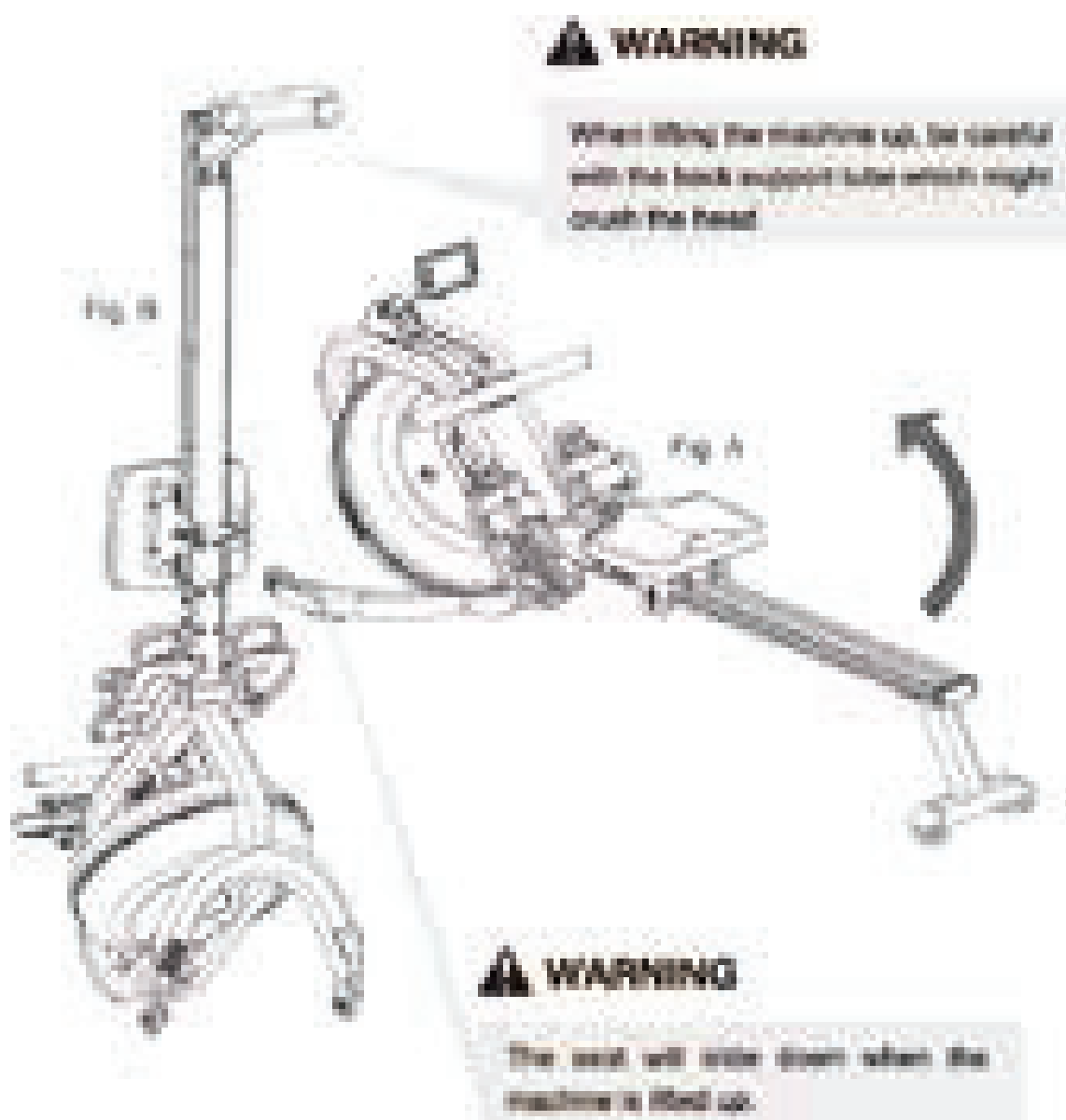


WARNING

Moving the seat or some other components might crush or cut body. Do Not touch the rail on using the machine

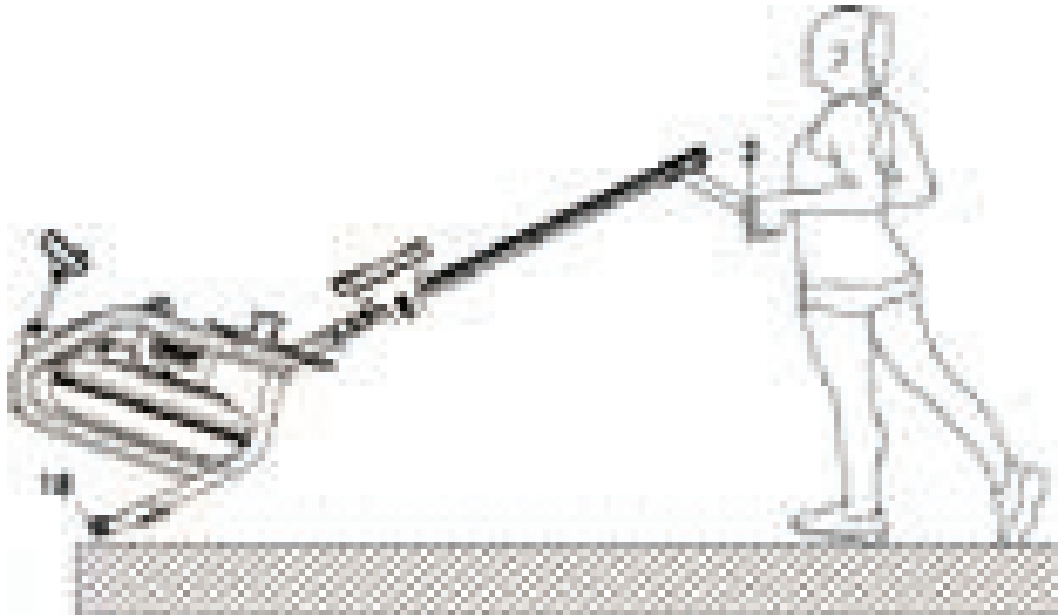
STORAGE INSTRUCTION

When not using the machine, lift up the machine as Fig. A to save space. Lift up the back support tube to lift up the whole machine, the buffer pads on the main frame will support the machine against the floor.



MOVEMENT INSTRUCTION

When moving the machine, lift up the back support tube set till the transportation wheels on the front support tube set touches the ground. With the transportation wheels the machine can be moved to the proper position easily.



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

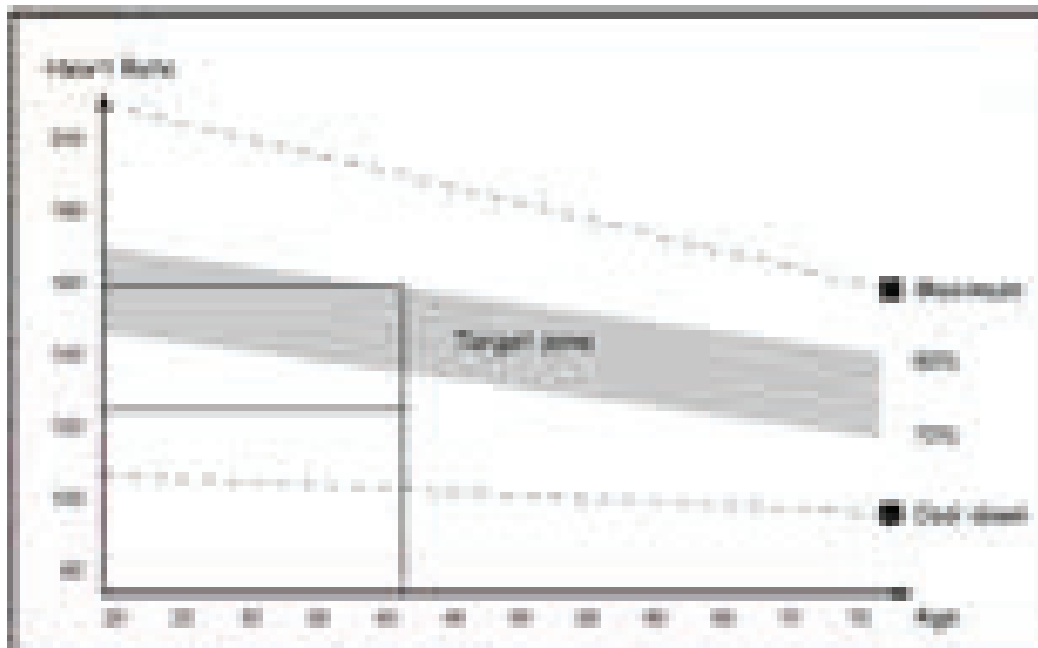
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



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.

MONITOR INSTRUCTION

BUTTON FUNCTIONS

MODE	Press down to select functions.
SET	Set Time, Distance, Calories and Count when not in scan mode.
RESET	Press down to reset Time, Distance, Calories and Count.Holds down RESET button for a long time to reset Time/ Distance/Calories and Count.

FUNCTIONS AND OPERATIONS

SCAN

Press 'MODE' button until 'SCAN' appears, monitor will rotate through all the 5 functions: TIME, COUNT, DIST, CAL, PULASE. Each function will be shown for 6 seconds.

TIME

- (1) Count the total time from start to end.
- (2) Press 'MODE' button until 'TIME' appears, press 'SET' button to set target training time. When target training time counts down to 0, the monitor will start counting up.

COUNT

- (1) Accumulate the stroke while exercising.
- (2) Press 'MODE' button until 'COUNT' appears. Press 'SET' button to set target stroke. When target stroke counts down to 0, the monitor will start counting up.

DIST

- (1) Count the distance from start to end.
- (2) Press 'MODE' button until 'DIST' appears. Press 'SET' button to set target training distance. When target distance counts down to 0, the monitor start counting up.

CAL

- (1) Count the total calories burnt from start to end.
- (2) Press 'MODE' button until 'CAL' appears. Press 'SET' button to target calories. When target calories count down to 0, the monitor will start counting up.

PULSE

(1)Display current pulse of trainer.

Press 'MODE' button until 'PULSE' appears. The monitor will show current pulse after wearing the heart rate belt on the chest for 6-7 seconds.

During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2 ~ 3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

(2)Press 'MODE' button until 'PULSE' appears. Press 'SET' button to set target pulse. When current pulse reaches the target pulse ,the monitor will beep to prompt.



NOTE

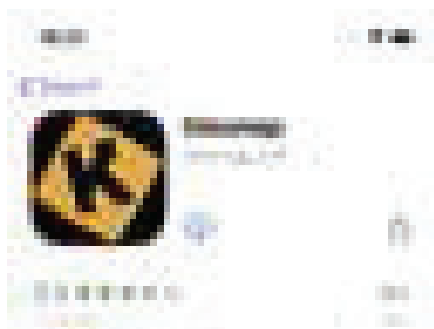
1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise or pressing the button.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .
5. The product does not contain a heart rate belt. Please purchase the 5.3khz heart rate belt if needed.

SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	00:00'~99:59'
	COUNT	0-9999
	DIST	0.00-9999M
	CALORIES	0.0~999.9KCAL
	PULSE	40~240BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

APP

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



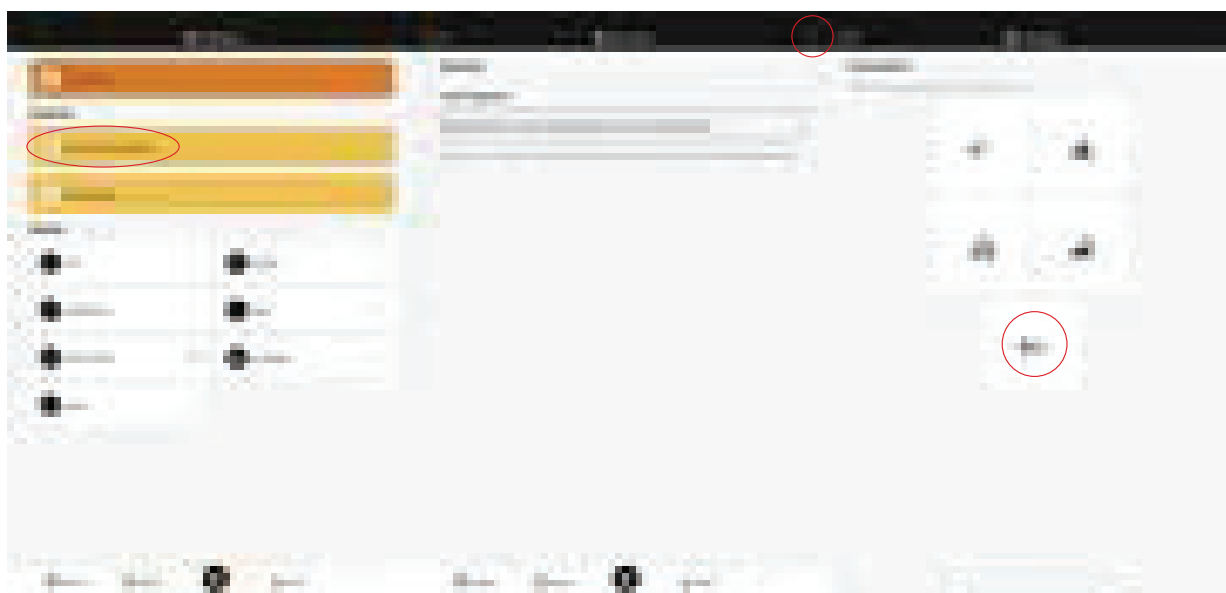
(2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

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

Equipment Management

“+”

Rowing Machine



Select "JOROTO"

Select "MR29"

Found Equipment



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

FCC WARNING STATEMENT

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

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.

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

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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