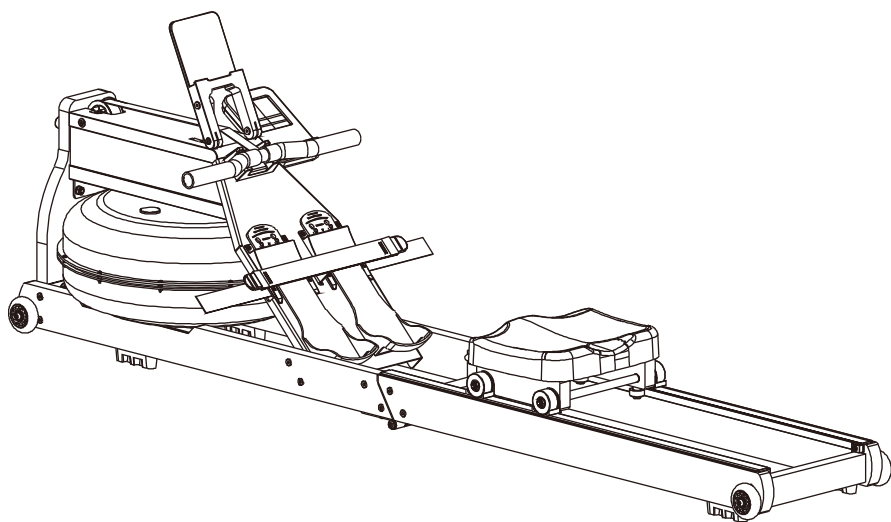


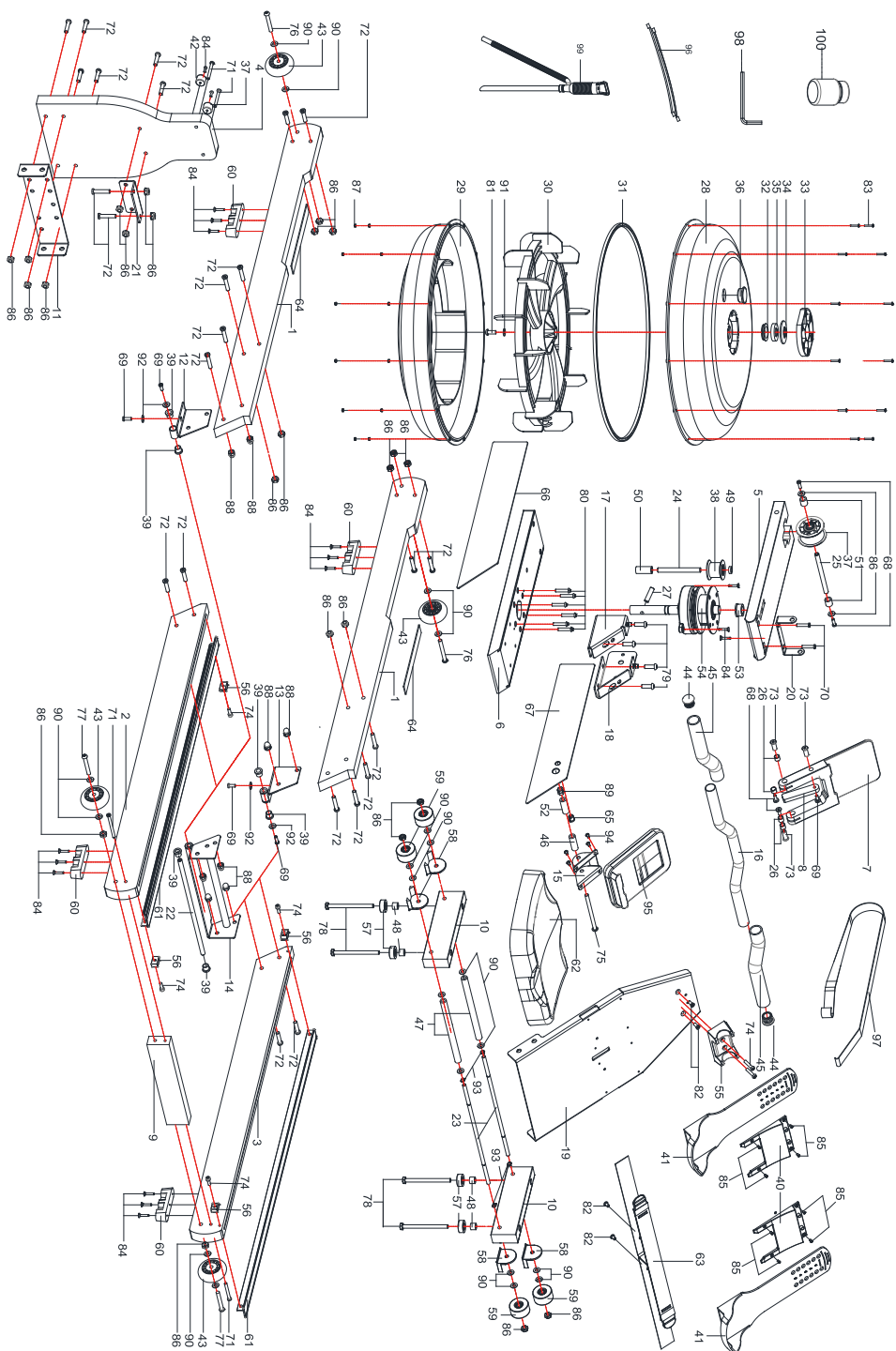
JOROTO[®]

User Manual



JOROTO-MR380

WATER ROWING MACHINE



NO.	NAME	NAME	NOM	SPEC.	QTY.
1	Front Frame	Vorderer Rahmen	Cadre avant	992.6*80*27	2
2	Left Back Rail	Linke hintere Schiene	Rail arrière gauche	1022.6*80*27	1
3	Right Back Rail	Rechte hintere Schiene	Rail arrière droit	1022.6*80*27	1
4	Front Baffle	Vordere Schallwand	Déflecteur avant	415*240*27	1
5	Top Connecting Panel	Oberes Verbindungsplanke	Panneau de connexion supérieur	392*152*27	1
6	Tank Fixing Plate	Tankbefestigungsplanke	Plaque de fixation du réservoir	496*124*27	2
7	Ipad Holder	Ipad-Halter	Support pour Ipad	250*126*20	1
8	Support Rod	Stützstange	Tige de soutien	90*20*9	1
9	Rail Connecting Panel	Schiennenverbindungsplanke	Panneau de connexion de rail	260*55*27	1
10	Seat Fixing Panel	Sitzbefestigungsblech	Panneau de fixation du siège	220*60*27	2
11	U Connecting Panel	U-Verbindungspanel	Panneau de connexion en U	260*70*40*83	1
12	Left Front Connecting Plate	Linke vordere Verbindungsplatte	Plaque de connexion avant gauche	-	1
13	Right Front Connecting Plate	Rechte vordere Verbindungsplatte	Plaque de connexion avant droite	-	1
14	Back Connecting Plate	Hintere Verbindungsplatte	Plaque de connexion arrière	-	1
15	Monitor Holder	Monitorhalter	Support de moniteur	82	1
16	Handlebar	Lenker	Guidon	Φ25*380	1
17	Left Fixing Plate	Linke Befestigungsplatte	Plaque de fixation gauche	82.5	1
18	Right Fixing Plate	Rechte Befestigungsplatte	Plaque de fixation droite	82.5	1
19	Pedal Fixing Plate	Pedalbefestigungsplatte	Plaque de fixation de pédale	83	1
20	Ipad Holder Post	Ipad-Halterposten	Poste de support pour Ipad	82	1
21	L-Shaped Connecting Plate	L- Verbindungsplatte	Plaque de connexion en forme de L	83	1
22	Pivot Shaft	Drehwelle	Arbre de pivotement	Φ10*305	1
23	Seat Roller Shaft	Sitzrollenwelle	Arbre de roulement de siège	Φ8*320	2
24	Little Guide Wheel Shaft	Kleine Führungsradwelle	Petit arbre de roue de guidage	Φ10*106	1
25	Big Guide Wheel Shaft	Große Führungsradwelle	Grand arbre de roue de guidage	Φ10*124	1
26	Bushing	Buchse	Bague	Φ12*Φ10*10	4
27	Fixing Pin	Befestigungsstift	Goupille de fixation	Φ10*40	1
28	Upper Tank	Obere Tankabdeckung	Réservoir supérieur	Φ518*100	1
29	Lower Tank	Untere Tankabdeckung	Réservoir inférieur	Φ518*100	1
30	Oar	Ruder	Rame	462*115	1
31	Sealing Ring	Dichtungsring	Bague d'étanchéité	Φ501*7	1
32	Rubber Washer	Gummischeibe	Rondelle en caoutchouc	Φ40*7	1
33	Bearing Housing	Lagergehäuse	Boîtier de roulement	110*98*12	1
34	Plastic Washer	Kunststoffdichtung	Rondelle en plastique	Φ52*Φ20.5*3	2
35	Oil Seal	Öldichtung	Joint Huile	Φ20*Φ40*8	1
36	Tank Plug	Tankstopfen	Bouchon de réservoir	Φ31.3*10.4	1
37	Big Guide Wheel	Großes Führungsrad	Grande roue de guidage	Φ68*Φ54*32	1
38	Little Guide Wheel	Kleines Führungsrad	Petite roue de guidage	Φ51*Φ38*32	1
39	Plastic Bushing	Kunststoffbuchse	Bague en plastique	Φ18*Φ10.2*13	6
40	Pedal Fixing Plate	Pedalbefestigungsplatte	Plaque de fixation de pédale	132*106*18	2

NO.	NAME	NAME	NOM	SPEC.	QTY.
41	Pedal	Pédale	Pédale	343*106*56	2
42	Rubber Pad	Gummiauflage	P ad en caoutchouc	ø20*15	2
43	Transport Wheel	Transportrad	Roue de transport	ø69*23.5	4
44	Handlebar Plug	Lenkerendkappe	Bouchon de guidon	25*1.5	2
45	Handlebar Cover	Lenkerabdeckung	Couvre-guidon	ø30*3*210	2
46	PVC Bushing No.1	PVC-Buchse Nr.1	Douille PVC n°1	ø15*ø8.2*40	1
47	PVC Bushing No.2	PVC-Buchse Nr.2	Douille PVC n°2	ø15*ø8.2*195	2
48	PVC Bushing No.3	PVC-Buchse Nr.3	Douille PVC n°3	ø15*ø8.2*10	4
49	PVC Bushing No.4	PVC-Buchse Nr.4	Douille PVC n°4	ø16*ø10.2*5	1
50	PVC Bushing No.5	PVC-Buchse Nr.5	Douille PVC n°5	ø16*ø10.2*38	1
51	PVC Bushing No.6	PVC-Buchse Nr.5	Douille PVC n°5	ø16*ø10.2*16	2
52	PVC Bushing No.7	PVC-Buchse Nr.7	Douille PVC n°7	ø15*ø8.2*60	1
53	Rotator Spindle Bushing	Rotator-Spindelbuchse	Douille d' axe de rotateur	Φ30*Φ17*10	1
54	Rotator	Rotator	Rotateur	ø110*220	1
55	Handlebar Post	Lenkerstütze	Poteau de guidon	96*54*40	1
56	Seat Stopper	Sitzstopper	Butée de siège	25*15*10	4
57	Horizontal Seat Roller	Horizontale Sitzrolle	Rouleau de siège horizontal	ø28*11.5	4
58	Roller Positioning Seat	Rollenpositionierungssitz	Siège de positionnement à roulettes	46*43.5*32.4	4
59	Vertical Seat Roller	Vertikale Sitzrolle	Rouleau de siège vertical	ø46*22	4
60	Foot Pad	Fußpolster	Coussin de pied	100*25*25	4
61	Edge Strip	Edge Strip	Bande de chant	30*17.5*917	2
62	Seat	Sitz	Siège	320*260*52	1
63	Peddle Strap	Fußgurte	Sangle de colportage	38.1**2*800	1
64	Eva Mat	EVA- Matte	Tapis Eva	90*25*62	2
65	Cable Plug	Kabelstecker	Prise de câble	ø14.5*ø12	1
66	Left Protective Board	Linke Schutzplatte	Panneau de protection gauche	474*86*62.5	1
67	Right Protective Board	Right Protective Board	Panneau de protection droit	474*86*62.5	1
68	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*10*S4	4
69	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*15*S4	5
70	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*30*S4	2
71	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*30*S4	4
72	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*40*15*S5	24
73	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*15*ø10*22 ø17*3*S5	3
74	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*16 S5	6
75	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M8*120*20*S5	1
76	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M8*65*20*S5	2
77	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M8*80*20*S5	2
78	Hex Bolt	Sechskantschraube	Boulon hexagonal	M8*90*20*S14	4
79	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M8*25*S5	4
80	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6*32*S4	6

NO.	NAME	NAME	NOM	SPEC.	QTY.
81	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M8×20×S5	1
82	Hex Socket Screw	Innensechskantschraube	Vis à six pans creux	M6×8	4
83	Crosshead Screw	Kreuzkopfschraube	Vis cruciforme	M3×17×Ø6	12
84	Crosshead Screw	Kreuzkopfschraube	Vis cruciforme	ST4,2×19×Ø11	19
85	Crosshead Screw	Kreuzkopfschraube	Vis cruciforme	M4×6×Ø7	8
86	Nylon Nut	Nylonnutter	Écrou en nylon	M8×H7,5×S13	22
87	Nylon Nut	Nylonnutter	Écrou en nylon	M3×H3,8×S6	12
88	Cap Nut	Hutmutter	Écrou borgne	M8×H16×S13	8
89	Hex Nut	Sechskantmutter	Écrou hexagonal	M8×H6,8×S14	2
90	Flat Washer	Flache Unterlegscheibe	Rondelle plate	d8×Ø16×1,5	22
91	Flat Washer	Flache Unterlegscheibe	Rondelle plate	d8×Ø16×1,5	1
92	Flat Washer	Flache Unterlegscheibe	Rondelle plate	d6×Ø16×1	4
93	Spring Washer	Federscheibe	Rondelle à ressort	D7×0,9	4
94	Crosshead Screw	Kreuzkopfschraube	Vis à tête croisée	M5×12	4
95	Monitor	Monitor	Moniteur	-	1
96	Sensor Cable	Sensorkabel	Câble de capteur	-	2
97	Pull Strap	Kordelzug	Sangle de traction	24*3100	1
98	Hex Key	Sechskantschlüssel	Cle hexagonale	30*80*5 S5	1
99	Pump	Pumpe	Pompe	650*g22	1
100	Purification Tablet	Wasserreinigungstabletten	Tablette de purification	Φ30*30	3

NO.	Nome	Nombre	SPEC.	QTY.
1	Telaio Frontale	Marco frontal	992,6*80*27	2
2	Guida posteriore sinistra	Riel trasero izquierdo	1022,6*80*27	1
3	Guida posteriore sinistra	Riel trasero derecho	1022,6*80*27	1
4	Parafango anteriore	Deflector frontal	415*240*27	1
5	Pannello di connessione superiore	Panel de conexión superior	392*152*27	1
6	Piastra di fissaggio serbatoio	Placa de fijación del tanque	496*124*27	2
7	Ipad Supporto	Soporte para iPad	250*126*20	1
8	Asta di supporto	Varilla de soporte	90*20*9	1
9	Pannello di collegamento della guida	Panel de conexión de rieles	260*55*27	1
10	Pannello di fissaggio del sedile	Panel de fijación del asiento	220*60*27	2
11	U Pannello di collegamento	Panel de conexión U	260*70*40*63	1
12	Piastra di collegamento anteriore sinistra	Placa de conexión delantera izquierda	-	1
13	Piastra di collegamento anteriore destra	Placa de conexión delantera derecha	-	1
14	Piastra di collegamento posteriore	Placa de conexión trasera	-	1
15	Supporto per monitor	Soporte para monitor	Ø2	1
16	Manubrio	Manillar	Ø25*380	1
17	Piastra di fissaggio sinistra	Placa de fijación izquierda	Ø2,5	1
18	Piastra di fissaggio destra	Placa de fijación derecha	Ø2,5	1
19	Piastra di fissaggio del pedale	Placa de fijación de pedales	Ø3	1
20	Porta Ipad Post	Soporte para iPad	Ø2	1

NO.	Nome	Nome	SPEC.	QTY.
61	Striscia di bordo	Tira de bordo	30"17,5"917	2
62	Sedile	Asiento	320"260"52	1
63	Cinghia per pedali	Correa de venta ambulante	38.1"-2"800	1
64	Eva Mat	Estera Eva	90"25"62	2
65	Spina del cavo	Enchufe de cable	ø14.5"ø12	1
66	Scheda protettiva sinistra	Tablero protector izquierdo	474"86"62.5	1
67	Scheda protettiva destra	Tablero protector derecho	474"86"62.5	1
68	Vite a brugola esagonale	Tornillo hexagonal	M6×10×S4	4
69	Vite a brugola esagonale	Tornillo hexagonal	M8×15×S4	5
70	Vite a brugola esagonale	Tornillo hexagonal	M6×30×S4	2
71	Vite a brugola esagonale	Tornillo hexagonal	M6×50×S4	4
72	Vite a brugola esagonale	Tornillo hexagonal	M8×40×15×S5	24
73	Vite a brugola esagonale	Tornillo hexagonal	M6×15×ø10×22 ø17×3×S5	3
74	Vite a brugola esagonale	Tornillo hexagonal	M6"16 S5	6
75	Vite a brugola esagonale	Tornillo hexagonal	M8×120×20×S5	1
76	Vite a brugola esagonale	Tornillo hexagonal	M8×65×20×S5	2
77	Vite a brugola esagonale	Tornillo hexagonal	M8×80×20×S5	2
78	Bullone esagonale	Tornillo de cabeza Hexagonal	M8×90×20×S14	4
79	Vite a brugola esagonale	Tornillo hexagonal	M8×25×S5	4
80	Vite a brugola esagonale	Tornillo hexagonal	M8×32×S4	6
81	Vite a brugola esagonale	Tornillo hexagonal	M8×20×S5	1
82	Vite a brugola esagonale	Tornillo hexagonal	M6×8	4
83	Vite a croce	Tornillo de cruceta	M3×17×ø6	12
84	Vite a croce	Tornillo de cruceta	ST4.2×19×ø11	19
85	Vite a croce	Tornillo de cruceta	M4×6×ø7	8
86	Dado in nylon	Tuerca de nailon	M8×H7.5×S13	22
87	Dado in nylon	Tuerca ciega	M3×H3.8×S6	12
88	Dado del tappo	Tuerca hexagonal	M8×H16×S13	8
89	Dado esagonale	Tuerca hexagonal	M8×H6.8×S14	2
90	Rondella piatta	Arandela plana	d8×ø16×1.5	22
91	Rondella piatta	Arandela plana	d8×ø16×1.5	1
92	Rondella piatta	Arandela plana	d6×ø16×1	4
93	Rondella a molla	Arandela de resorte	D7×0.9	4
94	Vite a testa cilindrica	Tornillo de cabeza de cruz	M5×12	4
95	Monitor	Monitor	-	1
96	Cavo del sensore	Cable de sensores	-	2
97	Cinghia di trazione	Tirar de la correa	24"3100	1
98	Chiave esagonale	Llave hexagonal	30"80"5 S5	1
99	Pompa	Bomba	650"ø22	1
100	Compresa di purificazione	Tableta de purificación	ø30"30	3

NO.	Nome	Nombre	SPEC.	QTY.
21	Plastira di collegamento a L	Placa de conexión en forma de L	δ3	1
22	Albero di rotazione	Eje de pivote	φ10*305	1
23	Albero del rullo del sedile	Eje del rodillo del asiento	φ8*320	2
24	Albero della ruota di guida piccola	Pequeño eje de rueda guía	φ10*106	1
25	Albero della ruota guida grande	Eje de rueda guía grande	φ10*124	1
26	Boccola	Cojinete	φ12*φ10*10	4
27	Perno di fissaggio	Pasador de fijación	φ10*40	1
28	Serbatoio superiore	Tanque superior	φ518*100	1
29	Serbatoio inferiore	Tanque inferior	φ518*100	1
30	Oar	Remo	462*115	1
31	Anello di tenuta	Anillo de sellado	φ501*7	1
32	Rondella di gomma	Lavadora de caucho	φ40*7	1
33	Alloggiamento del cuscinetto	Aljamiento del cojinete	110*98*12	1
34	Rondella di plastica	Arandela de plástico	φ52*φ20.5*3	2
35	Paraolio	Sello de aceite	φ20*φ40*8	1
36	Tappo del serbatoio	Tapón del tanque	φ31.3*10.4	1
37	Grande ruota guida	Rueda guía grande	φ68*φ54*32	1
38	Piccola ruota guida	Pequeña rueda guía	φ51*φ38*32	1
39	Boccola in plastica	Buje de plástico	φ18*φ10.2*13	6
40	Piastria di fissaggio del pedale	Placa de fijación de pedales	132*106*18	2
41	Pedale	Pedal	343*106*56	2
42	Cuscinetto in gomma	Almohadilla de goma	φ20*15	2
43	Ruota di trasporto	Rueda de transporte	φ69*23.5	4
44	Spina per manubrio	Tapón del manillar	25*1.5	2
45	Coprimanubrio	Cubierta del manillar	φ30*3*210	2
46	Boccola in PVC n. 1	Buje de PVC No.1	φ15*φ8.2*40	1
47	Boccola in PVC n. 2	Buje de PVC No.2	φ15*φ8.2*195	2
48	Boccola in PVC n. 3	Buje de PVC No.3	φ15*φ8.2*110	4
49	Boccola in PVC n. 4	Buje de PVC No.4	φ16*φ10.2*5	1
50	Boccola in PVC n. 5	Buje de PVC No.5	φ16*φ10.2*38	1
51	Boccola in PVC n. 6	Buje de PVC No.6	φ16*φ10.2*16	2
52	Boccola in PVC n. 7	Buje de PVC No.7	φ15*φ8.2*60	1
53	Boccola del mandrino del rotatore	Buje del husillo del rotor	φ30*φ17*10	1
54	Rotatore	rotador	φ110*220	1
55	Palo del manubrio	Poste del manillar	96*54*40	1
56	Tappo del sedile	Tapón del asiento	25*15*10	4
57	Rullo orizzontale del sedile	Rodillo de asiento horizontal	φ28*11.5	4
58	Sedile di posizionamento a rulli	Asiento de posicionamiento del rodillo	46*43.5*32.4	4
59	Rullo verticale del sedile	Rodillo de asiento vertical	φ46*22	4
60	Cuscinetto per i piedi	Almohadilla para el pie	100*25*25	4

IMPORTANT PRECAUTIONS

PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE

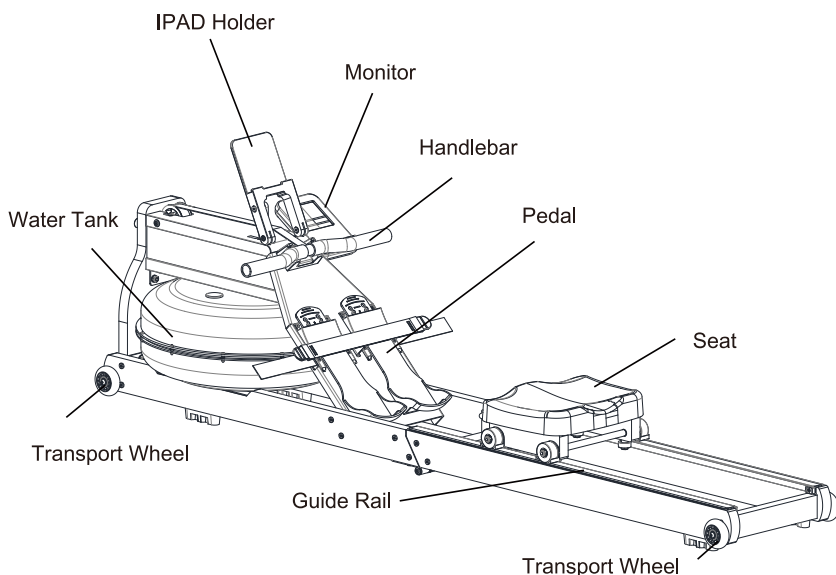
1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings 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.

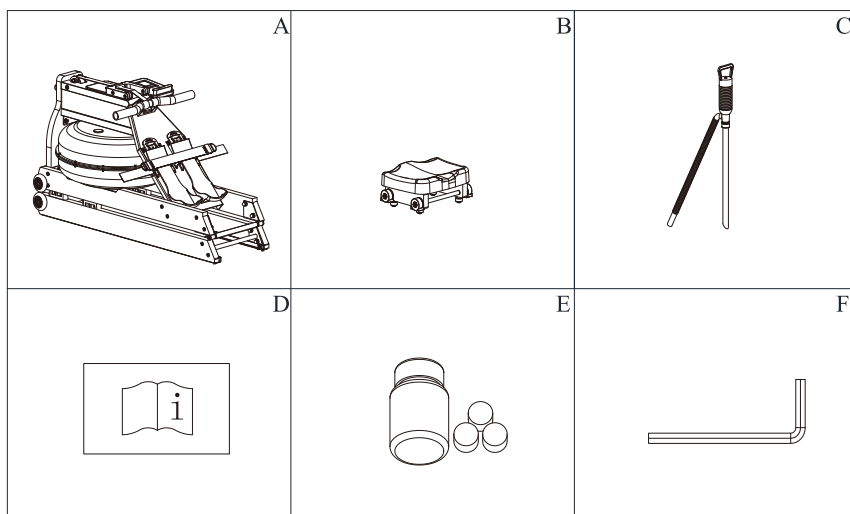
Due to the failure to read the precautions carefully, JOROTO will be not responsible for the injury or other possible injury caused by the user's own reasons!

PRODUCT INSTRUCTION



PACKAGING LIST

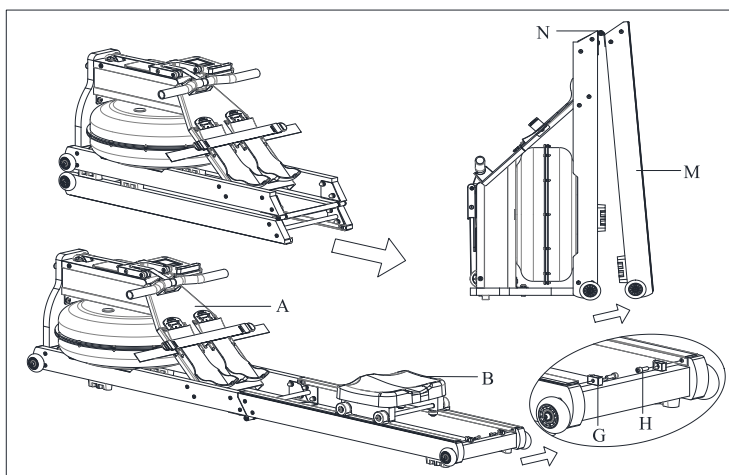
No.	Name	Qty.	No.	Name	Qty.
A	Rower	1 PC	D	User Manual	1 PC
B	Seat	1 PC	E	Water Purification Tablet	3 PCS
C	Pump	1 PC	F	Hex Key S5	1 PC



INSTALLATION INSTRUCTION

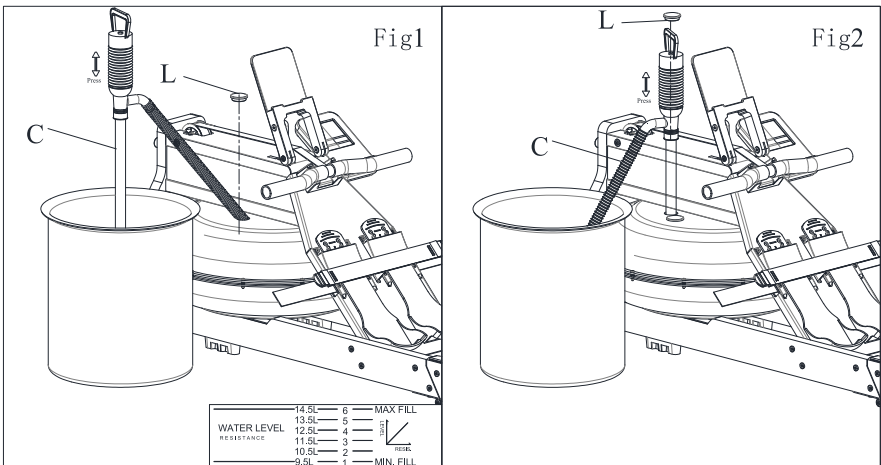
STEP 1

1. Take the product out of the box and stand it up. Place one hand on the Round Tube (N) and the other hand on the Guide Rail (M). Unfold the product and lay it flat on the ground, being careful to avoid getting your hands pinched.
2. Use a Hex Key (F) to loosen the Internal Hex Screws (G) and remove the Seat Stopper (H). Slide the Seat (B) into the Guide Rail (M). Then, reattach the previously removed Internal Hex Screws (G) and Seat Stopper (H).



STEP 2

1. Remove the Tank Plug (L) from the water tank.
2. Fill water according to Fig 1: Insert the outlet of the Pump (C) into the water tank, place the inlet of the Pump (C) into a bucket, and repeatedly compress the Pump (C) to pour water into the tank. Use the numerical markings on the side of the water tank to measure the water level. Insert the tank plug (L) back into the water tank after completion, and use a dry cloth to wipe away any water droplets on the machine and its surroundings.
3. Extract water according to Fig 2: Insert the inlet of the Pump (C) into the water tank, place the outlet of the Pump (C) into a bucket, and repeatedly compress the water pump to draw water from the tank. Insert the tank plug (L) back into the water tank after completion, and use a dry cloth to wipe away any water droplets on the machine and its surroundings.

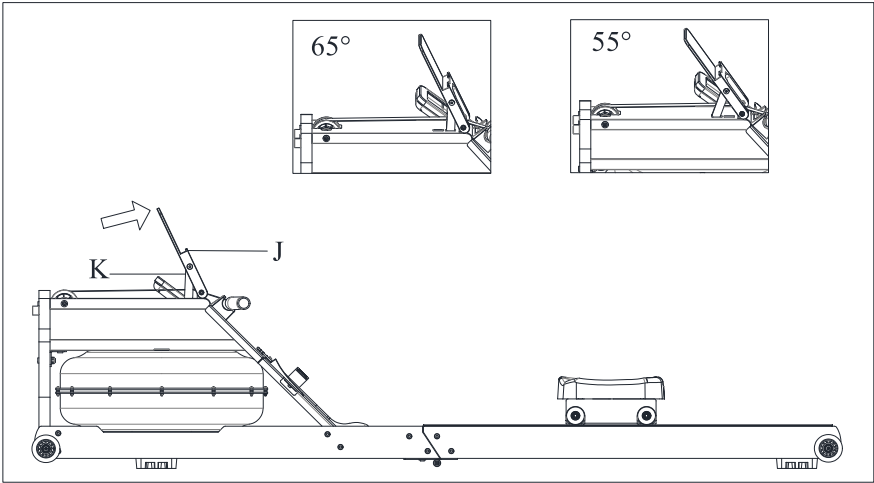


WATER TANK MAINTENANCE NOTES

1. 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. Water purification tablets (enclosed 3 tablets) are suitable for keeping the water clean. Add tablet to the tank after changing the water. One tablet is sufficient for the maximum filled water tank.
2. Never expose the tank to direct sunlight and empty it if it is not going to be used for a long time.
3. The water from the tank is not suitable for consumption. After emptying, please pour the water away.

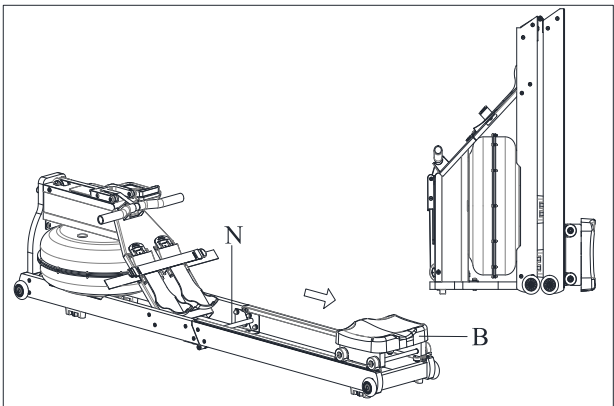
IPAD HOLDER ANGEL ADJUSTMENT

Adjust the angle of the iPad Holder (J) by placing the Support Rod (K) into the slots at different angles as shown in the diagram.

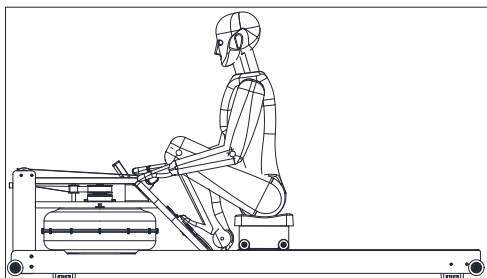


FOLDING INSTRUCTION

When folding the product, first move the Seat (B) to the end of the Guide Rail (M) to prevent the Seat (B) from rapidly dropping and damaging the product during the process. Then, grasp the Round Tube (N) with your hand and pull it upwards to complete the folding.

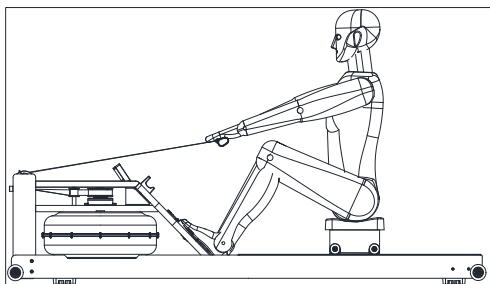


TRAINING GUIDANCE



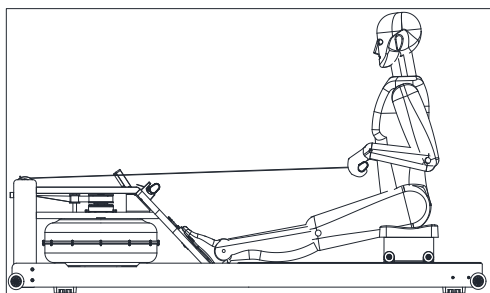
READY STATUS

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

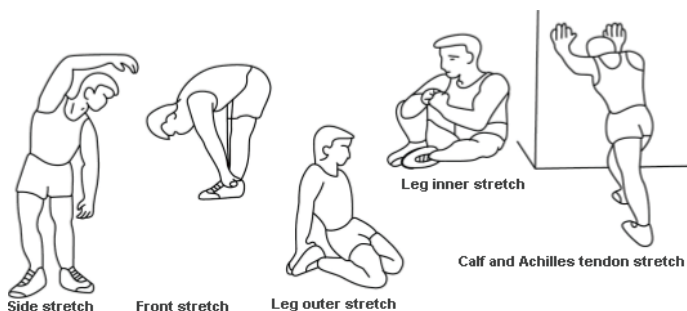
Push forward your legs, pull the lever to your chest and release your shoulders. Keep eyes looking forward. After regular exercise and get the right rowing method, it will be much easier than rowing a real boat. Soon you will find the advantages of using a rowing machine to exercise.

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

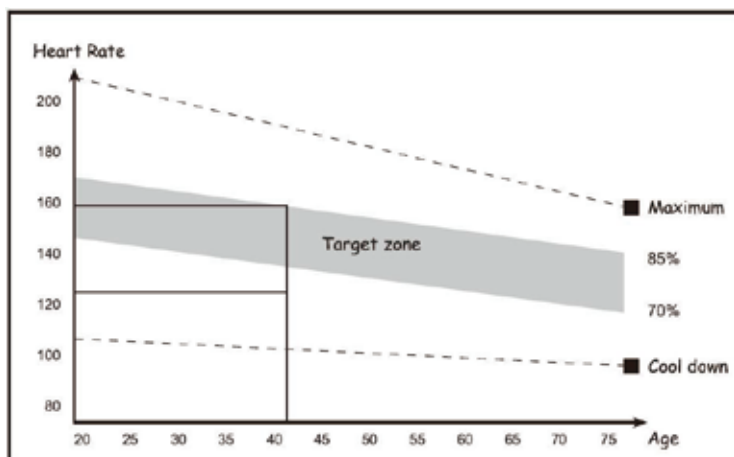
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



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.

MONITOR INSTRUCTION

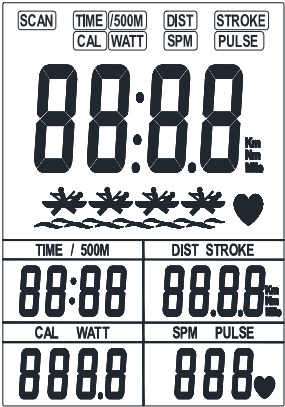
1. DISPLAY INTRODUCTION

- Upper Window

In Scan mode, The upper window of screen will display Time, Time/500m, Distance, Stroke, Calorie, Watt, SPM, Pulse in sequence every 6 seconds. Pressing MODE button will switch between the Scan mode and different data displays.

- Lower Window

All data will be displayed in groups on the lower window of screen. Time, Stroke, Cal, Pulse as a set, Time/500m, Distance, Watt, SPM as another set. Press UP or Down button to switch between the 2 sets of data.



SCHEMATIC DIAGRAM AND DATA DESCRIPTION OF MONITOR:

ITEM	DESCRIPTION	RANGE
TIME	Workout duration	0:00 ~ 99:59 (M: S)
TIME/500M	The time needed to row 500 meters according to current speed.	0:00 ~ 99:59 (M: S)
DISTANCE	Rowing distance.	0.00~99.99 (KM)
STROKE	The number of completed rowing strokes.	0 ~ 9999 (Stroke)
CALORIE	Calories burned during rowing.	0.0~999.9 (kcal)
Watt	Current exercise power.	0.0~999.9 (WATT)
SPM	Strokes per minute.	0~999 (S/M)
Pulse	Heartbeats per minute.	30~240 (BPM)

2. BUTTON FUNCTION

ITEM	DESCRIPTION
MODE	1.Switch between different data displays and Scan mode for the main window of screen. 2.Hold on pressing for 1.5 seconds to enter the target exercise data (Time, Distance, Stroke, Cal, Pulse) setting. The data will countdown from target to 0 when exercising.
UP	1.Switch the lower window of monitor between 2 sets of data. 2.After entering the target exercise data setting, press UP to increase corresponding target exercise data. Press and hold to increase continually.
DOWN	1.Switch the lower window of monitor between 2 sets of data. 2.After entering the target exercise data setting, press DOWN to decrease corresponding target exercise data. Press and hold to increase continually.
RESET	Hold on Pressing for 3 seconds to zero all exercise data.
RECOVERY	When the monitor receives and displays your current pulse, press the RECOVERY key to start the heart rate recovery test. The display shows a 1-minute countdown, simultaneously displaying the gradually decreasing heart rate value. When the countdown reaches zero, the test result is displayed, with ratings ranging from F1 to F6. F1 is excellent, F2 is good, F3 is fair, F4 is below average, F5 is poor, and F6 is very poor. Press the RECOVERY heart rate recovery key again to exit the heart rate recovery function.

3. BATTERY

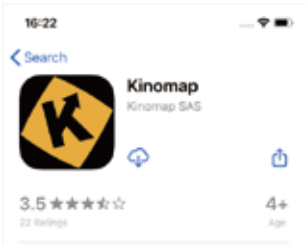
Install two AA UM3 batteries in the battery compartment according to the positive and negative directions indicated on the instrument. When the screen displays dimly or flashes prominently during operation, it indicates insufficient battery power. Please replace two new batteries.

4. AUTOMATIC SHUTDOWN

If there is no rowing or button operation for more than 4 minutes, the monitor will automatically shut down; the monitor will automatically turn on as soon as rowing or any button is pressed.

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.

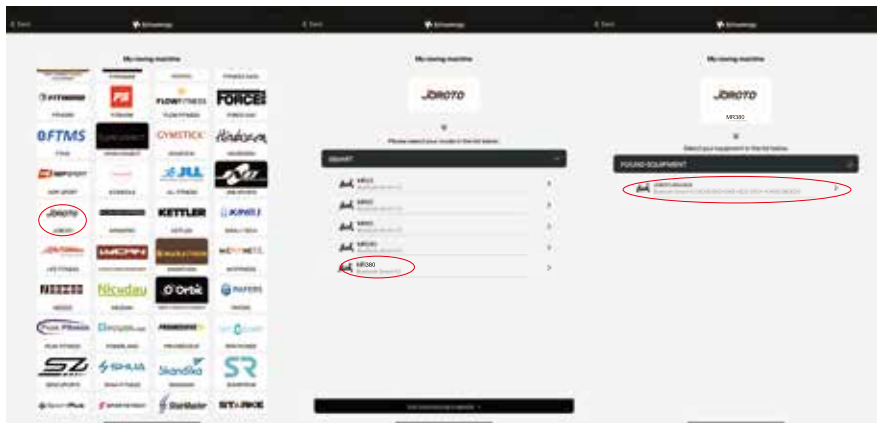
(3) Add sports equipment, the specific operations are as follows:



Select "JOROTO"

Select "MR380"

Found Equipment



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

FCC WARNING

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.

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

RF Exposure Statement

To maintain compliance with IC's RF Exposure guidelines, The installation and operation of the device should meet the requirements for portable devices. 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 des transmetteurs/récepteurs transmitters exemptés de licence qui sont conformes à l'innovation, à la Science et au développement économique

Les flux RSS du Canada exempts de licences. 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 aux limites d'exposition au rayonnement établies par le Canada pour un environnement non contrôlé

Déclaration d'exposition aux RF

Pour rester en conformité avec les lignes directrices d'exposition RF d'IC, Cet équipement doit être installé et actionné conformément aux exigences de l'équipement portable. 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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