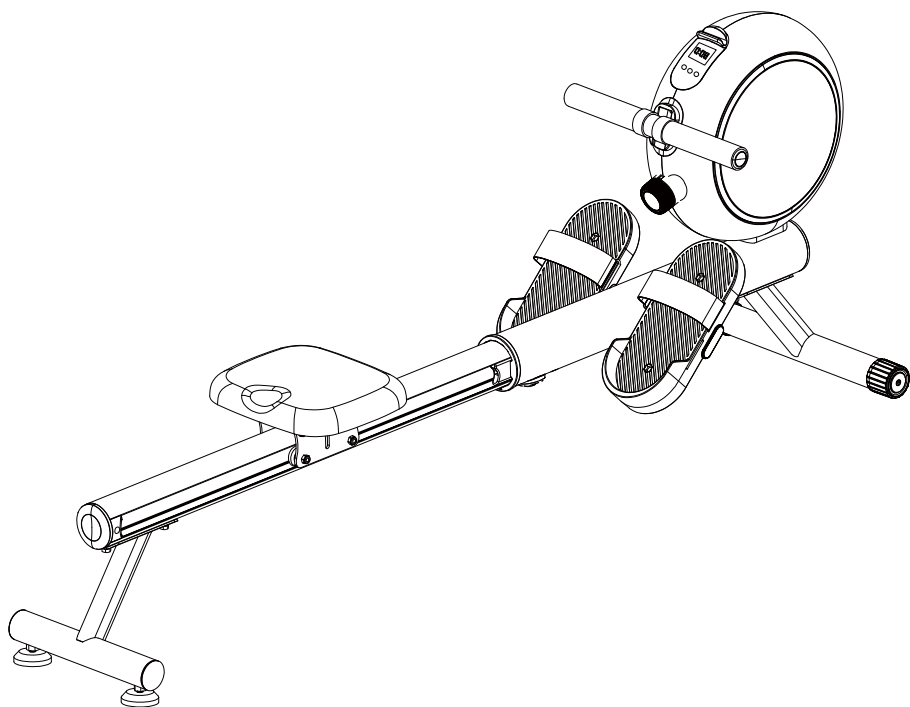


JOROTO[®]

User Manual



JOROTO-JR40

ROWING MACHINE

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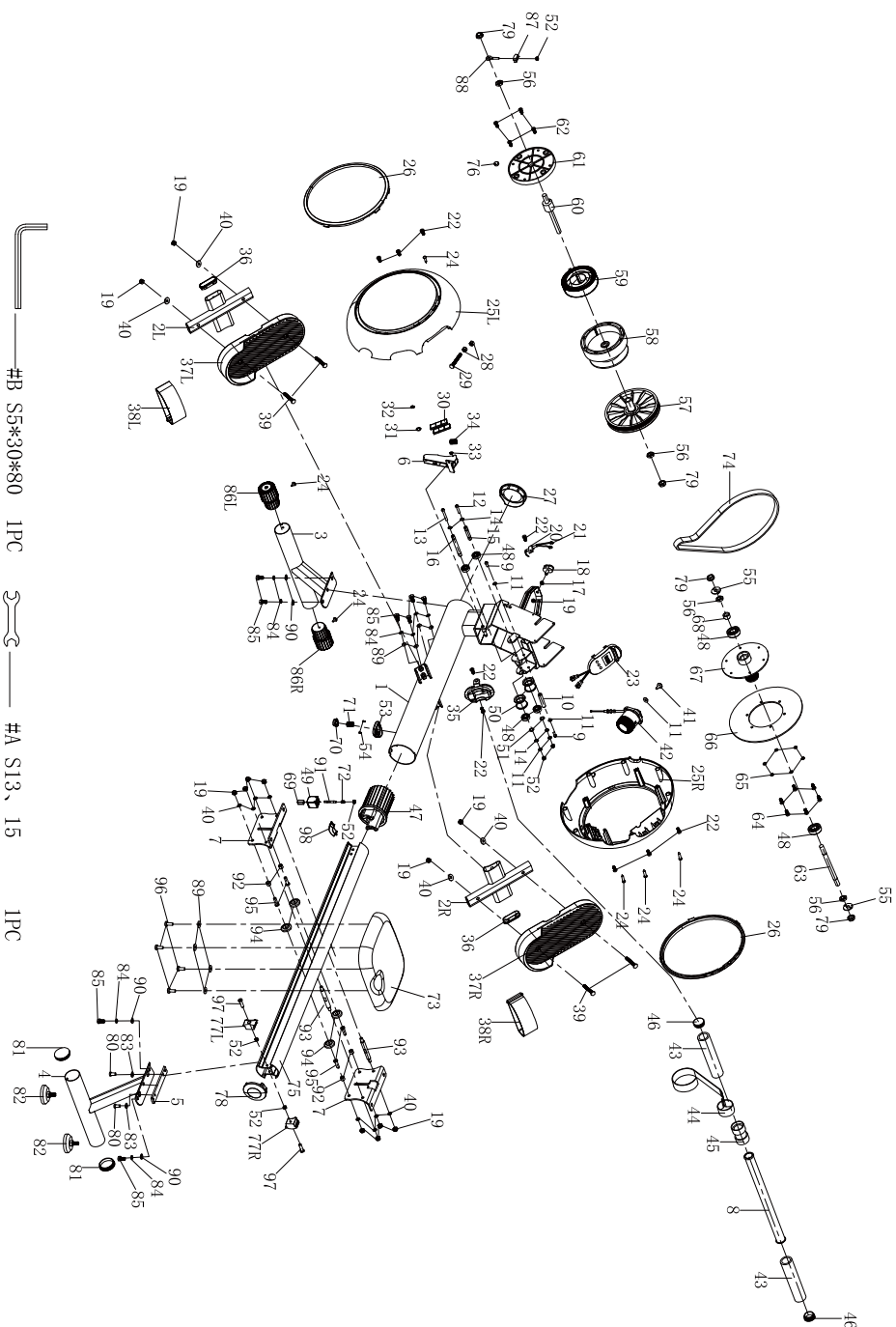
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Read all instructions carefully before using this product. Retain this owner's manual for future reference. If you have any inquiries or require further assistance, please contact JOROTO Customer Support.

Scan the Instagram QR Code to reach us online!

Email: support@jorotofitness.com



NO.	NAME	NAME	NOM	SPEC.	QTY.
1	Main Frame	Hauptrahmen	Cadre Principal	-	1
2LR	Left/Right Foot Pedal Assembly	Linke/rechte Pedalhalter	Variablen Porte-Pédales Gauche /R	-	2
3	Front Support	Vorderer Stabilisator	Stabilisateur Avant	-	1
4	Rear Support	Hinterer Stabilisator	Stabilisateur Arrière	-	1
5	Nut Plate	Hintere Stabilisator-Montageplatte	Plaque De Montage De La Barre Stabilisatrice Arrière	-	1
6	Magnetic Plate	Magnet	Aimant	-	1
7	Seat Board	Sitzmontageplatte	Plaque De Montage Du Siège	-	2
8	Handlebar	Lenker	Guidon	-	1
9	Hexagon Socket Head Cap Screw	Innensechskantschraube	Vis Allen	M6*10*5S	2
10	Tensioning Pulley	Rolle	Rôle	-	1
11	Flat Washer	Flache Unterlegscheibe	Rondelle Plate	φ6.2	6
12	Hexagon Socket Head Cap Screw	Innensechskantschraube	Vis Allen	M6*68	1
13	Hexagon Socket Head Cap Screw	Innensechskantschraube	Vis Allen	M6*120	1
14	Shaft Ring	Schaftring	Anneau D'Arbre	D10	4
15	Drive Belt Pulley Sleeve A	Riemenschleibenhülse A	Manchon De Poulie A	-	4
16	Drive Belt Pulley Sleeve B	Riemenschleibenhülse B	Poulie Manchon B	-	1
17	Hexagon Nut	Sechskantmutter	Écrou Hexagonal	M8	1
18	Rubber Cushion Pad	Gummipuffer	Tampons En Caoutchouc	-	1
19	Nylon Nut	Nylonmutter	Écrou En Nylon	M8*513	13
20	Needle Sensor	Sensor	Capteur	-	1
21	Sensor Wire	Sensorskabel	Câble Du Capteur	-	1
22	Cross Recessed Pan Head Screw	Kreuzschlitz-Flachkopfschraube	Vis Cruciforme À Tête Cylindrique	M4*8	9
23	Monitor	Monitor	Moniteur	-	1
24	Cross Recessed Self-lapping Screw	Selbstsichneidende Kreuzschlitzschraube	Vis Cruciforme Autotaraudeuse	ST4.2*16	6
25LR	Left/Right Cover	Linke/rechte Abdeckung	Capot Gauche/Droit	-	2
26	Cover Trim Ring	Abdeckungszierring	Anneau De Garniture De Couverture	-	2
27	Conduit End Cap	Endkappe	Embout	-	1
28	Hexagon Nut	Sechskantmutter	Écrou Hexagonal	M6	2
29	Hexagon Bolt	Sechskantschraube	Boulon A Tête Hexagonale	M6*50	1
30	Square Magnet	Quadratischer Magnet	Aimant Carré	-	6
31	Wave Washer	Wellenscheibe	Rondelle Ondulée	D8	1
32	Shaft Ring	Schaftring	Anneau D'Arbre	D8	1
33	Anti-Jostening Plug	Anti-Locker-Stecker	Connecteur Anti-Desserrage	-	1
34	Compression Spring	Druckfeder	Ressort De Compression	Φ10	1
35	Handlebar Post	Lenkerstütze	Support De Guidon	-	1
36	Oval Tube Plug	Ovaler Rohrstöpsfen	Bouchon De Tube Ovale	-	2
37LR	Left/Right Pedal	Linke/rechtes Pedal	Pédale Gauche/Droite	-	2
38LR	Left/Right Strap	Linke/rechter Riemen	Sangle Gauche/Droite	-	2
39	External Hexagon Bolt	Außensechskantschraube	Vis Hexagonale Externe	M8*40	4
40	Flat Washer	ache Unterlegscheibe	Rondelle Mal	φ16*φ8.5*1.5	8
41	Cross Recessed Pan Head Screw	Kreuzschlitz-Flachkopfschraube	Vis Cruciforme À Tête Cylindrique	-	1
42	84evel Micro Adjustment Assembly	8-stufiges Feineinstellgerät	Dispositif De Réglage Fin A 8 Niveaux	-	1
43	Foam Handlebar Grip	Schaumstoff Lenkerüberzüge	Couvre-Guidon En Mousse	-	2
44	Drive Belt	Gurtband	Sangles	-	1
45	Drive Belt Alignment Sleeve	Gurtband-Ausrichtungshülse	Manchon D'Alignement De Sangle	-	1
46	Round Plug	Runder Stecker	Bouchon Rond	-	2
47	Round Tube Liner	Rundrohrliner	Revêtement De Tuyau Rond	-	1
48	Bearing	Lager	Camp	6000Z	6
49	Spring Pin Mounting Bracket	Federstift-Montagehalter	Support De Montage De Goupille À Ressort	-	1
50	Drive Belt Pulley	Bandantriebsrad	Cabestan	-	2
51	Wave Washer	Wellenscheibe	Rondelle Ondulée	D10	2

NO.	NAME	NAME	NOM	SPEC.	QTY.
52	Nylon Nut	Nylonnutter	Écrou En Nylon	M6*S10	6
53	Button Bracket	Wellenschelbe	Rondelle Ondulée	-	1
54	Cross Recessed Pan Head Screw	Kreuzschlitz-Flachkopfschraube	V/s Cruciforme A Tête Cylindrique	M4*6	2
55	Hexagon Nut	Sechskantmutter	Écrou Hexagonal	M10*S17	2
56	Hexagon Flange Nut	Sechskant-Flanschmutter	Écrou A Bride Hexagonale	M10*S17	4
57	Belt Pulley	Riemenschelbe	Poulie	-	1
58	Drive Belt Pulley	Antriebsriemenrad	Poulie Motrice	-	1
59	Coil Spring	Schraubenfeder	Ressort Hélicoïdal	-	1
60	Drive Belt Pulley Shaft Assembly	Riemenscheibenwelle	Arbre De Poulie	-	1
61	Drive Belt Pulley Cover	Riemenscheibenabdeckung	Couverde De Poulie	-	1
62	Cross Recessed Countersunk Self-tapping Nail	Kreuzschlitz-Senkopf-Blechschauben	Vis Autotaraudeuses A Tête Fraisée Phillips	ST4,2*12	4
63	Flywheel Shaft	Schwungradwelle	Arbre De Volant	-	1
64	Cross Recessed Pan Head Screw	Kreuzschlitz-Flachkopfschraube	V/s Cruciforme A Tête Cylindrique	M5*10	6
65	Spring Washer	Federschelbe	Rondelle Élastique	D5	6
66	Aluminum Plate	Aluminiumteller	Plaque D'Aluminium	-	1
67	Aluminum Plate Fixing Bushing	Aluminiumplatte Befestigungsbuchse	Sode De Montage Sur Plaque En Aluminium	-	1
68	Flywheel Spacer	Schwungrad-Abstandshalter	Entretoise De Volant	-	1
69	Square Pin	Quadratischer Stift	Broche Carrée	-	1
70	Button	Taste	Bouton	-	1
71	Compression Spring	Druckfeder	Ressort De Compression	Φ17	1
72	Compression Spring	Druckfeder	Ressort De Compression	Φ9	1
73	Seat	Sitz	Siège	-	1
74	Belt	Gürtel	Ceinture	-	1
75	Aluminum Track	Aluminiumschiene	Rail En Aluminium	-	1
76	Round Magnet	Runder Magnet	Aimant Rond	-	1
77/LR	Left/Right Cushion Pad	Linkes/rechtes Kissenpolster	Coussinet Gauche/Droit	-	2
78	Track Cover	Schieneabdeckung	Couverture De Rail	-	1
79	Hexagon Flange Nut	Sechskant-Flanschmutter	Écrou A Bride Hexagonale	M10*S15	4
80	Hexagon Socket Countersunk Head Bolt	Innensechskantschrauben	V/s Allen	M6*16*S5	2
81	Pipe Plug	Rohrstopfen	Bouchon De Tuyau	-	2
82	Foot Pad	Fußpolster	Coussinets De Pied	-	2
83	Arc Washer	Gebogene Unterlegscheibe	Rondelle Courbe	d8*Φ16*1,5	6
84	Spring Washer	Federschelbe	Rondelle Élastique	D8	8
85	External Hexagon Bolt	Außensechskantschraube	V/s Hexagonale Externe	M8*20*S13	4
86/LR	Left/Right Foot Support with Wheels	Endkarpe der Fußstabilisatoren	Enbout Des Pieds Stabilisateurs	-	2
87	Adjustment Bolt	Einstellschraube	V/s De Réglage	-	1
88	Adjustment Bracket	Einstellhalterung	Support De Réglage	-	1
89	Flat Washer	Flache Unterlegscheibe	Rondelle Plate	d8,2*Φ16*1,5	8
90	Hexagon Socket Head Cap Screw	Innensechskantschraube	V/s Allen	M8*20*S5	4
91	Hexagon Socket Flat Head Screw	Innensechskantschraube	V/s Allen	M8*32*12*S5	1
92	Spacer Sleeve	Distanzhülse	Douille D'Espacement	-	4
93	Seat Shaft	Sitzswelle	Arbre De Siège	-	2
94	Roller	Rolle	Rôle	-	4
95	Hexagon Socket Flat Head Screw	Innensechskant-Flachkopfschraube	Vis A Tête Cylindrique A Six Pans Creux	M8*28*10*S5	4
96	Hexagon Socket Flat Cap Screw	Innensechskantschraube	V/s Allen	M8*15*S5	4
97	Hexagon Socket Flat Head Screw	Innensechskant-Flachkopfschraube	Vis A Tête Cylindrique A Six Pans Creux	M8*16*S5	2
98	Rubber Block	Gummitblock	Bloc De Caoutchouc	-	1
99	Screw	Schrauben	Des Vis	-	1
A	Wrench	Schraubenschlüssel	Cle	S13、 15	1
B	Allen Wrench	Inbusschlüssel	Cle Allen	S5*30*90	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.

INSTALLATION INSTRUCTION

1. PREPARATION

- A. Ensure that there is sufficient space available in the surrounding area before installation.
- B. Use the provided tools or appropriate tools for the installation process.
- C. Before installation, ensure that all components are complete (refer to the labeled names and positions in the exploded view diagram).

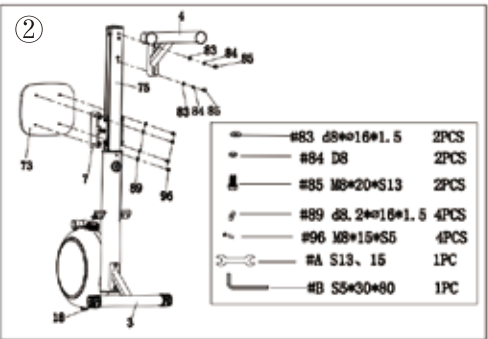
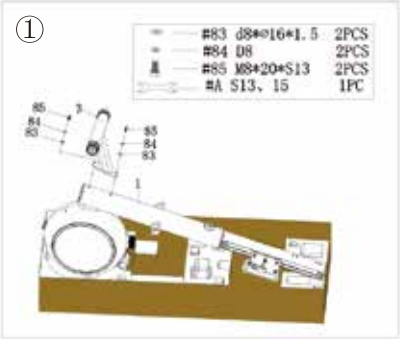
2. INSTALLATION STEPS

STEP 1

- 1. First, place the Main Frame (1) on the foam as shown in the Figure 1.
- 2. Next, use the Arc Washer (83), Spring Washer (84), and External Hexagon Bolt (85) to secure the Front Support Assembly (3) to the Main Frame (1). Then, use the Wrench (A) to tighten the External Hexagon Bolt (85).

STEP 2

- 1. First, position the rowing machine as shown in the Figure 2, ensuring that the Rubber Cushion Pad (18) and Front Support Assembly (3) make contact with the floor simultaneously and are level.
- 2. Next, use Flat Washer (89) and Hexagon Socket Head Cap Screw (96) to secure the Seat (73) onto the Seat Board (7). Use the Allen Wrench (B) to tighten the Hexagon Socket Head Cap Screw (96).
- 3. Then, use the Arc Washer (83), Spring Washer (84), and External Hexagon Bolt (85) to secure the Rear Support Assembly (4) onto the Aluminum Track (75). Tighten the External Hexagon Bolt (85) using the Wrench (A).



STEP 3

1. First, pull out the Aluminum Track (75) in the direction indicated by the arrow, as shown in Figure 3-P1. When you hear a "click" sound, it means that the Aluminum Track (75) is securely locked in place. After securing it, it should look like Figure 3- P2.

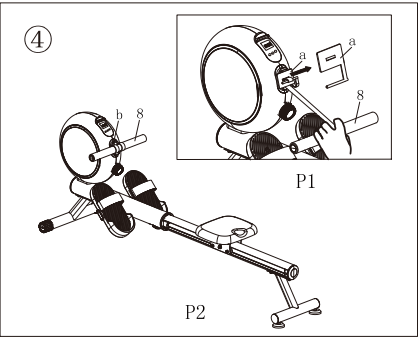
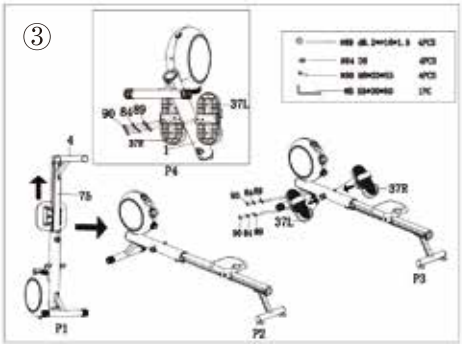
! NOTE

Stand behind the rowing machine, keeping your head and body away from the Rear Support Assembly (4) to avoid collision.

2. Next, insert the Left/Right Pedal (37L/R) into the pedal support brackets on the main frame, as shown in Figure 3-P3.
3. Then, use Flat Washer (89), Spring Washer (84), and Hexagon Socket Head Cap Screw (90) to fasten the Left/Right Pedal (37L/R) onto the pedal support brackets. Tighten the Hexagon Socket Head Cap Screw (90) using the Allen wrench (B), as shown in Figure 3-P4.

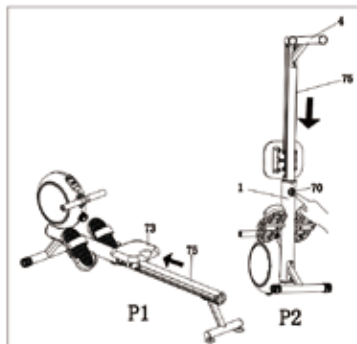
STEP 4

As shown in Figure P1, one hand tightens the handle(8), removes the webbing fixing piece (a), and then slowly returns the handle (8) to the pull handle holder (b),and after returning to the position, it is shown in Figure P2.



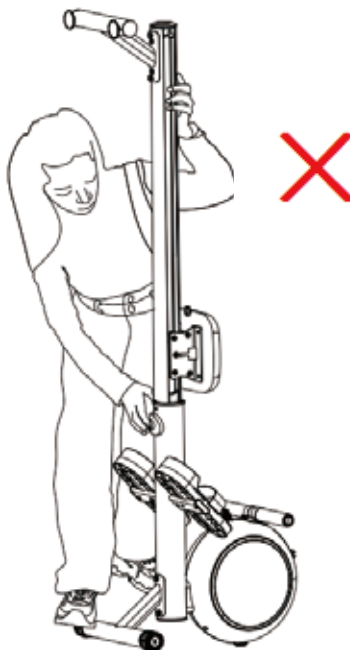
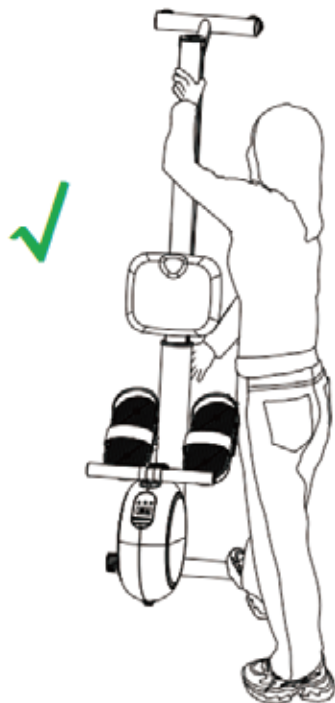
STORAGE INSTRUCTIONS

1. First, move the Seat (73) in the direction indicated by the arrow to the front end of the Aluminum Track (75), as shown in Figure P1, to prevent hand pinching.
2. Next, place the rowing machine as shown in Figure P2.
3. Then, use one hand to press the Button (70), while using the other hand to lower the Aluminum Track (75) into the Main Frame (1) for storage.



NOTE

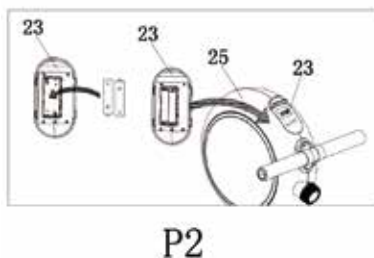
When standing the rowing machine upright and during the process of storing the Aluminum Track, stand behind the rowing machine, keeping your head and body away from the Rear Support Assembly (4) to avoid collision.



BATTERY REPLACEMENT INSTRUCTION

First , remove Monitor(23) from Cover(25) as Pic 1 .

Then, install the battery into battery compartment on the back of Monitor(23) as Pic 2. After that install the Monitor(23) back to Cover(25).



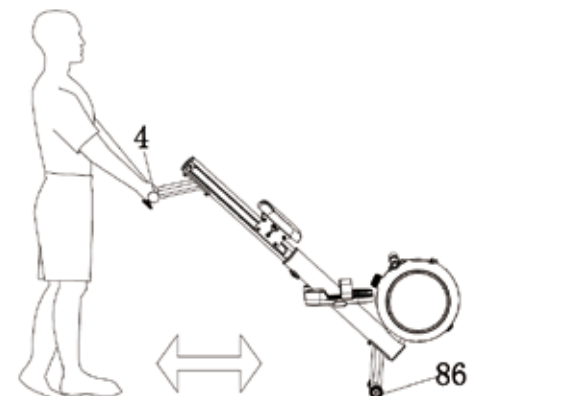
! NOTE

Pay attention to the installation direction of battery and make sure it was locked well.

MOVING INSTRUCTIONS

When moving the rowing machine, grip the Rear Support Assembly (4) and push it downward, ensuring that the Left/Right Foot Support with Wheels (86) of the Front Support Assembly (3) make full contact with the ground.

Apart from the using the wheels, the rowing machine can be moved by keeping it off the ground. Once you have reached the desired location, release it slowly.

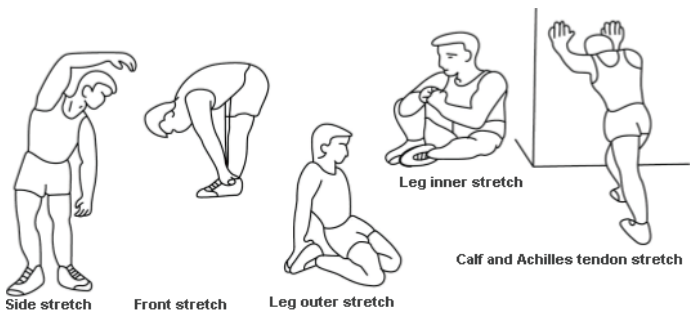


TRAINING INSTRUCTIONS

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

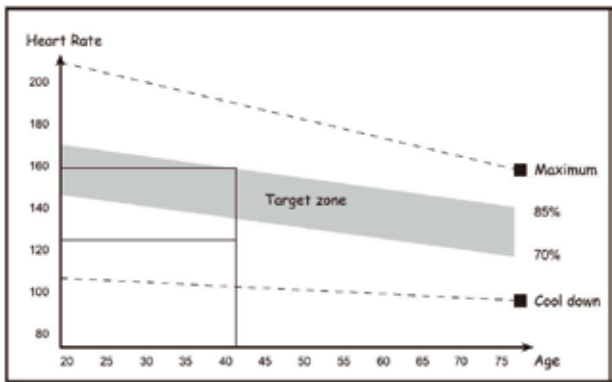
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



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 FOR MONITOR

BUTTON FUNCTION

MODE	Tap to toggle between SCAN, TIME, STROKES, DIST, CAL, SPM.
SET	Tap to set target TIME, STROKES, DIST, CAL in corresponding mode before starting exercise. Tap and hold to increase the value continuously.
RESET	When setting target TIME, STROKES, DIST, CAL, tap to reset target value in corresponding mode. Tap and hold for 3 seconds to reset all exercise values.

INSTRUMENT PANEL FUNCTIONS

1. SCAN

In Scan Mode, the display will cycle sequentially every 6 seconds, showing Time, Strokes, Distance, Calories, and SPM.

2. TIME

Display the time from the start to the end of the Exercise or the countdown time.
Range: 0:00-99:59

3. STROKES

Display the stroke count from the start to the end of the exercise or the countdown strokes.
Range: 0-9999 strokes.

4. DIST

Display the distance covered from start to end of the exercise or the countdown distance.
Range: 0-99.99 mi.

5. CAL

Display the calories burned from start to end of the exercise or the countdown calories.
Range: 0-999.9 kcal.

6. SPM

Display the strokes per minute during exercise.
Range: 0-9999 strokes per minute.

7. MODE

Tap the MODE button to select the display window you want to set or reset. Tap the SET button to set your desired target value. Hold the SET button to continuously increase the value. Tap the RESET button to reset the displayed value in the corresponding window to zero.

Function and Range	SCAN	every 6 second
	TIME	0:00-99:59
	STROKES	0-9999 strokes
	DIST	0-99.99 mi
	CAL	0-999.9 kcal
	SPM	0-9999 strokes per minute
BATTERY TYPE		2 AAA Batteries
OPERATING TEMPERATURE		0 C ~ +40 C (32°F~104°F)
STORAGE TEMPERATURE		-10 C ~ +60 C (14°F~168°F)

BATTERIES

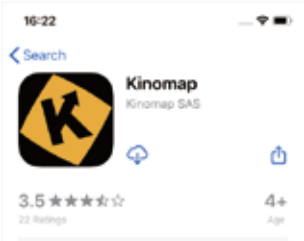
When the display screen becomes unclear or blurry, please replace the 2 AAA batteries promptly.

PROGRAM INSTRUCTIONS

After the monitor is awakened, it will start the SCAN mode. If there is no activity for 4 minutes, the monitor will enter sleep mode. It can be awakened again by resuming exercise or tapping a button.

APP

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

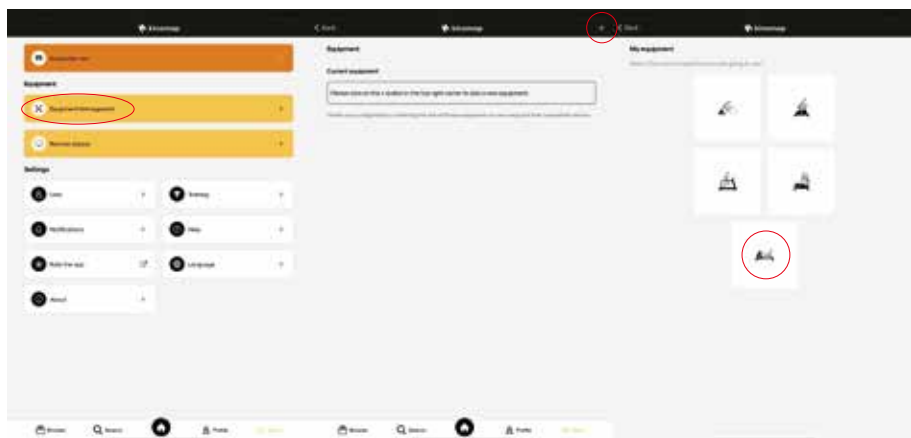


- (2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
- (3) Add sports equipment, the specific operations are as follows:

Equipment Management

“+”

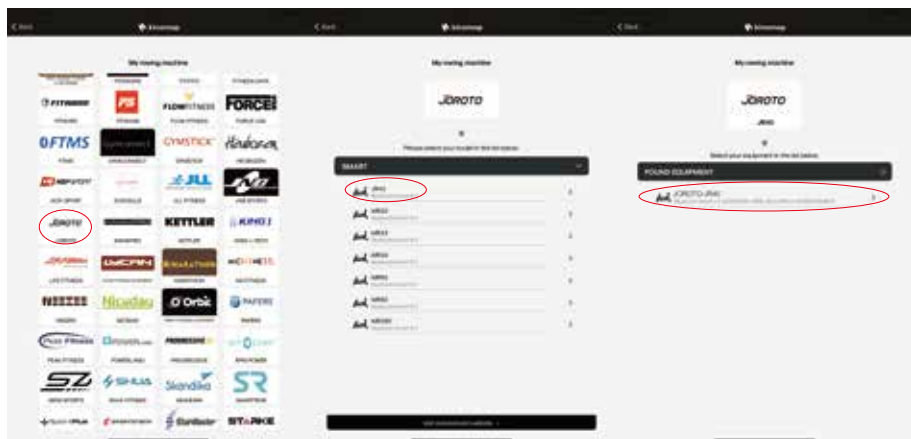
Rowing Machine



Select “JOROTO”

Select “JR40”

Found Equipment



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

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

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

IC WARNING:

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 de l'ISED Canada :

Cet appareil contient des émetteurs/récepteurs exemptés de licence qui sont conformes aux flux RSS exemptés de licence d'innovation sciences et développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes:

- 1) ce dispositif ne peut pas causer l'interférence et
- 2) cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un fonctionnement indésirable de l'appareil.

Exposition au rayonnement: cet équipement est conforme au rayonnement du Canada

Les limites d'exposition établies pour un environnement non contrôlé; Maintenir la conformité aux lignes directrices sur l'exposition aux RF d'ic.

Cet appareil et sa ou ses antennes ne doivent pas être situés au même endroit ou fonctionner conjointement avec une autre antenne ou un autre émetteur.



Li ang Health Technology (Beijing) Co. Ltd

Tel: 1-888-828-2521

Scan the Instagram QR Code to reach us online

Email: support@jorotofitness.com