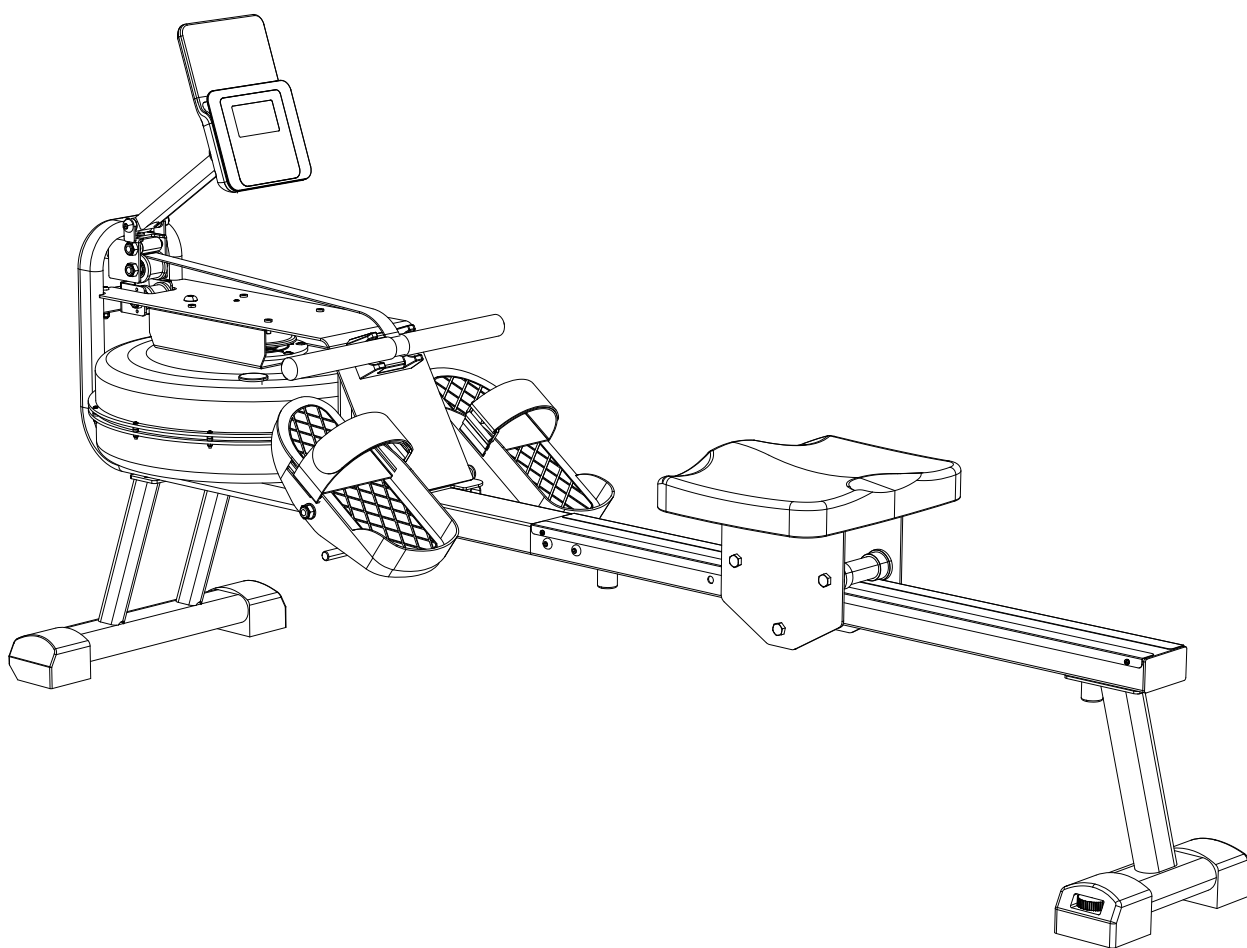


JOROTO[®]

User Manual



JOROTO-MR23
WATER ROWING MACHINE



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.

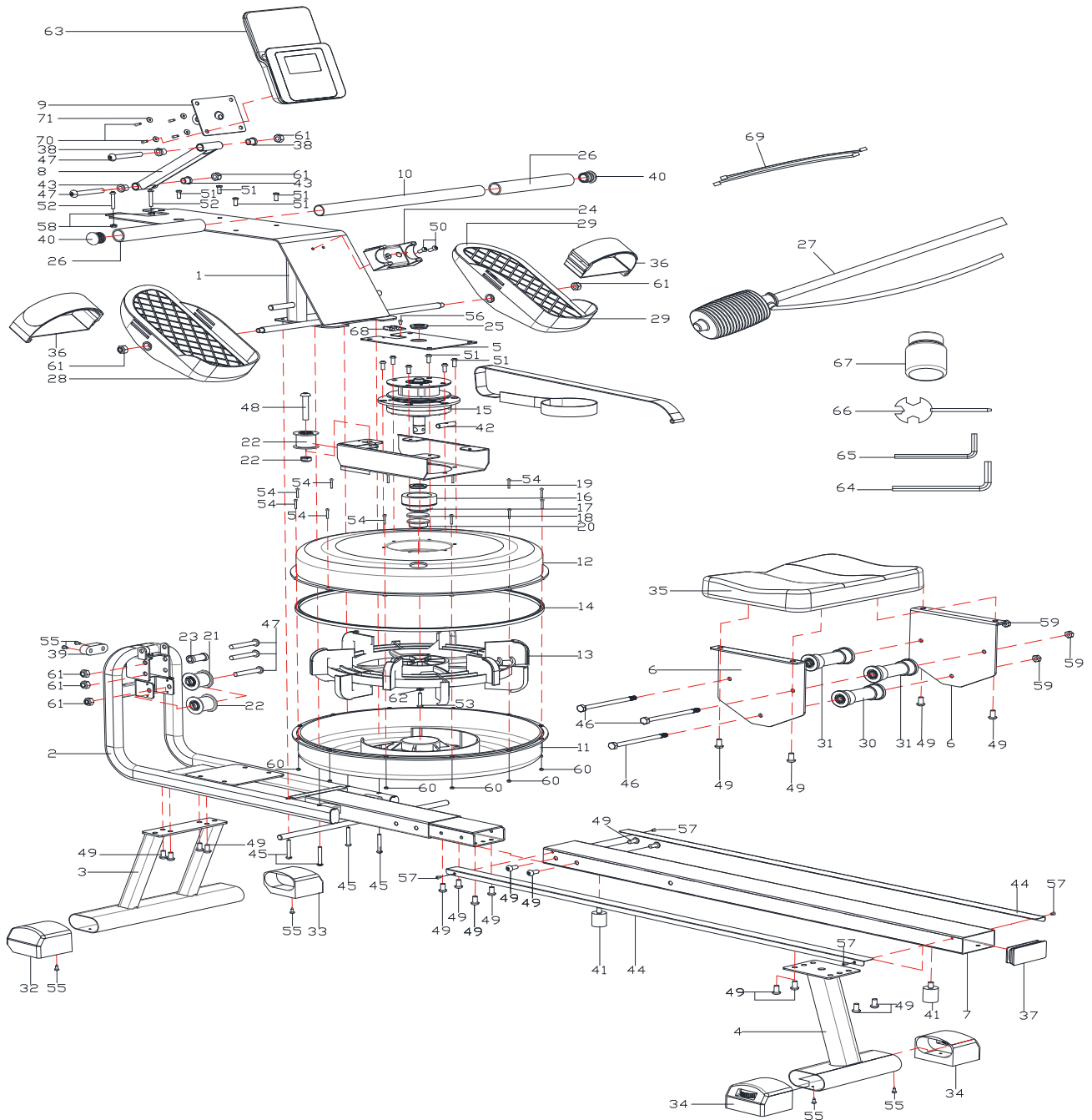
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Email: support@jorotofitness.com

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EXPLODED-VIEW & PARTS LIST



NO.	NAME	Name	NOM	SPEC.	QTY
1	Main Frame	Hauptrahmen	Cadre principal	-	1
2	Base	Unterer Rahmen	Base	-	1
3	Front Stabilizer	Vorderer Stabilisator	Stabilisateur avant	-	1
4	Back Stabilizer	Hinterner Stabilisator	Stabilisateur arrière	-	1
5	Holding Pad	Feste Platte	Coussin de maintien	-	1
6	Seat Holding Pad	Sitzträgerplatte	Coussin de maintien du siège	-	2
7	Short Rail Tube	Schiene	Tube à rail court	-	1
8	Monitor Adjustment Part	Display-Haltestange	Pièce de réglage du moniteur	-	1
9	Monitor Fixing Part	Display-Trägerplatte	Pièce de fixation du moniteur	-	1
10	Pulling Lever	Handgriff	Niveau de traction	-	1
11	Downside Tank 2 Cover	Wassertank-Untere Abdeckung	Couvercle du réservoir 2	φ445*69.5	1
12	Upside Tank 2 Cover	Wassertank-Obere Abdeckung	Couvercle supérieur du réservoir 2	φ445*69.5	1
13	Propeller 2	Paddelblätter	Hélice 2	φ330*106	1
14	Plug	Wassertank Dichttring	Prise de courant	φ430*7	1
15	Rotator	Rückprallgerät	Rotateur	φ140*134	1
16	Fixing Part of Plug	Dichttringhalter	Fixation de la partie de la prise	φ60*φ45*32	1
17	Rubber Gasket 2	Gummidichtung	Joint en caoutchouc 2	φ42*φ25*δ2	1
18	Rubber Sealing Gasket	Gummidichtung	Joint en caoutchouc	φ60*φ45*δ1	1
19	Bearing	Bearings	Roulements	NBR/φ20*φ40*8	1
20	Sealing Plug of Tank	Wassertank stopfen	Bouchon d'étanchéité du réservoir	φ31.3*10.4	1
21	Strap Wheel	Gurtbandrad	Roue à sangle	POM/φ51*φ38*3	2
22	Strap Wheel 1	Gurtbandrad	Roue à sangle 1	POM/φ41*φ34*3	1
23	Small Wheel	Scrollrad	Petite roue	POM/φ19*φ10.3*32.5	1
24	Fixing Part of Lever	Handgriffhalter	Fixation d'une partie du niveau	ABS/96*54*40	1
25	Bearings Cover	Spindelhülse	Couvercle des roulements principaux	φ30*φ20*6	1
26	Lever Cover	Griffhülse	Couvercle du levier	φ30*3*180	2
27	Pumping Pipe	Wasserpumpe	Tuyau de pompage	PE/570	2
28	Left Pedal	linkes Pedal	Pédale gauche	PP/305*125*85	1
29	Right Pedal	Rechtes Pedal	Pédale droite	PP/305*125*85	1
30	Seat Wheel	Sitz Riemenscheibe	Roue de siège	φ38*φ33*91.4	1
31	Seat Wheel	Sitzrolle	Roue de siège	φ42*φ33*91.4	2
32	Stabilizer Cap	Linke vordere Stabilisator Abdeckung	Bouchon stabilisateur	PP/305*125*85	1
33	Stabilizer Cap	Rechte vordere Stabilisator Abdeckung	Bouchon stabilisateur	PP/305*125*85	1
34	Adjustable Stabilizer Cap	Hinterner Stabilisator Abdeckung	Capuchon stabilisateur réglable	φ42*φ33*91.4	2
35	Seat	Sattel	Siège	320*260*52	1
36	38 Wide Strap	Gurteband	38 Large sangle	38*800	2

NO.	NAME	Name	NOM	SPEC.	QTY
37	Square Plug in the Tube	Rechteckrohr-Stopfen	Bouchon carré dans le tube	40*80	2
38	Plastic Bearing Cover	Kunststoffbuchse	Couvercle de roulements en plastique	PP/φ18*φ10.2*13	2
39	Front Foot Pad	Vordere Fußpolster	Coussin de pied avant	53*23*20	1
40	25 Semicircular Plug	25 Halbkreisförmiger Stecker	25 Bouchon semi-circulaire	25*1.5	2
41	Cushion Pad	Gummipuffer	Coussin Pad	φ 25*32*M8+Q235	2
42	Lock Pin	Sicherungsstift	Goupille de verrouillage	SUS304/φ10*40	1
43	Bearings Sleeve	Buchse	Manchon de roulements	φ18*φ14*φ10*10	2
44	Stainless Side Strip	Edelstahl-Umleimer (kurz)	Bande latérale en acier inoxydable	SUS304/946*35.9*δ0.6	2
45	Hex Bolt	Hex-Schrauben	Boulon à tête hexagonale	M6*45*10*S10	4
46	Hex Bolt	Hex-Schrauben	Boulon à tête hexagonale	M8*120x20*S14	3
47	Hex Pan Head Screw	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M10*65*15*S6	5
48	Hex Pan Head Screw	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M10*55*15*S6	1
49	Hex Pan Head Screw	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M8*15*S5	20
50	Hex Pan Head Screw	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M6*15*S5	8
51	Hex Flat Head Screw	Innensechskantschrauben	Vis à tête plate hexagonale	M6*15*S4	8
52	Hex Flat Head Screw	Innensechskantschrauben	Vis à tête plate hexagonale	M6*40*S4	2
53	Hex Pan Head Screw	Innensechskantschrauben	Vis à tête cylindrique hexagonale	M6*30*S5	1
54	Cross Pan Head Screw with Gasket	Kreuzschlitzschrauben	Vis cruciforme à tête cylindrique avec joint	M3x17xφ6	12
55	Cross Self-tapping Screws	Kreuzschlitzschrauben	Vis autotaraudeuses croisées	ST4.2x16xφ7	6
56	Cross Pan Head Screw	Kreuzschlitzschrauben	Vis à tête cylindrique cruciforme	M4x6xφ7	1
57	Cross Pan Head Screw	Kreuzschlitzschrauben	Vis à tête cylindrique cruciforme	M4x4xφ7	4
58	Nut	Nylommutter	Noix	M6xH6xS10	2
59	Nut	Nylommutter	Noix	M8xH7.5xS13	3
60	Nut	Nylommutter	Noix	M3xH3.8xS6	12
61	Nut	Nylommutter	Noix	M10x1.25xH12xS17	7
62	Flat Gasket	Flache Unterlegscheiben	Joint plat	d6×φ16×1	1
63	Monitor	Display	Moniteur		1
64	Allen Key S5	Inbusschlüssel-S5	Clé Allen S5	30*80*5 S5	1
65	Allen Key S4	Inbusschlüssel-S4	Clé Allen S4	25*60*4 S4	1
66	Cross Wrench	Kreuzschlitzschlüssel	Clé à molette	13 14 17	1
67	Water Purification Tablets	Wasseraufbereitungstabletten	Tablettes de purification d'eau	230*152*39	1
68	Sensor Cable	Sensorleitung	Câble de capteur	200mm	2
69	Sensor Cable	Sensorleitung	Câble de capteur	400mm	2
70	Cross Pan Head Screw	Kreuzschlitzschrauben	Vis cruciforme à tête cylindrique	M4x6xφ7	4
71	Flat Gasket	Flache Unterlegscheiben	Joint plat	d5×φ16×0.5	4

NO.	Nome	Nombre	SPEC.	QTY
1	Cornice principale	Marco Principal	-	1
2	Inquadrare giù	Marco Abajo	-	1
3	Stabilizzatore anteriore	Estabilizador Delantero	-	1
4	Stabilizzatore posteriore	Estabilizador Trasero	-	1
5	Tavolo fisso	Tabla Fija	-	1
6	Scheda di supporto per cuscino	Tabla de Soporte del Cojín	-	2
7	Tubo a binario corto	Tubo Corto del Riel	-	1
8	Cornice del misuratore regolabile	Armazón Ajustable del Medidor	-	1
9	Supporto del misuratore	Soporte del Medidor	-	1
10	Mango	Mango	-	1
11	Coperchio superiore del serbatoio dell'acqua	Cubierta Superior del Tanque de Agua	φ445*69.5	1
12	Coperchio inferiore del serbatoio dell'acqua	Cubierta Inferior del Tanque de Agua	φ445*69.5	1
13	Elica	Hélice	φ330*106	1
14	Guarnizione del serbatoio dell'acqua	Sello del Tanque de agua	φ430*7	1
15	Dispositivo di rimbalzo	Dispositivo de Rebote	φ140*134	1
16	Sigillo di supporto	Soporte del Sello	φ60*φ45*32	1
17	Guarnizione in gomma 2	Junta de Goma 2	φ42*φ25*δ2	1
18	Guarnizione di tenuta in gomma	Junta de Sellado de Goma	φ60*φ45*δ1	1
19	Paraolio scheletro TC	Sello de Aceite de Esqueleto TC	NBR/φ20*φ40*8	1
20	Tappo serbatoio	Tapón de Tanque	φ31.3*10.4	1
21	Rullo di fascia	Rodillo de Banda	POM/φ51*φ38*3	2
22	Rullo della cinghia 1	Rodillo de Banda 1	POM/φ41*φ34*3	1
23	Piccola ruota	Rueda Pequeña	POM/φ19*φ10.3*32.5	1
24	Maneggiare il supporto	Soporte de Mango	ABS/96*54*40	1
25	Boccola del mandrino	Casquillo del Husillo	φ30*φ20*6	1
26	Coperchio della maniglia	Cubierta de la Mango	φ30*3*180	2
27	Pompa dell'acqua	Bomba de Agua	PE/570	2
28	Pedale sinistro	Pedal Izquierdo	PP/305*125*85	1
29	Pedale destro	Pedal Derecho	PP/305*125*85	1
30	Set di ruote a cuscino	Juego de Ruedas de Cojín	φ38*φ33*91.4	1
31	Ruote a cuscino	Ruedas de Cojín	φ42*φ33*91.4	2
32	Spina stabilizzatrice anteriore (sinistra)	Tapón de Estabilizador Delantero (Izquierdo)	PP/305*125*85	1
33	Spina stabilizzatrice anteriore (destra)	Tapón de Estabilizador Delantero (Derecho)	PP/305*125*85	1
34	Spina regolabile stabilizzatore posteriore	Tapón Ajustable de Estabilizador Trasero	φ42*φ33*91.4	2
35	Cuscino	Cojín	320*260*52	1
36	38 Cinturino largo	38 Correa Ancha	38*800	2

NO.	Nome	Nombre	SPEC.	QTY
37	Tappo interno per tubo rettangolare	Tapón Interior de Tubo Rectangular	40*80	2
38	Tappo di plastica	Casquillo de Plástico	PP/φ18*φ10.2*13	2
39	Pad anteriore	Almohadilla delantera	53*23*20	1
40	25 Spina emisferica	25 Tapón Hemisférico	25*1.5	2
41	Ammortizzatore	Amortiguador	∅ 25*32*M8+Q235	2
42	Perno fisso	Pasador Fijo	SUS304/φ10*40	1
43	Boccola	Buje	φ18*φ14*φ10*10	2
44	Nastro in acciaio inossidabile (corto)	Tira de Acero Inoxidable (corta)	SUS304/946*35.9*80.6	2
45	Vite esagonale	Tornillo Hexagonales	M6*45*10*S10	4
46	Vite esagonale	Tornillo Hexagonales	M8*120*20*S14	3
47	Vite a testa bombata con esagono incassato	Tornillo de Cabeza Troncocónica con Hexágono Interior	M10*65*15*S6	5
48	Viti a testa bombata con esagono incassato	Tornillos de Cabeza Troncocónica con Hexágono Interior	M10*55*15*S6	1
49	Vite a testa bombata con esagono incassato	Tornillo de Cabeza Troncocónica con Hexágono Interior	M8*15*S5	20
50	Vite a testa bombata con esagono incassato	Tornillo de Cabeza Troncocónica con Hexágono Interior	M6*15*S5	8
51	Vite a testa bombata con esagono incassato	Tornillo de Cabeza Troncocónica con Hexágono Interior	M6*15*S4	8
52	Vite a testa piatta con esagono incassato	Tornillo de Cabeza Plana con Hexágono Interior	M6*40*S4	2
53	Vite a testa bombata con esagono incassato	Tornillo de Cabeza Troncocónica con Hexágono Interior	M6*30*S5	1
54	Viti a testa bombata con impronta a croce con guarnizione	Tornillos de cabeza Troncocónica Empotrados en Cruz con Gásquet	M3x17xφ6	12
55	Viti autofilettanti a testa bombata con taglio a croce	Tornillos Autorroscantes de Cabeza Troncocónica Empotrados en Cruz	ST4.2x16xφ7	6
56	Vite a testa bombata con taglio a croce	Tornillo de Cabeza Troncocónica Empotrados en Cruz	M4x6xφ7	1
57	Vite a testa bombata con taglio a croce	Tornillo de Cabeza Troncocónica Empotrados en Cruz	M4x4xφ7	4
58	Dado in nylon	Tuerca de Nailon	M6xH6xS10	2
59	Dado in nylon	Tuerca de Nailon	M8xH7.5xS13	3
60	Dado in nylon	Tuerca de Nailon	M3xH3.8xS6	12
61	Dado in nylon	Tuerca de Nailon	M10x1.25xH12xS17	7
62	Guarnizione Piatta	Gásquet Plano	d6xφ16x1	1
63	Misuratore	Medidor		1
64	Chiave esagonale S5	Llave Hexagonal S5	30*80*5 S5	1
65	Chiave esagonale S4	Llave Hexagonal S4	25*60*4 S4	1
66	Chiave con croce	Llave Inglesa con Cruz	13 14 17	1
67	Compresa purificante dell'acqua	Pastilla Purificadora de Agua	230*152*39	1
68	Filo a induzione	Cable de Inducción	200mm	2
69	Linea media del metro	Línea Media de Medidor	400mm	2
70	Vite a testa bombata con taglio a croce	Tornillo de Cabeza Troncocónica Empotrados en Cruz	M4x6xφ7	4
71	Guarnizione Piatta	Gásquet Plano	d5xφ16x0.5	4

User Manual

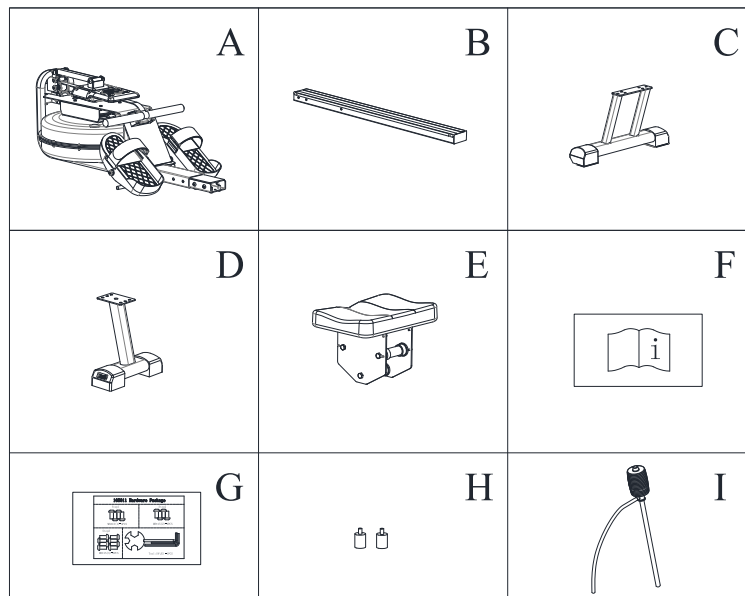
IMPORTANT SAFETY INFORMATION

Please keep this manual for future reference.

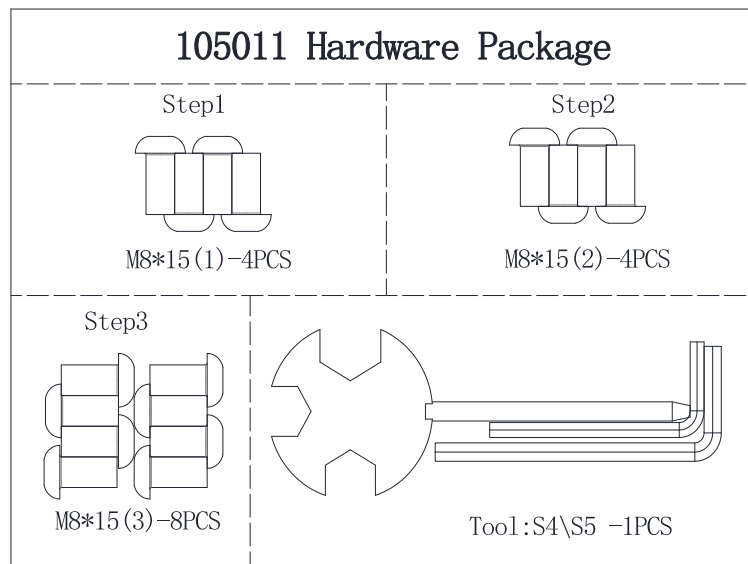
1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings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

Open the box, you can take the parts below out of it.

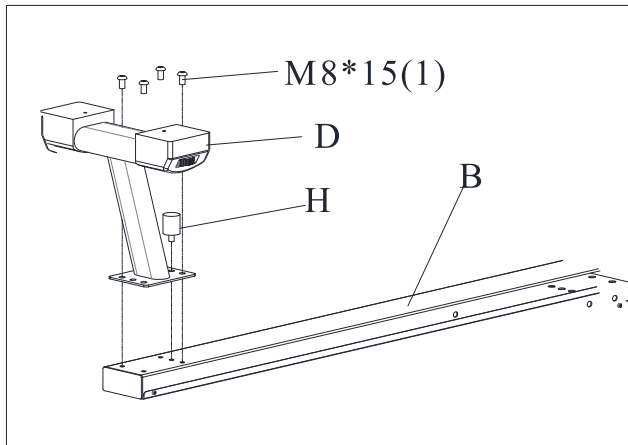
Part List						
NO.	NAME	QTY		NO.	NAME	QTY
A	Main Frame	1PC		B	Rail	1PC
C	Front Stabilizer	1PC		D	Back Stabilizer	1PC
E	Seat	1PC		F	Manual	1PC
G	Tool Kit	1PC		H	Buffer Pin	2PCS
I	Pumping Pipe	1PC				



Tool Kit

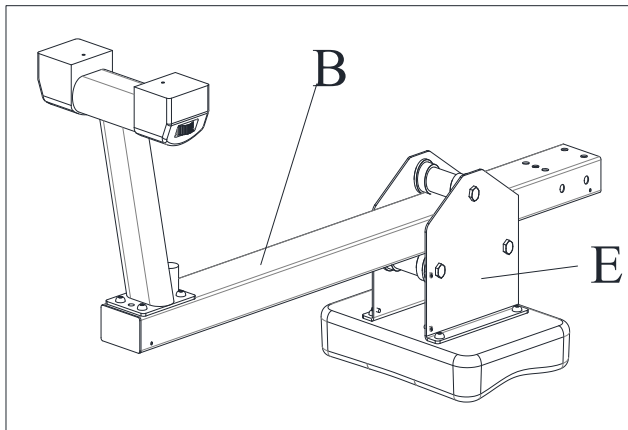


INSTALLATION INSTRUCTION



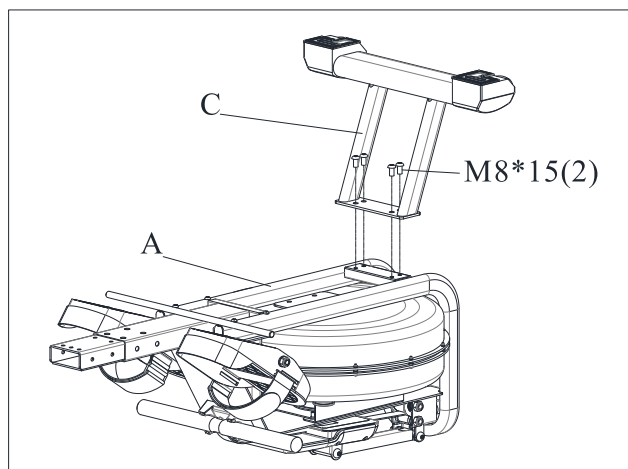
STEP 1A

- 1) Assemble the Back Stabilizer(D) on the Rail(B), using the Inner Hex Screws M8*15(1) to tighten it.
- 2) Screw the Buffer Pin(H) on the Rail.



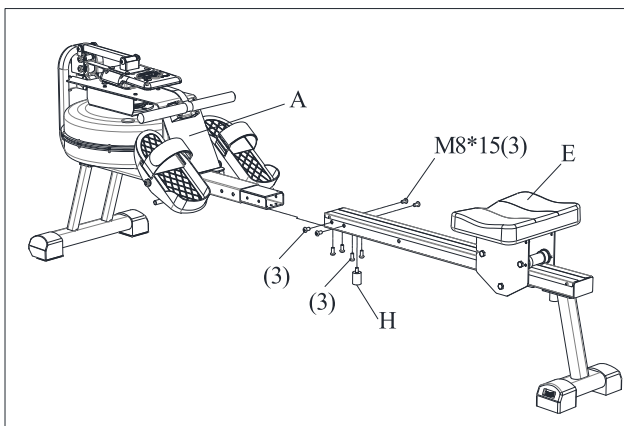
STEP 1B

- 1) Assemble the Seat(E) on the Rail(B).



STEP 2

- 1) Use Inner Hex Screws M8*15(2) to fix the Front Stabilizer(C) on the Main Frame(A).

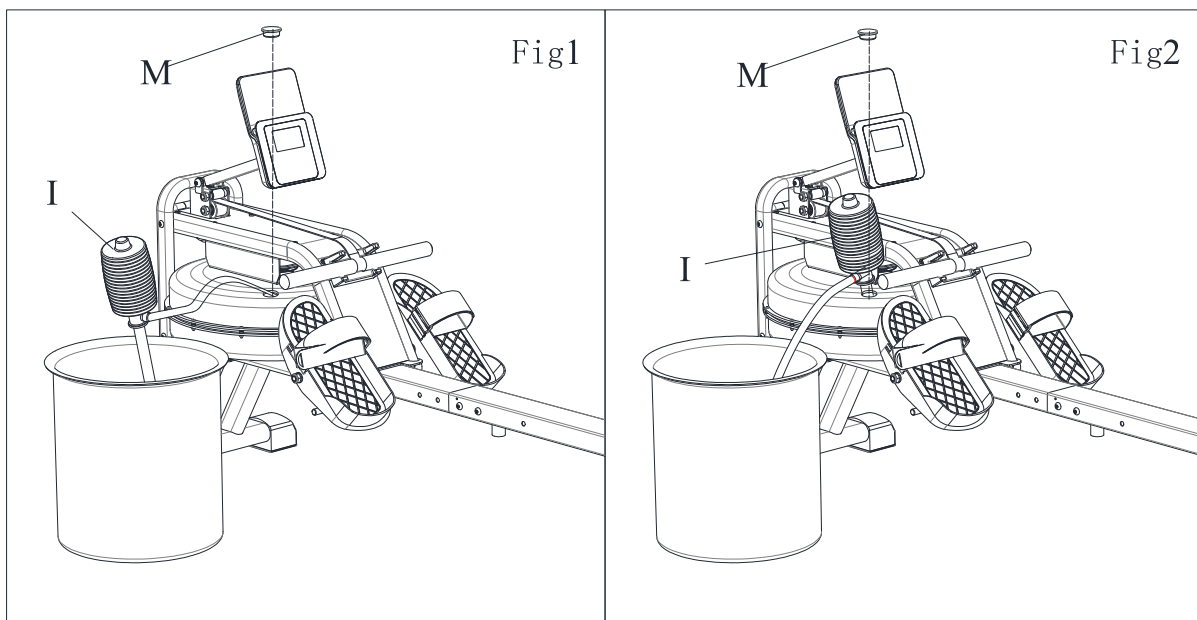


STEP 3

- 1) Assemble the whole Rail completed in Step 2 with the Main Frame(A) by using the Inner Hex Screws M8*15(3).
- 2) Assemble the Buffer Pin(H) on the Rail.
- 3) Confirm all the screws used in the steps above are fixed tightly enough.

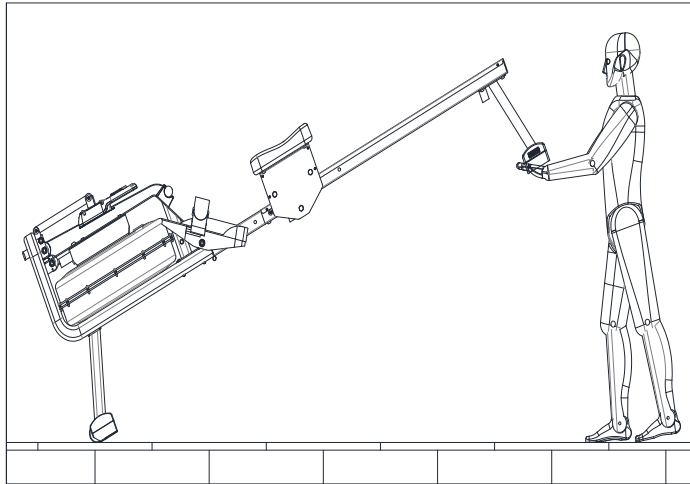
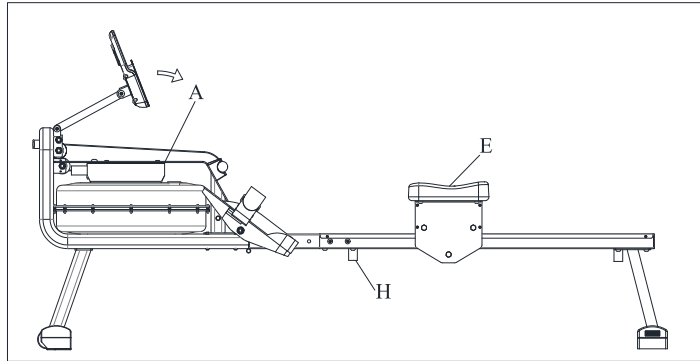
STEP 4

- 1) Take the Stopper(M) out from the tank.
- 2) Inject water following Fig 1. Put the Pumping Pipe(I) in the tank, use the Pipe(I) to take water from the water bucket to the tank. Manage the quantity of water according to the tick marks on the side of the tank.
- 3) Take out water from the tank as Fig 2. Put a bucket beside the machine, use the Pumping Pipe(I) to draw water from the tank to the bucket. Put the Stopper(M) into the tank, clean the water on the machine. Complete the process.

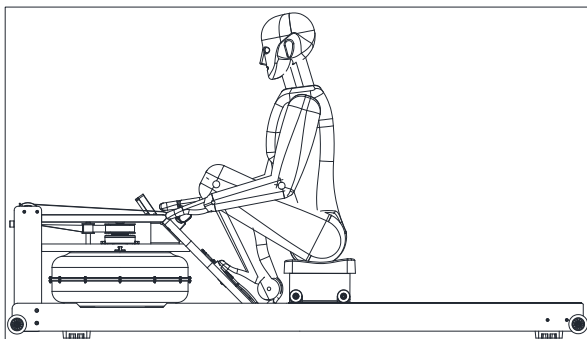


Movement of the machine

- 1) When you need to move machine, move the Seat(E) forward to the Buffer Pin(H).
- 2) Lift the end of the rail, then you can move the machine to the right place you need.

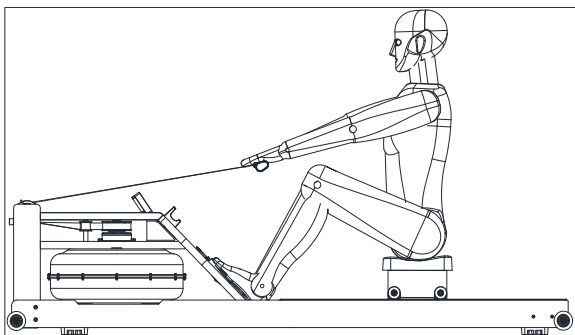


TRAINING GUIDANCE



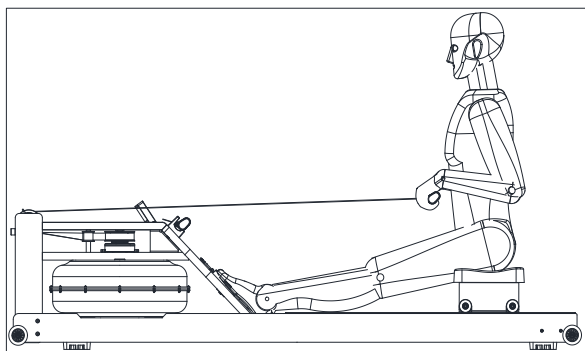
Ready Status

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

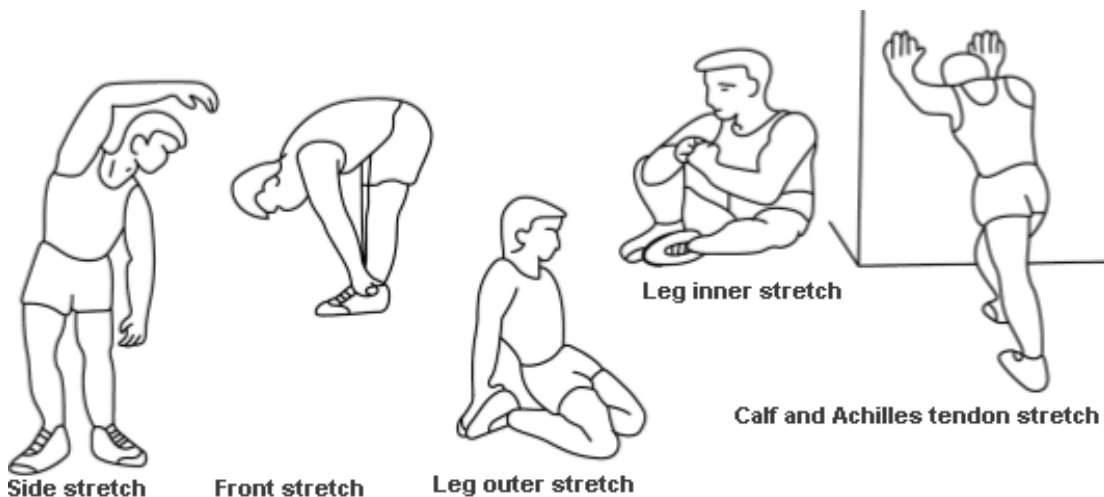
Push forward your legs, pull the lever to your chest and release your shoulders. Keep eyes looking forward. After regular exercise and get the right rowing method, it will be much easier than rowing a real boat. Soon you will find the advantages of using a rowing machine to exercise.

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

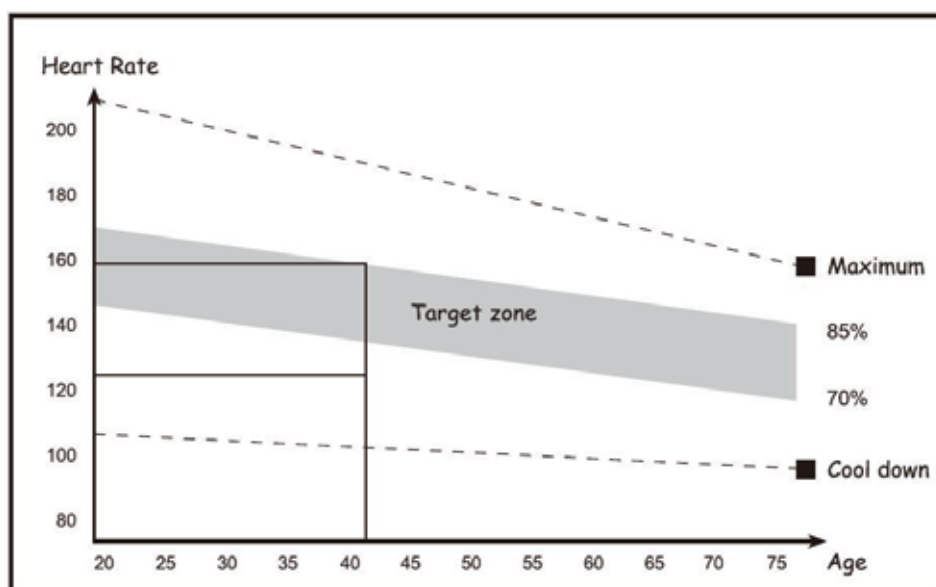
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.—If you feel painful, please stop.



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 FUNCTION INTRODUCTION

MODE	Setting or reset
SET	Set the blink mode, countdown, distance and calories.
RESET	Reset the countdown time of the monitor, distance and calories. --At the setting mode, press RESET for 3 seconds to clear all displayed digits.

Functions

1.SCAN

(1) Under SCAN Mode, it will display 5 status in order every 4 seconds: Time, Calorie, Counting, Distance, Total Counting.

2.COUNT

(1) Accumulate the counting when exercising. Range:0-9999.

3.TMR

(1) Accumulate the time spent. Begins when you start and ends when you stop.
Range:0:00-99:59

4.DST

Accumulate the distance. Begins when you start and ends when you stop.
Range:0.00-999.9km.

5.CAL

Accumulate the calories you burnt. Begins when you start and ends when you stop.
Range:0.00-999.9kcal.

6.TCNT

(1) Accumulate the total counting after the battery is assembled.

7.Stop for 4 minutes(No Pressing & No Training), the monitor will dim and goes into Stand-by Mode. Also will turn on automatically after pressing or training.

8.Setting: Press MODE to set or reset each function. When the digit blinks, press SET to select the objective time, distance and calorie, press and hold SET to complete the setting. Press RESET to clear all the digits.

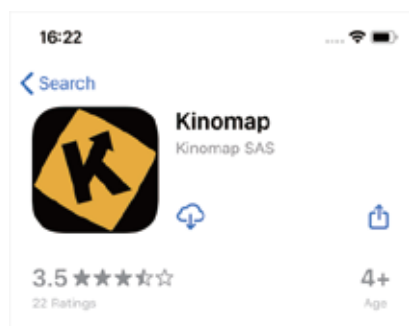
Range of functions	Scanning Time	4 Sec.
	Counting(COUNT)	0-9999
	Time(TMR)	0:00~99Min.:59Sec.
	Distance(DST)	0~999.9km
	Calorie(CAL)	0~9999kcal
	Total Counting(TCNT)	0~9999
Battery		AAA*2
Using Temperature Range		32°F~104°F
Preserve Temperature Range		14°F~168°F

NOTE

1. When training, if there is no training motion or pressing or no RPM Signal or no heart beat signal input for 4 minutes, the monitor will go to standby state.
2. When the display dims and the digits are not clear, the monitor is in low power, please replace the batteries.
3. If there is no signal input, please check if the sensor cable is well attached.

APP

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

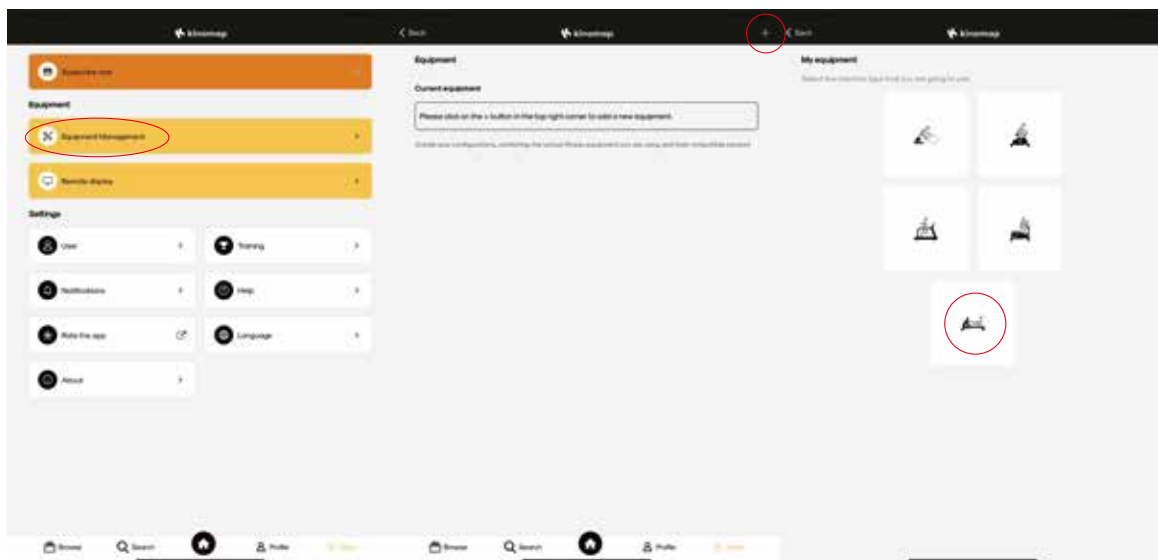


- 2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
- 3) Add sports equipment, the specific operations are as follows:

Equipment Management

“+”

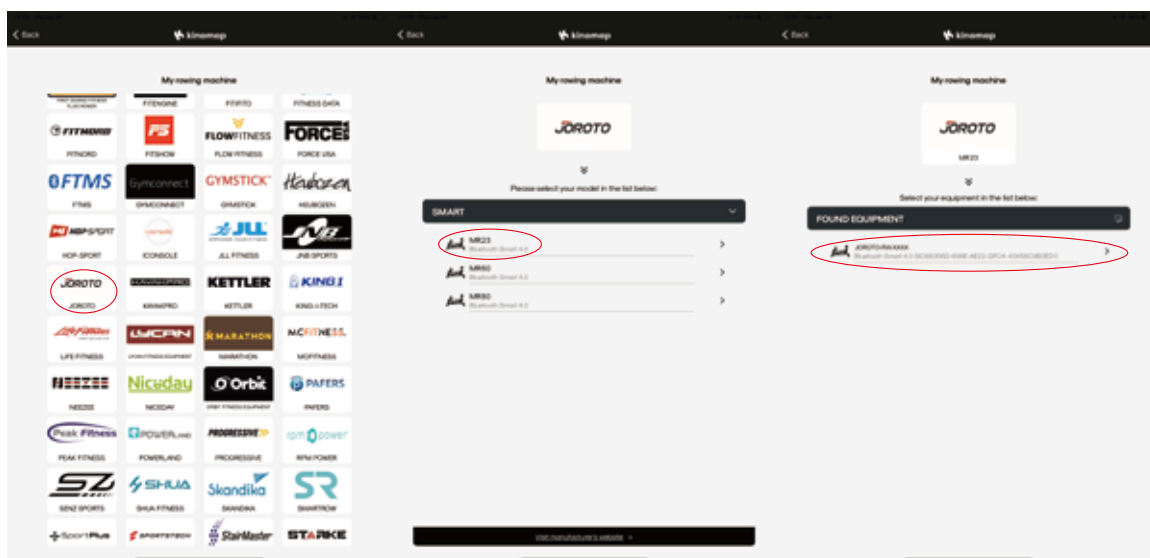
Rowing Machine



Select “JOROTO”

Select “MR23”

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.

RF Exposure Statement

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be

installed and operated with minimum distance of 5mm the radiator your body. This device

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



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