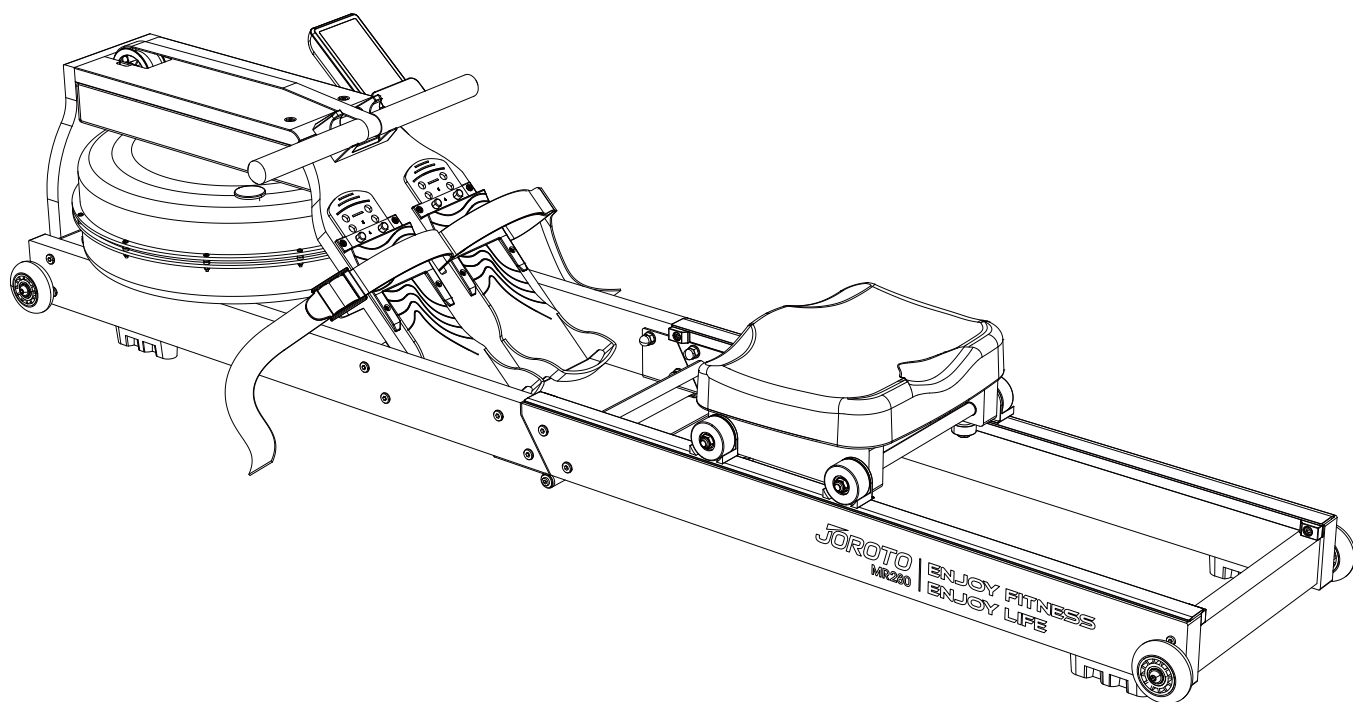


# **JOROTO<sup>®</sup>**

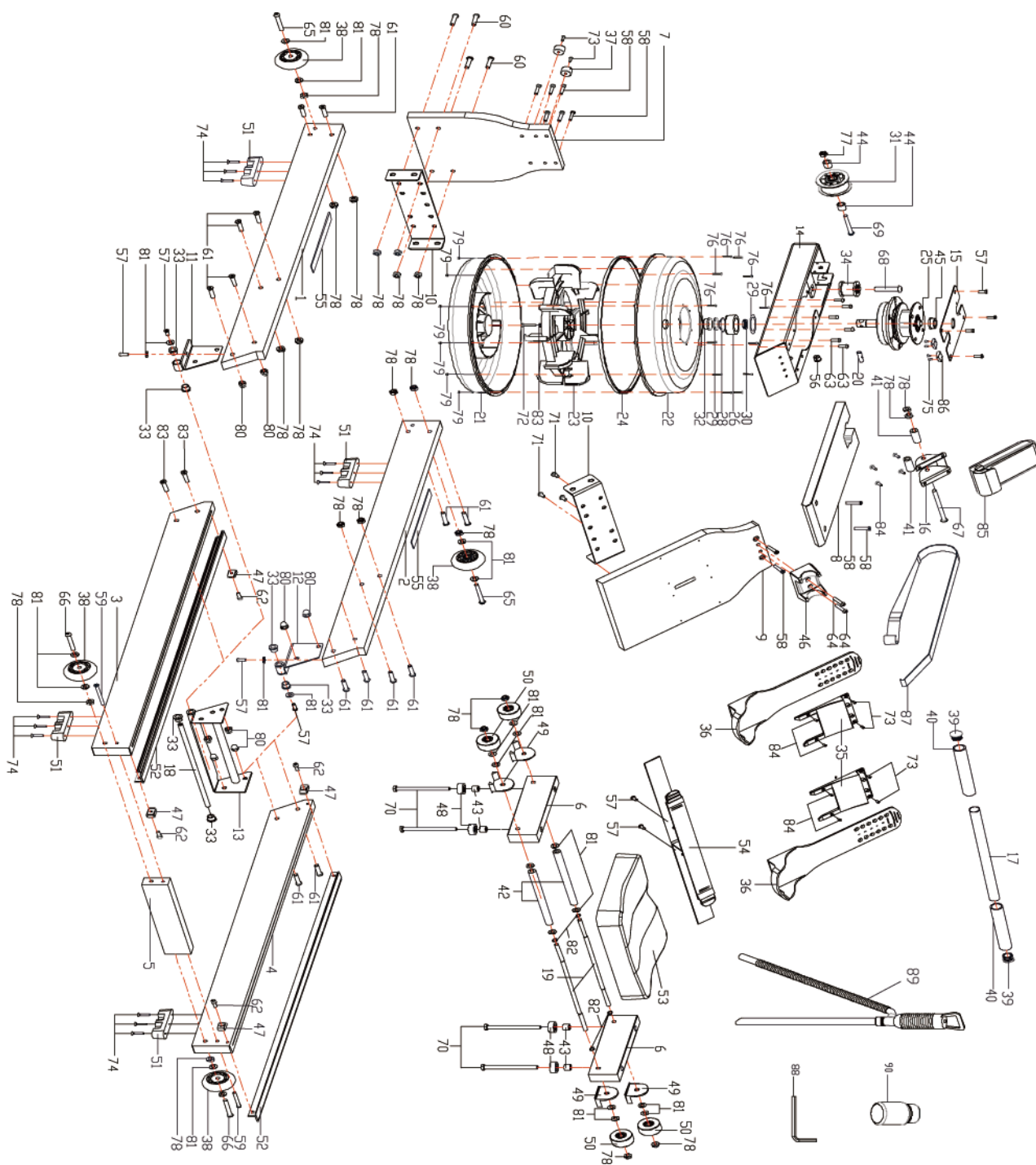
## User Manual



# **JOROTO-MR280**

WATER ROWING MACHINE

# EXPLODED-VIEW & PARTS LIST



| NO. | NAME                        | NAME                             | NAME | NOM                                        | SPEC.            | QTY. |
|-----|-----------------------------|----------------------------------|------|--------------------------------------------|------------------|------|
| 1   | Left Front Rail             | Linke vordere Schiene            |      | Rail avant gauche                          | 893*80*27        | 1    |
| 2   | Right Front Rail            | Rechte vordere Schiene           |      | Rail avant droit                           | 893*80*27        | 1    |
| 3   | Left Back Rail              | Linke hintere Schiene            |      | Rail arrière gauche                        | 920*80*27        | 1    |
| 4   | Right Back Rail             | Rechte hintere Schiene           |      | Rail arrière droit                         | 920*80*27        | 1    |
| 5   | Rail Connecting Panel       | Schienen-Verbindungsplatte       |      | Panneau de connexion de rail               | 260*55*27        | 1    |
| 6   | Seat Fixing Panel           | Sitz-Befestigungsplatte          |      | Panneau de fixation du siège               | 220*60*27        | 2    |
| 7   | Front Baffle                | vordere Lünette                  |      | Défecteur avant                            | 290*240*20       | 1    |
| 8   | Top Connecting Panel        | Obere Anschlussplatte            |      | Panneau de connexion supérieur             | 390*152*20       | 1    |
| 9   | Pedal Bottom Plate          | Pedal-Bodenplatte                |      | Plaque inférieure de la pédale             | 380*250*20       | 1    |
| 10  | U Connecting Panel          | U-förmige Verbindungsplatte      |      | Panneau de connexion U                     | Q235/53          | 2    |
| 11  | Left Front Connecting Part  | Linke vordere Verbindungsplatte  |      | Pièce de connexion avant gauche            | -                | 1    |
| 12  | Right Front Connecting Part | Rechte vordere Verbindungsplatte |      | Pièce de connexion avant droite            | -                | 1    |
| 13  | Back Connecting Panel       | Hintere Anschlussplatte          |      | Panneau de connexion arrière               | -                | 1    |
| 14  | Tank Fitting Part           | Wassertank-Halter                |      | Pièce de raccord de réservoir              | -                | 1    |
| 15  | Fixing Panel                | Befestigungsplatte               |      | Panneau de fixation                        | Q235/52          | 1    |
| 16  | Monitor Support Base        | LCD-Anzeige Ständer              |      | Afficher la base de support                | Q235/52          | 1    |
| 17  | Handlebar                   | lenker rohr                      |      | Le guidon                                  | Q235/φ25*380     | 1    |
| 18  | Long Bearing                | lange Achse                      |      | Roulement long                             | Q235/φ10*305     | 1    |
| 19  | Seat Bearing                | Sitzrollenwelle                  |      | Roulement de siège                         | Q235/φ8*320      | 1    |
| 20  | Fixed Pin                   | Fixierstift                      |      | Broche fixe                                | SUS304/φ10*40    | 1    |
| 21  | Bottom Half of Tank         | Unterer Teil des Watertanks      |      | Moitié inférieure du réservoir             | PC/φ445*69.5     | 1    |
| 22  | Top Half of Tank            | Oberer Teil des Watertanks       |      | Moitié supérieure du réservoir             | PC/φ445*69.5     | 1    |
| 23  | Blade                       | Watertank-Klinge                 |      | Pagayer                                    | PC/φ330*106      | 1    |
| 24  | Tank Sealing Ring           | Dichtungsring                    |      | Anneau d'étanchéité de réservoir           | φ430*7           | 1    |
| 25  | Spring Box                  | Frühlingsbox                     |      | Boîte de printemps                         | φ140*134         | 1    |
| 26  | Sealing Ring Fixing Part    | Dichtringhalter                  |      | Pièce de fixation de la bague d'étanchéité | φ60*φ45*32       | 1    |
| 27  | Washer                      | Gummidichtung                    |      | Rondelle                                   | φ40*7            | 2    |
| 28  | Washer 2                    | Gummidichtung 2                  |      | Rondelle 2                                 | φ42*φ25*52       | 1    |
| 29  | Rubber Sealing Washer       | Gummidichtung                    |      | Rondelle d'étanchéité en caoutchouc        | φ60*φ45*52       | 1    |
| 30  | Bearing                     | Lager                            |      | Palier                                     | NBR/φ20*φ40*8    | 2    |
| 31  | Pulley                      | Rolle                            |      | Poulie                                     | POM/φ68*φ54*32   | 1    |
| 32  | Water Tank Plug             | Wassertank-Stopfen               |      | Bouchon de réservoir d'eau                 | φ31.3*10.4       | 1    |
| 33  | Bearing Sleeve              | Buchse                           |      | Manchon de roulement                       | PP/φ18*φ10.2*13  | 6    |
| 34  | Small Strap Wheel           | Rolle                            |      | Petite roue à sangle                       | POM/φ51*φ38*32   | 1    |
| 35  | Pedal Supporting Base       | Pedalunterlage                   |      | Base de support de pédale                  | PP/132*106*18    | 2    |
| 36  | Pedal Adjustment Plate      | Pedal-Einstellplatte             |      | Plaque de réglage de la pédale             | PP/343*106*56    | 2    |
| 37  | Foot Pad                    | Fußpolster                       |      | Coussinet de pied                          | φ20*15           | 2    |
| 38  | Moving Wheel                | Transport Rad                    |      | Roue mobile                                | PU/φ69*23.5      | 4    |
| 39  | Semi-Sphere Plug            | Lenker-Endkappe                  |      | Prise semi-sphère                          | PP/25*1.5        | 2    |
| 40  | Grip Cover                  | Lenker- Abdeckung                |      | Couverture de poignée                      | φ30*3*180        | 2    |
| 41  | PVC Sleeve                  | PVC Buchse                       |      | Manchon en PVC                             | PVC/φ15*φ8.2*40  | 2    |
| 42  | PVC Sleeve 2                | PVC Buchse 2                     |      | Manchon en PVC 2                           | PVC/φ15*φ8.2*195 | 2    |
| 43  | PVC Sleeve 3                | PVC Buchse 3                     |      | Manchon en PVC 3                           | PVC/φ15*φ8.2*10  | 4    |
| 44  | PVC Sleeve 5                | PVC Buchse 5                     |      | Manchon en PVC 5                           | PVC/φ16*φ10.2*5  | 2    |
| 45  | Main Bearing Sleeve         | Spindelbuchse                    |      | Manchon de palier principal                | φ30*φ17*10       | 1    |

| NO. | NAME                                      | NAME                                                     | NOM                                                           | SPEC.            | QTY. |
|-----|-------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------|------------------|------|
| 46  | Handlebar Holder                          | Lenker-Halter                                            | Support de guidon                                             | ABS/96*54*40     | 1    |
| 47  | Seat Cushion Block                        | Sitz-Block                                               | Bloc de coussin de siège                                      | PVC/25*15*10     | 4    |
| 48  | Small Roller                              | Kleine Rad                                               | Petite roue                                                   | TPU/φ28*11,5     | 4    |
| 49  | Roller Holder                             | Rolle-Befestigungsplatte                                 | Porte-rouleau                                                 | PVC/46*43,5*32,4 | 4    |
| 50  | Seat Roller                               | Sitz-Rolle                                               | Rouleau de siège                                              | TPU/φ46*22       | 4    |
| 51  | Foot Pad                                  | Fußpolster                                               | Coussinet de pied                                             | PVC/100*25*25    | 4    |
| 52  | Sidebar                                   | Seitenleiste                                             | Barre latérale                                                | PVC/30*17,5*917  | 2    |
| 53  | Seat Cushion                              | Sitz                                                     | Coussin de siege                                              | PU/320*260*52    | 1    |
| 54  | Webbing Strap Set                         | Pedal-Einstellriemen                                     | Sangle Sangle Ensemble                                        | PP/38,1**2*800   | 1    |
| 55  | EVA Pad                                   | EVA-Streifen                                             | Tampon EVA                                                    | EVA/90*25*82     | 2    |
| 56  | Wire Plug12                               | Kabel-Stecker 12                                         | Prise de fil 12                                               | PVC/φ14,5*φ12    | 1    |
| 57  | Hexagon Socket Flat Head screw            | Innensechskant-Flachkopfschraube                         | Vis à tête plate à six pans creux                             | M6*15xS4         | 10   |
| 58  | Hexagon Socket Flat Head screw            | Innensechskant-Flachkopfschraube                         | Vis à tête plate à six pans creux                             | M6*30xS4         | 10   |
| 59  | Hexagon Socket Flat Head screw            | Innensechskant-Flachkopfschraube                         | Vis à tête plate à six pans creux                             | M6*50xS4         | 2    |
| 60  | Hexagon Socket Flat Head screw            | Innensechskant-Flachkopfschraube                         | Vis à tête plate à six pans creux                             | M8*32xS5         | 4    |
| 61  | Hexagon Socket Flat Head screw            | Innensechskant-Flachkopfschraube                         | Vis à tête plate à six pans creux                             | M8*40x15xS5      | 16   |
| 62  | Hexagon Socket Cylinder Head Screw        | Innensechskant-Zylinderkopfschraube                      | Vis à tête cylindrique à six pans creux                       | M6*16 S5         | 4    |
| 63  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M6*15xS5         | 6    |
| 64  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M6*32xS4         | 2    |
| 65  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M8*55x35xS5      | 2    |
| 66  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M8*80x50xS5      | 2    |
| 67  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M8*110x30xS6     | 1    |
| 68  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M10*50x15xS6     | 1    |
| 69  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M10*55xS6        | 1    |
| 70  | Hex Bolts                                 | Sechskantschrauben                                       | Boulons hexagonaux                                            | M8*90x20xS14     | 4    |
| 71  | Hexagon Head Screws                       | Sechskantschrauben                                       | Vis à tête hexagonale                                         | M6*15xS10        | 3    |
| 72  | Hexagon Socket Pan Head screw             | Innensechskant-Pfannekopfschraube                        | Vis à tête cylindrique à six pans creux                       | M6*30xS5         | 1    |
| 73  | Cross Recessed Pan Head Tapping Screws    | Kreuzschlitz Flachkopf-Blechschauben                     | Vis autotaraudeuses à tête cylindrique à empreinte cruciforme | ST4,2x16xφ7      | 10   |
| 74  | Cross Recessed Pan Head Tapping Screws    | Kreuzschlitz Flachkopf-Blechschauben                     | Vis autotaraudeuses à tête cylindrique à empreinte cruciforme | ST4,2x19xφ11     | 12   |
| 75  | Cross Recessed Pan Head Screws            | Kreuzschlitz Pfannekopfschraube                          | Vis autotaraudeuses à tête cylindrique à empreinte cruciforme | M4x6xφ7          | 4    |
| 76  | Cross Recessed Pan Head Screw with Washer | Kreuzschlitz Pfannekopfschraube<br>(mit Unterlegscheibe) | Vis autotaraudeuses à tête cylindrique à empreinte cruciforme | M3x17xφ6         | 12   |
| 77  | Nylon Nut                                 | Nylonmutter                                              | Écrou en nylon                                                | M10x1,25xH12xS17 | 1    |
| 78  | Nylon Nut                                 | Nylonmutter                                              | Écrou en nylon                                                | M8xH7,5xS13      | 22   |
| 79  | Nylon Nut                                 | Nylonmutter                                              | Écrou en nylon                                                | M3xH3,8xS6       | 12   |
| 80  | Cap Nut                                   | Hut-Mutter                                               | Écrou borgne                                                  | M8xH16xS13       | 8    |
| 81  | Washer                                    | Unterlegscheibe                                          | Rondelle                                                      | d8xφ16x1,5       | 24   |
| 82  | Shaft Retaining Ring                      | Wellenhaltering                                          | Anneau de retenue d'arbre                                     | D8*0,8           | 4    |
| 83  | Washer                                    | Unterlegscheibe                                          | Rondelle                                                      | d6xφ16x1         | 1    |
| 84  | Cross Recessed Pan Head Screws            | Kreuzschlitz Pfannekopfschraube                          | Vis à tête cylindrique à empreinte cruciforme                 | M5x12            | 4    |
| 85  | Monitor                                   | LCD-Anzeige                                              | Moniteur                                                      | FY8330           | 1    |
| 86  | Sensor Wire                               | Sensordraht                                              | Fil de capteur                                                | -                | 2    |
| 87  | Strap                                     | Gurt                                                     | Sangle                                                        | 24*3100          | 1    |
| 88  | Allen Key S5                              | Inbusschlüssel S5                                        | Clé Allen S5                                                  | 30*80*5 S5       | 1    |
| 89  | Water Pump                                | Wasserpumpe                                              | Pompe à eau                                                   | PE/650*φ22       | 1    |
| 90  | Water Purification Tablets                | Wasser-Aufbereitungstabletten                            | Tablettes de purification d'eau                               | -                | 1    |

# User Manual

Thank you for purchasing JOROTO MR280. Wish it will help you keep the best status when doing Aerobic exercise!

## SAFETY GUIDANCE

**To avoid the possible injuries or damage, please read the manual carefully before using the product! It is strongly recommended that you retain 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.

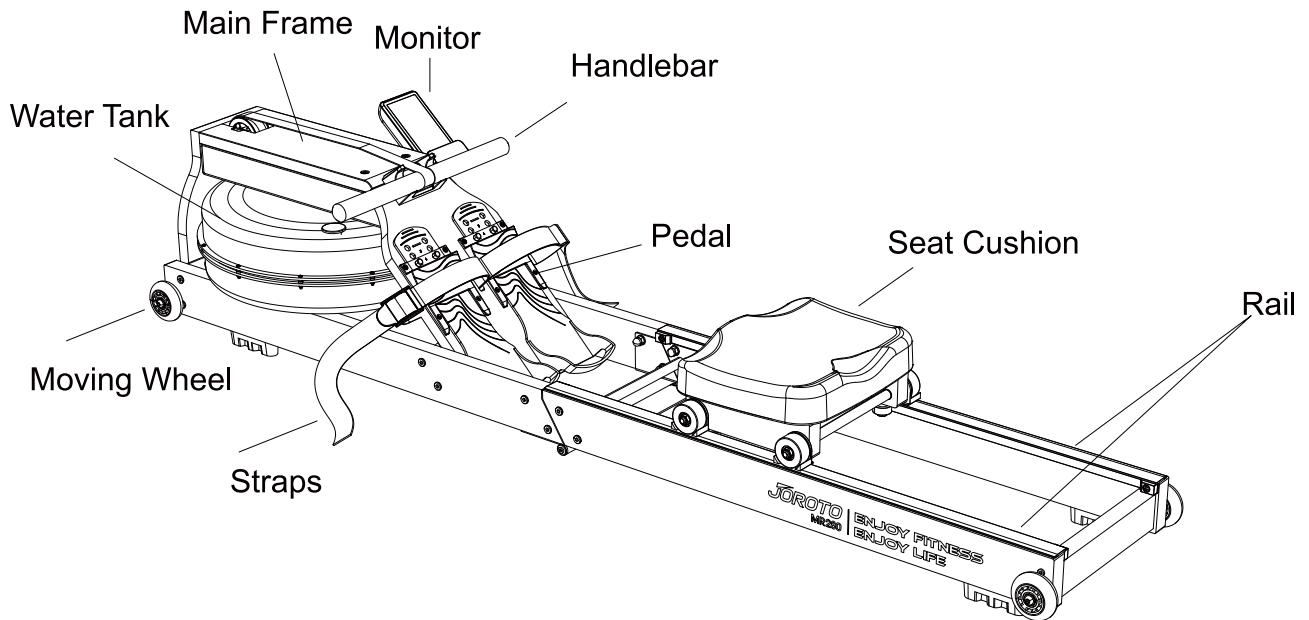
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting and moving the equipment. Always use proper lifting technique, and seek assistance if necessary.
12. Check the integrity of guards and safety devices regularly.
13. Be aware of all moving parts of the rowing machine, be careful of pinching your hands.

## **Warning !**

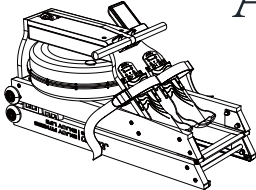
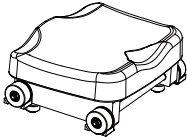
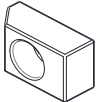
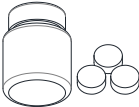
**Strongly recommend that you consult the doctors or do the physical examination before using the rowing machine to do regular exercise. Pay more attention if you're over 35 years old and have never worked out before, or you're under pregnancy or there is any issue happened to your body. Read carefully 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



Open the box, please check whether the following parts are complete:

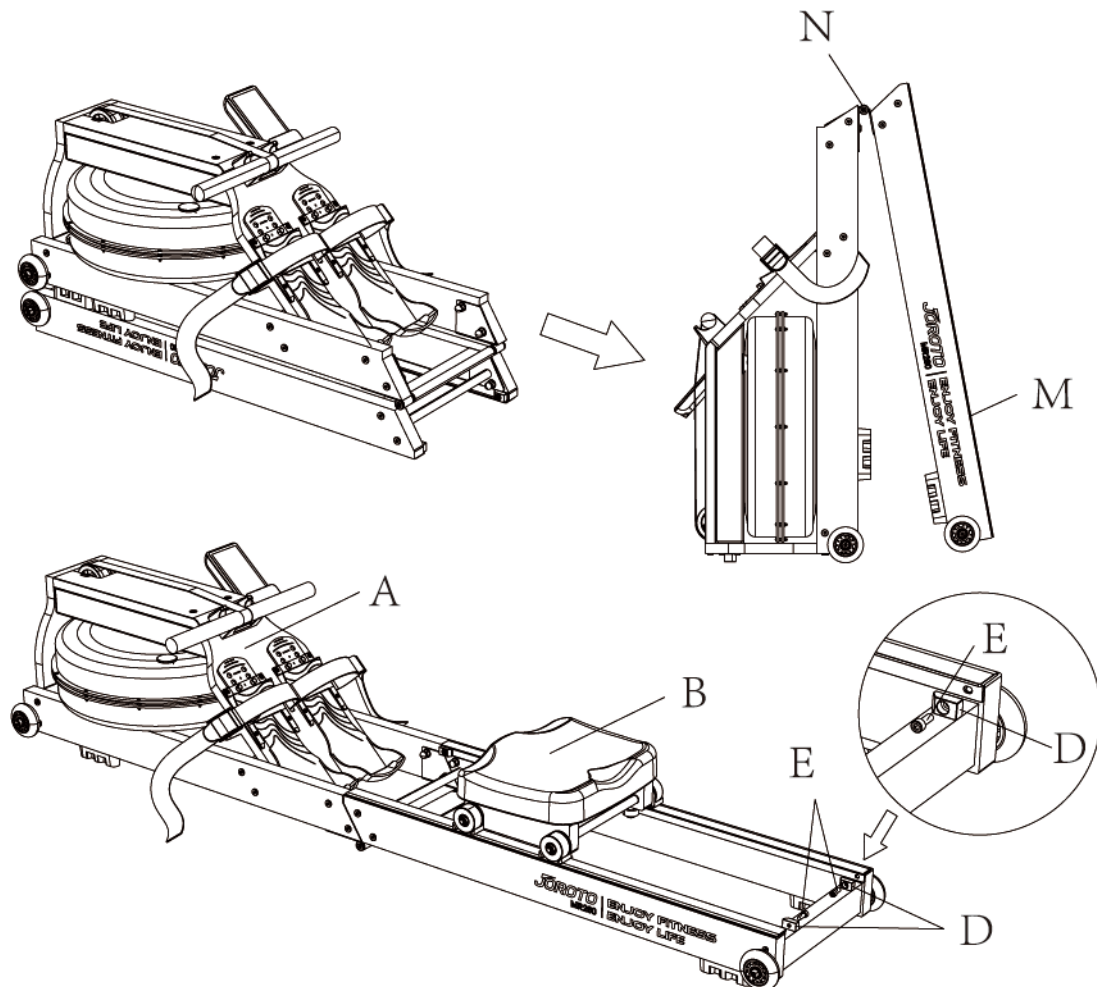
|                                                                                              |                                                                                              |                                                                                                |
|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|  <p>A</p> |  <p>B</p> |  <p>C</p> |
|  <p>D</p> |  <p>E</p> |  <p>F</p> |
|  <p>G</p> |  <p>H</p> |                                                                                                |

| No. | Name                               | QTY. | No. | Name                       | QTY. |
|-----|------------------------------------|------|-----|----------------------------|------|
| A   | Main Frame                         | 1PC  | B   | Seat Cushion               | 1PC  |
| C   | Water Pump                         | 1PC  | D   | Seat Cushion Block         | 2PCS |
| E   | Hexagon Socket Cylinder Head Screw | 2PCS | F   | Allen Key S5               | 1PC  |
| G   | User Manual                        | 1PC  | H   | Water Purification Tablets | 3PCS |

## INSTALLATION INSTRUCTION

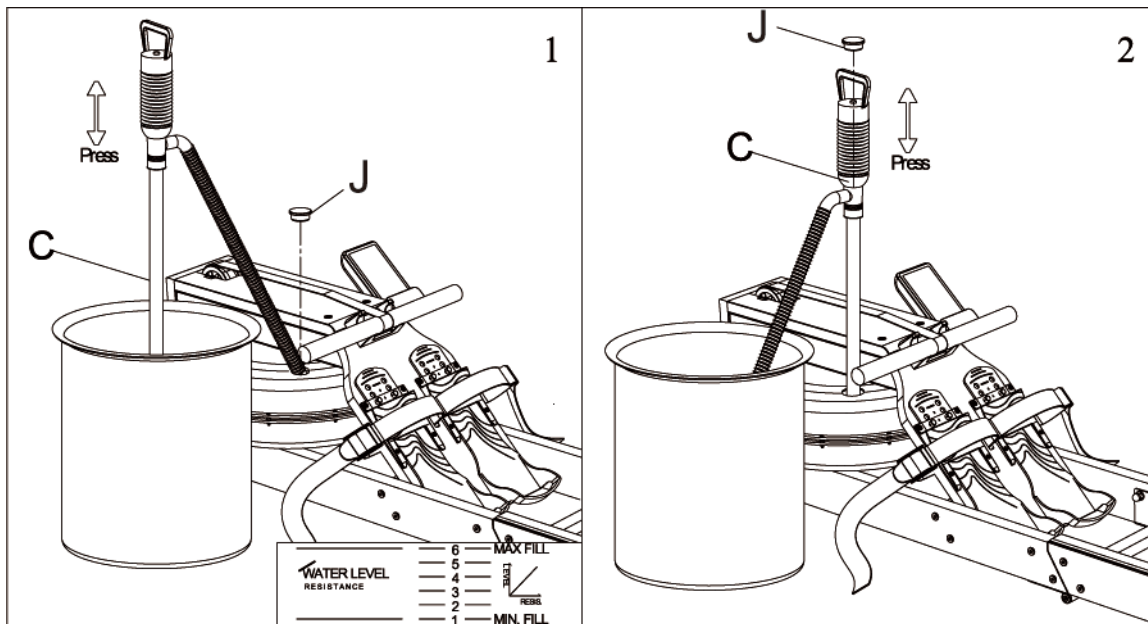
### STEP 1

1. Take out the product from the carton and stand it up, then unfold the product flat on the ground, pay attention to hold one hand on the Folding Rod (N) and the other hand on the Guide Rail (M), and then push it slightly outward to prevent pinching.
2. Slide the Assembled Seat Cushion (B) into the Guide Rail first, then fix the Seat Cushion Block (D) on the Guide Rail with Hexagon Socket Cylinder Head Screws (E), now the assembling is completed.



## STEP 2

1. Take the Tank Plug (J) out from the tank.
2. Inject water following Fig 1. Put the Water Pump (C) in the tank, use the Water Pump (C) to take water from the water bucket to the tank. Measure the amount of water in the tank according to the digital meter on the side of the tank.
3. Take out water from the tank as Fig 2. Put a bucket beside the machine, use the Water Pump (C) to draw water from the tank to the bucket. Put the Tank Plug (J) into the tank, clean the water on the machine. Complete the process.



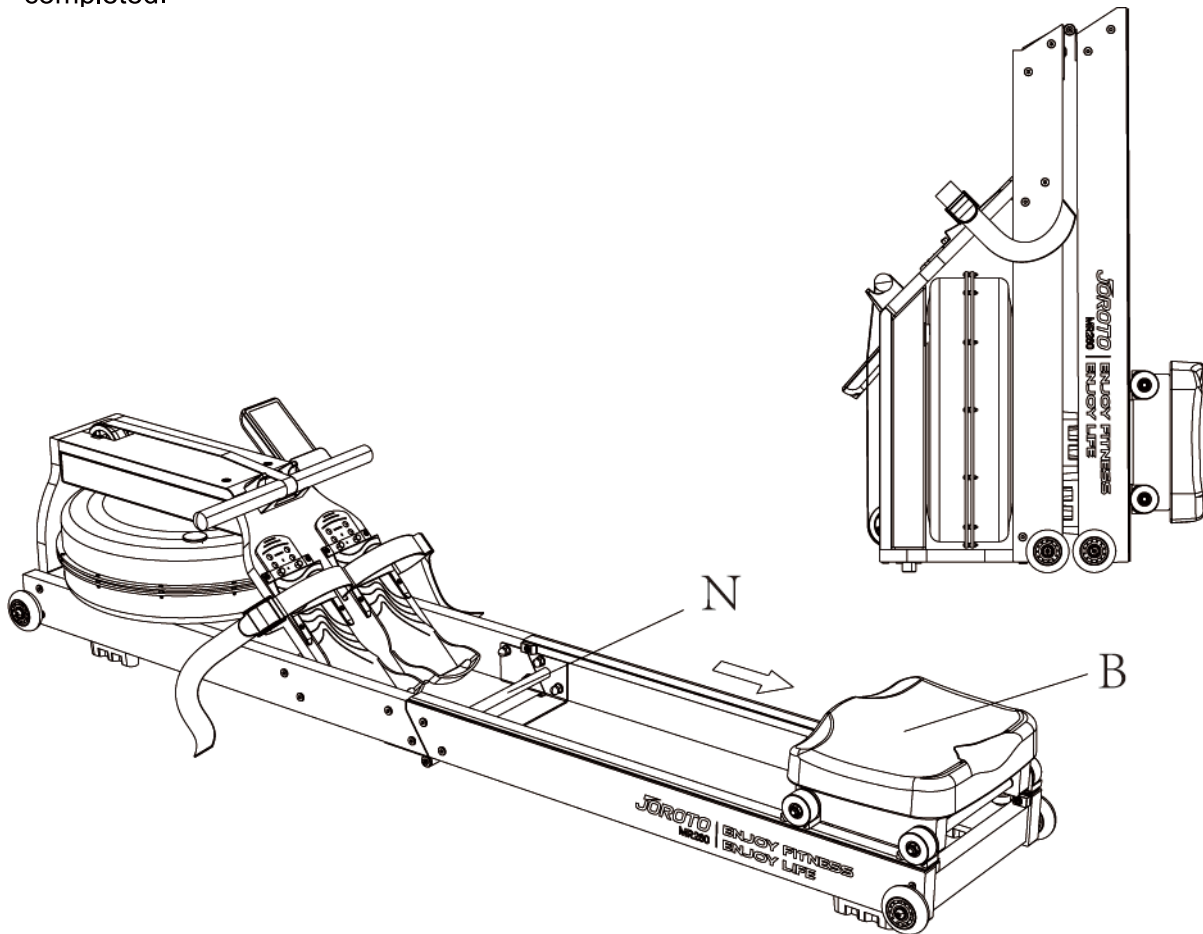
## Water Tank Maintenance Notes

1. The tank may be filled with tap water or distilled water. Add a waterpurification tablet if necessary. Never use chlorine or chlorine bleach - this could damage the tank and lead to cancellation of the warranty.
2. Water purification tablets (enclosed 3 tablets) are suitable for keeping the water clean. One tablet is sufficient for the maximum filled water tank. Stir the water well after adding one tablet. Add one tablet to the tank about every 2-3 months.
3. Never expose the tank to direct sunlight and empty it if it is not going to be used for a long time.
4. Depending on the environment of the installation site and the frequency of use, the water should be changed regularly, but at the latest every 3 months or if there are signs of discoloration, bacteria or algae, etc. Use distilled water if possible!
5. The water from the tank is not suitable for consumption. After emptying, please pour the water away.

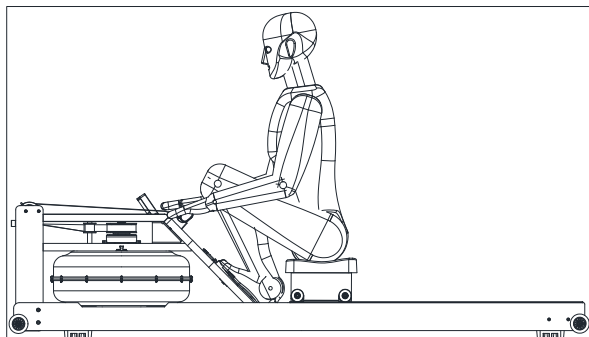
## Folding

When folding the machine, please note:

1. Move the assembled Seat Cushion (B) to the end of the rail to prevent the Seat Cushion from falling quickly and damaging the machine.
2. Hold the Folding Rod (N) with your hand, and pull it up with a little force, then folding is completed.

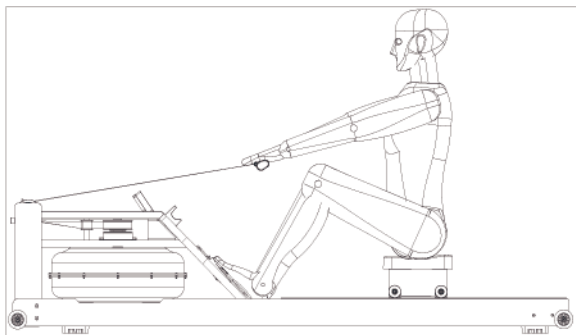


## TRAINING GUIDANCE



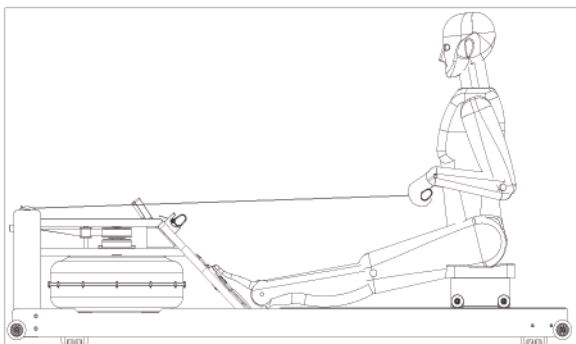
### Ready Status

Set your arms forward, release your shoulders. Raise up your head and keep your eyes forward. Holding your feet and legs under your body.



### Sliding Status

Grab the lever, set your body at the correct gesture and angle, release your legs to push forward.



### Back to the position

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

## TRAINING INSTRUCTIONS

**Use this Rowing Machine will help build your shape and strengthen your body, also with a healthy diet it will help you lose weight.**

### 1. Warm-up Stage

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



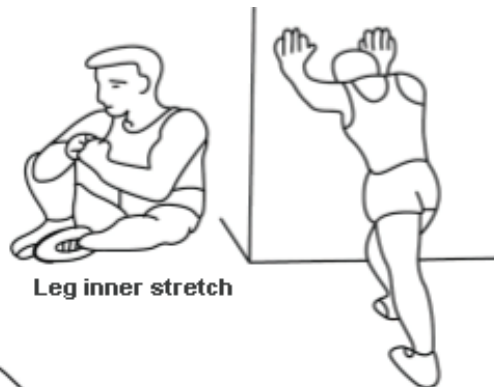
Side stretch



Front stretch



Leg outer stretch



Leg inner stretch

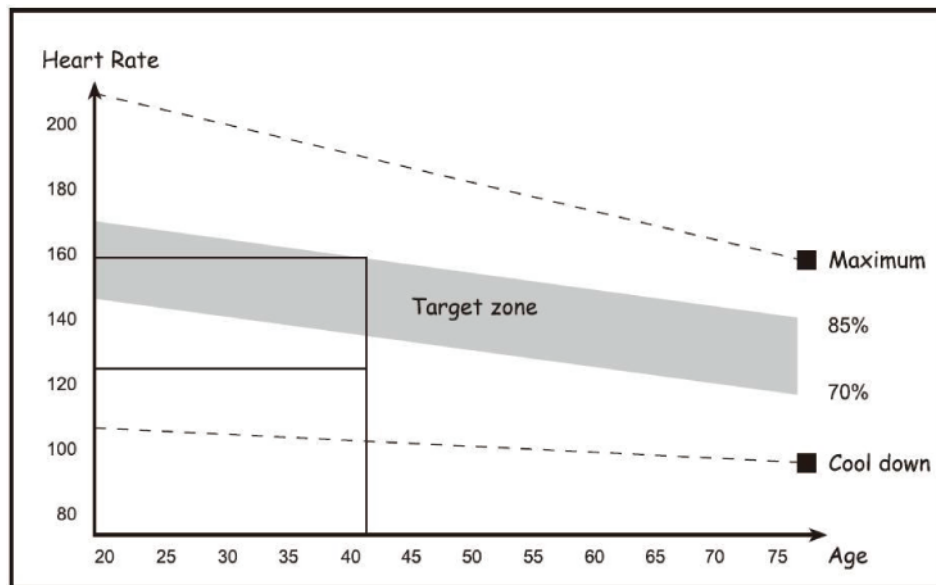


Calf and Achilles tendon stretch

## 2. Exercise Stage

Effort is needed. Your body will be more flexible after regular exercising for a period. It's very important to exercise with your own steady and acceptable cadence. The intensity of the exercise should allow you to reach the target heart rate range. Refer to the left image, find your age group on the x-coordinate, and then up to find your target heart rate range.

The target heart rate is suggested to last for at least 12mins to reach the exercise goal. It's suggested to +/- exercise according to the condition of your body. It's suggested to increase the intensity step by step.



## 3. Calm down Stage

After exercise, repeating the stretching like we do in warm-up stage. It can help relax your body. It's suggested to last for about 5mins. Please do the stretching according to the condition of your body. Do not force your muscle.

After the training intensity is adopted, it's suggested to train for at least 3 times a week.

## 4. In Shape

A certain training intensity is required. It means pressure on your leg's muscle. Please try your best to exercise within the intensity that your body can handle. Keep your heart rate in the target zone and do stretch after training.

## 5. Lose Weight

The important factors are your exercise frequency and intensity. Work harder, burn more calories. We want to improve our health by training. The difference is the training goal.

# INSTRUCTION MANUAL OF MONITOR

## BUTTONS

| BUTTON | DETAIL                                                                                                                                                                                       |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MODE   | Press this button to toggle the display of TIME/ DIST/ CAL/STROKES/ PULSE/ TIME(500m) /ODO/ TOTAL STROKES/ SPM.                                                                              |
| SET    | Switch to select the "MODE" button to the corresponding flashing window. Press this button to increase the setting values of TIME, DIST, CAL, etc.                                           |
| RESET  | In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.<br>In display status, hold this button for 3 seconds to reset all value to zero. |

## FUNCTIONS

| FUNCTION              | DETAIL                                                                                                                                                                                                                                                                                           |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| TIME                  | Measure the cumulative time of the movement: measure the time from the start to the stop of the movement.<br>Range: 0:00-99:59 minutes.<br>Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm a few seconds. The maximum preset time is 99 minutes. |
| DISTANCE (DIST)       | Display the total distance from exercise start to the end. Range: 0.0 ~ 9999.<br>Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm a few seconds. The maximum preset distance is 9999 KM.                                                  |
| CALORIES (CAL)        | Display the total calories consumed from exercise start to the end.<br>Range: 0.0 ~ 9999 KCAL.<br>The value of calories can be set in advance, when it approaches the preset calorie, the monitor will alarm a few seconds. The maximum preset calories is 9999 KCAL.                            |
| STROKES               | Display instantaneous strokes.<br>Range: 0~9999 strokes.                                                                                                                                                                                                                                         |
| PULSE                 | Display the heart rate value (please prepare and wear the heartbeat chest strap before measuring the heart rate, the measurement value cannot be used as a medical basis).                                                                                                                       |
| TIME/500m             | Display the time required for the user to exercise 500 meters.<br>Range: 0:00 ~ 99:59 minutes.                                                                                                                                                                                                   |
| TOTAL DISTANCE(ODO)   | Display the total distance after installing the batteries.                                                                                                                                                                                                                                       |
| TOTAL STROKES         | Display the total strokes after installing the batteries.                                                                                                                                                                                                                                        |
| SPM (strokes/ minute) | Display current repetition per minute(SPM) during exercise. It reflects the stroke frequency. Range: 0~1500 rate/minute.                                                                                                                                                                         |

## NOTE

1. Without any signals of exercise or operation for 4 minutes, the power will turn off automatically.
2. When start training or pressing, the monitor will restart and back to work.
3. If the monitor dims or no data displayed, please replace the battery.

## OPERATION

Press MODE to choose the display window that needs to be present, and the value in relevant window will flash. Then press SET to increase the value to reach your desired time, distance or calories. Press and hold SET to rapidly increase the value. Press RESET to reset the value in the associated flashing window.

## BATTERY REPLACE

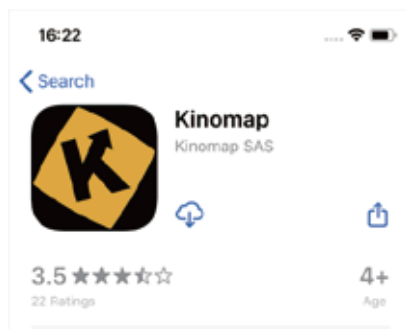
When the monitor becomes dim or illegible, remove the batteries and replace with SIZE 2\* AAA UM4 R03.

## HEART RATE BELT INSTRUCTIONS

1. If you need to check heart rate while exercising, please wear the heart rate belt before start rowing.
2. Both the heart rate belt and the monitor have built-in Bluetooth.
3. Please wear the heart rate belt directly against the skin, turn on the monitor, and then start your rowing, the heart rate value will be transmitted to the monitor via Bluetooth.

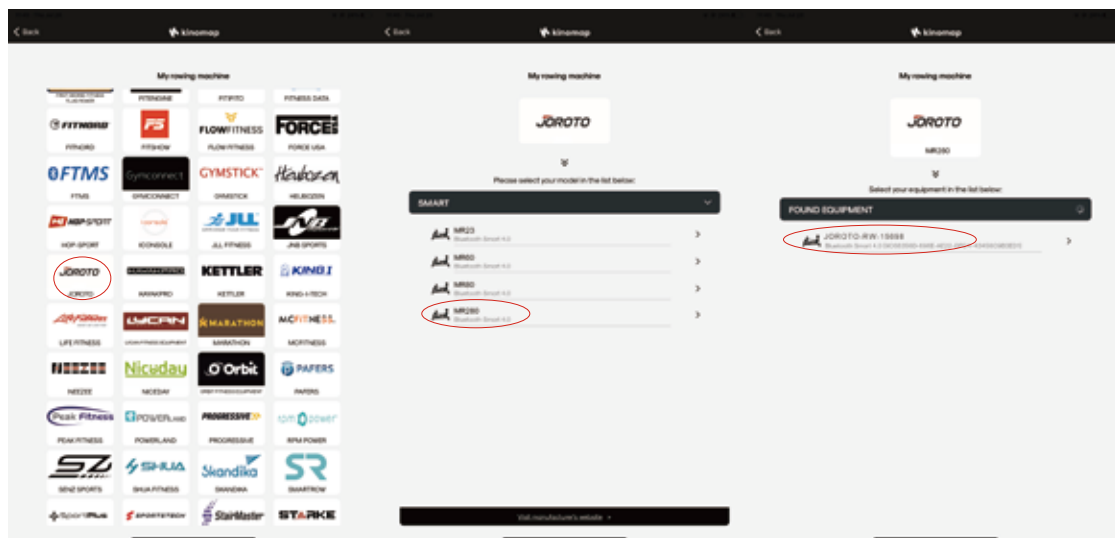
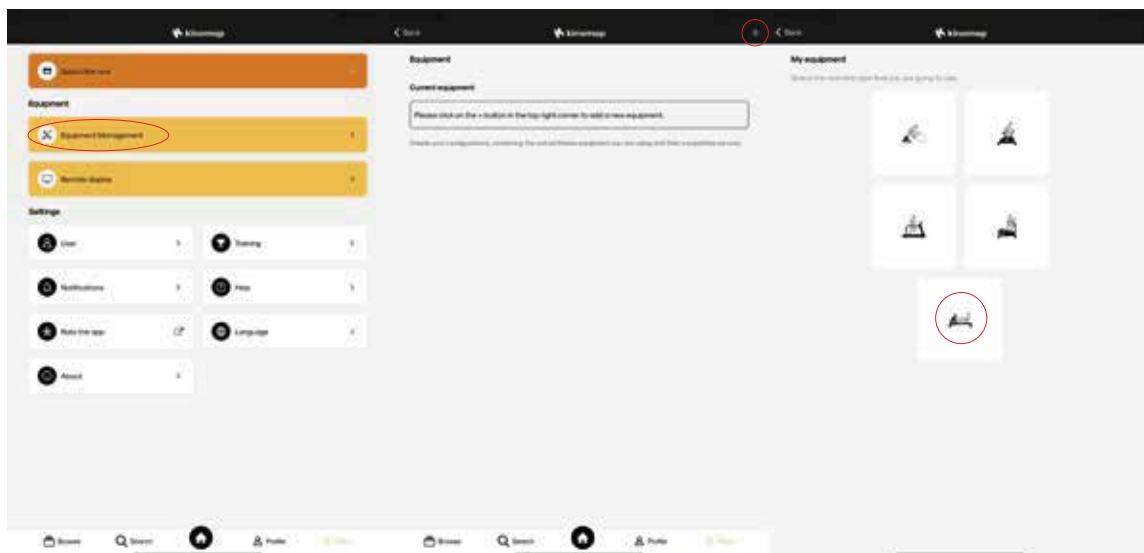
## APP CONNECTION

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:



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

## FCC Warning

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

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

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

--Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver

--Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

--Consult the dealer or an experienced radio/TV technician for help

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

RF exposure:

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

## IC Warning

ISED Canada Statement:

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation,

Science and Economic Development Canada 's licence exempt RSS(s). Operation is subject to the following two conditions:

1) this device may not cause interference and

2) this device must accept any interference, including interference that may cause undesired operation of the device.

Radiation Exposure: This equipment complies with Canada radiation Exposure limits set forth for an uncontrolled environment to maintain compliance with IC's RF Exposure guidelines. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration du Canada:

Ce dispositif contient un (S) émetteur (S)/ récepteur (S) exempté (S) de licence qui respecte l'innovation,

Science et développement économique Canada a exempté le ou les RSS de licence. L'exploitation est soumise aux deux conditions suivantes:

1) cet appareil ne doit pas causer d'interférences et

2) ce dispositif doit accepter toute interférence, y compris toute interférence pouvant entraîner un fonctionnement indésirable du dispositif.

Exposition au rayonnement: cet équipement est conforme au rayonnement Canada

Les limites d'exposition fixées pour un environnement non contrôlé afin de maintenir la conformité avec les lignes directrices d'exposition aux RF d'IC. Ce dispositif et ses antennes ne doivent pas être co-localisés ni fonctionner en conjonction avec une autre antenne ou un autre émetteur.



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