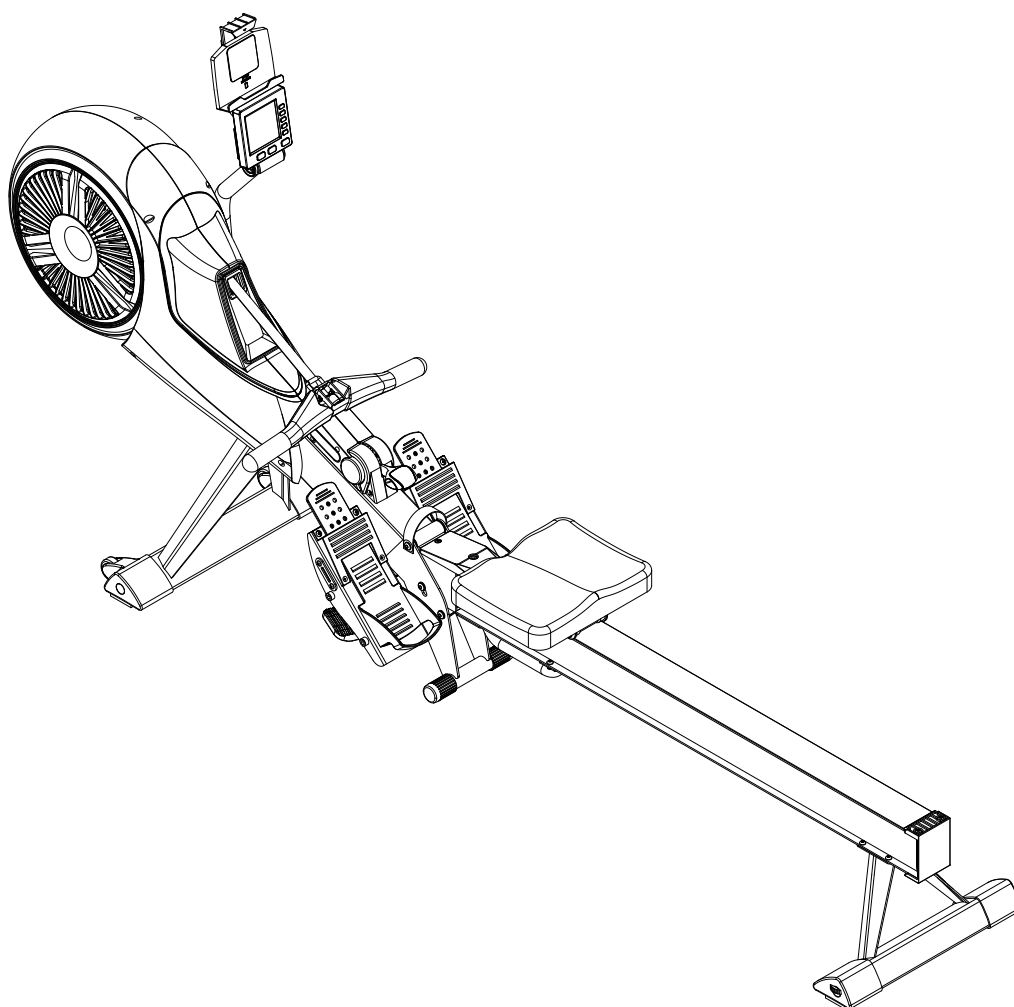


JOROTO[®]

User Manual



JOROTO-MR60

ROWING MACHINE

CONTENTS

Exploded-View & Parts List.....	1
User Manual.....	7
Bedienungsanleitung.....	26
Manuel d'utilisation.....	44
Manuale d'uso.....	62
Manual de usuario.....	80

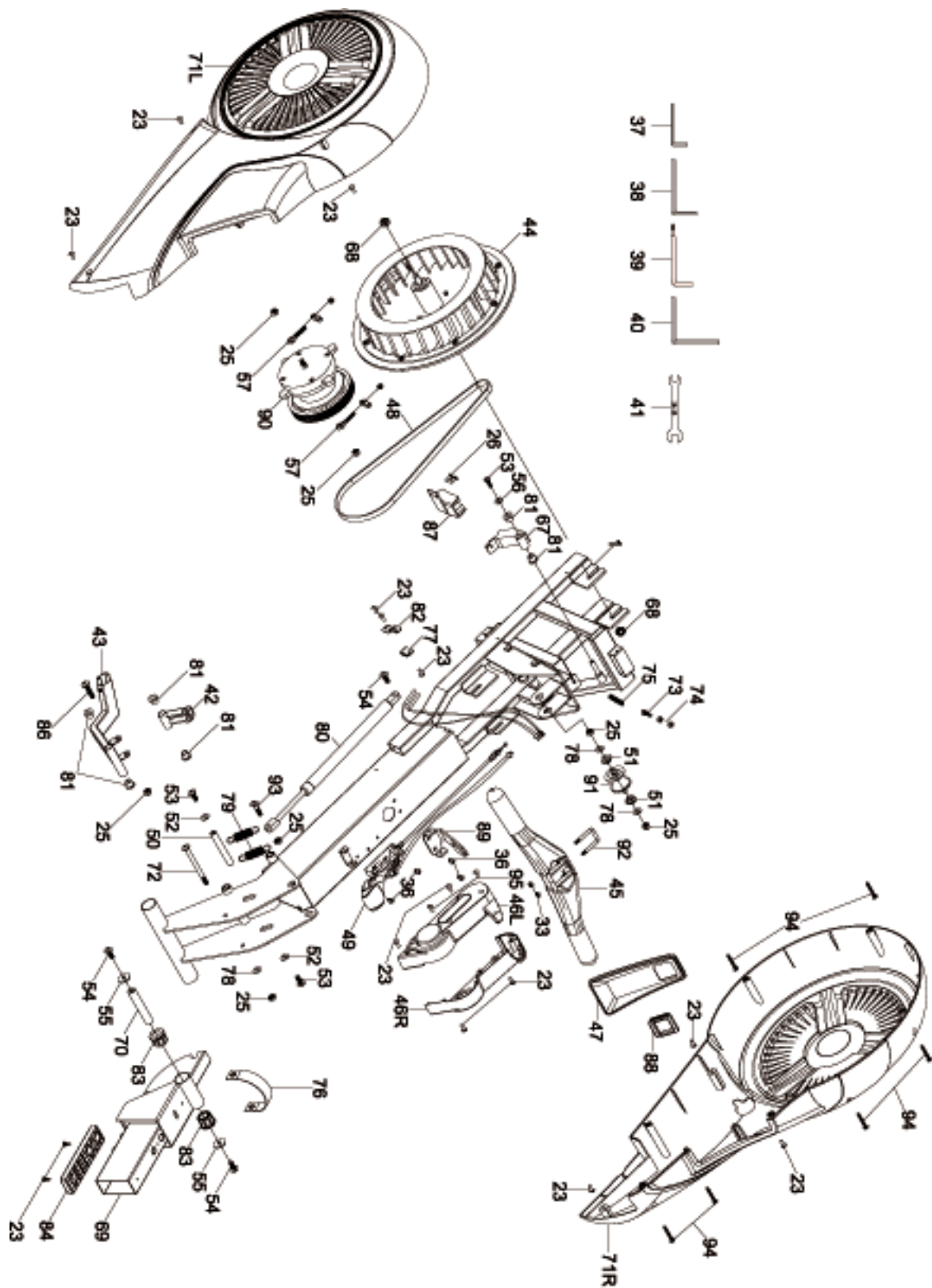


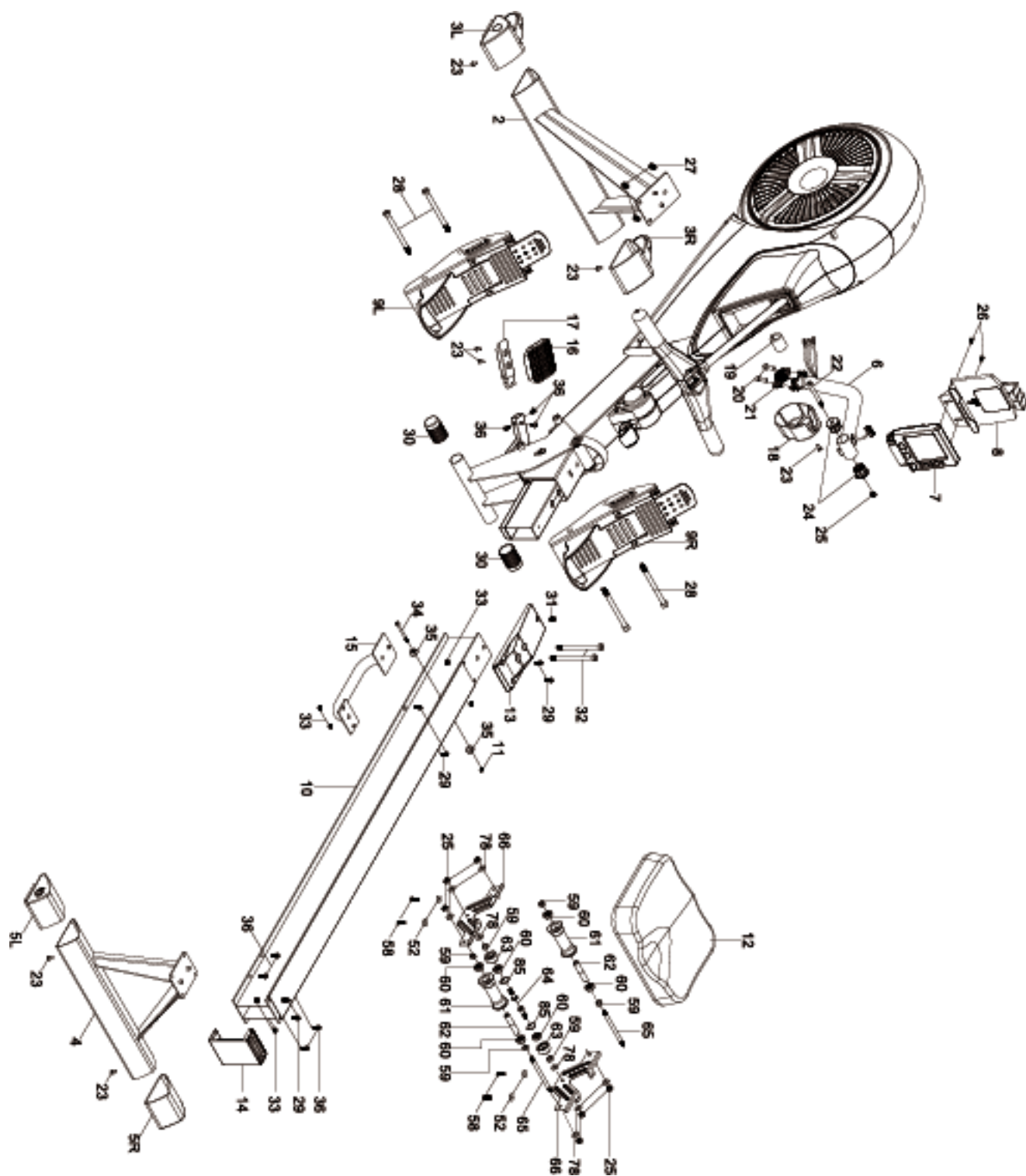
Read all instructions carefully before using this product. Retain this owner's manual for future reference. If you have any inquiries or require further assistance, please contact JOROTO Customer Support.

Scan the Instagram QR Code to reach us online!

Email: support@jorotofitness.com

EXPLODED-VIEW & PARTS LIST





NO.	NAME	NAME	NOM	SPEC.	QTY.
1	Main Frame	Hauptrahmen	Cadre principal	-	1
2	Front Stabilizer	Vorderer Stabilisator	Stabilisateur avant	-	1
3	End Caps for Front Stabilizer L/R	Endkappen für vorderen Stabilisator (L/R)	Embouts pour stabilisateur avant L/R	-	1/1
4	Rear Stabilizer	Hinterner Stabilisator	Stabilisateur arrière	-	1
5	End Caps for Rear Stabilizer L/R	Endkappen für hinteren Stabilisator (L/R)	Embouts pour stabilisateur arrière L/R	-	1/1
6	Monitor-Supporting Tube	Display-Stützrohr	Tube de support de moniteur	-	1
7	Monitor	Display	Moniteur	-	1
8	Ipad Holder	Ipad-Ständer	Porte-Ipad	-	1
9	Pedal L/R	Pedal L/R	Pédale L/R	-	1/1
10	Rail	Schiene	Rail	-	1
11	Nylon Nut	Nylonmutter	Écrou en nylon	M5	1
12	Seat	Sitz	Sièges	-	1
13	Front Rail Cover	Vordere Schienenkappe	Couvercle de rail avant	-	1
14	Back Rail Cover	Rückenschienenkappe	Couverture de rail arrière	-	1
15	Portable Tube	Tragbare Röhre	Tube portatif	-	1
16	Release Pad	Loslassen Pad	Tampon de dégagement	-	1
17	Fixing Tube for Pedals	Pedale-Halterohr	Tube de fixation pour pédales	-	1
18	Decorative Cover	Dekorative Abdeckung	Couverture décorative	-	1
19	Felt Pad	Filzunterlage	Tapis feutré	-	1
20	Hex Screws	Sechskantschrauben	Vis hexagonales	M8*25	2
21	Clamp Ring	Klemming	Anneau de serrage	-	1
22	Hex Screws	Sechskantschrauben	Vis hexagonales	M8*75	1
23	Flat Head Self-lapping Screw	Selbststschneidende Flachkopfschraube	Vis autotaraudeuse à tête plate	ST5*15	22
24	End Cap of Monitor Supporting Tube	Display-Stützrohrs-Endschale	Embout du tube de support du moniteur	-	2
25	Nylon Nut	Nylonmutter	Écrou en nylon	M8	14
26	Large Flat Head Screws	Große flache Schrauben	Grandes vis à tête plate	M5*15	4
27	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis d'assemblage à tête creuse à tête ronde	M8*16	3
28	Hexagon Socket Head Screws	Innensechskantschrauben	Vis à tête à six pans creux	M12*140	4
29	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis d'assemblage à tête creuse à tête ronde	M6*15	6
30	End Cups	Endkappe	Capuchons d'extrémité	Ø31.8	2
31	Cross Half Round Head Screw	Kreuzschraube	Vis à tête demi-ronde cruciforme	M5*12	1
32	Hexagon Socket Head Cap Screws	Innensechskantschrauben	Vis d'assemblage à tête à six pans creux	M10*125	2
33	Nylon Nut	Nylonmutter	Écrou en nylon	M6	6
34	Cross Half Round Head Screw	Kreuzschlitzschraube	Vis à tête demi-ronde cruciforme	M5*60	1
35	Buffer Pad	Pufferauflage	Tampon tampon	-	2
36	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis d'assemblage à tête creuse à tête ronde	M6*10	11
37	L-Wrench	L-Schlüssel	Clé en L	4MM	1
38	L-Wrench	L-Schlüssel	Clé en L	8MM	1
39	L-Wrench	L-Schlüssel	Clé en L	6MM(Cross Head)	1
40	L-Wrench	L-Schlüssel	Clé en L	6MM	1
41	Open End Wrench	Offener Schraubenschlüssel	Clé à fourche	10-13	1
42	Pedal-Connecting Part	Pedal-Verbindungsteil	Pièce de connexion de pédale	-	1
43	Pedal-Connecting Tube	Pedal-Verbindungsrohr	Tube de connexion de pédale	-	1
44	Flywheel	Schwungscheibe	volant d'inertie	-	1
45	Pulling Handle	Zuggriff	Poignée de traction	-	1
46	Decorative Cover(L/R)	Dekorative Abdeckung (L/R)	Couverture décorative (L/R)	-	1/1
47	Webbing Decorative Cover	Dekorative Abdeckung	Couverture décorative en sangle	-	1

NO.	NAME	NAME	NOM	SPEC.	QTY.
48	Belt	Riemen	Courroie	-	1
49	Handlebar Cable for Resistance Adjustment	Lenkerkabel zur Widerstandseinstellung	Câble de guidon pour le réglage de la	-	1
50	Pedal Fixed Shaft	Pedalfester Schaft	résistance	-	1
51	Sleeve	Muffe	Pédale à tige fixe	-	2
52	Washer	Unterlegscheibe	Douille intérieure	Ø6*Φ17*1.5	6
53	Screw	Schraube	Laveuse	M5*20	1
54	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis	M8*20	3
55	Washer	Unterlegscheibe	Vis d'assemblage à tête creuse à tête ronde	Ø8*Φ25*1.5	2
56	Washer	Unterlegscheibe	Laveuse	Ø5*Φ18*1.5	1
57	Adjustable Fixing-Screw	Einstellbare Befestigungsschraube	Laveuse	-	2
58	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis de fixation réglable	M6*25	4
59	Scroll Wheel Outer Sleeve	Scrollrad-Äußere Hülse	Vis d'assemblage à tête creuse à tête ronde	-	6
60	Bearings	Kugellager	Manchon extérieur de la molette de défilement	608ZZ	6
61	Upper Scroll Wheel	Oberes Scrollrad	Roulements	-	2
62	Scroll Wheel Inner Sleeve	Scrollrad- Innenhülse	Molette de défilement supérieure	-	2
63	Lower Scroll Wheel	Unteres Scrollrad	Manchon intérieur de la molette de défilement	-	2
64	Lower Scroll Wheel Screw	Untere Scrollradschraube	Molette de défilement inférieure	M8*28	2
65	Upper Scroll Wheel Shaft	Oberen Scrollrads-Schaft	Vis de la molette de défilement inférieure	-	2
66	Seat Supporting Pad	Sitzstützpolster	Axe supérieur de la molette de défilement	-	2
67	Magnet Set	Magnet-Set	Coussin de support de siège	-	1
68	Flange Nut	Flanschmutter	Ensemble d'aimants	M10-P1.25	2
69	Rail Connection Pipe	Schienen-Verbindungsrohr	Écrou de bride	-	1
70	Folding Reels	Faltrollen	Tuyau de connexion ferroviaire	-	1
71	Belt Cover L/R	Riemenabdeckung L/R	Moulinets plants	-	1/1
72	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Couvre-courroie L/R	M8*100	1
73	Hexagon Screw	Sechskantschraube	Vis d'assemblage à tête creuse à tête ronde	M6*25	1
74	Hexagon Nut	Sechskantmutter	Vis hexagonale	M6	2
75	Tension	Magnetron-Zugfeder	Écrou hexagonal	-	1
76	Webbing Handle	Handgriffe	Ressort de tension magnétron	-	1
77	Sensor	Sensor	Poignée en sangle	-	1
78	Washer	Unterlegscheibe	Capteur	Ø8*Φ17*1.5	17
79	Springs	Frühling	Ressorts	-	2
80	Cylinder	Zylinder	Cylindre	-	1
81	Magnet Sleeve	Magnethülse	Aimant Manches	-	6
82	Sensor Holder	Sensorhalter	Support de capteur	-	1
83	Folding Reels Cover	Klapprollenabdeckung	Couverture de bobines plantes	-	2
84	Aluminum Rail fixings	Schienenbefestigung	Fixations de rail en aluminium	-	1
85	Ring	Ring	Bague	Φ22	2
86	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis d'assemblage à tête creuse à tête ronde	M8*55	1
87	Magnet Set	Magnet-Set	Ensemble d'aimants	-	1
88	Webbing Decorative Ring	Dekorativer Ring	Anneau décoratif en sangle	-	1
89	Pulling Handle Fixing Plate	Handgriffe-Befestigungsplatte	Plaque de fixation de la poignée de tirage	-	1
90	Spring Box Set	Spring Box-Set	Coffret Printemps	-	1
91	Webbing Roller	Gurtband-Roller	Rouleau de sangle	-	1
92	Webbing Hook	Gurtband-Haken	Crochet de sangle	-	1
93	Round Head Socket Head Cap Screws	Rundkopf-Innensechskantschrauben	Vis d'assemblage à tête creuse à tête ronde	M8*30	1
94	Round Head Self-tapping Screw	Selbstschneidende Rundkopfschraube	Vis autotaraudeuse à tête ronde	ST5*20	6
95	Round Head Self-tapping Screw	Selbstschneidende Rundkopfschraube	Vis autotaraudeuse à tête ronde	ST5*15	2

User Manual

Thank you for purchasing JOROTO MR60. Wish it will help you to keep the best status when doing aerobic exercise!

IMPORTANT SAFETY INFORMATION

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.

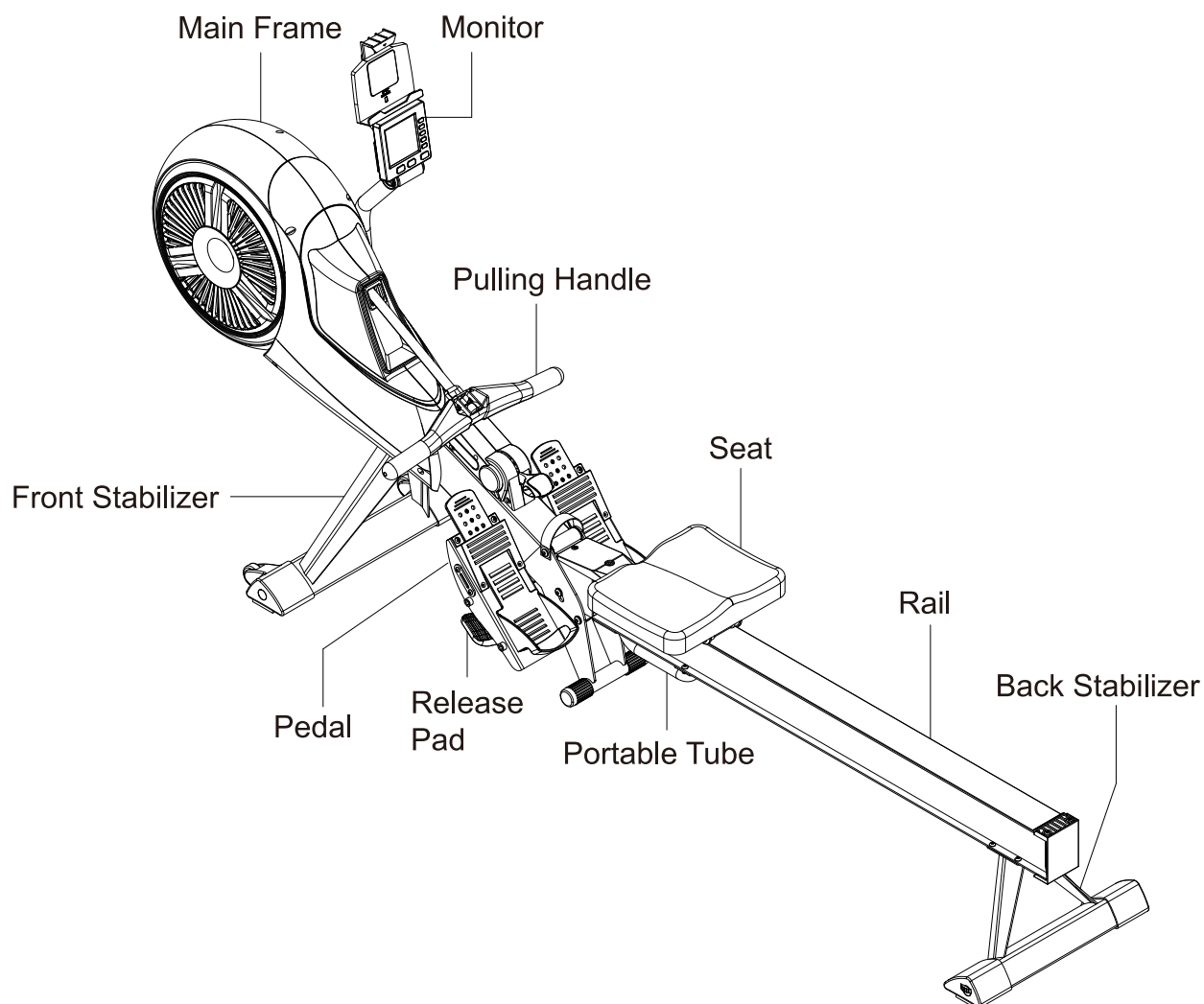
8. Wear suitable sport clothes when using the equipment. Avoid wearing loose clothes which may get caught in the equipment, or it may restrict the movement to continue normally.
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting 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!

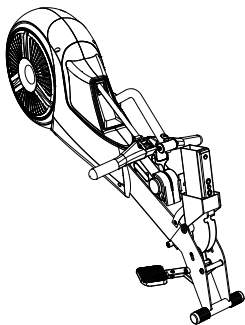
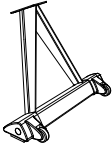
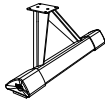
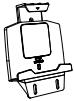
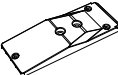
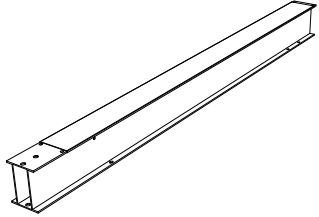
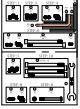
BRIEF INTRODUCTION



Technical Details

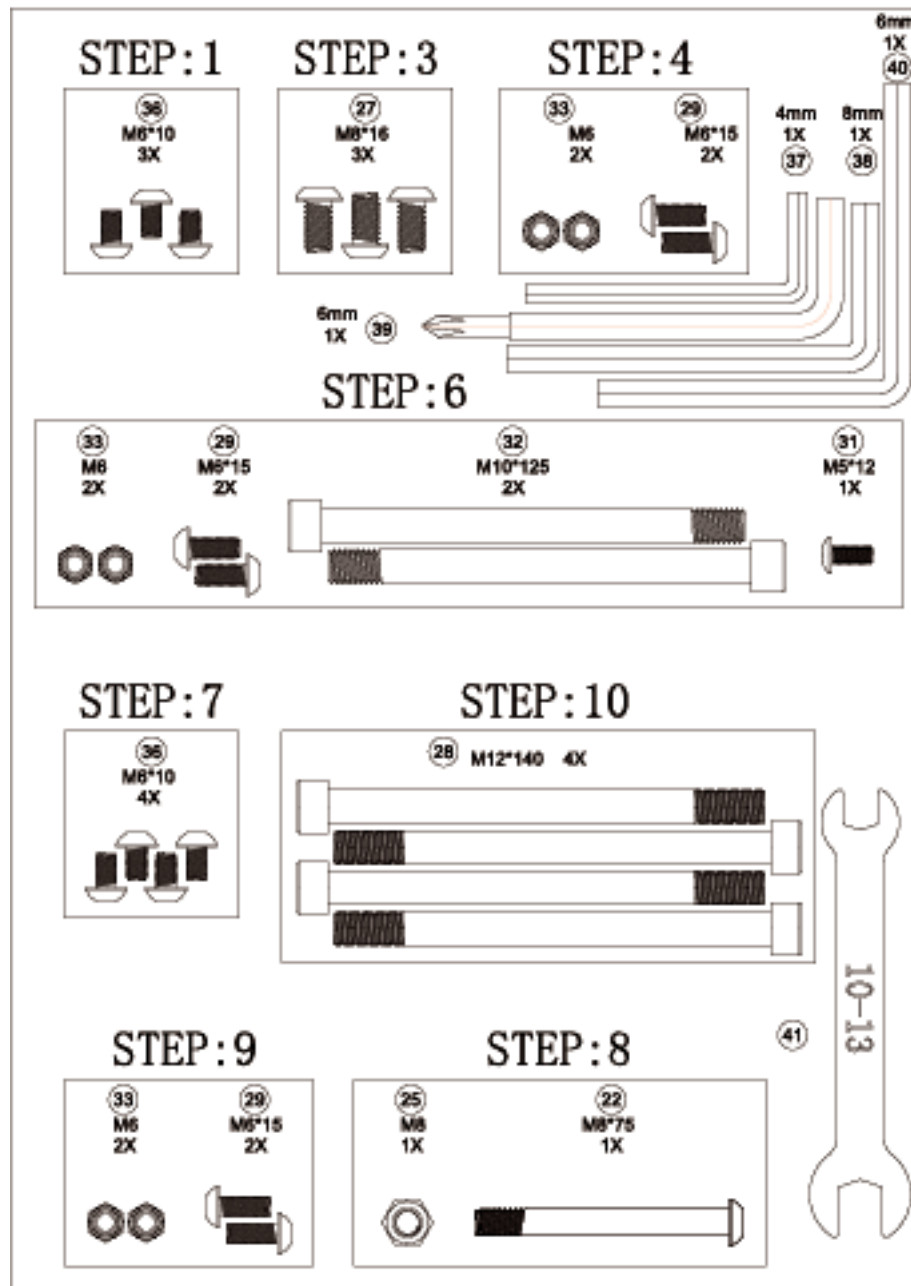
Product No.	MR60
Item Dimensions	80.38×16.73×41 Inches
Speed Ratio	1: 3.8
Flywheel	Resistance System Wind+Magnetic
Resistance	10 Levels

Accessories List

 A1	 A3		 A4	 A5
	 A6	 A6-1	 A7	 A8
 A2	 A9 (L)		 A10 (R)	 A11
	 A12		 A13	 A14

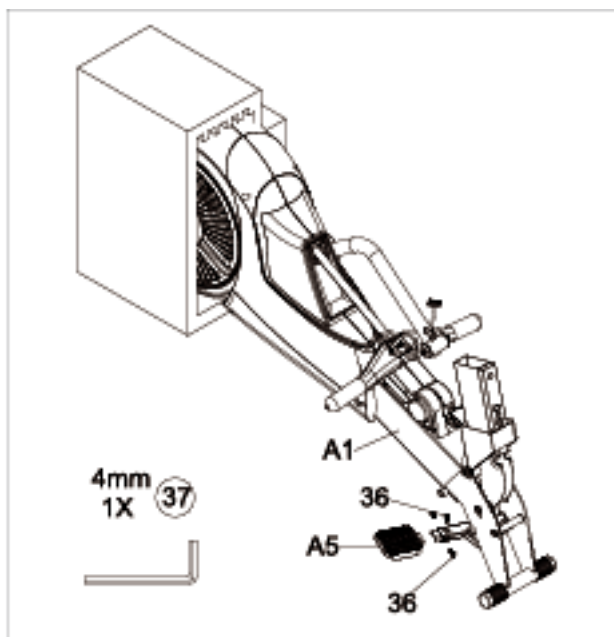
NO.	NAME	QTY.		NO.	NAME	QTY.
A1	Main Frame	1		A8	Portable Tube	1
A2	Rail	1		A9	Left Pedal	1
A3	Front Stabilizer	1		A10	Right Pedal	1
A4	Rear Stabilizer	1		A11	Seat	1
A5	Release Pad	1		A12	Back Rail Cover	1
A6	Monitor	1		A13	Tool Kit	1
A6-1	IPAD Holder	1		A14	Manual	1
A7	Front Rail Cover	1				

Tool Kit List



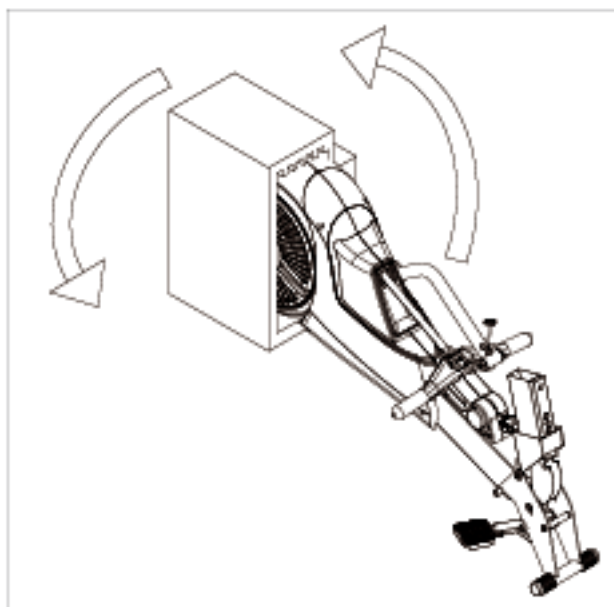
NO.	NAME	SPEC.	QTY.	NO.	NAME	SPEC.	QTY.
22	Hex Screws	M8*75	1	33	Nylon Nut	M6	6
25	Nylon Nut	M8	1	36	Round Head Socket Head Cap Screws	M6*10	7
27	Round Head Socket Head Cap Screws	M8*16	3	37	L-Wrench	4MM	1
28	Hexagon Socket Head Screws	M12*140	4	38	L-Wrench	8MM	1
29	Round Head Socket Head Cap Screws	M6*15	6	39	L-Wrench	6MM(Cross Head)	1
31	Cross Half Round Head Screw	M5*12	1	40	L-Wrench	6MM	1
32	Hexagon Socket Head Cap Screws	M10*125	2	41	Open End Wrench	10-13	1

INSTALLATION INSTRUCTION



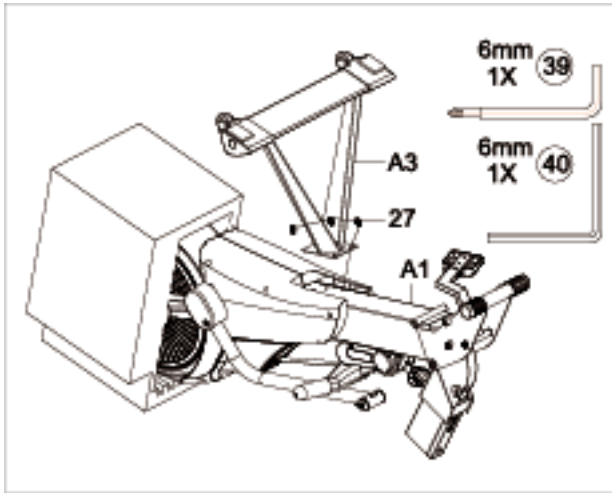
STEP 1

1. Take the machine out of the box. Do Not take out the foam at the back.
2. Assemble the Release Pad(A5) on the Main Frame(A1), tight it up with 3 Round Head Socket Head Cap Screws (36).



STEP 2

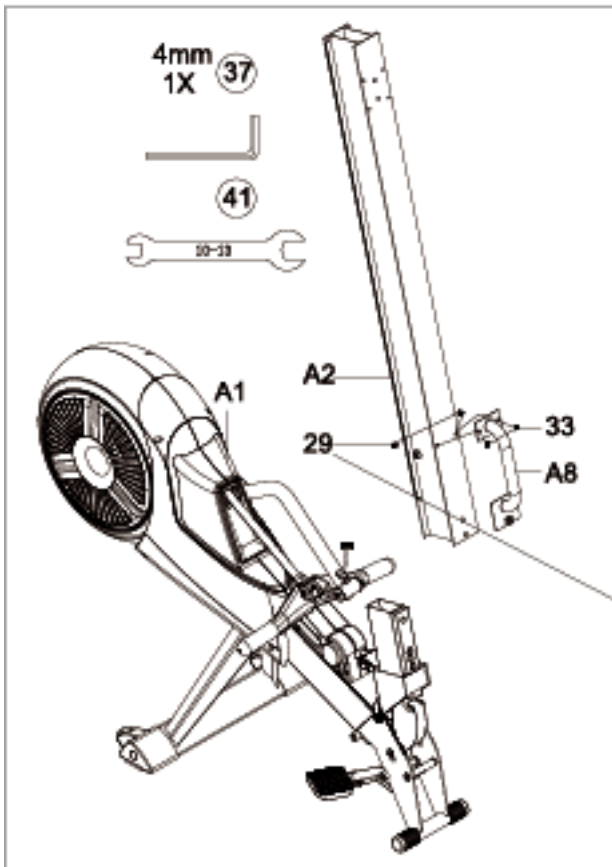
- Rotate the Main Frame to 180°.



STEP 3

1. Attach the Front Stabilizer(A3) on the Main Frame(A1), tighten it with three Round Head Socket Head Cap Screws(27).

2. Then rotate the Main Frame over to 80°. After that the foam could be removed.



STEP 4

1. Assemble the Rail(A2) to the Main Frame(A1).

2. Attach the Portable Tube(A8) on the Rail(A2), then fix (Do NOT tight up) them with two Round Head Socket Head Cap Screws(29) and two Nylon Nuts (33).

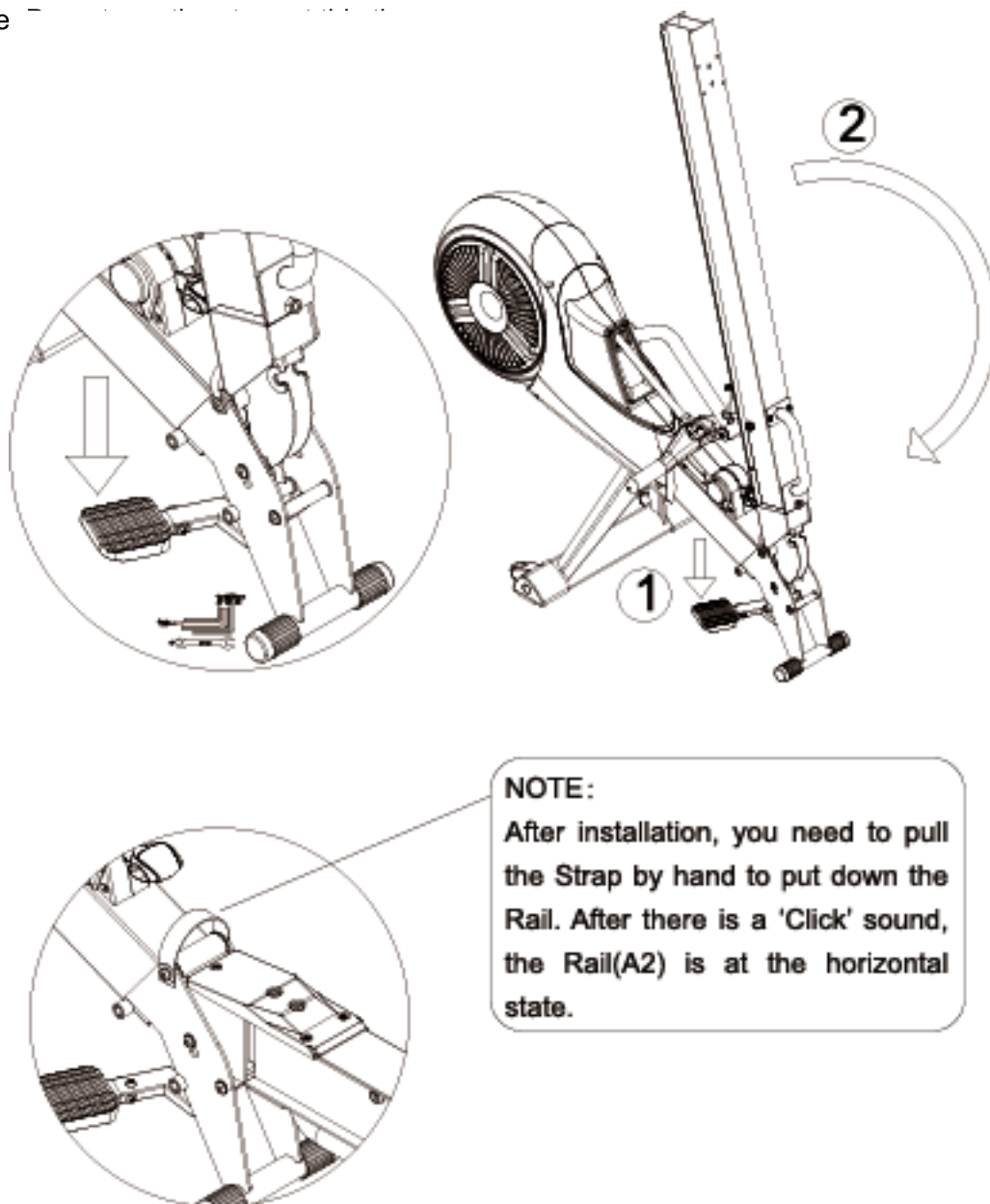
NOTE:

Attach the Round Head Socket Head Cap Screws(29) and Nylon Nuts(33) first, Do Not tight them up.

STEP 5

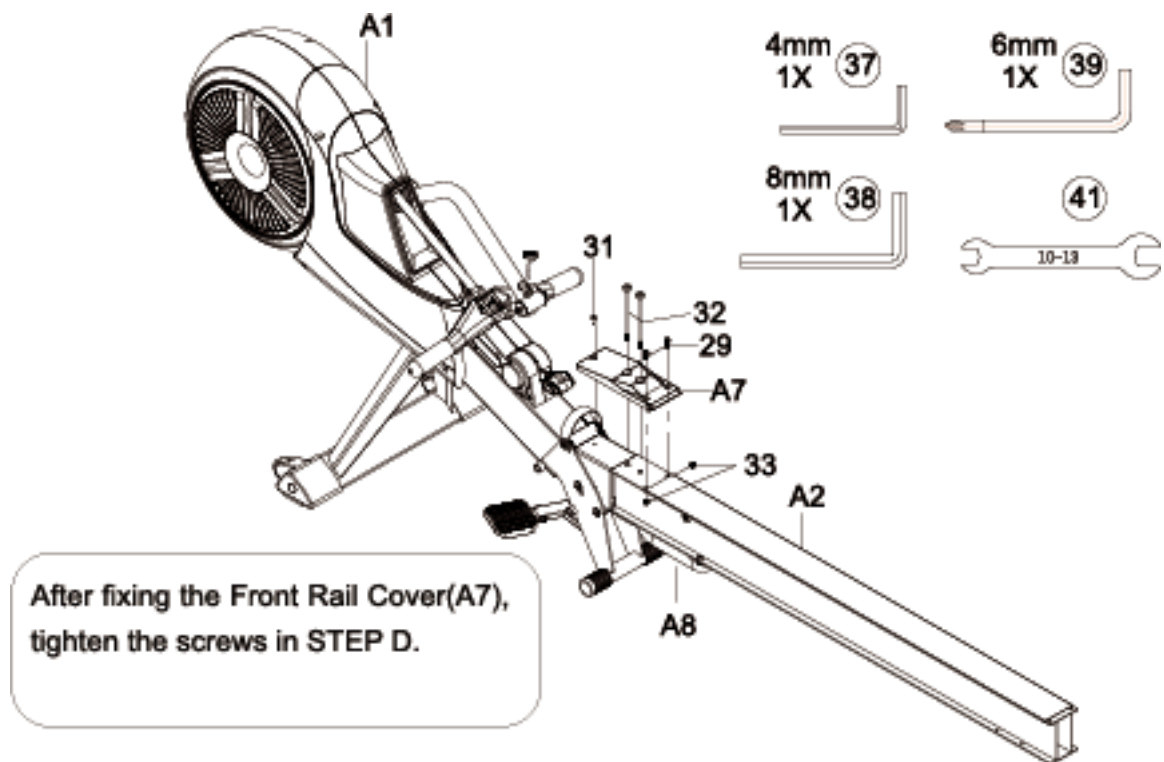
1. Step on the Release Pad, and push it down.
2. Put down the Rail(A2), after there is a 'Click' sound, the Rail(A2) is at the absolute horizontal state.

Note –



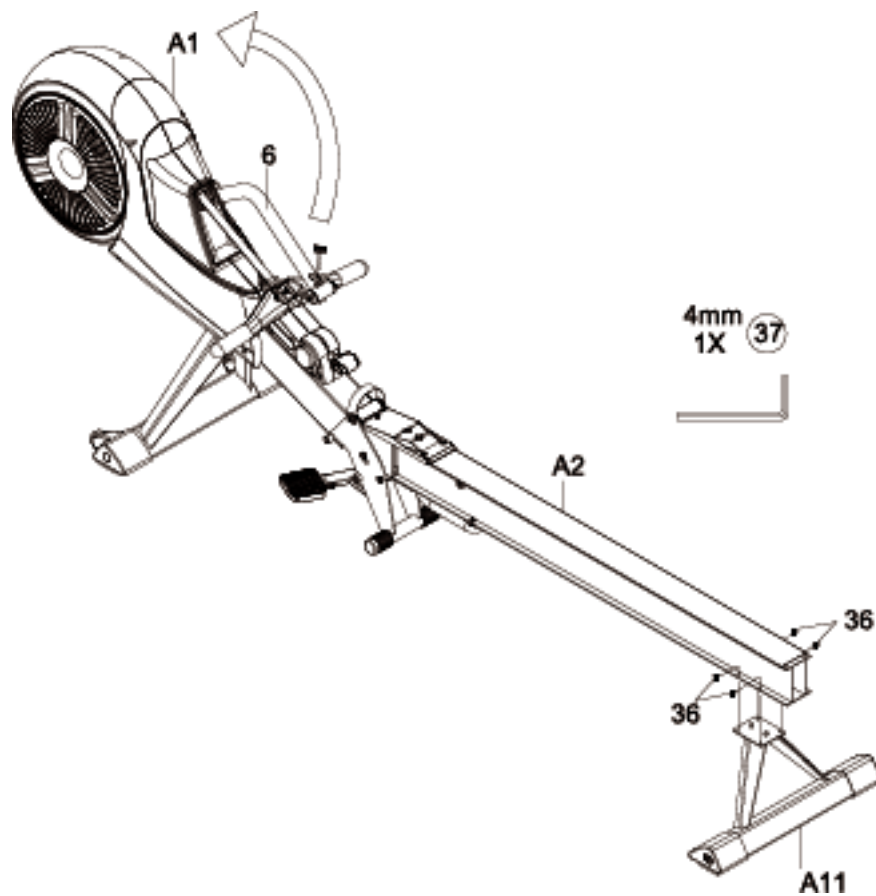
STEP 6

1. Assemble the Front Rail Cover(A7) to the Rail(A2), use two Hexagon Socket Head Cap Screws(32) to fix it on the Portable Tube(A8) through the Front Rail Cover(A7).
Use one Round Head Socket Head Cap Screw(29) and two Nylon Nuts(33) to fix the Front Rail Cover(A7) on the Rail(A2).
Use one Cross Half Round Head Screw(31) to fix the Front Rail Cover(A7) on the Main Frame(A1).
2. Tighten up the Round Head Socket Head Cap Screws(29) and Nylon Nut(33) in STEP D.



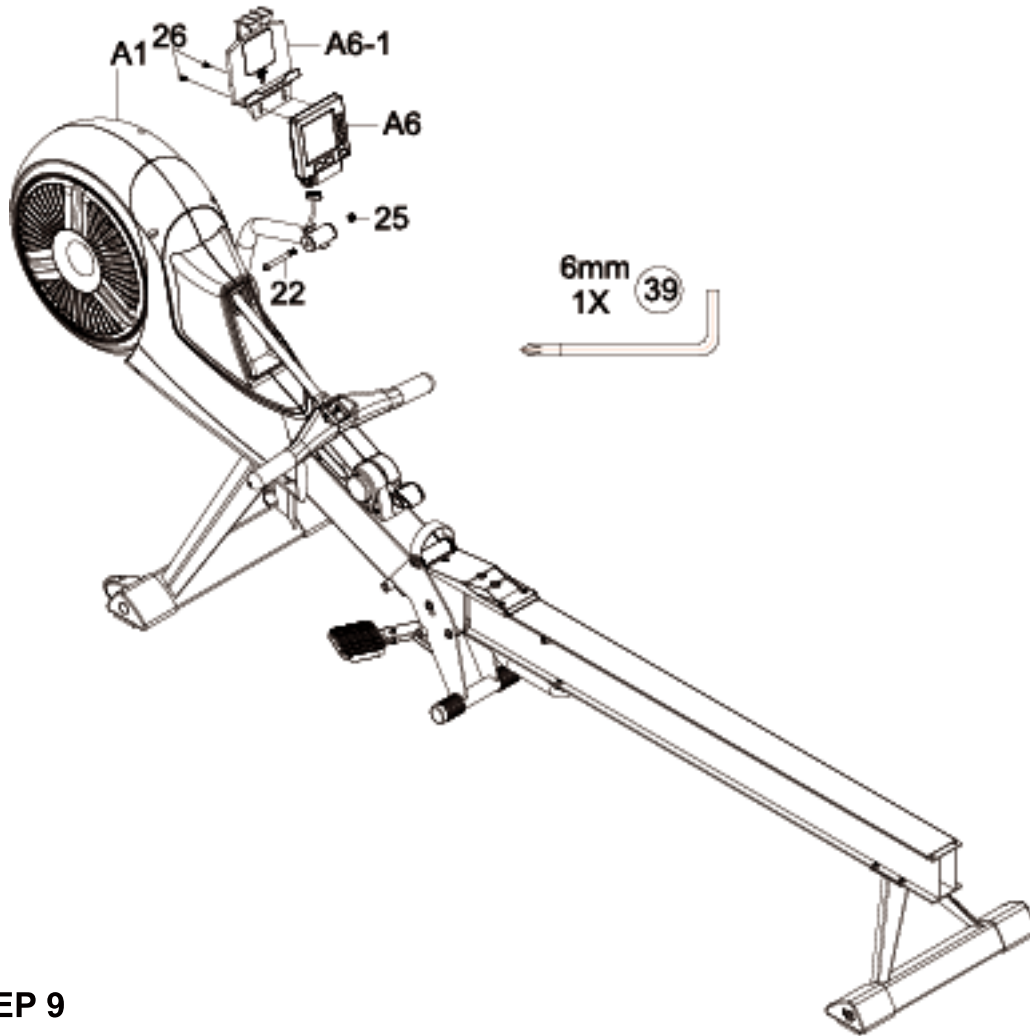
STEP 7

1. Attach the Rear Stabilizer(A4) to the Rail(A2), use four Round Head Socket Head Cap Screws(36) to fix it.
2. Rotate the Monitor-Supporting Tube(6) to the right place.



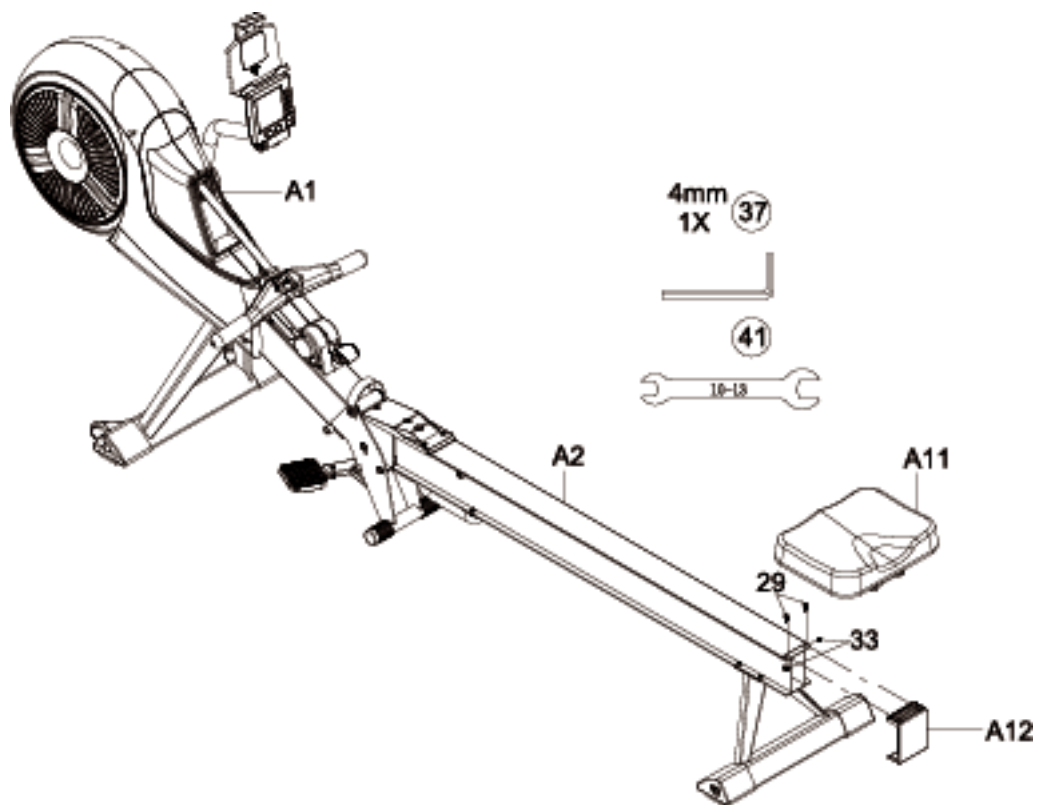
STEP 8

1. Attach the Monitor(A6) on the Main Frame(A1), use one Hex Screw(22) and one Nylon Nut(25) to fix it.
2. Attach the Sensor Cable on the Main Frame(A1) to the Monitor(A6).
3. Take off two Large Flat Head Screws(26) off the back of the Monitor(A6), then attach the Ipad Holder(A6-1) on the Monitor(A6), use two Large Flat Head Screws(26) to fix it.



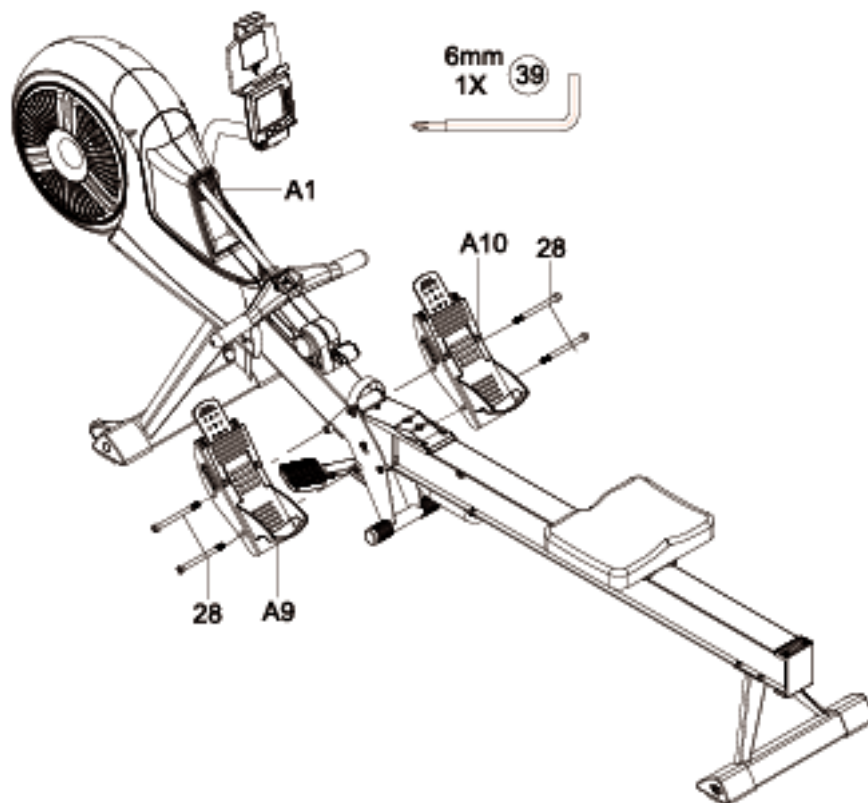
STEP 9

1. Attach the Seat(A11) on the Rail(A2).
2. Attach the Back Rail Cover(A12) on the Rail(A2), use two Round Head Socket Head Cap Screws(29) and Nylon Nuts(33) to fix it.

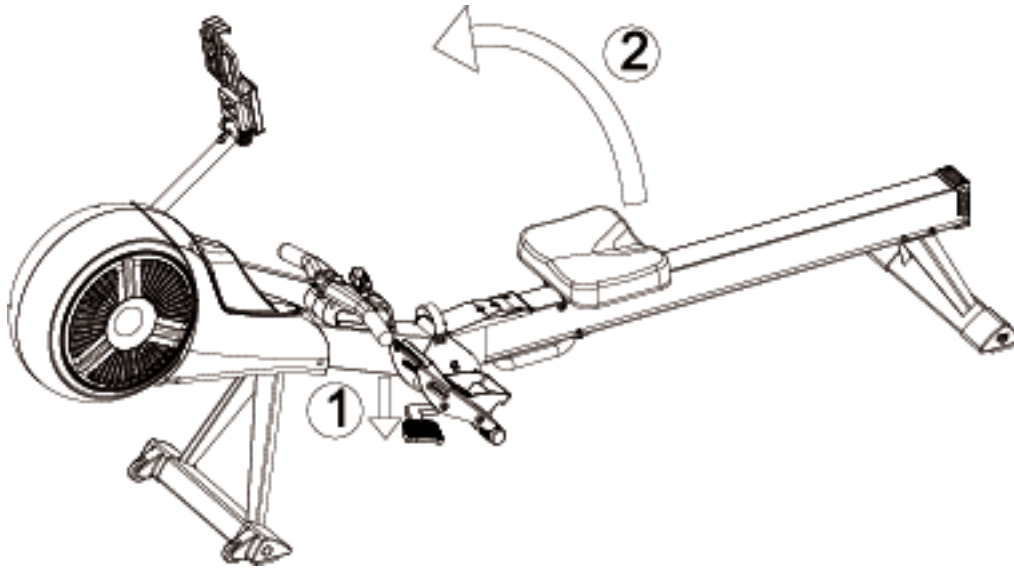


STEP 10

1. Attach the Pedal(A9) to the left side of the Main Frame(A1), use two Hexagon Socket Head Screws(28) to fix it.
2. Use the same method to assemble the Pedal(A10).



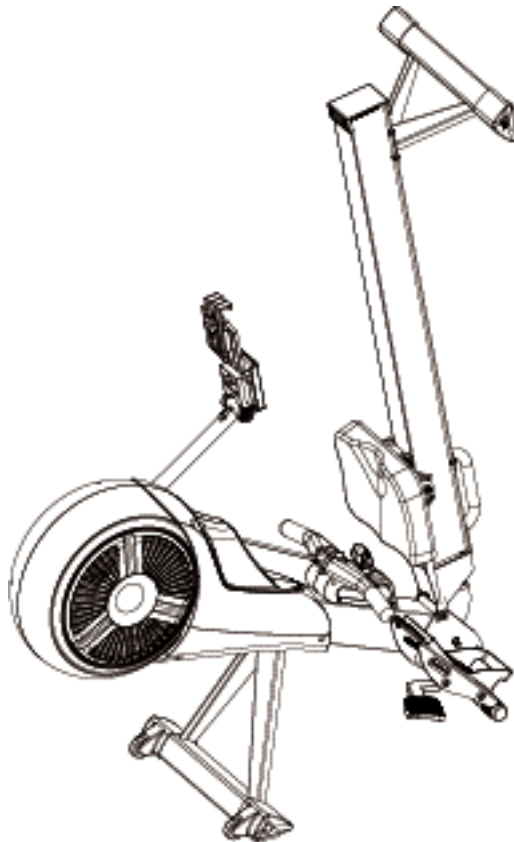
FOLDING INSTRUCTION



① Push down the Release Pad by foot.

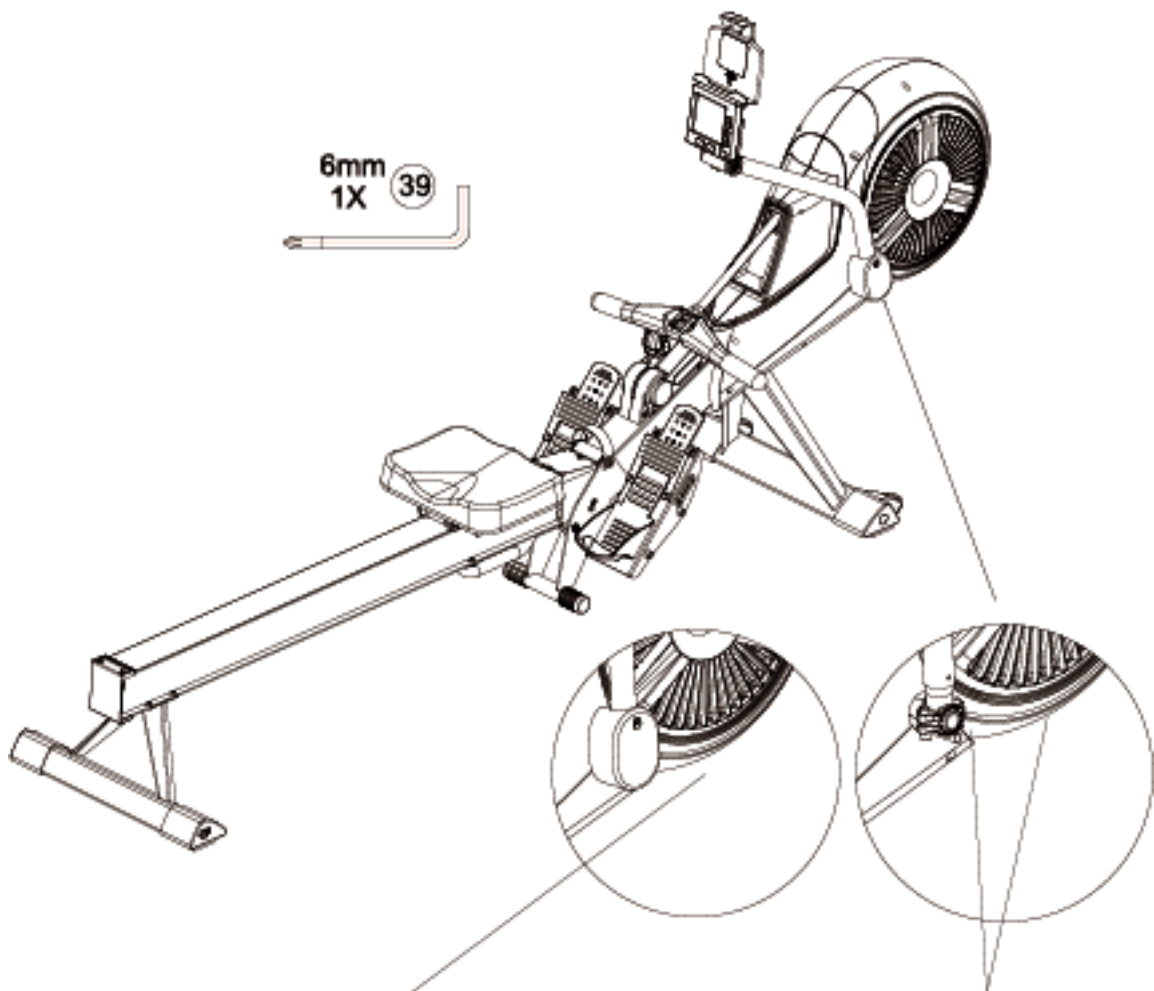
② Lift the Rail up slightly.

NOTE: Keep body away from the rail when lifting it up to avoid getting hurt.



MAINTENANCE OF THE MONITOR-SUPPORTING TUBE

If the Monitor-Supporting Tube get loose or becomes easy to fall off when using, you can take off the cover under the tube, and use the L-Wrench(39) to tighten the two screws on the tube.



Use L-Wrench(6MM) to loose the screws on the cover of the tube, then remove the cover.

Use L-Wrench(6MM) to tighten the two screws a little bit until the tube is fixed.

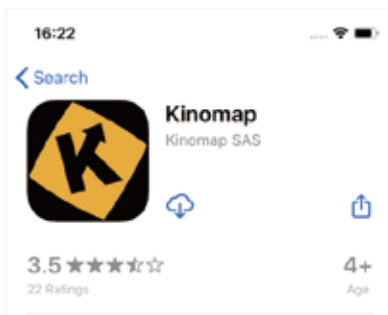
DISPLAY OPERATION MANUAL

1. BLUETOOTH

- 1) Working frequency: This wireless transmitter is a Bluetooth 4.2 device. Its operating frequency is 2.4GHZ.
- 2) Phone System Requirements :
 - a. IOS system must not be lower than version 7.1, and it needs to support Bluetooth 4.2, iPhone4S or above mobile phone version.
 - b. Android system requires version 4.3 or above, and needs to support Bluetooth 4.2.
- 3) In order to ensure the authenticity and effectiveness of the data recording on the mobile phone, the wireless transmitter records the user's data and sends it to the mobile APP only when the monitor is connected to the mobile phone. Before using the device, please connect the App to the Bluetooth of the monitor to ensure the authenticity of the data recorded in the mobile app.
- 4) When the monitor has not received any signal for 2 minutes, it will go into sleep mode. In sleep mode, the mobile phone will not be able to search for displays. Continue to use the device or press the button to wake the monitor, the mobile phone can rediscover and connect to the monitor again.
- 5) When the monitor is successfully connected to the APP, it will turn off the screen and all data will be displayed on the APP.
- 6) After connecting the APP, if you need to use the monitor again, you need to exit the application and turn off the Bluetooth of the mobile phone.

2. APP OPERATION

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

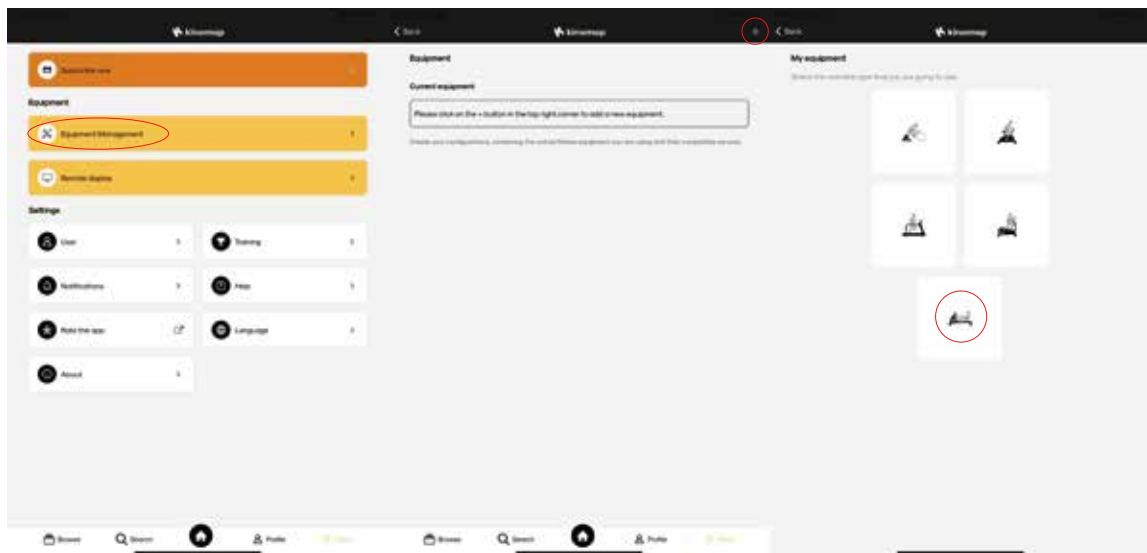


- 2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.
- 3) Add sports equipment, the specific operations are as follows:

Equipment Management

+

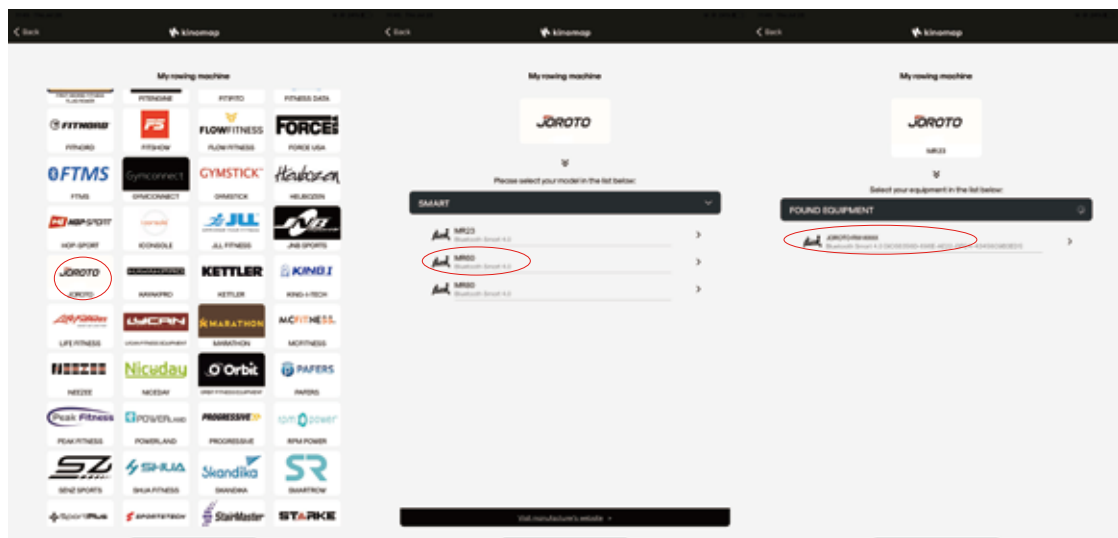
Rowing Machine



Select "JOROTO"

Select "MR60"

Found Equipment



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

3. OPERATION OF DISPLAY

Key Function

ITEM	FUNCTION
MODE	Press this button to select Time, Strokes, Distance, Calories and Pulse functions.
ENTER	Press this button to switch between Time and Time/500m functions, Pulse and RPM functions, switch Distance and WATT functions, switch Strokes and total Strokes functions.
UP / Down	Press this button to set target values for Time, Strokes, Distance, Calories and Pulse rate.
RESET	Press the MODE button to switch to the function you want to clear, and then press the RESET button to clear the function values (time, Strokes, distance, calories and pulse values). Press and hold the RESET button to restart the monitor, and all the values of the monitor will be reset to zero (except for the total strokes, which will be reset to zero after reinstalling the battery).
RECOVERY	Press this button to test the user's heart rate recovery ability after exercise. After workout, keep wearing the heart rate chest strap. When the heart rate value is displayed on the monitor, press this button to start the heart rate recovery function. The recovery state represented by the F value is as follows: (Press the RESET key to switch back to the main display screen).

Reference of Heartbeat Recovery Function

1.0	Excellent
$1.0 < F < 2.0$	Normal
$2.0 \leq F \leq 2.9$	Good
$3.0 \leq F \leq 3.9$	Not so good
$4.0 \leq F \leq 5.9$	Bad
6.0	Poor

Display Function

TIME	Display the time the user has exercised.
TIME/500M	Display the time required for the user to exercise 500 meters.
STROKES	Display number of strokes.
TOTAL STROKES	Display the accumulated exercise times of the user for multiple exercises, and the value returns to zero after reinstalling the battery.
DISTANCE	Display the distance the user has exercised.
WATT	Display the power produced by trainer.
CALORIES	Display the number of calories burned by the user.
RPM	Display the Revolutions the user has exercised per minute.
PULSE	Display the user's heart rate value (please wear the Bluetooth heartbeat chest strap before measuring the heart rate, the measurement value cannot be used as a medical basis).

TARGET VALUE SETTING

This monitor has five target training modes: Time, Strokes, Distance, Calories And Pulse(set when not exercising).

1. Target TIME Setting

- 1) Press the "Mode" button to switch to the "Time" function.
- 2) Press the "UP/DOWN" button to set the target time (press and hold the UP/DOWN button to speed up the setting). When the desired time is reached, stop button. Then start using the machine and the display will start to count down.
- 3) When the countdown reaches 0 , the monitor emits a beeping sound to remind the user that the training goal has been completed.
- 4) If you continue training at this point, the monitor will automatically start counting from 0.

2. Target STROKES Setting

- 1) Press the "Mode" key to switch to the "Strokes" function.
- 2) Press the "UP/DOWN" key to set the target strokes (press and hold the UP/DOWN key to speed up the setting). When the desired strokes is reached, stop button. Then start using the machine and the display will start to count down.
- 3) When the countdown reaches 0, the monitor emits a beeping sound to remind the user that the training goal has been completed.
- 4) If you continue training at this point, the monitor will automatically start counting from 0.

3. Target DISTANCE Setting

- 1) Press the "Mode" button to switch to the "Distance" function.
- 2) Press the "UP/DOWN" button to set the target distance (press and hold the UP/DOWN button to speed up the setting). When the desired distance is reached, stop button. Then start using the machine and the display will start to count down.
- 3) When the countdown reaches 0 , the monitor emits a beeping sound to remind the user that the training goal has been completed.
- 4) If you continue training at this point, the monitor will automatically start counting from 0.

4. Target CALORIES Setting

- 1) Press the "Mode" button to switch to the "Calories" function.
- 2) Press the "UP/DOWN" button to set the target calories (press and hold the UP/DOWN button to speed up the setting). When the desired calories is reached, stop button. Then start using the machine and the display will start to count down.
- 3) When the countdown reaches 0 , the monitor emits a beeping sound to remind the user that the training goal has been completed.
- 4) If you continue training at this point, the monitor will automatically start counting from 0.

5. Target PULSE Setting

- 1) Press the "Mode" button to switch to the "Pulse" function.
- 2) Press the "UP/DOWN" button to set the target pulse (press and hold the UP/DOWN button to speed up the setting). When the desired pulse is reached, stop button. Then start using the machine.
- 3) When the user's heartbeat is higher than the target pulse value, the monitor will emit a beeping sound to remind the user.

During the setting process, if you want to modify the target data, press the RESET button to clear the current setting or press and hold the RESET button to clear all target values, and then reset according to the above description.

NOTE

1. If the monitor dims or no data displayed, please replace the battery.
2. If there is no signal input or no pressing for 2 minutes, the display will turn off automatically and go into Sleep Mode.
3. When start training or pressing, the monitor will restart and back to work.
4. When you start training, the monitor will start counting automatically. 4 seconds after you stop, the monitor will stop counting.

Parameter of the monitor

Functions	Time	0:00~99:59
	Time/500m	0:00~99:59
	Counting	0~99999
	Total Counting	0~99999
	Distance	0~9999m
	Watt	0~385 W
	Calories	0~9999 cal
	RPM	0~999/min
	Heartbeat	60~240 BPM
Size of Battery		D Battery*2
Working Temperature		0°C ~ +40°C
Storing Temperature		-10°C ~ +60°C

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.

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 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.

Déclaration de l'ISED Canada :

Cet appareil contient des tasmittre (s) / récepteur (s) sans licence / conformes à l'innovation RSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

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

2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil.

Exposition aux rayonnements : Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être installé et actionné avec une distance minimale de 5mm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.



Li'ang Health Science and Technology (Beijing) Co.,Ltd

Tel: 1-888-828-2521 86-400-700-5199

Scan the Instagram QR Code to reach us online

Email: support@jorotofitness.com