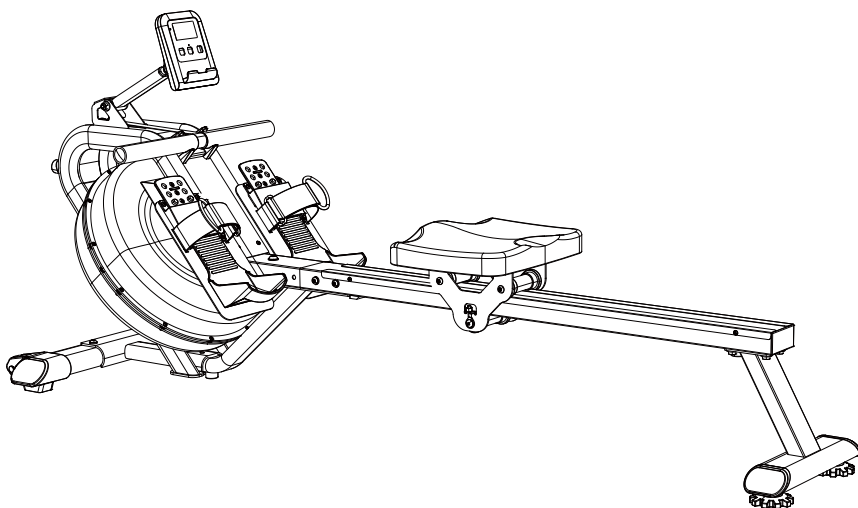


JOROTO[®]

User Manual



JOROTO-MR26

ROWING MACHINE

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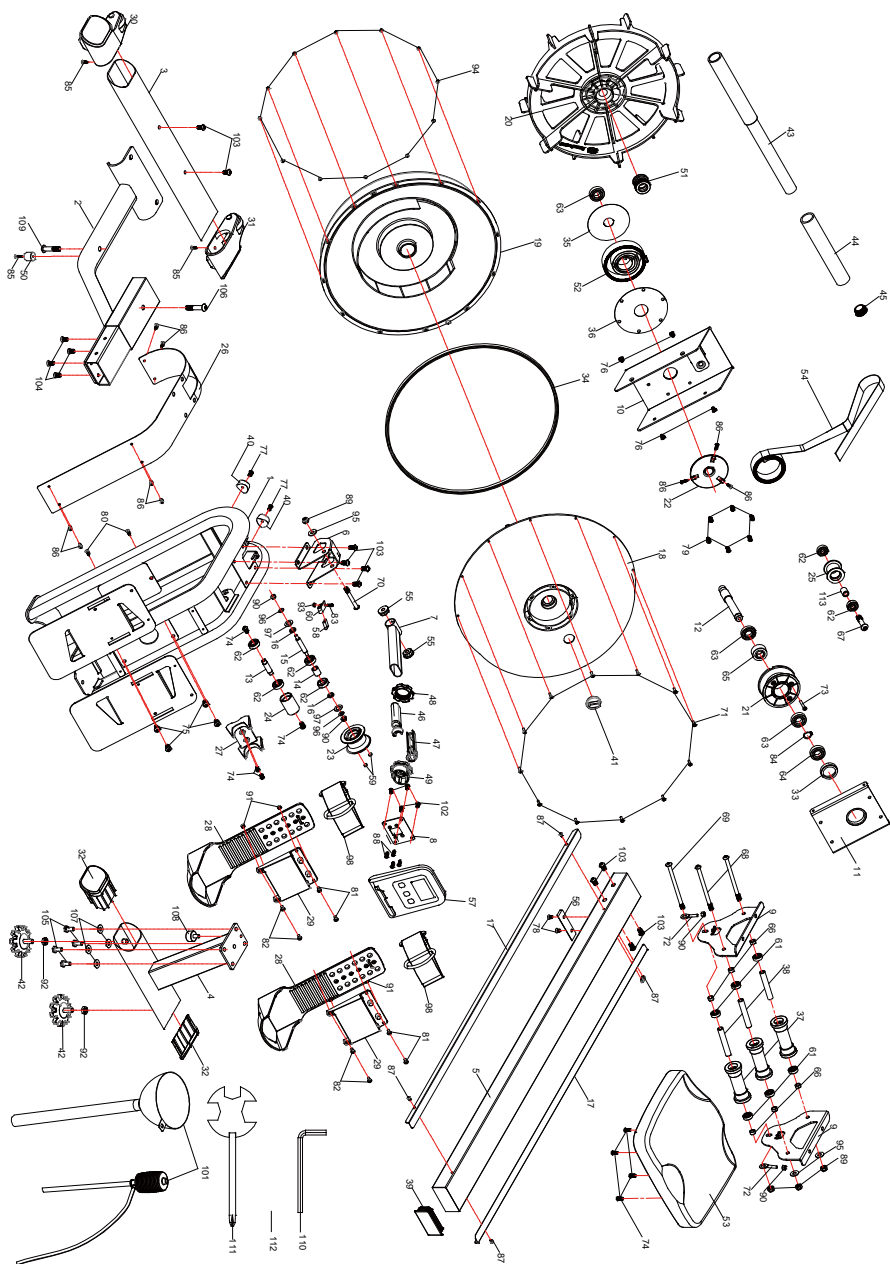
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Read all instructions carefully before using this product. Retain this owner's manual for future reference. If you have any inquiries or require further assistance, please contact JOROTO Customer Support.

Scan the Instagram QR Code to reach us online!

Email: support@jorotofitness.com



NO.	NAME	NAME	NOM	SPEC.	QTY.
1	Main Frame	Hauptrahmen	Cadre principal	-	1
2	Rail Connecting Set	Schiennenverbindungsset	Kit de raccordement de rails	-	1
3	Front Stabilizer	Vorderes Fußrohr	Entretoise avant	-	1
4	Back Stabilizer	Hinteres Fußrohr	Entretoise arrière	-	1
5	Rail	Schiene	Rail	-	1
6	Sensor Fixing Piece	Sensorhalterung	Feuille de fixation du capteur	-	1
7	Monitor Fixing Tube	Monitorhalterungsrohr	Tube de fixation du moniteur	-	1
8	Monitor Fixing Piece	Monitorhaltungsstück	Feuille de fixation du moniteur	-	1
9	Seat Fixing Piece	Sattelhalterung	Siege tôle de fixation	-	2
10	Tank Fixing Upside Piece	Oberteil zur Tankbefestigung	Fixation de la citerne habillage supérieur	-	1
11	Tank Connecting Fixing Piece	Tankverbindungsstück	Feuille de raccordement de réservoir	-	1
12	Blade Axis	Klingennachse	Axe à palettes	φ 20*142	1
13	Ribbon Roller Axis	Führungswellenachse	Axe de la roue de guidage	φ 12*45	1
14	Ribbon Roller Inner Sleeve	Innenhülse	Manchon de poulie de courroie	-	1
15	Long Ribbon Roller Axis	Bandradrom-Lang	Courroie poulie essieu	φ 10*67*M6	1
16	Roller Spacer	Rollenabstandshalter	Entretoise de poulie de courroie	φ 16* φ 10 2*4	2
17	Rail Panel	Schiennenpaneel	Panneau de rails	-	2
18	Upside Tank Cover	Obere Tankabdeckung	Couvercle supérieur du réservoir	φ437*70*13.0	1
19	Downside Tank Cover	Untere Tankabdeckung	Couvercle inférieur du réservoir	φ437*70*13.0	1
20	Blade	Klinge	Pagale	-	1
21	Tank Pulley	Gurtbandrolle	Poulie à palettes	φ92*38.5	1
22	Coil Spring Shaft	Schraubenfederwelle	Abre du ressort hélicoïdal	-	1
23	Ribbon Roller	Gurtbandrolle	Poulie de courroie	φ62*36	1
24	Inner Ribbon Roller	Bandführungsrad	Poulie de guidage	φ30.5*φ20*45	1
25	Inner Tank Roller	Innentankrolle-42.5	Poulie de guidage intérieure	-	1
26	Main Frame Iron Sheet	Eisenblech zum Hauptrahmen	Bâche du cadre principal	-	1
27	Handlebar Fixing Post	Lenker Halterung	Support de guidon	-	1
28	Pedal	Pedal - Oberer Teil	Pédale supérieure	-	2
29	Pedal Cage	Pedal - Unterer Teil	Pédale inférieure	-	2
30	Front Stabilizer Cap (Left)	Linke Endkappe des vorderen Fußrohrs	Capuchon de entretoise avant (gauche)	-	1
31	Front Stabilizer Cap (Right)	Rechte Endkappe des vorderen Fußrohrs	Capuchon de entretoise avant (droit)	-	1
32	Back Stabilizer Cap	Endkappe des hinteren Fußrohrs	Capuchon de entretoise arrière	-	2
33	Bearing Sleeve	Lagerhülse	Collier de palier	φ40*10	1
34	Tank Sealing Ring	Tankdichtring	Bague d'étanchéité du réservoir	φ417*7*12.0	1
35	Acoustic Panel-100	Akustikpaneel-100	Panneau acoustique	-	1
36	Acoustic Panel-128	Akustikpaneel-128	Panneau acoustique	-	1
37	Seat Roller	Sattelrolle	Rouleau de siège	40*22*95	3
38	Seat Roller Sleeve	Sattelrolle-Hülse	Manchon du rouleau de siège	φ127*1,4*78	3
39	Square Tube Plug	Quadratischer Rohrstopfen	Bouchon de tube carré	-	1
40	Bumper Pad	Stoßstangenpolster	Coussin pare-chocs	-	2
41	Short Tank Plug	Kurzer Tankstopfen	Bouchon de réservoir court	φ35*φ26*17.5	1
42	Adjustable Foot Support	Verstellbares Fußpolster	Support de pied de réglage	-	2
43	Handlebar	Lenker	Guidon	-	1
44	Handlebar Cover	Lenker-Abdeckung	Couvercle de guidon	φ33*3*215	2

NO.	NAME	NAME	NOM	SPEC.	QTY.
45	Handlebar Cap	Endkappe des Lenkers	Capuchon de guidon	Ø33.8*21.6	2
46	Monitor Fixing Tube (Left)	Linkes Monitorbefestigungsrohr	Tube de fixation du moniteur (gauche)	-	1
47	Monitor Fixing Tube (Right)	Rechtes Monitorbefestigungsrohr	Tube de fixation du moniteur (droit)	-	1
48	Adjustable Nut	Einstellmutter	Erou de réglage	-	1
49	Adjustable Fixing Post	Einstellhalterung	Mécanisme de réglage de l'angle	-	1
50	Buffer Pad	Pufferpolster	Coussin tampon	Ø20*20*4.5	1
51	Tank Sealing Ring	Tankdichtung	Bague d'étanchéité du réservoir	Ø20	1
52	Spiral Spring Set	Spiralfeder -Ø32 Achse	Jeu de ressorts en spirale	Ø9.7*W22*H0.5	1
53	Seat	Sattel	Siege	-	1
54	Ribbon	Gurtband	Ruban	-	1
55	Monitor Support Tube Cap	Endkappe des Monitorhalterungsrohrs	Capuchon du tube de support du moniteur	\$25.4*\$8.2*10	2
56	Buffer Pad	Pufferpolster	Coussin tampon	80*24*15.0	1
57	Monitor	Monitor	Moniteur	-	1
58	Sensor Set	Sensorsatz	Jeu de capteurs	Ø6*20mm	1
59	Sensing Magnet	Sensormagnet	Aimant du capteur	\$8*3	2
60	Sensor Fixing Post	Sensor Halterung	Support de capteur	-	1
61	Bearing	Lager	Pallier	608ZZ	6
62	Bearing	Lager	Pallier	6000ZZ	6
63	Bearing	Lager	Pallier	6003ZZ	3
64	Bearing	Lager	Pallier	16003ZZ	1
65	One-way Bearing Set	Einweglagersatz	Jeu de paliers à sens unique	Ø35*16	1
66	Seat Roller Spacer Sleeve	Abstandsülse für Sattelrolle	Manchon du rouleau du siège	OD12*ID8.1*7.0	6
67	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M10*50	1
68	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M8*125	2
69	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M8*130	1
70	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M8*65	1
71	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	Ø8, M4*17	12
72	Seat Adjustable Screw	Verstellbare Sitzschraube	Vis de réglage du siège	M6*30	2
73	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	M5(Ø9)*35	1
74	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M6*15	8
75	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M8*15	4
76	Countersunk Head Hexagon Socket Screw	Senkkopf-Innensechskantschraube	Tête fraisée tête creuse hexagone vis	M6*12	4
77	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	M6*15(Ø9)	2
78	Phillips Pan Head Screws	Kreuzschlitzschraube	Vis à tête cylindrique phillips	M6*10	2
79	Phillips Round Head Self-Tapping Screws	Selbstschneidende Phillips-Rundkopfschrauben	Vis autotaraudeuses phillips à tête ronde	Ø10, ST5.0*15	6
80	Phillips Flat Head Self-Tapping Screws	Selbstschneidende Phillips-Flachkopfschrauben	Vis autotaraudeuses à tête cylindrique phillips	ST5.0*12	2
81	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	M5*10	4
82	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	M5*15	4
83	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde phillips	M4*12	1
84	C Buckle	C-Schnalle	C-Boucle	\$17	1
85	Self Tapping Screw	Selbstschneidende Schraube	Vis autotaraudeuse	\$14*19	3
86	Phillips Round Head Self-Tapping Screws	Selbstschneidende Phillips-Rundkopfschrauben	Vis autotaraudeuses Phillips à tête ronde	\$14*16	9
87	Phillips Flat Head Self-Tapping Screws	Selbstschneidende Phillips-Flachkopfschrauben	Vis autotaraudeuses à tête plate Phillips	\$14*10	4
88	Screw	Teilerkopf-Innensechskantschraube	Vis	M4*12	4

NO.	NAME	NAME	NOM	SPEC.	QTY.
89	Nut	Mutter	Écrou	M8	4
90	Nut	Mutter	Écrou	M6	4
91	Nut	Mutter	Écrou	M5	4
92	Hex Nut	Sechskantmutter	Écrou hexagonal	M10	2
93	Nut	Mutter	Écrou	M4	1
94	Flange Nut	Flanschmutter	Écrou à bride	Ø8 S6 M4	12
95	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD16*ID8.5*T1.5	3
96	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD13*ID6.5*T1.5	2
97	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD14*ID10*1*0.8	2
98	Pedal Strap	Pedalriemen	Sangle de pédale	-	2
99	Tool Kit	Werkzeugsatz	Kit d'outils	-	1
101	Water Pumping Set	Wasserpumpenset	Kit de pompage d'eau	-	1
102	Screws of Monitor	Schrauben des Monitors	Vis du moniteur	-	4
103	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M8*15	10
104	Pan head Hexagon Socket Screw	Innensechskantschraube	Vis à tête cylindrique à six pans creux	M8*15	4
105	External Hexagon Screw	Außensechskantschraube	Vis hexagonale externe	M8*15	4
106	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M10*50	4
107	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD16*ID8.5*T1.5	4
108	Rail Buffer Pad	Schiennenpuffer	Tampon de rail	§25*15*M8*15\	1
109	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschraube	Vis à tête bombée à six pans creux	M10*40	1
110	Allen Wrench	Innensechskantschlüssel	Clé Allen	§5*5, 25*75	1
111	Open Wrench	Gabelschlüssel	Clé anglaise	13#-17#.	1
112	Allen Wrench	Innensechskantschlüssel	Clé Allen	§6*6, 30*80	1
113	Inner Tank Roller Sleeve	Abstandshülse	Douille de la roue de guidage	ØD14*ID11.5*19	1

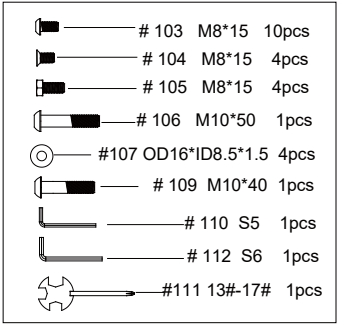
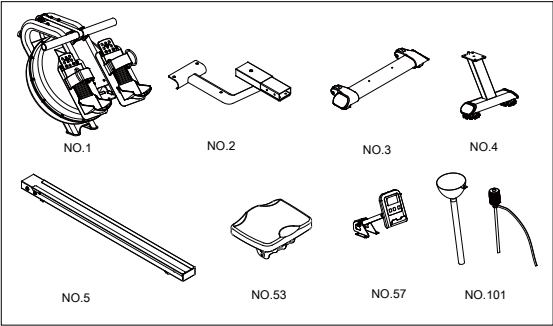
NO.	NOME	Nombre	SPEC.	QTY
1	Cornice principale	Marco principal	-	1
2	Set di collegamento per binari	Juego de conexión de rieles	-	1
3	Stabilizzatore anteriore	Estabilizador delantero	-	1
4	Stabilizzatore posteriore	Estabilizador trasero	-	1
5	Tubo a binario corto	Riel	-	1
6	Elemento di fissaggio del sensore	Pieza de fijación del sensor	-	1
7	Tubo di fissaggio del monitor	Tubo de fijación del monitor	-	1
8	Pezzo di fissaggio del monitor	Pieza de fijación del monitor	-	1
9	Pezzo di fissaggio del sedile	Pieza de fijación del asiento	-	2
10	Elementi di fissaggio del serbatoio dell'acqua	Pieza superior de fijación del tanque	-	1
11	Pezzo di fissaggio del serbatoio	Pieza de fijación de conexión del tanque	-	1
12	Mandriani per liquami d'acqua	Eje de hoja	∅ 20*142	1
13	Mandriani delle ruote di guida	Eje del rodillo de cinta	∅ 12*45	1
14	Rullo del nastro Manicotto interno	Manguito interior del rodillo de cinta	-	1
15	Asse del rullo del nastro lungo	Eje de rodillo de cinta larga	∅ 10*67*M6	1
16	Distanziatore a rulli	Espaciador de rodillos	∅ 16* ∅ 10.2*4	2
17	Pannello a binario	Panel de rieles	-	2
18	Parte superiore del serbatoio dell'acqua	Cubierta del tanque al revés	Ø437*70*T3.0	1
19	Parte inferiore del serbatoio dell'acqua	Cubierta del tanque inferior	Ø437*70*T3.0	1
20	Lama	Paleta	-	1
21	Rullo del serbatoio	Polea del tanque	Ø92*38.5	1

IMPORTANT PRECAUTIONS

PLEASE KEEP THIS MANUAL FOR FUTURE REFERENCE.

1. It is important to read this entire manual carefully before assembling and using the rower. It can be ensured to use this equipment safely and efficiently only if assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program, please consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using this equipment. Your doctor's advice is essential if you are taking medicines about heart rate, blood pressure or cholesterol.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising at once if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light-headed, dizziness or nausea. If you have experienced any of these symptoms, please consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is only used for adults.
5. Put the rower on solid and flat ground when you use it, also, you can consider using an exercise mat under the machine to protect your floor or carpet. For safety, the equipment should have at least 0.5 meters of free space all around it.
6. Ensure that all nuts and bolts are tightened securely before using this equipment. Safe usage of the equipment can only be maintained if it is examined regularly for damage or wear.
7. Always use the equipment as indicated. Please stop using it immediately, if you find any defective components while assembling or checking the equipment, or hear any abnormal noise from the equipment during use it. Do not use the equipment until the problem has been rectified.
8. Wear suitable sport clothes when using the equipment. Avoid wearing loose clothes which may get caught in the equipment, or it may restrict the movement to continue normally.
9. This machine is only used for indoor.
10. The equipment is not applicable to therapeutic.
11. Must be careful when lifting and moving the equipment. Always use proper lifting technique, and seek assistance if necessary.
12. Check the integrity of guards and safety devices regularly.

OPEN THE BOX, YOU CAN TAKE THE PARTS BELOW OUT OF IT.

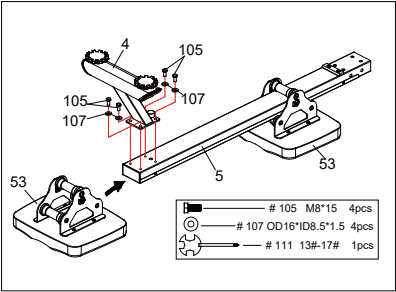


No.	Name	Qty.
#1	Main Frame Set	1
#2	Front Support Tube Set	1
#3	Front Stabilizer	1
#4	Back Support Tube Set	1
#5	Rail Set	1
#53	Seat Set	1
#57	Monitor Set	1
#101	Funnel + Water Pump	1+1

ASSEMBLY INSTRUCTION

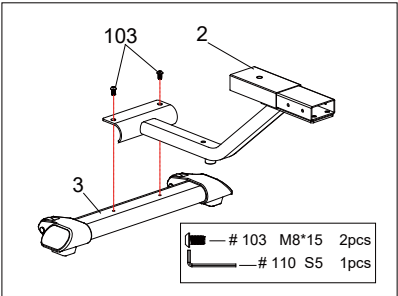
STEP 1

1. Assemble the Seat Set (#53) on the Rail Set (#5) as the picture shows.
2. Assemble the Back Support Tube Set (#4) on the Rail Set (#5), then attach 4 External Hexagon Screw M8*15 (#105), 4 Flat Washers OD16*ID8.5*1.5 (#107) on it and use the Open Wrench (#111) to fix them.



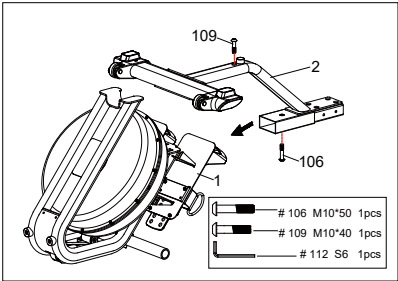
STEP 2

Attach the Front Support Tube Set (#2) on the correct position of Front Stabilizer (#3), make sure all holes are lined up. Assemble 2 Flat Head Hexagon Socket Head Screws M8*15 (#103) on it and use the Allen Wrench S5 (#111) to fix them.



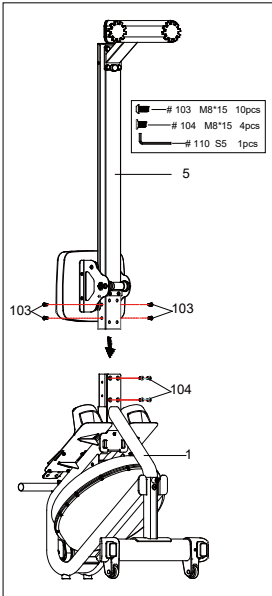
STEP 3

Reverse the Main Frame Set (#1) and set it at the proper position as the picture shows, then attach the Front Support Tube Set (#2) at the correct position, make sure the holes are lined up. Attach the Flat Head Hexagon Socket Head Screw M10*40 (#109) and the Flat Head Hexagon Socket Head Screw M10*50 (#106) on it. Use the Allen Wrench S6 (#112) to fix all the screws.



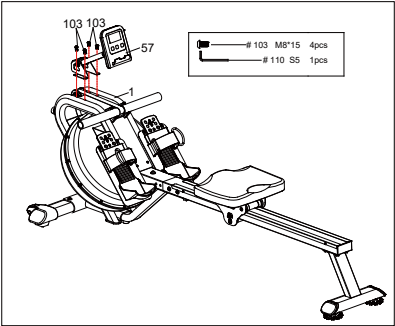
STEP 4

Stand the Main Frame Set (#1) upright as shown in the picture, attach the assembled Rail Set (#5) on the Main Frame Set (#1). Make sure all holes are lined up. Attach 4 Pan head Hexagon Socket Screws M8*15 (#104) at the bottom of the rail and fix them. Then lay the machine flat and move the seat away from the connection area. Attach 4 Flat Head Hexagon Socket Head Screws M8*15 (#103) on both sides of the rail and use the Allen Wrench S5 (#110) to fix them.



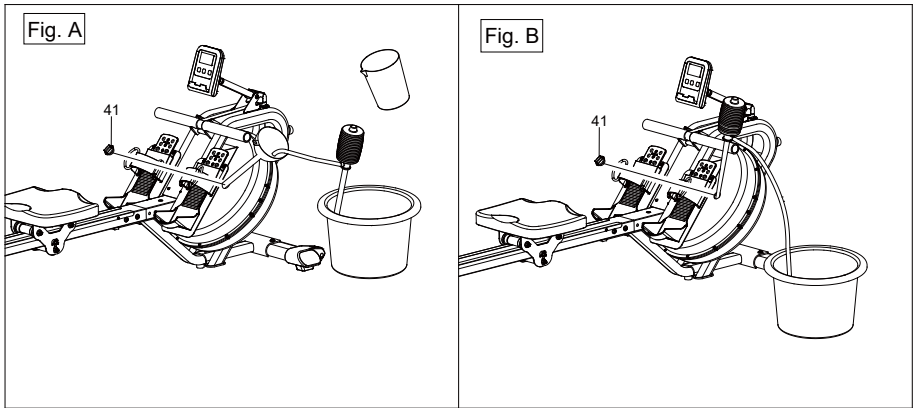
STEP 5

Assemble the Monitor Set (#58) on the Main Frame Set (#1), attach 4 Flat Head Hexagon Socket Head Screws M8*15 (#103) on it and use the Allen Wrench S5 (#100) to fix all the screws.



FILLING AND PUMPING WATER INSTRUCTION

1. Take off the plug from the tank.
2. Fill water as Fig. A shows. Put the pump in the tank, then fill the tank with a cup or bucket. Refer to the digital scale on the side of the water tank to measure the amount of water in the water tank.
3. Draw water as Fig. B shows. Put a bucket next to the machine, use the pump to draw water from the tank to the bucket.
4. Attach the plug on the tank, and clean the water on and around the machine.



NOTE

- The tank may be filled with tap water or distilled water. Add a water purification tablet if necessary. Never use chlorine or chlorine bleach - this could damage the tank and lead to cancellation of the warranty.
- Water purification tablets (enclosed 1 tablet) 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 6 months.
- Never expose the tank to direct sunlight and empty it if it is not going to be used for a long time.
- Depending on the environment of the installation site and the frequency of use, the water should be changed regularly, but at the latest every 6 months or if there are signs of discoloration, bacteria or algae, etc. Use distilled water if possible!
- The water from the tank is not suitable for consumption. After emptying, please pour the water away.

WATER LEVEL MARK

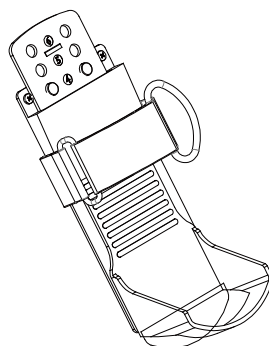
- Check Fig. A. The water level mark is located on the side of the tank. The maximum level is 6, Do Not add water over this level. If water is over the maximum level, it might cause damage which warranty doesn't cover.
- The resistance is decided by the amount of water. Level 1 is the lowest resistance and Level 6 is the highest resistance.

PEDAL ADJUSTMENT

Pedal strap and pedal can be adjusted. They can be adjusted to fit different foot size of trainers.

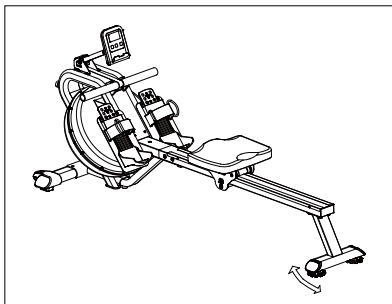
Pedal Adjustment: Pull the top of the Pedal and disengage from the Pedal Cage. Adjust the Pedal up and down to fit the foot size, insert it under the Pedal Cage and fix it.

Pedal Strap Adjustment: Rip off the strap buckle and adjust the strap to the proper size, then stick the strap on the hook surface to fix it.



BALANCE ADJUSTMENT

If the machine is unstable after assembly, please adjust the Adjustable Foot Support on the back stabilizer to make it stable.



WARNING

Moving the seat or some other components might crush or cut body. Do Not touch the rail on using the machine

STORAGE INSTRUCTION

When not using the machine, lift up the machine as Fig. A to save space. Lift up the back support tube to lift up the whole machine, the buffer pads on the main frame will support the machine against the floor.

WARNING

When lifting the machine up, be careful with the back support tube which might crush the head

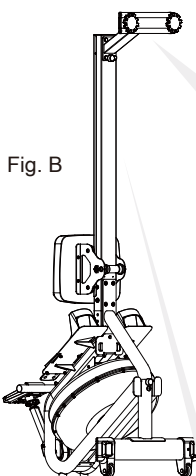


Fig. B

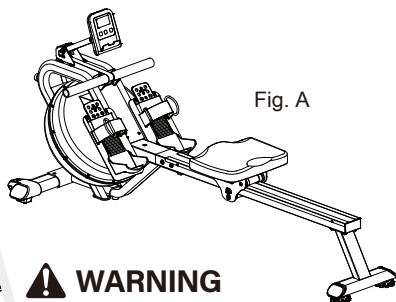


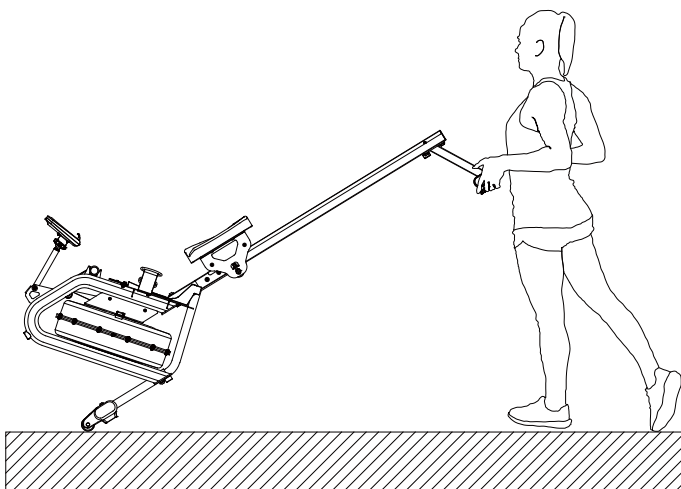
Fig. A

WARNING

The seat will slide down when the machine is lifted up.

MOVEMENT INSTRUCTION

When moving the machine, lift up the back support tube set till the transportation wheels on the front support tube set touches the ground. With the transportation wheels the machine can be moved to the proper position easily.

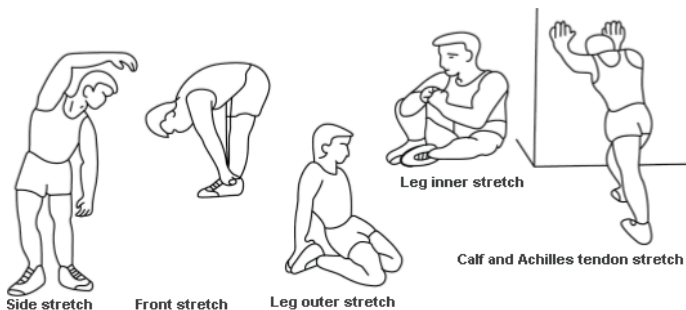


TRAINING INSTRUCTIONS

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

1. WARM-UP STAGE

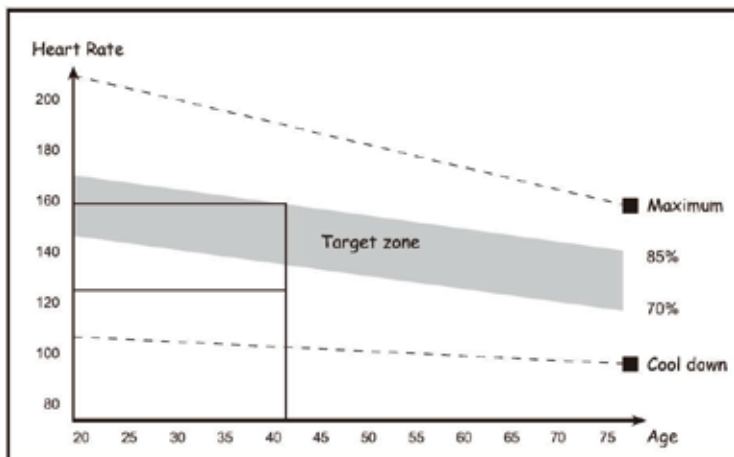
Warm-up can help reduce the risk of cramps or muscle damage. Stretching exercise is recommended as shown below. Each stretch should be about 30 seconds. Please proceed stretching according to your body condition.——If you feel painful, please stop.



2. EXERCISE STAGE

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

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



3. CALM DOWN STAGE

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

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

4. IN SHAPE

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

5. LOSE WEIGHT

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

MONITOR INSTRUCTION

BUTTON FUNCTIONS

MODE	Press down to select functions. Holds down MODE button for a long time to reset Time/ Distance/Calories and Count.
SET	Set Time, Distance, Calories and Count when not in scan mode.
RESET	Press down to reset Time, Distance, Calories and Count.

FUNCTIONS AND OPERATIONS

SCAN

Press 'MODE' button until 'SCAN' appears, monitor will rotate through all the 6 functions: TIME, COUNT, DIST, CAL, TCNT and PULASE. Each function will be shown for 6 seconds.

TIME

- (1) Count the total time from start to end.
- (2) Press 'MODE' button until 'TIME' appears, press 'SET' button to set target training time. When target training time counts down to 0, the monitor will stop for 1 second and start counting up.

COUNT

- (1) Accumulate the stroke while exercising.
- (2) Press 'MODE' button until 'COUNT' appears. Press 'SET' button to set target stroke. When target stroke counts down to 0, the monitor will stop for 1 second and start counting up.

DIST

- (1) Count the distance from start to end.
- (2) Press 'MODE' button until 'DIST' appears. Press 'SET' button to set target training distance. When target distance counts down to 0, the monitor will stop for 1 second and start counting up.

CAL

- (1) Count the total calories burnt from start to end.
- (2) Press 'MODE' button until 'CAL' appears. Press 'SET' button to target calories. When target calories count down to 0, the monitor will stop for 1 second and start counting up.

TCNT

Display the strokes you have exercised from the batteries assembled.

PULSE

Display current pulse of trainer.

Press 'MODE' button until 'PULSE' appears. The monitor will show current pulse after wearing the heart rate belt on the chest for 6-7 seconds.

During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2 ~ 3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

NOTE

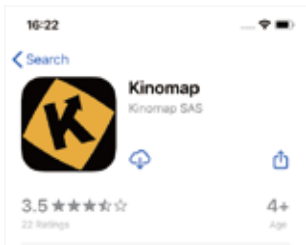
1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will be auto-powered on when starting to exercise or pressing the button.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .
5. The product does not contain a heart rate belt. Please purchase the heart rate belt with bluetooth function if needed.

SPECIFICATIONS

FUNCTION	SCAN	Every 6 seconds
	TIME	00:00'~99:59'
	COUNT	0-9999
	DIST	0.00-9999M
	CALORIES	0.0~999.9KCAL
	TCNT	0-9999
	PULSE	40 ~ 240BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

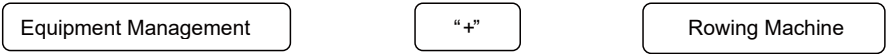
APP

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



(2) After the download is complete, open the APP and register your personal information, turn on the Bluetooth of your mobile phone, and make sure that the monitor is powered on and awake.

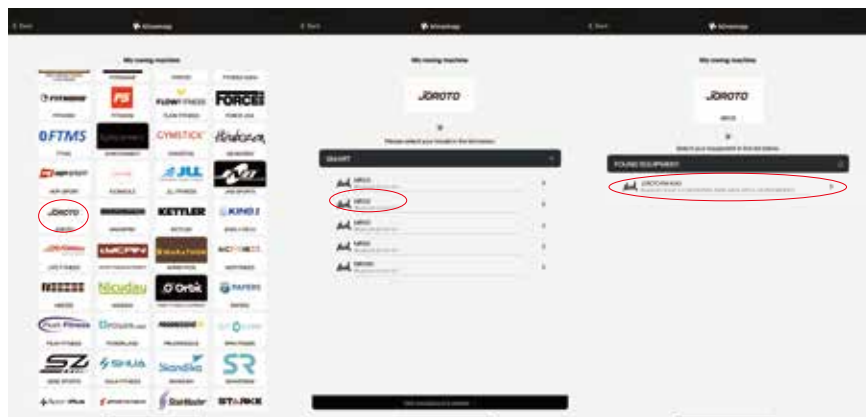
(3) Add sports equipment, the specific operations are as follows:



Select "JOROTO"

Select "MR26"

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.

FCCID: The device has been evaluated to meet general RF exposure requirement.

ICID: L'appareil a été évalué pour répondre aux exigences générales en matière d'exposition aux RF.

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'innovationRSS 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.



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