

## JOROTO MR26

# JOROTO MR26 Water Rowing Machine User Manual

Model: MR26

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your JOROTO MR26 Water Rowing Machine. Please read it thoroughly before assembly and operation. Retain this manual for future reference.

## 2. IMPORTANT SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is crucial to understand and follow all safety warnings and instructions to prevent injury and ensure proper operation of the equipment.

- Ensure all parts are securely assembled before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight capacity of 330 lbs (150 kg).
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Regularly inspect the machine for wear and tear, especially the strap, foot straps, and seat rollers.

## 3. PACKAGE CONTENTS

Verify that all components are present before assembly. If any parts are missing or damaged, contact JOROTO customer service.

The package typically includes:

- Main Frame Components

- Water Tank Assembly
- Seat and Rail
- Foot Pedals
- Handlebar
- LCD Monitor
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools
- Water Pump and Funnel for filling/emptying the tank
- Water Purification Tablets
- User Manual

## 4. ASSEMBLY INSTRUCTIONS

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Assembly typically takes approximately 30-60 minutes. Follow the step-by-step instructions provided in the included assembly guide. All necessary tools and hardware are usually provided.

1. Unpack all components and lay them out on a clean, flat surface.
2. Attach the front and rear stabilizers to the main frame.
3. Secure the seat rail to the main frame.
4. Install the seat onto the rail, ensuring it glides smoothly.
5. Mount the foot pedals and adjust them to your foot size.
6. Connect the handlebar to the resistance strap.
7. Install the LCD monitor onto its bracket and connect the sensor cable.
8. Fill the water tank as described in Section 5.



Image: A user demonstrating the JOROTO MR26 Water Rowing Machine in a full rowing stroke. The machine features a black frame, red water tank, and an LCD monitor.



Image: Close-up view highlighting the adjustable foot pedals, the multifunction LCD display, and the durable nylon belt of the JOROTO MR26 Water Rowing Machine. These components are crucial for user comfort, data tracking, and smooth operation.

## 5. RESISTANCE ADJUSTMENT AND WATER FILLING

The JOROTO MR26 features a 50° inclined water tank design with 12 inner blades, providing enhanced water resistance. The resistance level is determined by the amount of water in the tank.

### Filling the Water Tank:

1. Remove the rubber stopper from the top of the water tank.
2. Place the funnel into the opening.

3. Using the provided water pump or a suitable container, carefully pour clean tap water into the tank.
4. Fill the tank to the desired resistance level, indicated by markings on the tank. A higher water level provides greater resistance.
5. Add one water purification tablet to prevent algae growth. Repeat every 3-6 months.
6. Replace the rubber stopper securely.

### Emptying the Water Tank:

To reduce resistance or for storage, use the water pump to siphon water out of the tank. Follow the reverse steps for filling.



Image: The JOROTO MR26 Water Rowing Machine's water tank, highlighting its 50-degree incline design and 12 internal blades. This design contributes to enhanced water resistance during workouts.

## 6. OPERATING INSTRUCTIONS

### Proper Rowing Technique:

Effective rowing involves a coordinated movement of legs, core, and arms. Maintain a smooth, continuous motion.



1. **Catch:** Sit with knees bent, shins vertical, arms extended forward, and back straight.
2. **Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handle towards your abdomen.
3. **Finish:** Legs are extended, body is leaned back, and handle is at the abdomen.
4. **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend knees to return to the catch position.

## PRIME EFFICIENT **AEROBIC** TRAINING



**15 MINS ROWING**  $\approx$  **60 MINS RUNNING**



Image: A man performing a rowing exercise on the JOROTO MR26 Water Rowing Machine, demonstrating the full-body engagement and aerobic benefits of the workout. The image suggests that 15 minutes of rowing can be equivalent to 60 minutes of running.

### 7. LCD MONITOR AND BLUETOOTH CONNECTIVITY

The JOROTO MR26 is equipped with an LCD monitor that displays key workout data and offers Bluetooth connectivity for app integration.

#### Monitor Functions:

The display tracks the following metrics:

- **SCAN:** Cycles through all data displays.

- **TIME:** Duration of your workout.
- **COUNT:** Number of strokes performed.
- **DIST:** Estimated distance covered.
- **CAL:** Estimated calories burned.
- **TCNT:** Total count of strokes since last reset.

### Bluetooth Connection:

The monitor can connect wirelessly via Bluetooth to compatible fitness applications on your smartphone or tablet.

1. Ensure Bluetooth is enabled on your device.
2. Turn on the rowing machine's monitor (start rowing or press a button).
3. Open your preferred fitness app (e.g., Kinomap) and follow its instructions to pair with the JOROTO MR26.



Image: A close-up of the JOROTO MR26's LCD monitor, showing various workout data points like time, count, distance, and calories. The image also indicates Bluetooth connectivity for integration with fitness apps.

## 8. KINOMAP APP INTEGRATION



The JOROTO MR26 is compatible with the Kinomap application, offering an interactive workout experience. JOROTO provides a 30-day Kinomap APP membership for new users.

### Accessing Your Membership:

Contact JOROTO customer service after purchase to receive your activation code for the Kinomap membership.

### Kinomap Features:

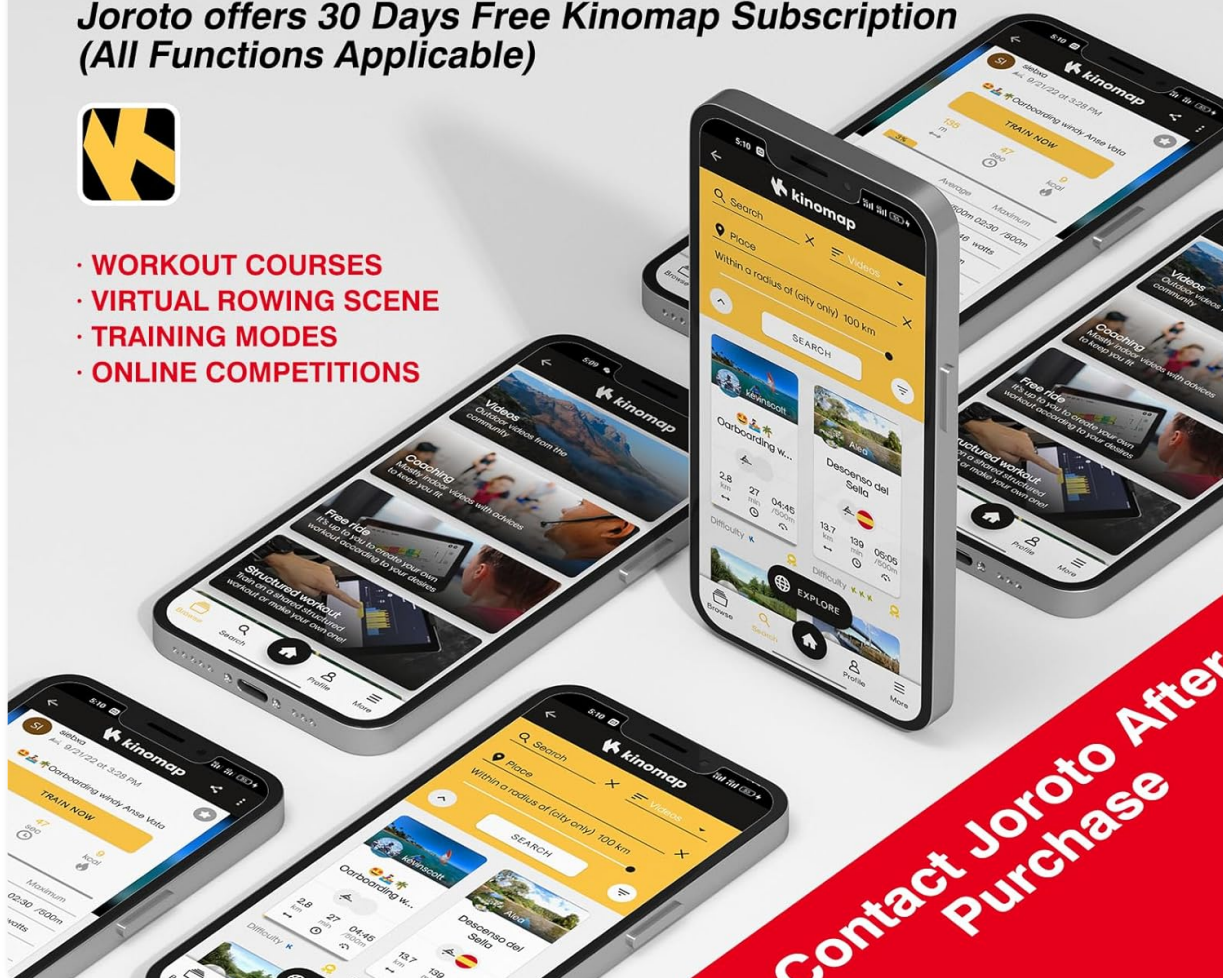
- **Workout Courses:** Access a variety of structured training programs.
- **Virtual Rowing Scenes:** Experience real-world rowing routes with video playback that syncs with your rowing pace.
- **Training Modes:** Explore different exercise routines and challenges.
- **Online Competitions:** Participate in virtual races and compete with other users globally.
- **Data Tracking:** Comprehensive tracking and analysis of your workout performance.

## PRECIOUS GIFT FROM JOROTO

*Joroto offers 30 Days Free Kinomap Subscription  
(All Functions Applicable)*



- **WORKOUT COURSES**
- **VIRTUAL ROWING SCENE**
- **TRAINING MODES**
- **ONLINE COMPETITIONS**



**Contact Joroto After  
Purchase**

Image: Multiple smartphones displaying the Kinomap application interface, showcasing features such as workout courses, virtual rowing scenes, training modes, and online competitions. This illustrates the interactive training possibilities with the JOROTO MR26.

## 9. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Treatment:** Add a water purification tablet to the tank every 3-6 months to prevent algae and bacterial growth. If water becomes cloudy, replace it entirely.
- **Rail and Rollers:** Keep the seat rail clean and free of debris to ensure smooth seat movement. Inspect seat rollers for wear.
- **Strap and Handle:** Check the resistance strap and handlebar for any signs of fraying or damage.
- **Fasteners:** Periodically check all bolts and nuts to ensure they are tight.

## 10. TROUBLESHOOTING

Refer to this section for solutions to common issues. If problems persist, contact JOROTO customer support.

Problem	Possible Cause	Solution
No display on LCD monitor	Batteries are dead or incorrectly installed; Sensor cable disconnected.	Replace AAA batteries (2 required). Check sensor cable connection to the monitor.
Inconsistent or low resistance	Insufficient water in the tank; Air bubble in the tank.	Add more water to the tank. Rock the machine gently to dislodge air bubbles.
Seat does not glide smoothly	Rail is dirty or damaged; Rollers are worn.	Clean the seat rail. Inspect rollers for damage; contact support for replacement if needed.
Loud noise during operation	Loose fasteners; Debris in water tank; Worn components.	Check and tighten all bolts. Inspect water tank for foreign objects. Contact support if noise persists.
Bluetooth connection issues	Monitor not active; Device Bluetooth off; App issues.	Ensure monitor is on. Verify device Bluetooth is enabled. Restart app or device.

## 11. SPECIFICATIONS

Detailed technical specifications for the JOROTO MR26 Water Rowing Machine.

- **Model Name:** JOROTO MR26 Water Rowing Machine
- **Resistance Mechanism:** Water (50° Inclined Tank)
- **Frame Material:** Alloy Steel, Aluminum
- **Product Dimensions (LxWxH):** 69.5" x 22" x 29.5" (176.5 cm x 56 cm x 75 cm)
- **Folded Dimensions (LxWxH):** Approximately 22" x 29.5" x 69.5" (56 cm x 75 cm x 176.5 cm)



- **Item Weight:** 58.4 lbs (26.5 kg)
- **Maximum Weight Recommendation:** 330 lbs (150 kg)
- **Display Type:** LCD (SCAN/TIME/COUNT/DIST/CAL/TCNT)
- **Power Source:** Battery Powered (2 AAA batteries included)
- **Special Feature:** Water-Resistant, Bluetooth Connectivity
- **Color:** Black



Image: Diagram illustrating the dimensions of the JOROTO MR26 Water Rowing Machine when in use (69.5in x 22in x 29.5in) and when stored upright (22in x 29.5in x 69.5in), highlighting its compact storage capability.



Image: The JOROTO MR26 Water Rowing Machine shown in its compact upright storage position (occupying 0.73m³) and being easily moved by a user, demonstrating its portability and space-saving design.

## 12. WARRANTY AND SUPPORT

JOROTO is committed to providing quality products and customer satisfaction.

### Warranty Information:






All brand-new JOROTO rowing machines come with a **1-year warranty for replacement parts at no cost**. This warranty covers manufacturing defects and component failures under normal use.


### Customer Support:

If you have any questions, require assistance with assembly, operation, or encounter any issues with your JOROTO MR26 Water Rowing Machine, please contact our professional customer service team. Our support team is available 24/7 and aims to provide a satisfactory solution within 24 hours.

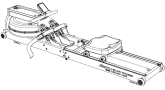
For support, please visit the [JOROTO Store on Amazon](#) or refer to the contact information provided in your product packaging.

Related Documents - MR26

<div><p><b>JOROTO-MR23</b> WATER ROWING MACHINE</p></div>	<p><a href="#">JOROTO-MR23 Water Rowing Machine User Manual</a></p> <p>Comprehensive user manual for the JOROTO-MR23 Water Rowing Machine, covering safety information, parts list, installation instructions, training guidance, and monitor functions.</p>
<div><p><b>JOROTO-X2PRO</b></p></div>	<p><a href="#">JOROTO-X2PRO User Manual</a></p> <p>Comprehensive user manual for the JOROTO-X2PRO exercise bike, covering assembly, operation, safety guidelines, and monitor functions. Includes troubleshooting tips and app connectivity instructions.</p>
<div><p><b>JOROTO X2/X2PRO</b></p></div>	<p><a href="#">JOROTO X2/X2PRO Exercise Bike Monitor User Manual and App Connection Guide</a></p> <p>Comprehensive guide for the JOROTO X2 and X2PRO exercise bike monitor, covering display functions, button operations, operational procedures, troubleshooting, and connection with the Kinomap app.</p>
<div><p><b>JOROTO-MR380</b> WATER ROWING MACHINE</p></div>	<p><a href="#">JOROTO MR380 Water Rowing Machine User Manual</a></p> <p>Comprehensive user manual for the JOROTO MR380 Water Rowing Machine, covering assembly, operation, maintenance, training guidance, and monitor functions. Learn how to set up, use, and get the most out of your JOROTO rowing machine.</p>
<div><p><b>JOROTO-F5</b> TREADMILL</p></div>	<p><a href="#">JOROTO F5 Treadmill User Manual: Assembly, Operation, and Maintenance Guide</a></p> <p>Comprehensive user manual for the JOROTO F5 Treadmill, covering assembly instructions, safety guidelines, operational procedures, technical specifications, maintenance, troubleshooting, and app connectivity for optimal fitness experience.</p>



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User Manual

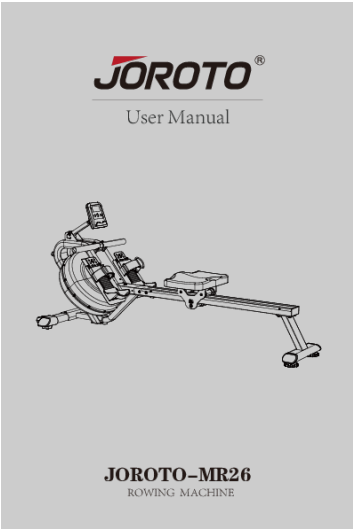


**JOROTO-MR280**  
WATER ROWING MACHINE

[JOROTO MR280 Water Rowing Machine User Manual](#)

Comprehensive user manual for the JOROTO MR280 Water Rowing Machine, covering assembly, safety guidelines, maintenance, training instructions, and monitor operation.

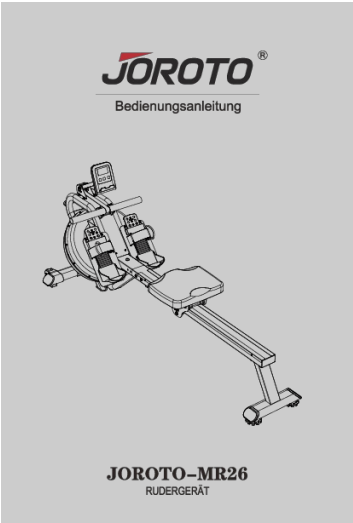
Documents - JOROTO – MR26



[\[pdf\]](#) User Manual Owner's Manual Instructions Parts List

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