

JOROTO X3P

JOROTO X3P Exercise Bike User Manual

Model: X3P



1. IMPORTANT SAFETY INFORMATION

Please read this entire manual before assembling or operating the JOROTO X3P Exercise Bike. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a level, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 350 lbs (158 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, contact JOROTO customer service.

- Main Frame
- Front Stabilizer
- Rear Stabilizer
- Seat Post and Seat
- Handlebar Post and Handlebars
- Left and Right Pedals
- Console/Monitor
- Hardware Kit (bolts, washers, nuts)
- Assembly Tools

3. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your JOROTO X3P Exercise Bike. It is recommended to have two people for assembly.



Image: Fully assembled JOROTO X3P Exercise Bike, showcasing its robust frame, adjustable seat and handlebars, magnetic flywheel, and pedals.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and

washers. Ensure they are firmly tightened.

2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely with a wrench.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Post and Handlebars:** Insert the handlebar post into the main frame and adjust its height. Secure it with the adjustment knob. Attach the handlebars to the handlebar post.
5. **Connect Console:** Attach the console to the handlebar assembly. Connect any necessary sensor wires from the main frame to the console. Insert the AAA batteries (included) into the console.
6. **Final Check:** Review all connections and ensure all bolts and nuts are tightened. Test the bike for stability before first use.

4. OPERATING INSTRUCTIONS

4.1 Adjusting the Bike

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat to a comfortable position (your knee should have a slight bend at the bottom of the pedal stroke), and re-tighten the knob.
- **Seat Forward/Backward:** Loosen the adjustment knob under the seat, slide the seat forward or backward to align with your hips, and re-tighten.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebars to a comfortable height, and re-tighten.

4.2 Using the Resistance System

The JOROTO X3P features a magnetic resistance system for a smooth and quiet ride.

- **Increase Resistance:** Turn the resistance knob clockwise to increase the intensity of your workout.
- **Decrease Resistance:** Turn the resistance knob counter-clockwise to decrease the intensity.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and stop the flywheel immediately.

4.3 Console Operation

The console displays various workout metrics. Refer to the specific console manual for detailed instructions on mode selection, reset functions, and displayed data (e.g., time, speed, distance, calories).

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Check Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten as necessary.
- **Belt Drive:** The silent belt drive system is generally maintenance-free. Inspect it occasionally for any signs of wear or damage.
- **Lubrication:** No lubrication is typically required for the magnetic resistance and belt drive system.

- **Storage:** Store the bike in a dry, cool place away from direct sunlight and moisture.

6. TROUBLESHOOTING

If you encounter issues with your JOROTO X3P Exercise Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose parts; friction from moving components	Check and tighten all bolts and nuts. Ensure no parts are rubbing.
Resistance not changing	Resistance mechanism issue; knob not properly engaged	Ensure the resistance knob is fully functional. Contact customer service if the mechanism is faulty.
Console not displaying data	Dead batteries; loose sensor connection	Replace AAA batteries. Check that all sensor wires are securely connected.
Bike feels unstable	Uneven surface; loose stabilizers	Place the bike on a level surface. Check and tighten stabilizer bolts. Adjust leveling feet if present.

7. SPECIFICATIONS

Feature	Detail
Brand	JOROTO
Model Number	X3P
Resistance Type	Magnetic
Drive System	Silent Belt Drive
Product Dimensions (L x W x H)	43.3 x 8.8 x 33.4 cm
Item Weight	38.5 Kilograms
Maximum Weight Recommendation	350 lbs
Batteries Required	2 AAA (included)

8. WARRANTY AND SUPPORT






JOROTO provides a commitment to product quality and customer satisfaction.

- **Warranty:** The product includes 1 year of free spare parts.
- **Customer Service:** JOROTO customer service team aims to respond within 24 hours to provide satisfactory solutions for any issues.
- **Contact:** For support, warranty claims, or missing parts, please contact JOROTO customer service through

the retailer's platform or the official JOROTO website.

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Related Documents - X3P

	<p>JOROTO X2/X2PRO Exercise Bike Monitor User Manual and App Connection Guide</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>
	<p>JOROTO MR60 Rowing Machine User Manual</p> <p>Comprehensive user manual for the JOROTO MR60 rowing machine, covering assembly, operation, safety guidelines, and maintenance. Features include Bluetooth connectivity and app support.</p>
	<p>JOROTO-X2PRO User Manual</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>
	<p>JOROTO Monitor Instruction Manual: Features, Operation, and App Connectivity</p> <p>Comprehensive guide to the JOROTO exercise bike monitor, covering display functions, key operations, factory settings, troubleshooting, and integration with the Kinomap app for enhanced workouts.</p>
	<p>JOROTO-MR23 Water Rowing Machine User Manual</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>

JOROTO®
User Manual



JOROTO-F5
TREADMILL

[JOROTO F5 Treadmill User Manual: Assembly, Operation, and Maintenance Guide](#)

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.