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JOROTO MR20H

JOROTO MR20H Magnetic Rowing Machine User Manual

Model: MR20H

Brand: JOROTO

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your JOROTO MR20H Magnetic Rowing Machine. Please read it thoroughly before assembly and operation, and retain it for future reference.

The JOROTO MR20H is designed for home use, offering a full-body workout with 16 levels of magnetic resistance, a dual slide rail system, and Bluetooth connectivity for smart monitoring and app integration.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. Improper or excessive training can result in injury. Always follow these safety guidelines:

- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The maximum user weight capacity is 350 lbs (158 kg).

3. PRODUCT OVERVIEW

The JOROTO MR20H Magnetic Rowing Machine features a robust design for effective and quiet workouts.



Image: A user demonstrating the JOROTO MR20H Magnetic Rowing Machine during a workout, highlighting its ergonomic design and integrated tablet holder.

Key Features:

- **Magnetic Resistance System:** Provides 16 smooth and quiet resistance levels.
- **Dual Slide Rail:** Crafted from aviation-grade aluminum for durability and smooth gliding.
- **Smart Bluetooth Monitor:** Tracks SCAN, TIME, STROKES, DISTANCE, SPM, and CAL.
- **Space-Saving Design:** Compact footprint and ability to store upright.
- **Tablet Holder:** Integrated for entertainment or app use during workouts.

4. SETUP AND ASSEMBLY

Assembly of the JOROTO MR20H is designed to be straightforward. Refer to the included assembly guide for detailed step-by-step instructions and diagrams. Ensure all components are present before beginning.

Unpacking:

1. Carefully remove all components from the packaging.
2. Check the parts list against the contents of the box to ensure nothing is missing.
3. Keep packaging materials until assembly is complete in case of returns or missing parts.

Assembly Tips:

- Have all tools ready as specified in the assembly guide.
- Assemble in the area where the machine will be used to avoid moving it unnecessarily.
- Do not overtighten bolts until instructed to do so.

5. OPERATING INSTRUCTIONS

Adjusting Resistance:

The MR20H features 16 levels of magnetic resistance. To adjust the resistance, locate the tension knob, typically found on the main unit near the flywheel. Rotate the knob clockwise to increase resistance and counter-clockwise to decrease it.

16 Levels Adjustable Resistance



Daily Activities



Aerobic Exercise



Shape Up



Strength Training



Image: Close-up of the resistance adjustment dial, showing levels from 1 to 16, categorized for daily activities, aerobic exercise, shape up, and strength training.

Using the LCD Monitor:

The integrated LCD monitor displays key workout metrics. It is battery-powered. Ensure batteries are correctly installed.



Image: The 2-in-1 display of the JOROTO MR20H, featuring an LCD monitor and a tablet holder, demonstrating Bluetooth connectivity with a fitness app.

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays workout duration.
- **STROKES:** Shows the total number of strokes.
- **DISTANCE:** Measures the distance covered.
- **SPM:** Strokes Per Minute.
- **CAL:** Calories burned (estimated).
- **RESET:** Press to clear current workout data.
- **MODE/SET:** Press to select display mode or set target values.

Bluetooth Connectivity and Kinomap Integration:

The MR20H monitor supports Bluetooth connectivity, allowing you to pair it with compatible fitness applications like

Kinomap for an enhanced workout experience. Refer to the specific app's instructions for pairing and usage.

- Ensure Bluetooth is enabled on your smart device.
- Open the Kinomap app (or other compatible app) and follow the in-app instructions to connect to your JOROTO MR20H.
- The Kinomap app offers a 30-day trial for JOROTO users, providing access to simulated real-world rowing conditions.

6. 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 using abrasive cleaners or solvents that could damage the finish or electronic components.

Lubrication:

- The magnetic resistance system is designed to be zero-maintenance and does not require lubrication.
- Periodically check the seat rollers and slide rail for smooth operation. If necessary, clean the rail and rollers.

Storage:

The JOROTO MR20H features a space-saving design, allowing it to be stored upright.

Compact Capable Complete

Your Perfect Space-Efficient Rower

0.28m²



Image: The JOROTO MR20H Magnetic Rowing Machine shown in its compact, upright storage position next to a sofa, illustrating its space-saving capability.

- To store, lift the rear of the machine until it is in an upright position. Ensure it is stable and will not tip over.
- Store in a dry place, away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter issues with your JOROTO MR20H, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor not displaying data	Dead batteries; Loose connection	Replace batteries; Check cable connections to the monitor.
Resistance feels inconsistent or too weak/strong	Resistance knob not properly adjusted; Internal mechanism issue	Adjust the resistance knob; Contact customer support if the issue persists.

Problem	Possible Cause	Solution
Squeaking or grinding noise	Loose bolts; Debris on slide rail or rollers	Check and tighten all assembly bolts; Clean the slide rail and seat rollers.
Bluetooth connection issues	Device Bluetooth off; App not configured correctly; Interference	Ensure Bluetooth is on; Restart app/device; Move closer to the rower; Check app's troubleshooting guide.

If you cannot resolve the issue using the above table, please contact JOROTO customer support.

8. SPECIFICATIONS

Feature	Detail
Model Name	MR20H
Resistance Mechanism	Magnetic
Resistance Levels	16
Maximum Weight Recommendation	350 Pounds (158 kg)
Product Dimensions (LxWxH)	59"D x 18.5"W x 23"H (150cm x 47cm x 58cm)
Frame Material	Alloy Steel
Item Weight	20.5 Kilograms
Display Type	LCD
Special Feature	Adjustable Resistance, Low Noise, Bluetooth Connectivity
Color	White

9. WARRANTY AND SUPPORT

The JOROTO MR20H Magnetic Rowing Machine comes with a **one-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use and service conditions.

For warranty claims, technical assistance, or any questions regarding your product, please contact JOROTO customer service. Our dedicated team is available to assist you within 24 hours.

Contact Information: Please refer to the contact details provided on the JOROTO official website or your purchase documentation.