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JOROTO X1L

JOROTO X1L Indoor Cycling Exercise Bike User Manual

Model: X1L

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your JOROTO X1L Indoor Cycling Exercise Bike. Please read it thoroughly before assembly and operation. Retain this manual for future reference.



Image: The JOROTO X1L Exercise Bike, highlighting its stable and sturdy commercial-grade steel frame and triangular construction, with a 150 kg load capacity and 2mm tube thickness.

2. SAFETY INFORMATION

Before starting any exercise program, consult with your physician. It is crucial to follow these safety guidelines to prevent injury and ensure proper operation of the equipment.

- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat if necessary.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 150 kg (330 lbs).
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

3. PACKAGE CONTENTS

Your JOROTO X1L Exercise Bike comes 90% pre-assembled. The package includes:

- Main Exercise Bike Frame (pre-assembled)
- Handlebar assembly
- Seat post and saddle
- Pedals (Left and Right)
- Stabilizer bars
- LCD Monitor
- Hardware kit and assembly tools
- Multilingual Instruction Manual

4. SETUP AND ASSEMBLY

The JOROTO X1L is designed for quick assembly, typically taking about 20 minutes. Follow the step-by-step instructions provided in the included manual for detailed guidance.

1. Attach the front and rear stabilizer bars to the main frame using the provided bolts and washers.
2. Insert the seat post into the main frame and secure it at your desired height. Attach the saddle to the seat post.
3. Attach the handlebar post to the main frame and then secure the handlebar assembly.
4. Connect the LCD monitor cables and mount the monitor onto the handlebar assembly.
5. Attach the pedals. Note that the left pedal (L) screws counter-clockwise and the right pedal (R) screws clockwise.
6. Ensure all connections are tight and the bike is stable.

5. OPERATING INSTRUCTIONS

5.1 Adjustments

The JOROTO X1L features 4-way adjustable handlebars and seat to accommodate various user heights (recommended for users between 150 cm and 195 cm).

- **Seat Adjustment:** Loosen the adjustment knob under the seat to move it forward/backward. Loosen the vertical adjustment knob on the seat post to move it up/down. Tighten securely after adjustment.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post to move it up/down. Tighten securely after adjustment.
- **Leveling:** Four horizontally adjustable levelers are located at the bottom of the bicycle to ensure stability on uneven floors. Adjust them as needed.

Exercise with Your Family

Wide range of 4-way adjustment



Image: The JOROTO X1L Exercise Bike demonstrating its 4-way adjustable handlebar and seat, with height ranges indicated for personalized fit.

5.2 LCD Monitor Usage

The advanced multifunctional digital display tracks your workout data, helping you train more efficiently. It also includes a tablet holder for your mobile devices.

- **Functions:** Displays training time, speed, calories burned, and distance traveled.
- **Operation:** Use the 'SET', 'MODE', and 'RESET' buttons to navigate and control the display. Refer to the specific monitor section in the main manual for detailed instructions.

Multiple Training Data

Easy to follow your training performance



Image: A user interacting with the LCD monitor of the JOROTO X1L Exercise Bike, showing various data points like time, speed, distance, and calories.

5.3 Resistance System

The JOROTO X1L utilizes a magnetic resistance system with four powerful magnets and a quiet, smooth belt drive for a consistent and effective workout experience.

- **Adjusting Resistance:** Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it.
- **Emergency Stop:** Press the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.
- **Belt Drive:** The low-noise belt drive ensures quiet operation, allowing you to exercise without disturbing others.

Achieve Any of Your Training Goals



0-30%
Warming Up



40-70%
Aerobic Exercise



70-100%
Strength Training

Image: The resistance adjustment knob of the JOROTO X1L Exercise Bike, illustrating how to achieve various training goals from warming up to strength training.

Quite and Reliable **Belt System**

For a more focused sports experience



Quiet



Long-lasting



Smooth



Image: A detailed view of the quiet and reliable belt drive system of the JOROTO X1L Exercise Bike.

4 Powerful Magnets

More Resistance, More Efficiency



Image: An illustration of the four powerful magnets that provide resistance in the JOROTO X1L Exercise Bike.

6. 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. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose components.
- **Lubrication:** The belt drive system is generally maintenance-free. Do not lubricate the magnetic resistance mechanism.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

If you encounter any issues with your JOROTO X1L Exercise Bike, refer to the following common solutions:

Problem	Possible Cause	Solution
Bike is unstable/wobbles	Uneven floor; loose stabilizer bolts	Adjust the leveling feet; tighten stabilizer bolts.
Squeaking or grinding noise	Loose components; friction from moving parts	Check and tighten all bolts and nuts. Ensure no parts are rubbing.
LCD monitor not displaying	Loose cable connection; dead batteries	Check monitor cable connection; replace batteries in the monitor.
Resistance not changing	Resistance knob not fully engaged; internal mechanism issue	Ensure the resistance knob is turning freely and engaging. If issue persists, contact support.

For issues not listed here, or if troubleshooting steps do not resolve the problem, please contact JOROTO customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	JOROTO
Model Number	X1L
Color	X1L - 10kg
Material Type	Alloy Steel
Item Weight	30.2 Kilograms
Product Dimensions	101.5 x 50.5 x 104.5 cm (Depth x Width x Height)
Resistance Mechanism	Magnetic
Drive System	Belt
Power Source	Battery Powered (for monitor)
Recommended Maximum Weight	150 kg (330 lbs)
Recommended Maximum Height	190 cm
Features	4-Way Adjustable Handlebar and Seat
Recommended Uses	Indoor

9. WARRANTY AND SUPPORT

JOROTO offers comprehensive customer support for your X1L Exercise Bike.

- **Warranty:** The product includes a 1-year warranty on spare parts.
- **Customer Service:** Professional lifetime customer service is available to assist with any issues or questions you

may have.

- **Contact:** For support, please refer to the contact information provided in your product packaging or visit the official JOROTO website.