

## JOROTO MR19

# JOROTO MR19 Magnetic Rowing Machine User Manual

Model: MR19

## 1. IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the JOROTO MR19 Magnetic Rowing Machine. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight of 158 kg (350 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 2. PACKAGE CONTENTS

Verify that all components are present before assembly:

- Main Rowing Machine Frame (partially pre-assembled)
- Front Stabilizer
- Rear Stabilizer
- Seat
- Foot Pedals (left and right)
- Handlebar

- Hardware Kit (bolts, washers, nuts, tools)
- User Manual

### 3. ASSEMBLY INSTRUCTIONS

The JOROTO MR19 rowing machine is 90% pre-assembled for quick setup. Assembly typically takes about 20 minutes.

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are tightened firmly for stability.
3. **Install Foot Pedals:** Attach the left and right foot pedals to their designated positions on the main frame.
4. **Mount Seat:** Slide the seat onto the rail. Ensure it moves smoothly along the rail.
5. **Final Check:** Double-check all bolts and connections to ensure they are secure before first use.



Image: Visual guide showing the simple assembly steps for the JOROTO MR19 rowing machine, highlighting the main frame, foot pedals, and stabilizers.

### 4. OPERATING INSTRUCTIONS

#### 4.1 Basic Rowing Technique

1. **The Catch:** Sit on the seat, feet secured in the foot straps. Lean forward slightly from the hips, arms extended, and grip the handlebar. Shins should be vertical.
2. **The Drive:** Push off with your legs, then swing your torso back, and finally pull the handlebar towards your abdomen. Your legs should be fully extended, and the handlebar should be just below your chest.
3. **The Finish:** Maintain a strong core, legs extended, and handlebar pulled in.

4. **The Recovery:** Extend your arms forward, then lean your torso forward from the hips, and finally bend your knees to slide the seat back to the catch position.

## 4.2 Console Display

The integrated LCD console displays key workout metrics such as time, distance, calories burned, and strokes per minute. Use the 'MODE' button to cycle through display options.



Image: A user rowing on the JOROTO MR19, with a close-up of the console displaying workout metrics like time, distance, calories, and strokes, and Kinomap app integration.

## 5. KINOMAP APP INTEGRATION

Enhance your workout experience by connecting your JOROTO MR19 to the Kinomap application via Bluetooth.

1. **Download Kinomap:** Download the Kinomap app from your device's app store.

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Connect to Rower:** Open the Kinomap app and follow the on-screen instructions to connect to your JOROTO MR19 rowing machine.
4. **Interactive Workouts:** Once connected, the app will track your real-time data (time, distance, calories, strokes) and allow you to experience virtual routes and interactive training sessions.

The integrated phone holder allows for hands-free viewing during your workout.



Image: A person using the JOROTO MR19 rowing machine, with a tablet displaying the Kinomap app interface showing a virtual rowing course and real-time workout data.

## 6. RESISTANCE ADJUSTMENT

The JOROTO MR19 features 16 levels of magnetic resistance, allowing for a wide range of workout intensities. The magnetic resistance system ensures quiet operation, making it suitable for apartment use.

- **Adjusting Resistance:** Turn the resistance knob located on the main unit to increase or decrease the intensity.
- **Levels 1-8:** Ideal for beginners, warm-ups, or lighter cardio sessions.
- **Levels 9-16:** Suitable for advanced users, strength endurance training, or high-intensity workouts.



# 16 Niveaux de Résistance Magnétique pour Tous les Niveaux

Répond Parfaitement à tous vos Besoins de Fitness



Image: A diagram illustrating the 16 magnetic resistance levels of the JOROTO MR19, categorized for different fitness goals from light warm-up to explosive power training.

## 7. FOLDING AND STORAGE

The JOROTO MR19 is designed for compact storage, making it ideal for small living spaces. It can be folded vertically to minimize its footprint.

1. **Folding:** Follow the instructions in the manual to safely fold the rowing machine into its vertical storage position.
2. **Storage Space:** When folded, the machine occupies approximately 0.3 m<sup>2</sup> (3.2 sq ft) of floor space. When in use, it requires about 0.7 m<sup>2</sup> (7.5 sq ft).
3. **Moving:** Utilize the integrated transport wheels to easily move the folded machine.



## Facile à Installer et à Ranger

### Idéal pour Appartement



Image: The JOROTO MR19 rowing machine shown in both its extended and vertically folded positions, highlighting its compact design and transport wheels for easy storage and movement.

## 8. 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.
- **Lubrication:** Periodically check the seat rail for smooth movement. If necessary, apply a small amount of silicone-based lubricant to the rail.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

## 9. TROUBLESHOOTING

If you encounter any issues, refer to the following common troubleshooting steps:

- **Console Not Displaying:** Check battery installation and ensure batteries are not depleted.
- **Resistance Not Changing:** Ensure the resistance knob is properly engaged and turning freely. If the issue persists, contact customer support.
- **Unusual Noises:** Inspect all moving parts for obstructions or loose connections. Lubricate the seat rail if squeaking occurs.
- **Kinomap Connection Issues:** Ensure Bluetooth is active on your device and the rowing machine. Restart both the app and the machine if necessary.

## 10. SPECIFICATIONS

Feature	Specification
Model Number	MR19
Resistance Type	Magnetic
Resistance Levels	16
Frame Material	Aluminum
Display Type	LCD
Max User Weight	158 kg (350 lbs)
Product Dimensions (L x W x H)	144.78 x 46.99 x 57.91 cm (57.0 x 18.5 x 22.8 inches)
Product Weight	19.84 kg (43.7 lbs)
Folded Storage Space	Approx. 0.3 m²
Special Features	Double rail system, Kinomap app compatibility, Foldable design



# Structure Robuste & Long Rail

Cadre Monobloc en Alliage d'Aluminium et Acier pour plus de Stabilité



Image: A detailed view of the JOROTO MR19 rowing machine's double rail system, emphasizing its robust aluminum frame, maximum load capacity of 158kg/350lbs, and adjustable height range for users.

## 11. WARRANTY AND SUPPORT

JOROTO is committed to providing high-quality fitness equipment and excellent customer service. Your satisfaction is our priority.

- **Warranty Information:** Please refer to the warranty card included with your product for specific details regarding coverage and duration.
- **Customer Support:** For any questions regarding assembly, operation, maintenance, or troubleshooting, please contact JOROTO customer support. Our team is available 24/7 to assist you.
- **Contact Information:** Refer to the contact details provided on the JOROTO official website or your purchase documentation.



