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> [JOROTO JH30 Recumbent Exercise Bike User Manual](#)

## JOROTO JH30

# JOROTO JH30 Recumbent Exercise Bike User Manual

Model: JH30 | Brand: JOROTO

## INTRODUCTION

Thank you for choosing the JOROTO JH30 Recumbent Exercise Bike. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

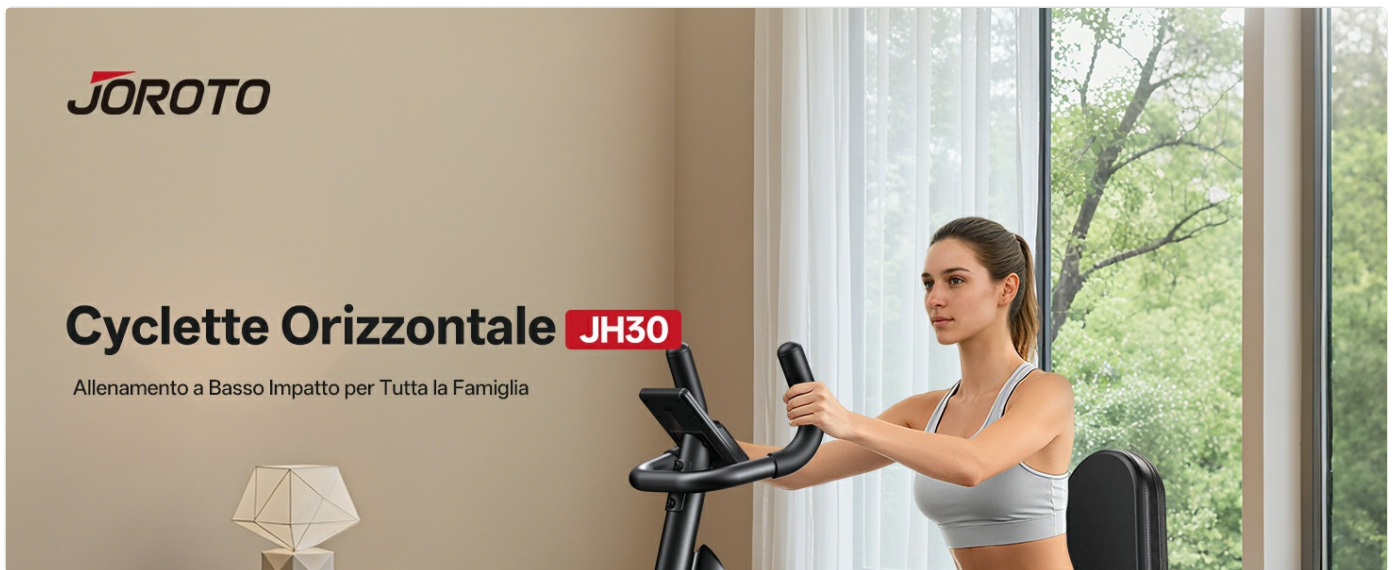


Figure 1: The JOROTO JH30 Recumbent Exercise Bike is designed for comfort, providing support for the spine and reducing stress on joints.

## SAFETY INFORMATION

Before beginning any exercise program, consult with your physician. It is important to ensure you are physically able to perform the exercises. Incorrect or excessive training can cause health damage. Always follow these safety guidelines:

- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 136 kg (300 lbs).
- If you experience pain, dizziness, or shortness of breath, stop exercising immediately.

- Regularly inspect the bike for wear and tear. Do not use if damaged.

## PACKAGE CONTENTS

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Carefully unpack all components and verify that all parts are present and undamaged. If any parts are missing or damaged, contact JOROTO customer support immediately.

While a detailed list is provided in the separate assembly guide, key components include:

- Main Frame Assembly
- Seat and Backrest
- Pedals (Left and Right)
- Handlebars
- Front and Rear Stabilizers
- Console/Display Unit
- Hardware Kit (bolts, washers, nuts, tools)

## SETUP AND ASSEMBLY

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Assembly typically takes approximately 30 minutes. Follow the step-by-step instructions provided in the separate assembly manual. Ensure all connections are secure before use.

### Key Assembly Steps:

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.
3. Mount the seat and backrest onto the seat rail.
4. Connect the handlebars and the console unit.
5. Secure all bolts and connections.



Figure 2: Quick assembly and transport wheels for easy mobility.

### Seat Adjustment:

The JOROTO JH30 features a 7-position seat adjustment system, allowing for 18 cm (7 inches) of customization. This accommodates users from 150 cm (59 inches) to 195 cm (77 inches) in height.

- To adjust the seat, locate the adjustment knob or lever beneath the seat.
- Pull the knob/lever to release the locking mechanism.
- Slide the seat forward or backward to your desired position.
- Release the knob/lever and ensure the seat is securely locked in place before use.



Figure 3: Detailed view of the 7-level seat adjustment for precise positioning.

## OPERATING INSTRUCTIONS

### Console Functions:

The backlit LCD display tracks essential workout data. The console is pedal-powered and does not require external batteries.

- **SCAN:** Cycles through all display functions automatically.
- **TIME:** Displays the duration of your workout.
- **SPEED:** Shows your current cycling speed.
- **DIST (Distance):** Tracks the distance covered during your session.
- **ODO (Odometer):** Records the total accumulated distance.
- **CAL (Calories):** Estimates the calories burned.



Figure 4: Backlit LCD display and Bluetooth connectivity for interactive workouts.

### Adjusting Magnetic Resistance:

The JH30 features a 16-level magnetic resistance system, providing a smooth and quiet workout experience. The resistance is adjusted via a tension control knob located on the main frame.

- Turn the tension control knob clockwise to increase resistance (higher numbers).
- Turn the tension control knob counter-clockwise to decrease resistance (lower numbers).
- Start with a low resistance level and gradually increase as your fitness improves.



Figure 5: Resistance knob for 16 levels of magnetic tension.

## Bluetooth Connectivity and Kinomap App:

The JH30 is equipped with Bluetooth connectivity, allowing it to pair with fitness applications like Kinomap for interactive workouts and data tracking.

1. Download the Kinomap app from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the Kinomap app and follow the on-screen instructions to connect to your JOROTO JH30 bike.
4. Place your device on the integrated iPad holder for convenient viewing during your workout.

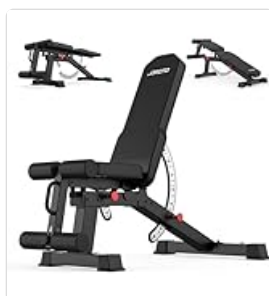


Figure 6: Bluetooth exercise bike ready for Kinomap integration.

## MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your JOROTO JH30 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. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by JOROTO support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

If you encounter issues with your JOROTO JH30, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Bike is unstable or wobbles.	Uneven floor surface; loose stabilizers.	Adjust the leveling caps on the stabilizers. Ensure all stabilizer bolts are tight.
Pedals are difficult to turn or make noise.	Resistance set too high; loose pedal crank; internal mechanism issue.	Decrease resistance. Check if pedals are securely tightened. If noise persists, contact support.
Console display is not working.	No pedal activity; loose cable connection.	Begin pedaling to activate the display. Check all cable connections to the console.
Bluetooth connection fails.	Bluetooth not enabled on device; app issues; bike not discoverable.	Ensure Bluetooth is on. Restart the app and your device. Try restarting the bike (pedal to activate).
Difficulty during assembly (e.g., holes not aligning).	Incorrect orientation of parts; manufacturing defect.	Double-check the assembly manual for correct part orientation. If parts are genuinely misaligned, contact JOROTO customer support for replacement.

## SPECIFICATIONS

Feature	Detail
Model Number	JH30
Dimensions (L x W x H)	133.3 x 97.99 x 62.48 cm (52.4 x 38.6 x 24.6 inches)
Product Weight	24 kg (52.91 lbs)
Maximum User Weight	136 kg (300 lbs)
Recommended User Height	150 cm - 195 cm (59 - 77 inches)
Resistance System	Magnetic, 16 Levels
Drive System	Belt Drive
Flywheel Weight	3.3 kg (7.3 lbs)
Console Display	Backlit LCD (Time, Speed, Distance, Odometer, Calories)
Connectivity	Bluetooth, Kinomap App Compatible
Seat Adjustment	7 Positions, 18 cm (7 inches) range
Material	Reinforced Steel Frame
Power Source	Pedal-powered (non-electric)



Figure 7: Product dimensions and adjustable seat range.

## WARRANTY AND SUPPORT

JOROTO stands by the quality of its products. The JH30 Recumbent Exercise Bike includes:

- **2-Year Manufacturer Coverage:** Covers defects in materials and workmanship.
- **Lifetime Customer Support:** Professional and timely assistance for any inquiries or issues.

For warranty claims, technical assistance, or any questions, please contact JOROTO customer support through the retailer where you purchased the product or visit the official JOROTO website for contact information.

**Online Resources:** For additional support, assembly videos, or FAQs, please visit the [JOROTO Brand Store on Amazon](#).