

## JOROTO F20PRO

# JOROTO F20PRO Folding Treadmill User Manual

Model: F20PRO

## 1. IMPORTANT SAFETY INFORMATION

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Please read this entire manual carefully before assembling or operating the JOROTO F20PRO Folding Treadmill. Retain this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill during operation.
- Place the treadmill on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Ensure the safety key is properly attached before starting the treadmill. In case of emergency, pull the safety key to stop the machine immediately.
- Wear appropriate athletic footwear and clothing.
- Do not use the treadmill if it is damaged or malfunctioning.
- Maximum user weight capacity is 130 kg (286 lbs). Do not exceed this limit.
- Unplug the treadmill from the power outlet when not in use, before cleaning, or before performing maintenance.

# La Soluzione per Tutte le Stagioni per Corsa e Fitness Costanti

Il Vostro Vero Compagno di Fitness



Image 1.1: The JOROTO F20PRO Treadmill in use, demonstrating its suitability for home fitness.

## 2. PRODUCT OVERVIEW

The JOROTO F20PRO is a compact and powerful folding treadmill designed for home use, offering a range of features to support your fitness journey.

### Key Features:

- **Powerful 2.5 HP Motor:** Provides consistent power for walking, jogging, and running with a low noise level (below 45 dB).
- **Adjustable Speed:** Ranges from 1 to 12 KM/H (0.6 to 7.5 MPH) to suit various fitness levels and workout intensities.
- **8% Manual Incline:** Manually adjustable incline to intensify workouts and increase calorie burn.
- **Wide Running Belt:** A 40 cm (16-inch) wide running surface with a 6-layer anti-slip belt for stable and comfortable exercise.
- **Integrated Handles:** Provides essential stability and safety during use.
- **LED Display with Bluetooth:** Clearly shows time, speed, distance, and calories. Connects to fitness apps via

Bluetooth for detailed workout analysis.

- **Foldable Design:** Vertical folding mechanism and integrated transport wheels for easy storage and repositioning.
- **Robust Construction:** Reinforced running deck and integrated cushioning system support users up to 130 kg (286 lbs).

# Potenza Costante Prestazioni Imbattibili

Alimentato da un Motore da 2,5 CV



*Image 2.1: The powerful and quiet 2.5 HP motor, designed for consistent performance.*

# Tapis Roulant con Pendenza dell'8%

## JOROTO F20Pro



- ✓ **Brucia il 30-50% di Calorie in Più** con l'Intensità in Salita
- ✓ **Allena Glutei & Gambe**  
Sviluppa Forza e Tonicità
- ✓ **Impatto Ridotto con la**  
Camminata in Salita
- ✓ **Massimizza i Tuoi Risultati**



Consumo Calorico Standard



Lavora principalmente sulle cosce  
Effetto rassodante limitato



Impatto più elevato e ripetuto su  
ginocchia e caviglie



Per Esigenze Semplici



Senza Pendenza

Image 2.2: The 8% manual incline feature, enhancing calorie burn and muscle engagement.

# Cintura Extra-Larga da 40 CM

Riduce l'Insicurezza Laterale per una Corsa più Sicura e Sicura di Sé



Cintura da Corsa Antiscivolo a 6 Strati



Image 2.3: The 40 cm extra-wide, 6-layer anti-slip running belt for enhanced safety and comfort.

# Realizzato per una Prestazione Duratura

Pronto per Ogni Corridore della Vostra Famiglia



Image 2.4: The robust construction supports users up to 130 kg (286 lbs).

## 3. SETUP AND ASSEMBLY

The JOROTO F20PRO treadmill is designed for quick and straightforward assembly. Please follow these steps carefully.

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the packing list (refer to the separate packing list document) are present.
2. **Placement:** Choose a suitable location for your treadmill. Ensure it is on a level surface and has sufficient clear space around it for safe operation and folding.
3. **Unfolding:**
  - Gently lift the running deck from its folded position.
  - Lower the running deck slowly until it locks into the flat operating position. Ensure it is securely locked before use.
4. **Handlebar Assembly (if required):** Attach the handlebars to the main frame using the provided screws and tools. Ensure they are tightened securely.

5. **Power Connection:** Plug the power cord into a grounded electrical outlet.
6. **Safety Key:** Attach the safety key to the console and clip the other end to your clothing. The treadmill will not operate without the safety key in place.

# Pronto per Correre Facile da Riporre

Risparmia il 95% del Tempo e l'80% dello Spazio



Image 3.1: The JOROTO F20PRO treadmill demonstrating its compact folding design for easy storage.

## 4. OPERATING INSTRUCTIONS

Familiarize yourself with the control panel and functions before beginning your workout.

### 4.1 Control Panel Overview

The LED display shows essential workout metrics. Buttons allow for speed adjustment, start/stop, and mode selection.

# Rendi Ogni Corsa Significativa con i Dati

Supporta la Connessione Bluetooth tramite App



Image 4.1: The LED display and control panel, featuring Bluetooth connectivity for fitness apps.

## 4.2 Starting a Workout

1. Ensure the treadmill is plugged in and the safety key is correctly placed on the console and clipped to your clothing.
2. Press the **START** button. The belt will begin to move at a low speed (e.g., 1 KM/H).
3. Gradually increase the speed using the **SPEED +** button to your desired pace.
4. To adjust the incline, manually lift the rear of the treadmill and adjust the support mechanism to the desired 8% incline level. Ensure it is securely locked before continuing your workout.

## 4.3 Adjusting Speed and Incline

- **Speed:** Use the **SPEED +** and **SPEED -** buttons on the console to increase or decrease the running belt speed. The speed range is 1-12 KM/H.
- **Incline:** The incline is manually adjustable up to 8%. To change the incline, stop the treadmill, carefully lift the rear of the running deck, and reposition the incline support to the desired level. Ensure it is stable before resuming your workout.

# Progresso Continuo e Obiettivi Superiori

1-12 KM/H, Un Obiettivo Chiaro

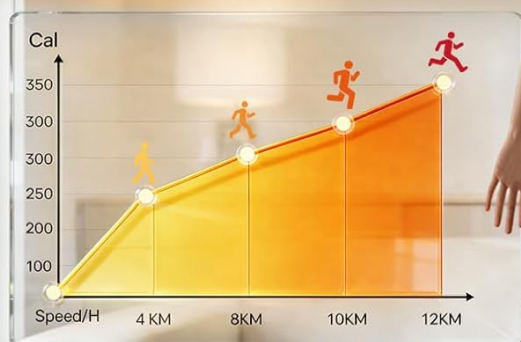


Image 4.2: Visual representation of speed progression from 1 KM/H to 12 KM/H.

## 4.4 Stopping a Workout

- Press the **STOP** button to gradually slow down and stop the treadmill belt.
- Alternatively, pull the safety key from the console for an immediate emergency stop.

## 4.5 Bluetooth and App Connectivity

The JOROTO F20PRO treadmill can connect to compatible fitness applications via Bluetooth for enhanced tracking and workout programs.

1. Download the recommended fitness app (e.g., Kinomap, FTMS compatible apps) from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the fitness app and follow the in-app instructions to search for and connect to your JOROTO F20PRO treadmill.
4. Once connected, the app will display real-time workout data and allow control over certain treadmill functions.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your JOROTO F20PRO treadmill.

- **Cleaning:**
  - After each use, wipe down the console and other surfaces with a damp cloth to remove sweat and dust. Avoid abrasive cleaners.
  - Periodically vacuum underneath the treadmill to prevent dust buildup from affecting motor performance.
- **Belt Lubrication:** The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the separate lubrication guide or contact customer support for specific instructions and recommended lubricant.
- **Belt Tension and Alignment:** Over time, the running belt may require adjustment for tension or alignment. If the belt slips or drifts to one side, refer to the troubleshooting section or contact customer support for guidance.
- **Power Cord Inspection:** Regularly inspect the power cord for any damage. If damaged, discontinue use and contact customer support for replacement.

## 6. TROUBLESHOOTING

If you encounter any issues with your JOROTO F20PRO treadmill, refer to the common problems and solutions below. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not start.	<ul style="list-style-type: none"><li>• Power cord not plugged in.</li><li>• Safety key not in place.</li><li>• Power switch off.</li></ul>	<ul style="list-style-type: none"><li>• Ensure power cord is securely plugged into a grounded outlet.</li><li>• Place the safety key firmly on the console.</li><li>• Turn the power switch to the ON position.</li></ul>
Running belt slips or hesitates.	<ul style="list-style-type: none"><li>• Belt tension too loose.</li><li>• Lack of lubrication.</li></ul>	<ul style="list-style-type: none"><li>• Adjust belt tension (refer to maintenance section or contact support).</li><li>• Lubricate the running belt (refer to maintenance section).</li></ul>
Running belt drifts to one side.	<ul style="list-style-type: none"><li>• Belt misalignment.</li></ul>	<ul style="list-style-type: none"><li>• Adjust belt alignment using the rear roller bolts (refer to maintenance section or contact support).</li></ul>
Unusual noise during operation.	<ul style="list-style-type: none"><li>• Loose components.</li><li>• Motor issue.</li><li>• Belt friction.</li></ul>	<ul style="list-style-type: none"><li>• Check and tighten all visible bolts and screws.</li><li>• Lubricate the running belt.</li><li>• If noise persists, discontinue use and contact customer support.</li></ul>

## 7. SPECIFICATIONS

Model:	F20PRO
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Motor Power:	2.5 Horsepower (PS)
Speed Range:	1 - 12 KM/H
Incline:	8% Manual Incline
Running Belt Width:	40 cm (16 inches)
Max User Weight:	130 kg (286 lbs)
Product Dimensions (Unfolded):	120 cm (L) x 61 cm (W) x 104 cm (H)
Product Dimensions (Folded):	Approximately 13 cm (Thickness) x 61 cm (W) x 120 cm (H)
Product Weight:	25 kg
Material:	Steel Alloy
Power Source:	Wired Electric
Display Metrics:	Speed, Distance, Time, Calories Burned
Connectivity:	Bluetooth (App Support)

## 8. WARRANTY AND SUPPORT

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JOROTO is committed to providing reliable products and excellent customer service.

- **Warranty:** The JOROTO F20PRO treadmill comes with a comprehensive 2-year warranty on main components. This warranty covers defects in materials and workmanship under normal use.
- **Customer Support:** For any questions, technical assistance, warranty claims, or to order replacement parts, please contact JOROTO customer support. Our dedicated team is available to provide reliable assistance.
- **Contact Information:** Please refer to the contact details provided on the JOROTO official website or your purchase documentation.