



JOROTO MR80 Rowing Machine User Manual

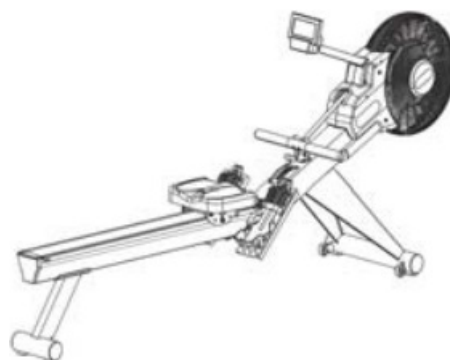
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JOROTO[®]

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User Manual



JOROTO-MR80

If you have any inquiries or require further assistance
Please contact JOROTO Customer Support

Email : support@jorotofitness.com

PARTS LIST











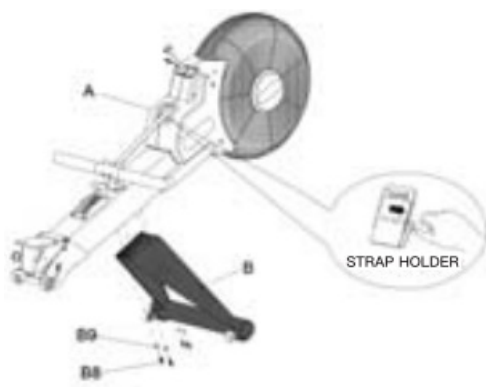
<div>A.Main frame</div> 	<div>B.Front stabilizer</div> 
	<div>C.Rear stabilizer</div> 
<div>D.Saddle</div> 	<div>L.Chest starp</div> 
<div>F.Slide track</div> 	<div>H.Pedal& Pedal connecting tube</div> 
<div>G.Console</div> 	<div>J</div> <div>Screw M6*12 </div> <div>Tool</div> <div></div> <div>M5 M6 M6 M8</div>

FIGURE 1

HOW TO ASSEMBLE THE FRONT STABILIZER

We recommend that 2 people operate the machine when you would like to assemble the front stabilizer. Or you can place the main frame (A) flat on carton box top side.



Step 1: Remove the pre- mounted screws (B8)and washers (B9) from the main frame (A).

Step 2: Mount the front stabilizer (B) onto main frame (A) with screws (B8) and washers (B9).

* Please note – before using the pull rope for exercise it is necessary to take off the strap holder firstly.

USE TOOL: M6



FIGURE 2

HOW TO ASSEMBLE THE PEDAL

Step 1: Push down the grip (A74), let the shaft base (E1) rotate to up side. (VIEW A).

Step 2: Remove two pre-mounted screws (E5) from the main frame (A).

Step 3: Insert the pedal connecting tube (E2) into the L-pedal or R-pedal. (VIEW B)then mount the pedal (L&R) onto the main frame (A).

Step 4: Screw shaft base (E1) and pedal connecting tube (E2) and pedal with screws (E5). (VIEW B).



USE TOOL: M6



FIGURE 3

HOW TO ASSEMBLE THE REAR STABILIZER AND SADDLE

Step 1: Remove two pre-mounted screws (C2) and washers (C3) from the slide track (F).

Step 2: Remove four pre-mounted screws (D8) and washers (D18) from the saddle (D).

Step 3: Use two screws (C2) and washers (C3) to attach the rear stabilizer (C) to the slide track (F).

Step 4: Fit the saddle (D) onto the saddle holder (D7) by using screws (D8) and washers (D18).

Use Tool:
M8 M6

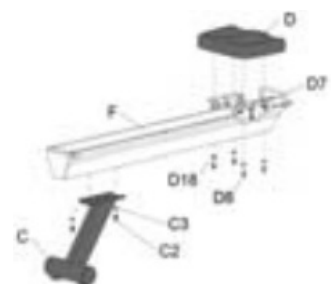


FIGURE 4

HOW TO ASSEMBLE THE SLIDE TRACK

- Step 1: Remove six pre-mounted screws (F6) and washers (F7) from the main frame (A).
- Step 2: Push down the grip (A74), let the shaft base (E1) rotate to upside. (VIEW A).
- Step 3: Fit the slide track (F) to the shaft base (E1) by using six screws (F6) and washers (F7).

USE TOOL: M6



<div> <div></div> <div>Caution</div> </div>	
<div> <div></div> </div>	<div>RISK OF PINCHING HAND</div>

FIGURE 5

HOW TO ASSEMBLE THE CONSOLE

- Step 1: Connect console wires (K1&K3, K2&K4).
- Step 2: Mount the console (G) onto the main frame (A).
- Step 3: Screw the console (G) with three screws (G6).

USE TOOL: M5



FIGURE 6

HOW TO ADJUST THE PEDAL

If you would like to adjust the pedal, please pull up the two buttons on the pedal at the same time. Move the pedal (H3) up or down to the correct position for you, then you can unhitch the bottomons to let the pedal been stucked. There are 7 positions for you to choose. It is the same way to adjust the left pedal (H3). Tighten the pedal straps when you are in motion.

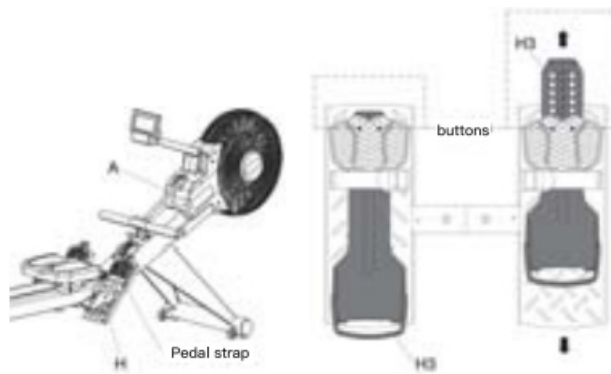


FIGURE 7

HOW TO REPLACE THE BATTERY

Remove the battery cover and install the new battery. Battery specifications : AA*4pcs.

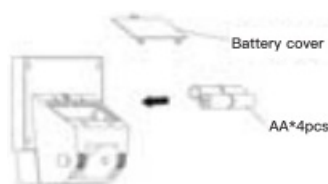


FIGURE 8

HOW TO FOLD THE MACHINE

Step 1: Pull up the small handle bar (F5) slightly then push down the grip (A74). (VIEW A).

Step 2: Let the supporting wheel (A76) touch the ground.

Step 3: Fold up the slide tracking (F) as shown then the grip will stuck on the main frame.

* Please be aware to hold the slide tracking until the grip was stucked correctly.

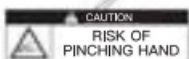
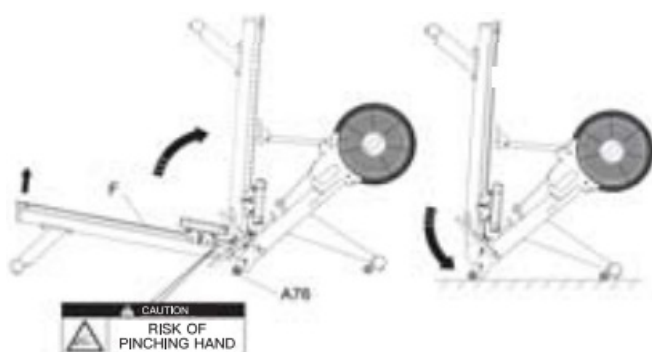
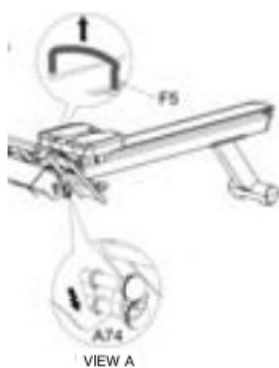


FIGURE 9

HOW TO MOVE THE MACHINE

When you finished figure 8. use hand to hold the slide track (F). You can now easily move the machine to a new location.

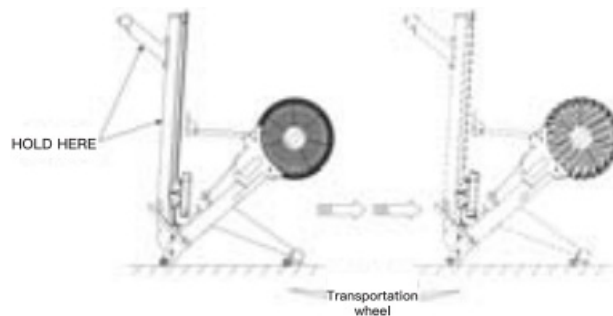
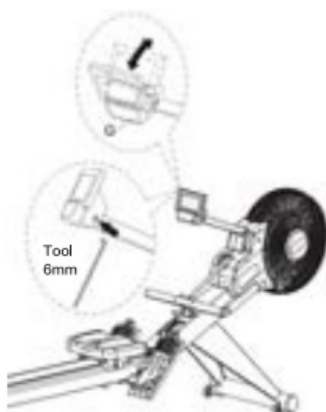


FIGURE 10

HOW TO ADJUST THE POSITION FOR CONSOLE & CONSOLE HOUSING

The console angle is adjustable as shown. If you wanna adjust the tightness of console use M6 tool to adjust.



HOW TO ADJUST THE RESISTANCE LEVEL

Move the gear shift lever to adjust the resistance level.
Level 1~8 could be adjusted, level 1 is the lightest, level 8 is the weightst.



DISPLAY FUNCTIONS

ITEM	DESCRIPTION
MAIN DISPLAYS	<p>Main displays for 8 performance measurements.</p> <ol style="list-style-type: none"> 1. HH-MM-SS – Total workout time display when rowing (hours-minute-seconds) 2. AVG M/ST – Average distance of each rowing 3. AVG SPM – Average rowing time per minute 4. AVG TIME/500M – Average time to finish 500 meters. 5. AVGWAt – Average watt 6. CAL/HOUR – Burned calories during rowing 7. MAX HR – Maximum heart rate display range 8. MAX WATT – Maximum watt display range
WATTS	Displays watts
CALORIES	Displays total calories
LEVEL INT	<p>Displays resistance level</p> <p>In INT.(interval) mode. displays interval cycle</p>
WORK TIME	Displays amount of time spent rowing. (does not count rest)
METERS	Displays total distance rowed in meters.
STROKES	Displays total number of strokes.
PLUSE	Displays heart rate when connected to a heart rate monitor.
REST	In INT.(interval) mode, displays rest time.
TIME/500M	Projected time needed to complete 500 meters based on all strokes.
SPM	Displays stroke per minute (stroke rate)

KEY FUNCTIONS

ITEM	DESCRIPTION
UP	Increase function value or set selection.
DOWN	Decrease function value or set selection.
RESET	Confirm setting or selection.
START	<p>Hold on pressing for 2 seconds, computer will reboot.</p> <p>Clear setting value.</p> <p>Reverse to main menu after finishing a workout.</p>
STOP	Start or Stop rowing exercise.

OPERATION PROCEDURE

1. QUICK START

- 1) When the console power-on, press "START/STOP" key, the program would enter to "QUICK START" mode.
- 2) During the exercise, the digital shown with display "TIME /DISTANCE /CALORIES /STROKES" will be increased accordingly.
- 3) If there is no "SPM" signal input, "TIME /DISTANCE /CALORIES /STROKES" would be stopped counting temporarily and continue the counting once the "SPM" signal is input.
- 4) During the exercise, press "START/STOP" key to pause workout. You can press "RESET" button to clear the displayed data and come back to standby mode to start the function.

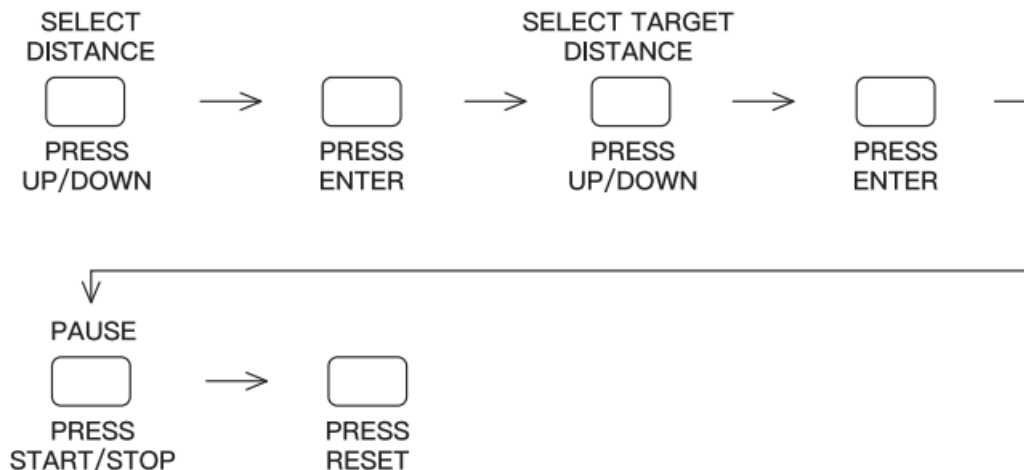


2. TARGET DISTANCE – PROGRAM

In power-on mode, the user can select "DISTANCE" PROGRAM and "ENTER" to confirm, then you will enter to setting mode automatically.

•DISTANCE SETTING PROGRAM

- 1) Select "DISTANCE – PROGRAM" and press "ENTER" key, the program will enter to built-in 2000 meters distance program with flashing shown.
- 2) Press "UP/DOWN" key to set target distance value and press "ENTER" to confirm. The distance display range is from 100~ 10000 METERS.
- 3) During the rowing with "SPM" signal input, the program will start to countdown from the set target distance. The digital shown with display "TIME/CALORIES/STROKES" will be increased accordingly.
- 4) During the exercise, press "START/STOP" key to pause workout. You can press "RESET" button to clear the displayed data and come back to standby mode to start the function.



3. TARGET DIST- 3KM – PROGRAM

- 1) In power-on model, the user select "DIST-3KM PROGRAM" key and "ENTER" to confirm. The program will enter to built-in 3km distance program automatically.
- 2) During the rowing with "SPM" signal input, the program will start to countdown from the set target distance. The digital shown with display "TIME/CALORIES/STROKES" will be increased accordingly.
- 3) During the exercise, press "START/STOP" key to pause workout. You can press "RESET" button to clear the displayed data and come back to standby mode to start the function.



4. TARGET DIST- 5KM – PROGRAM

- 1) In power-on model, the user select “DIST-5KM PROGRAM” key and “ENTER” to confirm. The program will enter to built-in 5km distance program automatically.
- 2) During the rowing with “SPM” signal input, the program will start to countdown from the set target distance. The digital shown with display “TIME/CALORIE/STROKES” will be increased accordingly.
- 3) During the exercise, press “START/STOP” key to pause workout. You can press RESET button to clear the displayed data and come back to standby mode to start the function.

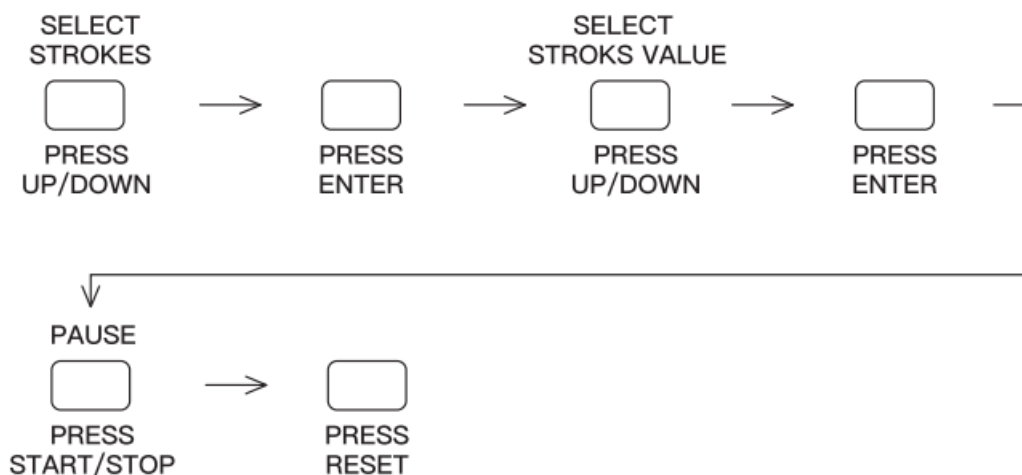


5. TARGET STORKE – PROGRAM

In power-on mode, the user can select “STROKES” PROGRAM key and “ENTER” then you can enter to setting mode.

•STROKES SETTING PROGRAM

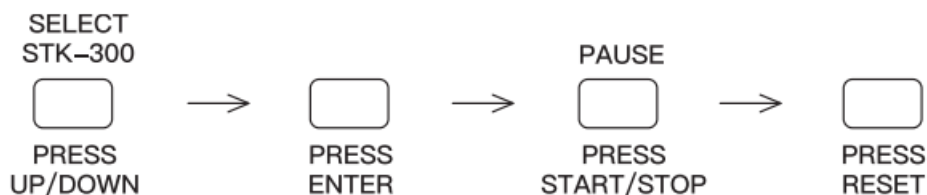
- 1) Select “STROKES-PROGRAM” and press “ENTER” key to confirm, the program will enter to built-in 200 times with flashing shown.
- 2) Press “UP/DOWN” key to set “STROKE” value and press “ENTER” to confirm. The “STROKE” display range is from 10~9990.
- 3) During the rowing with “SPM” signal input, the program will start to countdown from the set “STROKE”. The digital shown with display “TIME/CALORIE/METERS” will he increased accordingly.
- 4) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.



6. TARGET STK-300 – PROGRAM

- 1) In power-on mode, the user can select “STK-300 PROGRAM” and “ENTER” to confirm, then you will enter to built-in 300 STROKE start mode automatically.

- 2) During the rowing with “SPM” signal input, the program will start to countdown from the “300 STROKES” DISPLAY. The digital shown with display “TIME/CALORIE/METERS” will be increased accordingly.
- 3) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.



7. TARGET STK-500 – PROGRAM

- 1) In power-on mode, the user can select “STK-500 PROGRAM” key and “ENTER” to confirm, then you will enter to built-in 500 STROKE start mode automatically.
- 2) During the rowing with “SPM” signal input, the program will start to countdown from the “500 STROKES” DISPLAY. The digital shown with display ” TIME/CALORIE/METERS” will be increased accordingly.
- 3) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.

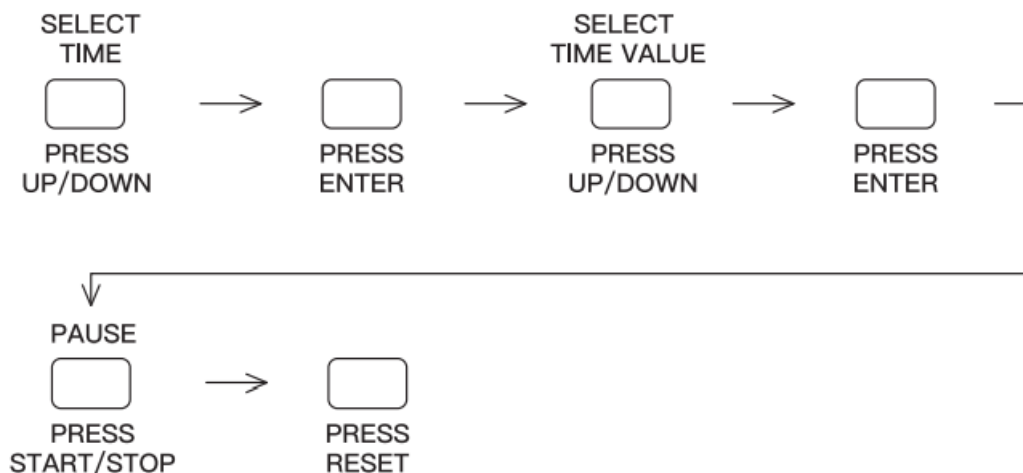


8. TARGET TIME – PROGRAM

In power-on mode, the user can select “TIME PROGRAM” key and ENTER” to confirm, then you will enter to setting mode automatically.

•TIME SETTING PROGRAM

- 1) Select “TIME-PROGRAM” and press “ENTER” key to confirm, the program will enter to the built-In program by 20:00 minutes flashing shown.
- 2) Press “UP/DOWN” to set “TIME” program and press “ENTER” to confirm it. The ”TIME” display setting range is 1:00~99:00.
- 3) During the rowing with “SPM” signal input, the program will start to countdown from the “TIME” DISPLAY. The digital shown with display “CALORIES/METERS/STROKES” will be increased accordingly.
- 4) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.



9 TARGET TIME-10M – PROGRAM

- 1) Press “UP/DOWN” to set “TIME-10M PROGRAM” and press “ENTER” to confirm it. The PROGRAM will enter to built-In 10:00 TIME automatically.
- 2) During the rowing with “SPM” signal input, the program will start to countdown from the “10: 00 TIME DISPLAY. The digital shown with display “CALORIES/METERS/STROKES” will be increased accordingly.
- 3) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.



10. TARGET TIME-30M – PROGRAM

- 1) Select “TIME -30M” and press “ENTER” key to confirm, the program will enter to the built-in program by 30:00 minutes automatically.
- 2) During the rowing with “SPM” signal input, the program will start to countdown from the 30:00 TIME DISPIAY. The digital shown with display “TIME/DISTANCE/CALORIES/STROKES” will be increased accordingly.
- 3) During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the displayed data and come back to standby mode to start the function.



11. INTERVAL – PROGRAM

In Standby Mode, the user can select “INTERVAL PROGRAM” and press “ENTER” to confirm. Then, the console will enter to built-in PROGRAM and display will be shown “WORK TIME” with flashing.

(1). HOW TO SET WORK TIME?

1. When “WORK TIME” is flashing, the user can press “UP/DOWN” to set WORK TIME and press “ENTER” to confirm it. The setting range for WORK TIME is 00:10~10:00.

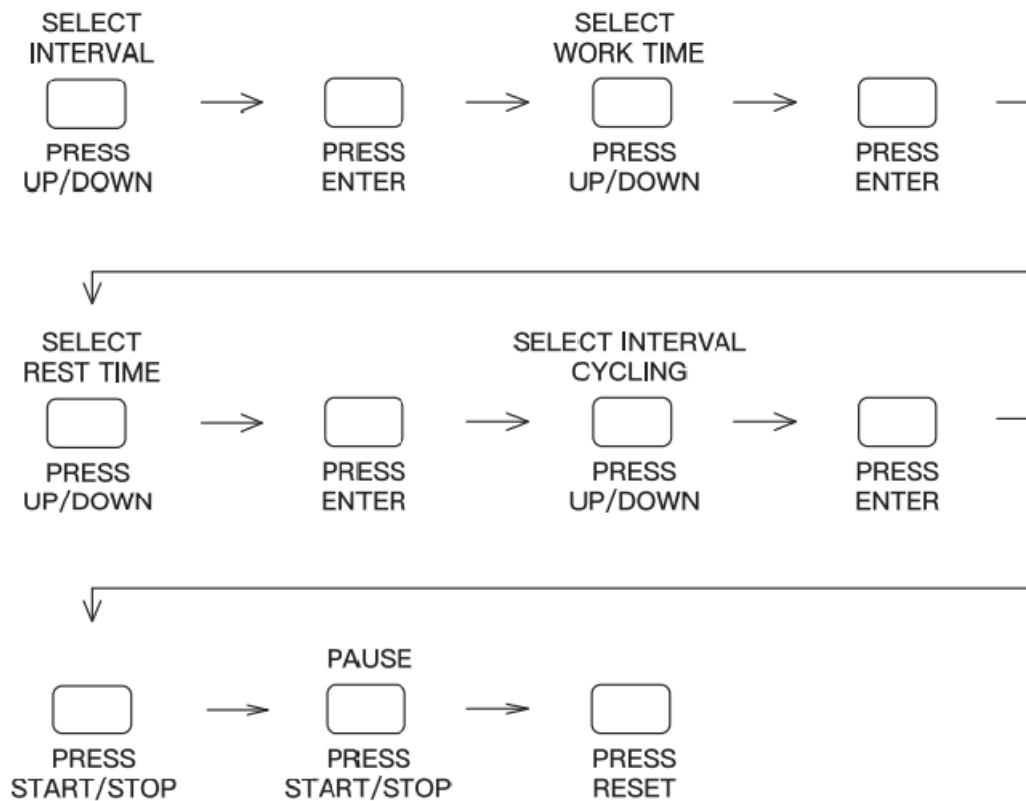
(2). HOW TO SET REST TIME?

When “REST TIME” is flashing, the user can press “UP/DOWN” to set REST TIME and press “ENTER” to confirm it. The setting range for REST TIME is 00:10~10:00.

(3). HOW TO SET INTERVAL CYCLING?

1. When “INTERVAL CYCLING” is flashing, the user can press “UP/DOWN” to set the INTERVAL and press “ENTER” to confirm it. Press ”START” to start the exercise. The INTERVAL setting range is 1~99.
2. When the user starts to row the machine, i.e. the “SPM” signal is input, the PROGRAM Once INTERVAL cycling is finished, the INTERVAL PROGRAM will save the data every time will be operated automatically according to the set WORK TIME and REST TIME. and stopped until the target INTERVAL CYCLING is reached.
3. During the exercise, press “START/STOP” key to pause workout. You can press “RESET” button to clear the

displayed data and come back to standby mode to start the function.



This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction



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Documents / Resources

	<p>JOROTO MR80 Rowing Machine [pdf] User Manual MR80, 2A7MN-MR80, 2A7MNM80, MR80 Rowing Machine, Rowing Machine</p>
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Manuals+.