

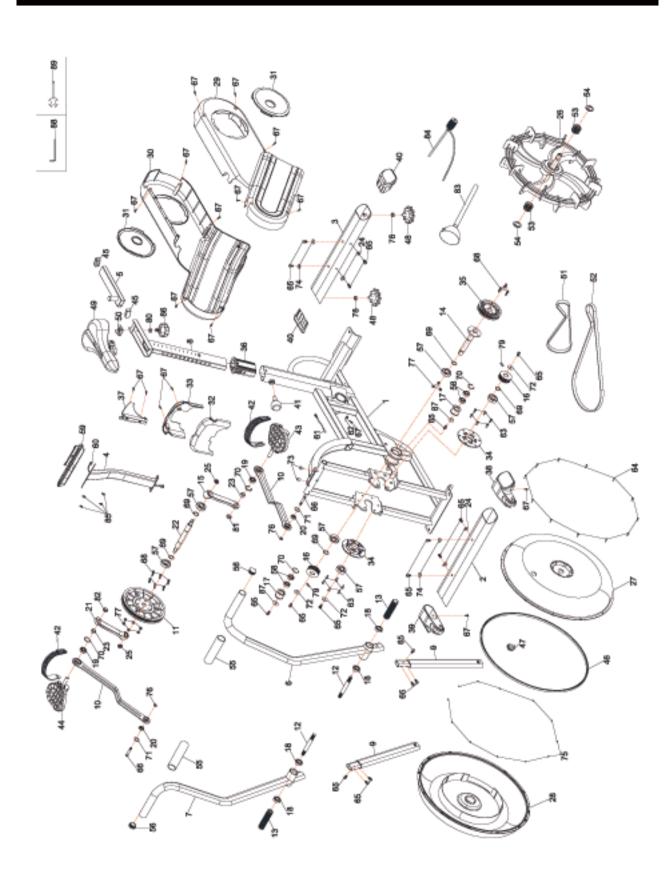
# User Manual



# **JOROTO-XR5**

WATER EXERCISE BIKE

# **EXPLODED-VIEW & PARTS LIST**



NO.	NAME	NAME	MON	SPEC.	QTY
_	Main Frame	Hauptrahmen	Unité centrale	1	_
2	Front Stabilizer	Vorderer Stabilisator	Avant Stabilisateur	-	1
3	Rear Stabilizer	Hinterer Stabilisator	Arrière Stabilisateur	ı	_
4	Supporting Tube	Monitor-Stützrohr	Tube de support	1	1
5	Horizontal Seat Post	Sitzschieber	Tige de siège horizontale	ı	-
9	Left Handlebar Post	linke Lenker	Poteau de guidon gauche	1	-
7	Right Handlebar Post	Rechte Lenker	Poteau de guidon droit	ı	_
8	Vertical Seat Post	Sattelverstellrohr	Tige de siège verticale	-	1
6	Downside Handlebar Post	Unterer Lenkerverbinder	Poteau de guidon à l'envers	-	2
10	Connecting Tube	Verbindungsrohr	Tube de raccordement	-	2
11	Belt Pulley Set	Gürtelscheibe	Courroie Poulie Ensemble	OD200*W19	-
12	Rotating Shaft	Lenker-Spindel	Arbre rotatif	Ф15*122	1
13	Foot Lever	Fußhebel	Pied Levier et Stepper	Φ25.4*100	2
14	Axis	Achse	Axe	Ф20*146	_
15	Left Crank	linke Kurbel	Pédalier gauche	1/2-20-UNF	_
16	Press Roller	Druckrolle	Rouleau de presse	Φ54*20	2
17	Roller	Rolle	Rouleau	45# φ37*26	2
18	Bearing	Lager	Palier	6002ZZ	9
19	Crank Bearing	Lager	Roulement de manivelle	R8ZZ	2
20	Bearing	Lager	Palier	608ZZ	2
21	Right Crank	Rechte Kurbel	Pédalier droit	ı	2
22	Crank Axis	Kurbel-Spindelsatz	Axe de manivelle	Ф20*198	2
23	Crank Spacer Sleeve	Kurbelabstandshalter	Douille d'espacement de manivelle	OD19*ID12.8*12	1
24	Arc Gasket	Lager Dichtung	Joint d'arc	OD20*ID8.5*T1.5	1
25	Flange Nut	Sechskantmutter	Écrou de bride	M10*P1.25	2
26	Blade	Klinge	Lame	ı	_
27	Upside Water Tank	Wassertank-Obere Abdeckung	Réservoir d'eau à l'envers	-	1
28	Downside Water Tank	Wassertank-Untere Abdeckung	Réservoir d'eau	-	1
29	Left Cover	Linke Abdeckung	Couverture gauche	1	1
30	Right Cover	Rechte Abdeckung	Capot droit	-	1
31	Belt Pulley Cover	Runde Abdeckung	Couverture de poulie de ceinture	ı	2
32	Front Cover of Supporting Tube	Stützrohr-Vordere Abdeckung	Couvercle avant du tube de support	ı	_
33	Back Cover of Supporting Tube	Stützrohr-Hintere Abdeckung	Couverture arrière du tube de support	ı	_
34	Bearing Base	Lagergehäuse	Base de roulement	ı	2
35	Belt Pulley	Riemenscheibe	Poulie à courroie		_
36	Sleeve	Hülse	Manche	ı	_
37	Bottle Shelf	Flaschenhalter	Bouteille Étagère	-	1
38	Left Cap for Front Stabilizer	Vordere Stabilisator-Linke Abdeckung	Embout gauche pour stabilisateur avant	-	1
39	Right Cap for Front Stabilizer	Vordere Stabilisator-Rechte Abdeckung	Embout droit pour stabilisateur avant		_
40	Rear Stabilizer Cap	Hintere Stabilisator-Endkappe	Bouchon de stabilisateur arrière	·	2
41	Spring Knob	Federdrehknopf	Bouton à ressort	(JE-736)M16*25-Φ8.0*8	-
42	Pedal Strap	Pedalband	Sangle de pédale	1	2
43	Left Pedal Set	Linkes Pedal	Ensemble de pédale gauche	1	_
44	Right Pedal Set	Rechtes Pedal	Jeu de pédales droites	-	-
45	Horizontal Seat Post Cap	Sitzschieber-Endkappe	Bouchon de tige de selle horizontal	1	2

NO.	NAME	NAME	MON	SPEC.	ΩT≺
46	Sealing Ring	Dichtring	Anneau D'étanchéité	1	_
47	Tank Plug	Wassertankstopfen	Prise de réservoir		1
48	Stopper	Stopper	Patin en caoutchouc antidérapant	-	2
49	Seat	Sattel	Siège	ı	_
20	Seat Adjustment Slider	Einsteller	Curseur de réglage du siège	1	_
51	Belt	Gürtel	Ceinture	330J*14	_
52	Belt	Gürtel	Ceinture	440)*14	_
53	Sealing Ring	Dichtring	Bague d'étanchéité	Ф20	2
54	Tank Fixing Ring	Unterlegscheibe	Anneau de fixation de réservoir	-	2
22	Handlebar Cushion	Lenker-Abdeckung	Coussin de guidon	1	2
26	Round Handlebar Cap	Lenker Endkappe	Bouchon de guidon rond	PVC	2
22	Bearing	Lager	Roulement	6004ZZ	9
28	Bearing	Lager	Roulement	6001ZZ	4
26	Computer	Monitor	Moniteur	100mm	-
09	Upside of Sensor Cable	Oberes Sensorkabel	Dessus du câble du capteur	L=450mm	_
61	Downside of Sensor Cable	Unteres Sensorkabel	Vers le bas du câble du capteur	L=700mm	_
62	Fixing Base of Sensor Cable	Sensorkabels Befestigungssockel	Base de fixation du câble du capteur	ı	_
63	Countersunk Head Tapping Screw	Senkkopf-Schneidschraube	Vis autotaraudeuse à tête fraisée	ST5.0*15	12
64	Phillips Round Head Screw	Kreuzschlitz-Rundkopfschraube	Vis à tête ronde Phillips	M4*17	12
65	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschrauben	Vis à tête plate à six pans creux	M8*15	19
99	Flat Head Hexagon Socket Head Screw	Innensechskant-Flachkopfschraube	Vis à tête plate à six pans creux	M8*40	2
29	Phillips Round Head Self-tapping Screw	Rundkopf-Blechschrauben mit Kreuzschlitz	Vis autotaraudeuse à tête ronde Phillips	ST4*16	17
89	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschrauben	Vis à tête plate à six pans creux	M6*15	6
69	C Buckle	C-Schnalle	Boucle C	Ф20	5
20	Inner Circlip	Innerer Sicherungsring	Circlip intérieur	Φ28*1.0	4
71	Inner Circlip	Innerer Sicherungsring	Circlip intérieur	Φ22*1.0	2
72	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD24*ID8.5*2.0	3
73	Flat Head Hexagon Socket Head Screw	Flachkopf-Innensechskantschrauben	Vis à tête plate à six pans creux	M8*10	2
74	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD20*ID8.5*T1.5	4
75	Flange Nut	Flanschmutter	Écron de bride	Ф8, S6 M4	12
9/	Thin Nylon Nut	Nylonmutter	Écrou en nylon mince	M8	2
77	Nylon Nut	Nylonmutter	Écrou en nylon	M6	6
78	Hex Nut	Sechskantmutter	Écrou hexagonal	M10	2
79	Flat key	Flacher Schlüssel	Clé plate	5*5*20	2
80	Flat Washer	Flache Unterlegscheibe	Rondelle plate	OD20*ID10.5*T1.5	2
8	Large Nylon Nut L	Große Nylonmutter L	Grand écrou en nylon L	1/2"-20UNF	_
82	Large Nylon Nut R	Große Nylonmutter R	Grand écrou en nylon R	1/2"-20UNF	_
83	Funnel	Trichter	Entonnoir	-	_
84	Water Pump	Wasserpumpe	Pompe à eau	_	_
82	Computer Screw	Monitorschraube	Moniteur Vis	M5*12	4
98	Adjustment Knob	Einstellknopf	Bouton de réglage	ABS	_
87	Flat Washer	Flachkopf Innensechskantschraube	Rondelle plate	OD16*ID8.5*T1.5	2
88	Allen Wrench	Flachkopf-Kreuzschlitzschraube	Clé Allen	S5	_
88	Open Wrench	Flachkopf Innensechskantschraube	Clé ouverte	1	2

## **User Manual**

Dear Customer,

Please read this instruction very carefully before using this item. You will find important information regarding safety of your exercise bike.

## **IMPORTANT SAFETY NOTICE**

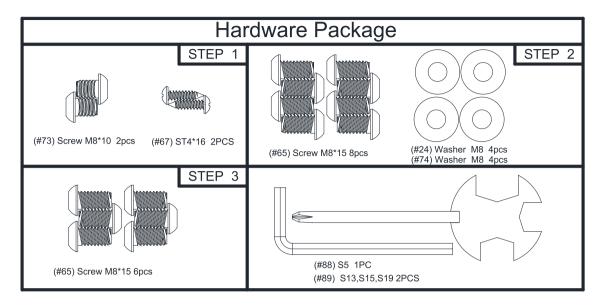
# Note the following precaution before assembling or operating the machine.

- 1. Keep children and pets away from the bike at all times. DO NOT leave unattended children in the same room with the machine.
- 2. Handicapped or disabled persons should not use the bike.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT APHYSICIAN IMMEDIATELY.
- 4. Before beginning training, remove all within a radius of 2 meters from the machine. DO NOT place any sharp objects around the bike.
- 5. Position the bike on a clear, level surface away from water and moisture. Place mat under the unit to help keep the machine stable and to protect the floor.
- 6. Use the bike only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- 7. Assemble the machine exactly as the descriptions in the instruction manual.
- 8. Check all bolts and other connections before using the machine for the first time and ensure that the trainer is in the safe condition.
- 9. Hold a routine inspection to the equipment. Tighten all bolts on a regular basis. Pay special attention to components which are the most susceptible to wear off, i.e. connecting points and wheels. The defective components should be replaced immediately. The safety level of this equipment can only be maintained by doing so. Please don't use the bike until it is repaired well.
- 10. NEVER operate the bike if it is not functioning properly.
- 11. This machine can be used for only one person's training at a time.
- 12. Do not use abrasive cleaning articles to clean the machine. Remove drops of sweat from the machine immediately after finishing training.
- 13. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.

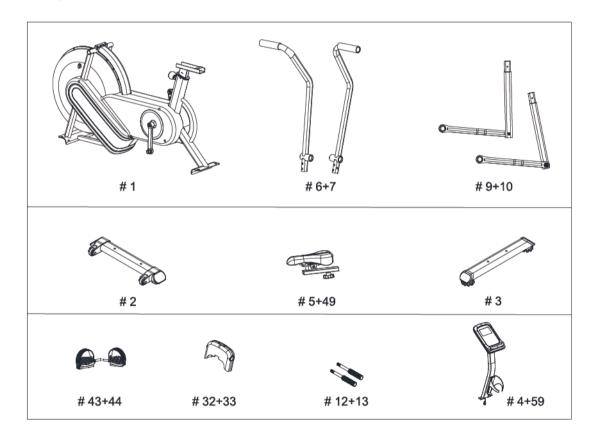
- 14. Before exercising, always do stretching first.
- 15. The power of the machine increases with increasing the speed, and the reverse. The resistance could be adjusted by adding or decreasing the quantity of water.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE BIKE.JOROTO ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

# **TOOL KIT**



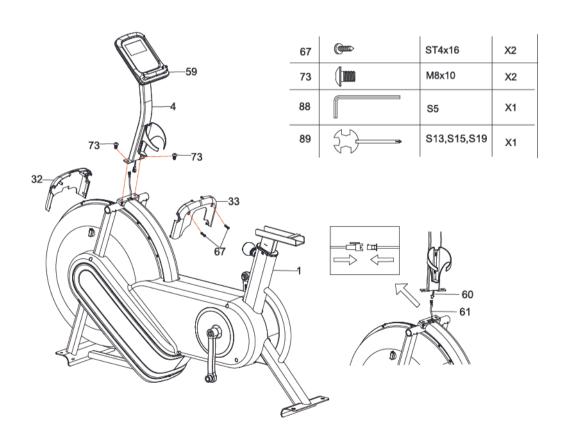
### **Component Pack**



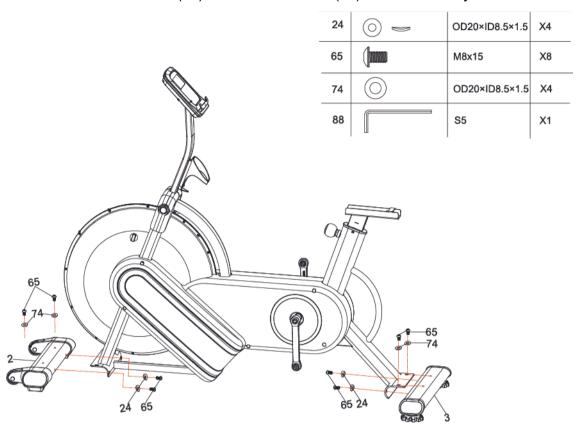
No.	Name	Qty.
#1	Main Frame 1	
#6+7	Handlebar Post Left/Right	1+1
#9+10	Downside Handlebar Post + Connecting Tube 2+2	
#2	Front Stabilizer 1	
#5+49	Seat 1+1	
#3	Rear Stabilizer	
#43+44	Pedal Left/Right 1+	
#32+33	Front/Back Cover of Supporting Tube 1+1	
#12+13	Rotating Shaft + Foot Lever	2+2
#4+59	Computer + Supporting Tube	1+1

# **INSTALLATION STEPS**

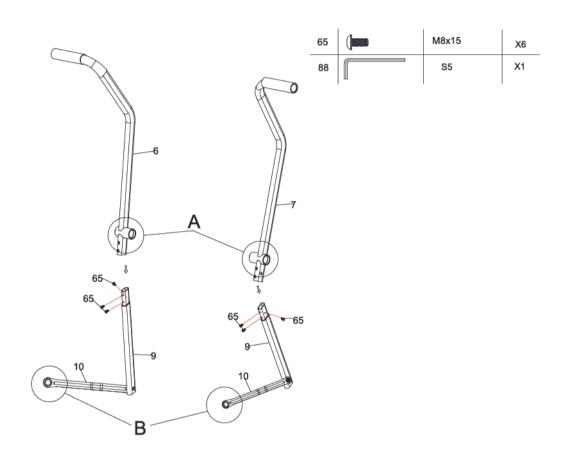
- 1. Connect the Upside Sensor Cable (#60) with the Downside Sensor Cable (#61) as the picture shows.
- 2. Use 2 Flat Head Hexagon Socket Screws (#73) to fix the Computer and Supporting Tube (#4+#59) on the Main Frame (#1).
- 3. Attach the Front/Back Cover of Supporting Tube (#32+33) on the Main Frame (#1), use 2 Phillips Round Head Self-tapping Screws (#67) to fix and lock them.



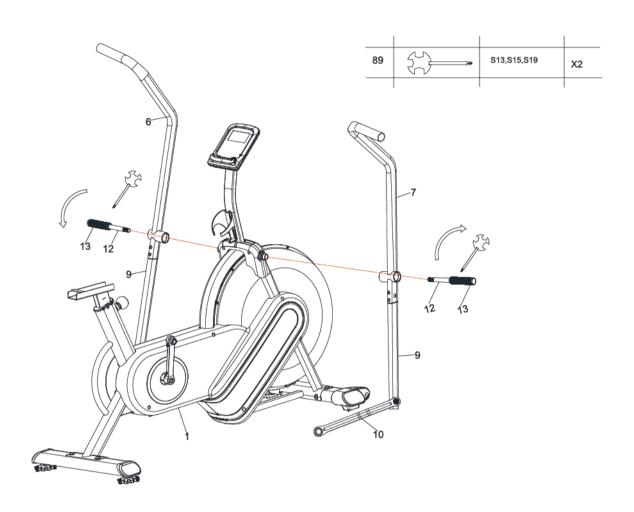
- 1. Use 4 Flat Head Hexagon Socket Head Screws (#65), 2 Flat Washers (#74), 2 Arc Gaskets (#24) to fix the Front Stabilizer (#2) on the Main Frame (#1).
- 2. Fix the Rear Stabilizer (#3) on the Main Frame (#1) in the same way.



- 1. Assemble the Left Handlebar Post (#6) and the Downside Handlebar Post + Connecting Tube (#9+10), line up the holes and then use 3 Flat Head Hexagon Socket Head Screws (#65) to fix it.
- 2. Use the same method above to assemble the Right Handlebar Post (#7) with the Downside Handlebar Post + Connecting Tube (#9+10).
- 3.Please make sure the Tube (A) and the Tube (B) of the Connecting Tube (#10) are towards inside when assembling Handlebar Post Left/Right (#6+7) and Downside Handlebar Post + Connecting Tube (#9+10).



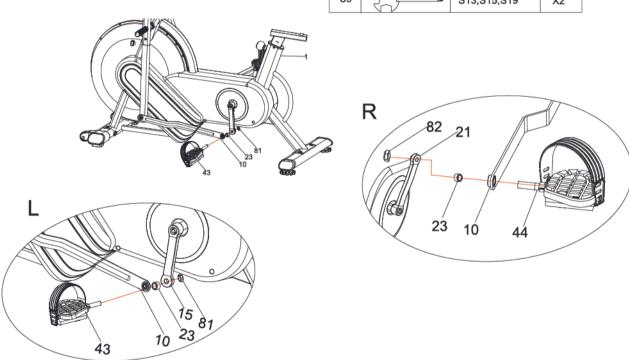
- 1. Get the Rotating Shaft (#12) through the Handlebar Post Left/Right (#6+7), and fix it on the Main Frame (#1).
- 2. Insert 2 Open Wrenches (#89) though the Foot Lever (#13), rotate it in the anti-clockwise and fix the Foot Lever (#13).



Notice: There is matched thread on the Left Pedal Set (#43), the Large Nylon Nut L (#81), the Right Pedal Set (#44) and Large Nylon Nut R (#82). They must be fixed towards the direction of the handlebar.

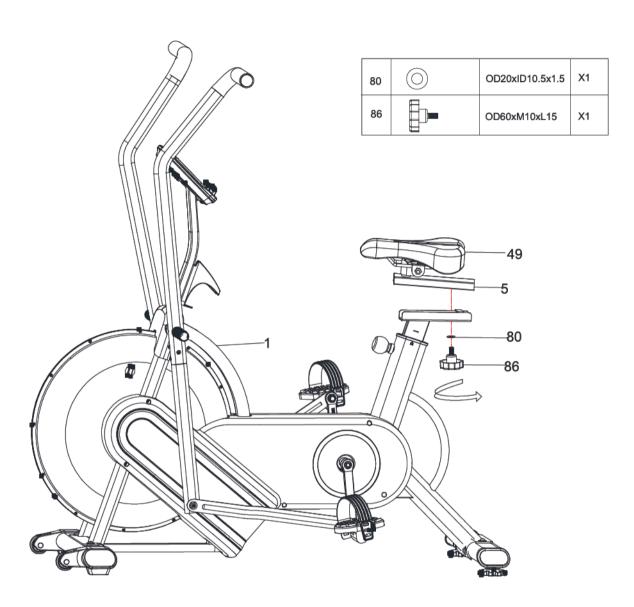
- 1. Assemble the Left Pedal Set (#43) through the Connecting Tube (#10), insert the Crank Spacer Sleeve (#23) and get it through the Left Crank (#15), then rotate the Left Pedal Set (#43), make sure the nut on the Left Pedal Set (#43) is absolutely get through the crank and fixed. Then use the Open Wrench (#89) to fix the Left Pedal Set (#43) and Large Nylon Nut L (#81).
- 2. Assemble the Right Pedal Set (#44) by following the same procedure. Rotate the Right Pedal Set (#44) in clockwise.

23		OD19*ID12.8*12	X2
81		1/2"-20UNF-L	X1
82		1/2"-20UNF-R	X1
89	55	S13,S15,S19	X2



Step 6

Remove the Flat Washer (#80) and the Adjustment Knob (#86) before assembling the Seat Set (#5+49), then fix them again.



# **ADJUST THE SEAT**

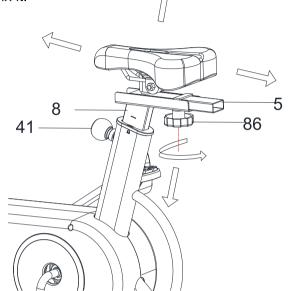
### **Adjust the Height of Seat**

- 1. Rotate the loosen the Spring Knob (#41).
- 2. Use one hand to pull the Spring Knob (#41) out and use another hand to adjust the height of the Vertical Seat Post (#8).

3. Tighten the Spring Knob (#41) again and fix it.

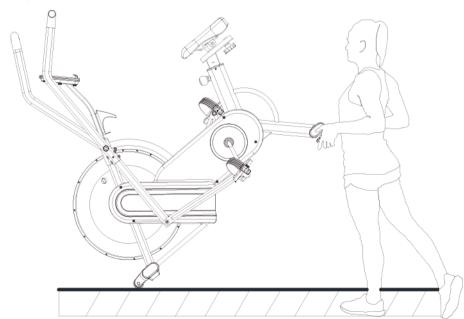
### **Adjust the Position of Seat**

- 1. Loosen the Adjustable Knob (#86).
- 2. Move the Horizontal Seat Post (#5) forward or backward to the proper position.
- 3. Tighten the Adjustable Knob (#86).



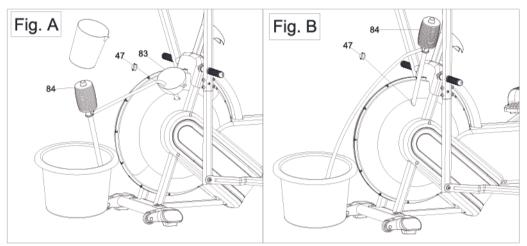
# **MOVE THE ITEM**

You could lift the bike up, move the bike to the proper position by using the transport wheels on the Front Stabilizer.



## **ADD AND PUMP WATER**

- 1. Pull out the Tank Plug (#47), put the Funnel (#83) through the hole of the tank. Add water into the tank by using the Funnel (#83).
- 2. Pull out the Tank Plug (#47), put one side of the Water Pump (#84) into the tank and put the other side of Water Pump (#84) into water, add water to the tank by pressing the Water Pump (#84).
- 3. Pull out the Tank Plug (#47), put one side of the Water Pump (#84) into the tank and put the other side of the Water Pump (#84) into the water container and draw the water from the tank.



## **INSTRUCTIONS**

#### 1. FUNCTIONS OF THE BLUETOOTH

- 1.1 Working frequency: this wireless transmitter is a Bluetooth 4.2 device. Its working frequency is 2.4GHZ.
- 1.2 To ensure the data record is real and effective at the cell-phone end, the wireless transmitter records and sends the data of the user to cell-phone APP only when Bluetooth computer and the cell-phone are connected. First connect the APP to the Bluetooth computer before starting the sports equipment to ensure the authenticity and effectiveness of the data recorded in cell-phone APP.
- 1.3 If the Bluetooth computer does not receive the motion signal input within 4 minutes, it will enter sleep mode. In sleep mode, the phone cannot use the Bluetooth computer. In this case, press any button on the computer or use a sports device to wake up the Bluetooth computer, and the mobile phone can find it again.
- 1.4 When the computer is successfully connected to the app, the computer will turn off the display and all data will be displayed on the app.
- 1.5 After connecting the app, if you need to reuse the computer, you need to exit the app and turn off the Bluetooth of the mobile phone.

### 2. FUNCTIONS OF THE COMPUTER

#### **FUNCTIONAL BUTTONS**

MODE	- Push down to select functions.  - Push down for about 2 seconds to reset time, distance and calories for 2 seconds.
SET	- To set the values of time, distance, calories and pulse when not in scan mode.
RESET	– Push down to reset time,distance,calories and pulse.

#### **FUNCTION AND OPERATIONS**

- 1. SCAN: Press the "MODE" button to select the function to "TIME", at which time the "SCAN" words appear in the upper left of the Computer and computer will rotate through all the 6 functions: Time, speed, distance, calorie, odometer and pulse. Each display will be hold 5 seconds. In the process of cyclic display of Each function, press "MODE" button once to make the "SCAN" disappear in any function mode to display this function. If you want to return to "SCAN" again, press the "MODE" button to select the function to "TIME".
- 2. TIME: Display the time from exercise start to end.
- 3. SPEED: Display current speed.
- 4. DISTANCE: Display the distances from exercise start to end.
- 5. CALORIES: Display the calories burned from exercise start to end.
- 6. ODOMETER: Computer will display the total accumulated distance, after the battery is reinstalled, the value will return to zero.
- 7. PULSE: Display the user's heart rate value (please wear the Wireless chest belt before measuring the heart rate, and the measured value cannot be used as a medical basis).

#### TARGET TRAINING SETTINGS

This computer has four target training modes: time, distance, calories and pulse (when switching to the target function, if there is "SCAN" font is displayed, you need to press the "MODE" button again to make the "SCAN" font disappear before setting).

- 1. TIME target training mode: First press the "MODE" button to switch to the "TIME" function, and then press the "SET" button to set the target time (The setting range is 1:00-99:00. Each time you press the button + 1:00, Press and hold the set button to speed up the setting). When it reaches the required time, stop the button. Then start to use the machine, and the display will start to count down. When the countdown is zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.
- 2. DISTANCE target training mode: First press the "MODE" button to switch to the "DIST" function, and then press the "SET" button to set the target distance (The setting range is 1.0-999.0 KM/MILE, Each time you press the button + 1.0 KM/MILE, Press and hold the set button to speed up the setting). When it reaches the required distance, stop the button. Then start to use the machine, and the display will start to count down. When the countdown is zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.

- 3. CALORIE target training mode: First press the "MODE" button to switch to the "CAL" function, and then press the "SET" button to set the target calories (The setting range is 1.0-999.0 CAL, Each time you press the button + 1.0 CAL, Press and hold the set button to speed up the setting). When it reaches the required calories, stop the button. Then start to use the machine, and the display will start to count down. When the countdown is zero, the computer will give an alarm to remind the user that the training goal has been completed. At this time, if you continue to train, the computer will automatically start to count up from zero.
- 4. PULSE target training mode: First press the "MODE" button to switch to the "PULSE" function, and then press the "SET" button to set the target pulse (The setting range is 40-240BPM, Each time you press the button +1BPM, Press and hold the set button to speed up the setting). When it reaches the required pulse, stop the button, then start to use the machine, when the user's pulse is higher than the target pulse, the computer will give an alarm.

If you want to modify the target data after the setting process or completion, press "RESET" button directly to clear all settings, and then reset according to the previous description.

#### **NOTE**

- 1. If the display is faint or shows no figures ,please replace the batteries.
- 2. The computer will automatically shut off and goes into sleep mode if there is no signal received after 4 minutes.
- 3. The computer will be powered on when starting to exercise push button signal in.
- 4. The computer will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

#### **SPECIFICATIONS**

	AUTO SCAN	Every 5 seconds
	TIME	0:00~99:59
	CURRENT SPEED	0.0~99.9 KM/H (MILE/H)
	TRIP DISTANCE	0.0~999.9 KM (MILE)
FUNCTION	CALORIES	0.0~999.9 CAL
	ODOMETER	0.0 ~ 999.9 KM (MILE)
	PULSE RATE	40~240 BPM
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

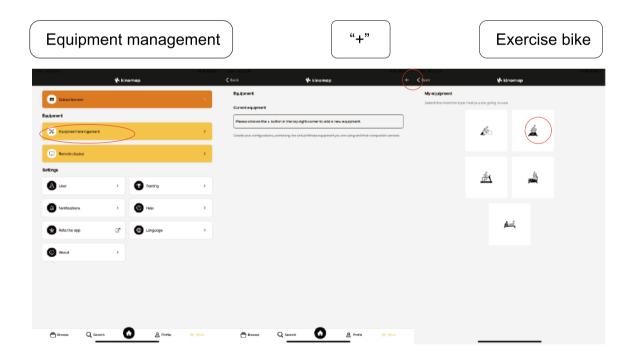
#### 3. APP CONNECTION

(NOTE: The "KINOMAP" software will be updated in real time, and this operation process is only for reference.)

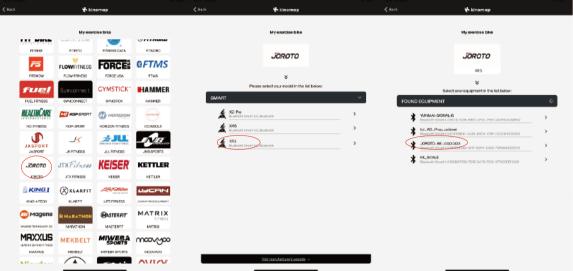
1. Search "KINOMAP" in the mobile app store to download the app.



- 2. After the download is completed, open the app and register the personal information. Turn on the Bluetooth of the mobile phone to ensure that the computer is powered on and in the wake-up state.
- 3. Add sports equipment as follows:







4. Connect the device, select the scene you like and start your exercise!

### Note

This Monitor is suitable for all Apps which can be connected by FTMS Bluetooth protocol, such as Zwift.

### **FCC Warning Statement**

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

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.

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

### IC warning

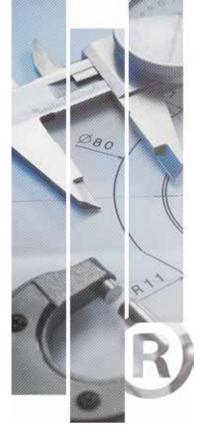
This device contains licence-exempt transmitter(s)/receiver(s)/ that comply with Innovation Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

- 1) this device may not cause interference and
- 2) this device must accept any interference, including interference that may cause undesired operation of the device. Radiation Exposure: This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment; To maintain compliance with IC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance of 5mm the radiator your body. This device and its antenna(s) must not be co-located or operation in conjunction with any other antenna or transmitter.

Déclaration de l'ISED Canada:

Cet appareil contient des tasmittre (s) / récepteur (s) sans licence / conformes à l'innovationRSS exemptes de licence de Sciences et Développement économique Canada. L'opération est sous réserve des deux conditions suivantes :

- 1) cet appareil ne peut pas causer d'interférences et
- 2) cet dispositif doit accepter toute interférence, y compris peut provoquer le fonctionnement indésirable de l'appareil. Exposition aux rayonnements: Cet équipement est conforme aux radiations du Canada limites d'exposition pour un environnement incontrôlé noncé d'exposition RF Pour maintenir le respect des guides d'exposition RF d'IC, cquipment doit être.installé et actionné avec une distance minimale de 5mm le radiateur de votre corps. Cet appareil et ses antennes ne doivent pas être co-localisé ou en opération en conjonction avec toute autre antenne ou émetteur.





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