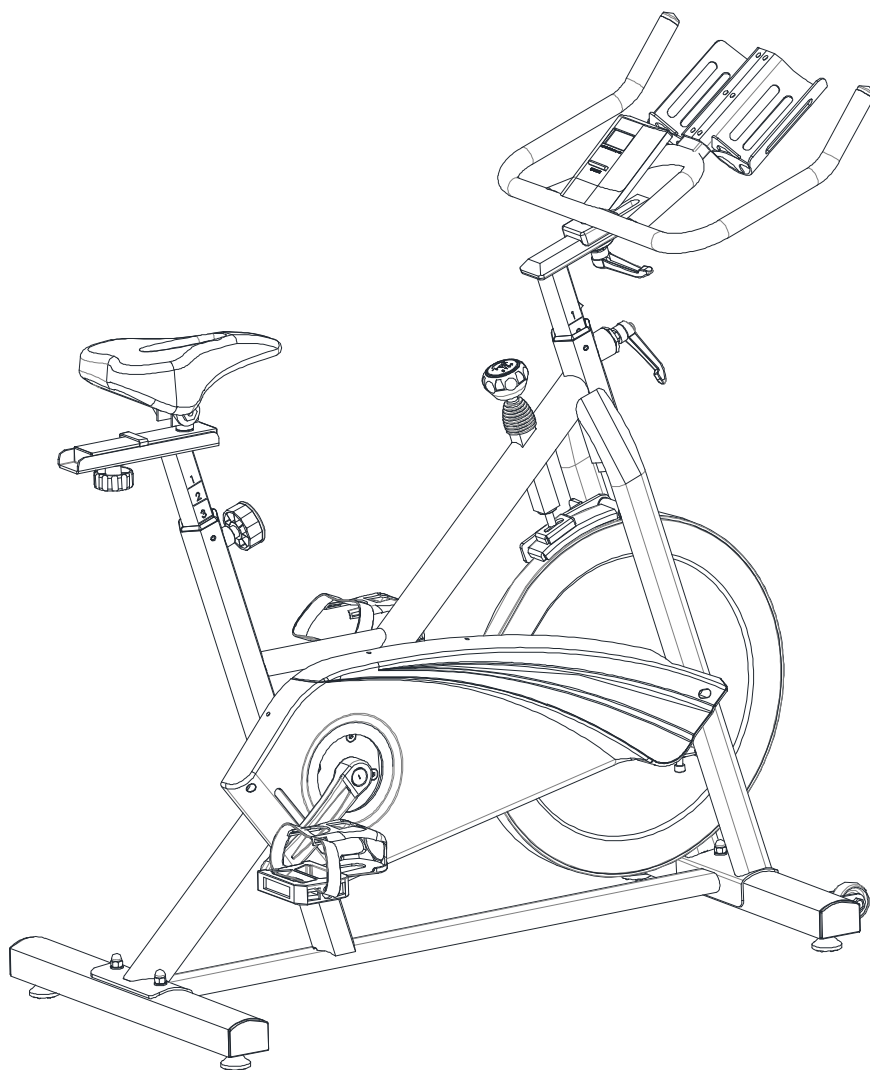
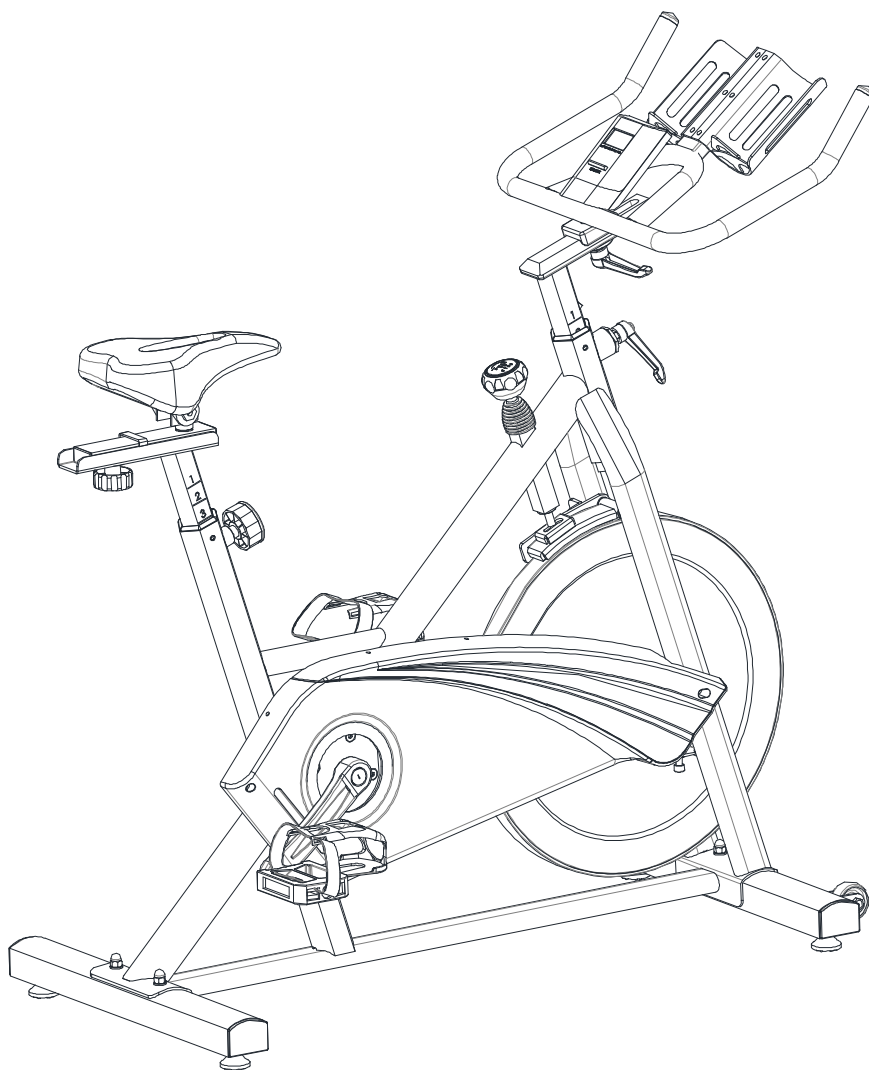


JOROTO



JOROTO-X2

USER MANUAL



Read all instructions carefully before using this product. Retain this owner's manual for future reference. For customer service, please contact support@jorotofitness.com.

Dear Customer,

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

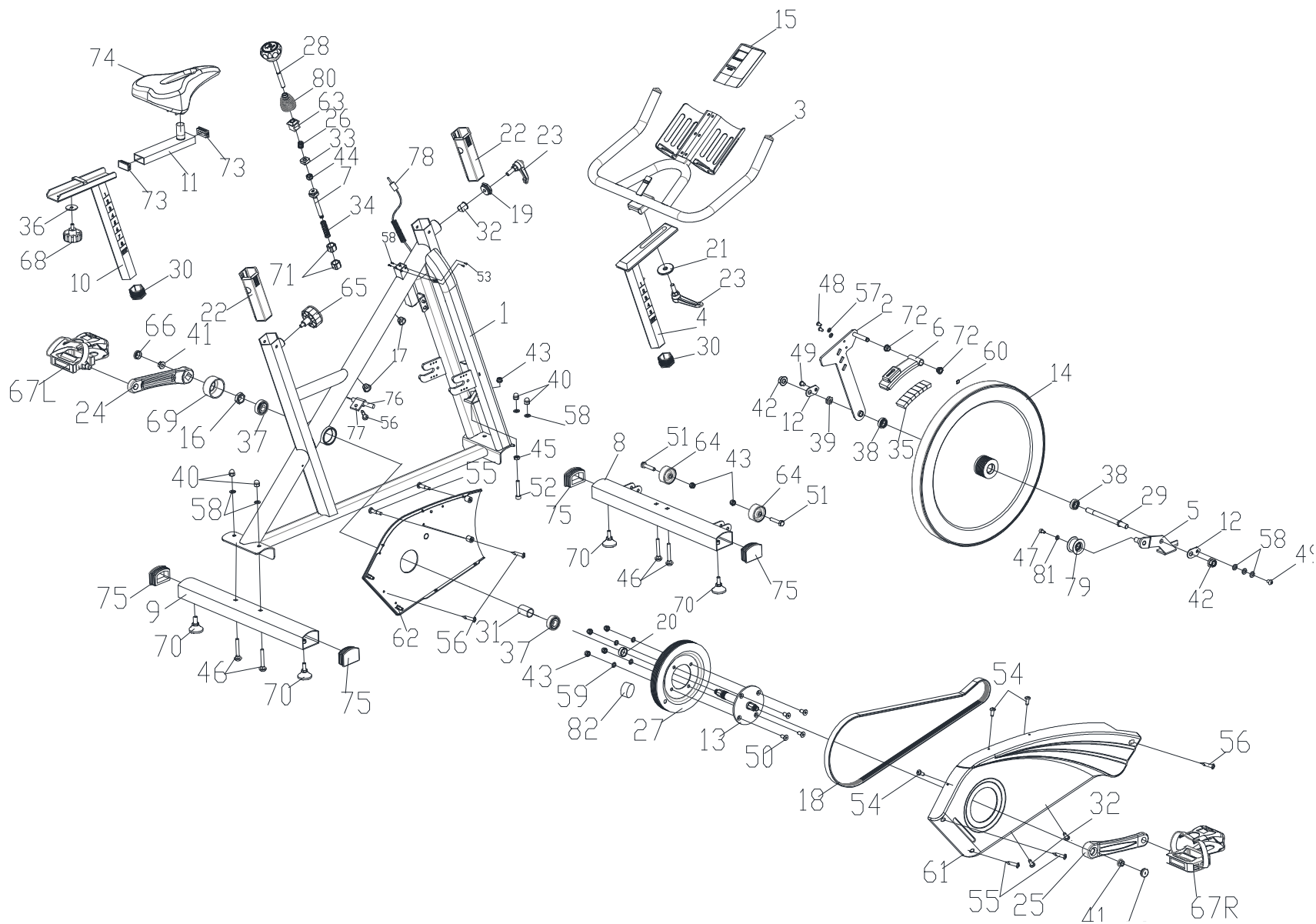
IMPORTANT SAFETY NOTICE

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 A PHYSICIAN 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 machine is equipped with adjustable knob, which can adjust the resistance.

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.



EXPLODED-VIEW & PARTS LIST

NO.	NAME	QUANTITY	SPEC.
1	MAIN FRAME	1	WELDMENT
2	MAGNET HOLDER SUPPORTER	1	WELDMENT
3	HANDLE BAR	1	WELDMENT
4	HANDLEBAR POST	1	WELDMENT
5	BELT WHEEL HOLDER	1	WELDMENT
6	MAGNET HOLDER	1	WELDMENT
7	BRAKE POLE	1	WELDMENT
8	FRONT STABILIZER	1	WELDMENT
9	REAR STABILIZER	1	WELDMENT
10	VERTICAL SEAT POST	1	WELDMENT
11	SEAT POST	1	WELDMENT
12	METAL PLATE	2	WELDMENT
13	AXIS	1	φ20*166
14	FLYWHEEL	1	φ463*71* 16KG
15	COMPUTER	1	HS-6065
16	FIXING NUT	1	φ28*M20*1
17	PLASTIC PLUG	2	φ14*14
18	BELT	1	5PK
19	LOCK NUT	1	32*12
20	SHORT FIXING TUBE	1	φ25*20.05*11.5
21	Round gasket	1	φ45*φ10.5*5
22	PLASTIC SLEEVE	2	40*T2 50*T2
23	ADJUSTMENT KNOB	2	M10*25
24	LEFT CRANK	1	170*42.5
25	RIGHT CRANK	1	170*42.5
26	SPRING	1	φ15.5*φ1.5X15
27	BELT PULLEY	1	φ200*24
28	BRAKE KNOB	1	M10*100
29	FLYWHEEL SHAFT	1	φ16*φ12*156
30	END CAP	2	40*t2
31	LONG FIXING TUBE	1	φ25*φ20.5*51.1
32	V top tight block	1	Φ22*20
33	NUT	2	20*20*t8(M10)
34	SPRING	1	Φ2.0*52
35	MAGNET	7	30*15*10
36	FLAT WASHER	1	Φ32*Φ8.2*2
37	BEARING 6004ZZ	2	6004ZZ
38	BEARING 6001ZZ	2	6001ZZ(C&U)
39	FIXING NUT	1	M12X1.25
40	DOMED NUT	4	GB/T 802-1988 M8
41	FLANGE NUT	2	M10*1.25
42	FIXING NUT	2	M12X1.25
43	LOCK NUT M8	7	GB/T 889.1-2000 M8

NO.	NAME	QUANTITY	SPEC.
44	LOCK NUT M10	1	GB/T 889.1-2000 M10
45	NUT	1	GB/T 41-2000 M8
46	CARRIAGE BOLT	4	GB/T 12-1988 M8*57
47	BOLT1 M6*10	1	GB/T 70.1-2000 M6*10
48	BOLT2 M6*10	2	GB/T 70.1-2000 M6*10
49	BOLT M8*10	2	GB/T 70.2-2000 M8*10
50	BOLT	4	GB/T 70.3-2000 M8*18
51	BOLT	2	GB/T 5780-2000 M8*40
52	SCREW	1	GB/T 70.1-2000 M8*45
53	SCREW	4	ST2.9*9.5
54	SCREW	5	GB/T 845-1985 ST4.2*13
55	SCREW	4	GB/T 845-1985 ST4.2*16
56	SCREW 2	4	GB/T 15856.1-2002 ST4.2X19
57	FLAT WASHER Φ6	2	GB/T 95-2002 6
58	FLAT WASHER Φ8	7	GB/T 95-2002 8
59	SPRING WASHER	4	GB/T 859-1987 8
60	WASHER	1	GB894.1 Φ10
61	OUTER CHAIN COVER	1	736*70*292
62	INNER CHAIN COVER	1	447*288*23
63	BRAKE TUBE PLUG	1	25*25*27
64	WHEEL	2	φ50*23
65	SPRING ADJUSTMENT KNOB	1	φ57*66
66	CRANK END CAP	2	φ28*6.5
67	PEDAL	1	JD-304 M18*1.5
68	LOCKING KNOB	1	PE+Q235/φ52*47
69	CRANK COVER	1	φ56*28
70	STOPPER	4	φ38*43/(M8X25)
71	CASING PIPE	2	20.6*20.6*16
72	CASING	2	φ18*φ10*10
73	END CAP	2	40*20*1.5
74	SEAT	1	AQ-6010
75	END CAP	4	60*45*2
76	SENSOR	1	SR-212
77	THE FIXED FRAME	1	LTF8163
78	SENSING LINE	1	850mm
79	PRESS ROLLOR	1	Φ43*Φ34*24
80	Telescopic Plastic Tube	1	φ40.6*60
81	Large gasket	1	Φ16*Φ6*2.5
82	MAGNET	1	c-02Z
83	CROSSHEAD SPANNER	1	S=13,14,15
84	INNER HEXAGON SPANNER	1	6# (86X35)
85	Open wrench	1	S13/15

ASSEMBLY INSTRUCTION

1.PREPARATION:

- A. Before assembling make sure that you will have enough space around the item.
- B. Use the present tooling for assembling.
- C. Before assembling please check whether all needed parts are available (at the above of this instruction sheet you will find an explosion drawing with all single parts (marked with numbers) which this item consists of.

2.ASSEMBLY INSTRUCTION:

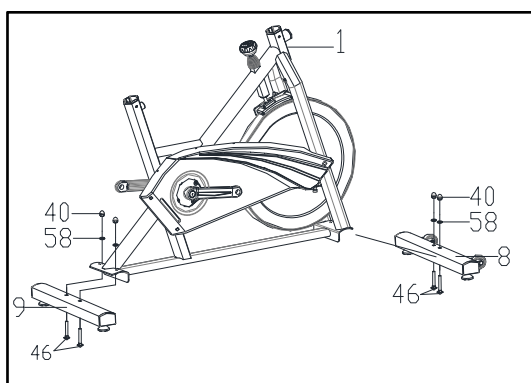


FIG.1

FIG.1:

Attach the Front Stabilizer (pt.8) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.58), M8 Domed Nut (pt.40) and M8*57 Carriage Bolt (pt.46).

Attach the Rear Stabilizer (pt.9) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.58), M8 Domed Nut (pt.40) and M8*57 Carriage Bolt

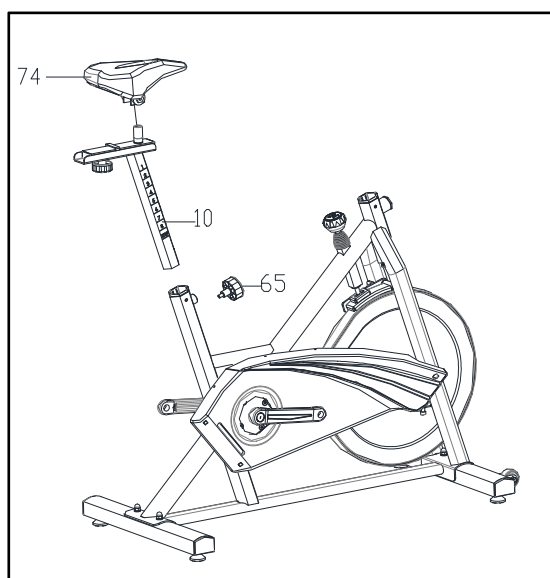


FIG.2

FIG.2:

Insert the Vertical Seat Post (pt.10) into the seat post tube of the Main Frame. You will have to slacken the Knob (pt.65) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.

The Seat (pt.74) is fixed on the Seat Post (pt.11) .

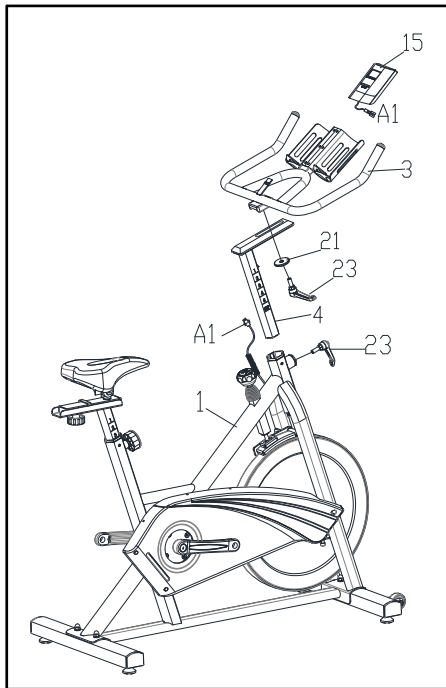
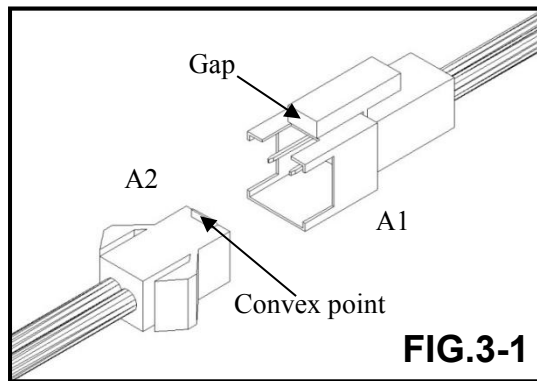


FIG.3

FIG.3:

Insert the Handlebar Post (pt.4) into the handlebar post tube of the main frame. You will have to slacken the Knob (pt.23). Then select the desired height and retighten the knob. The Handlebar (pt.3) is fixed on the Handlebar Post (pt.4) with Knob (pt.23) and Flat Washer (pt.21).

The Computer (pt.15) is fixed on the handlebar (pt.3).



ATTENTION::

Connected with the computer line, to **Gap**(A1) corresponding to the **convex point** (A2) to insert link

ATTENTION: YOU SHOULD FIX THE HANDLEBAR TIGHTLY

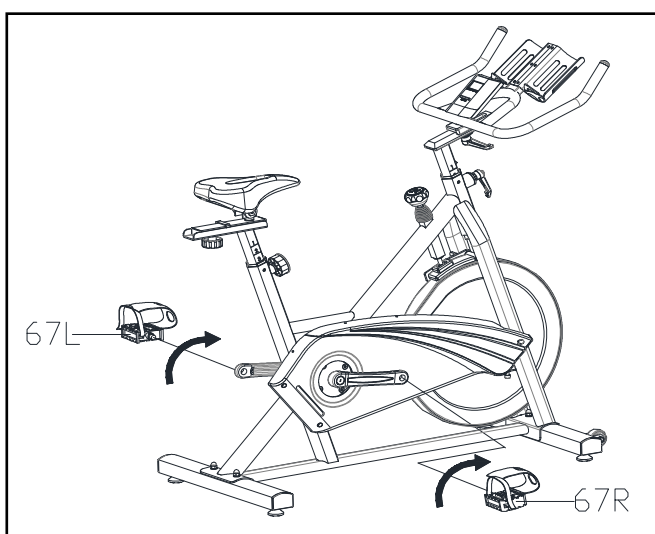


FIG.4

FIG.4:

The Pedals (pt.67L & pt.67R) are marked "L" and "R" - Left and Right. Connect them to their appropriate crank arms. The right crank arm is on the right- hand side of the cycle as you sit on it.

Note that the Right pedal should be threaded on clockwise and the Left pedal anticlockwise.

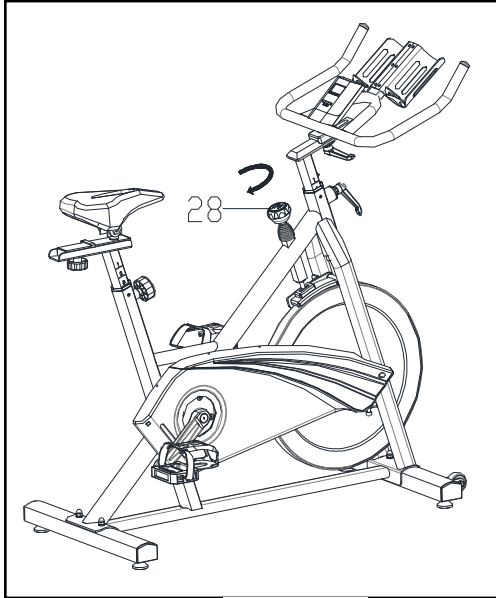


FIG.A

A.) Adjust the resistance:

To increase resistance (requiring more strength to pedal), turn the Emergency Brake & Resistance Control Knob (pt.28) to the right.

To decrease resistance (requiring less strength to pedal), turn the Emergency Brake & Resistance Control Knob (pt.28) to the left.

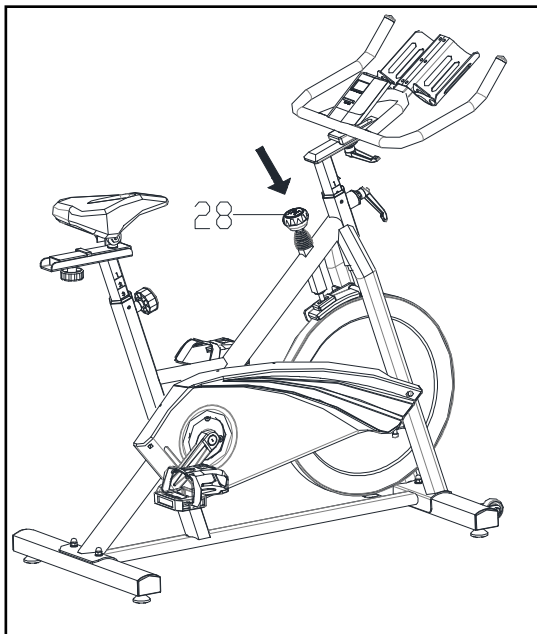


FIG.B

B.) The Emergency Brake Function:

The Emergency Brake & Resistance Control Knob can be used as the Emergency Brake. When you want the flywheel to stop turning, you must firmly press down the Emergency Brake & Resistance Control Knob (pt.28).

ADJUSTMENT

***To adjust the seat height, slacken the spring adjustment knob on the vertical post on the main frame and pull back the knob. Position the vertical seat post for the desired height so that holes are aligned, then release the knob and retighten it.**

***To move the seat forward in the direction of the handlebar or backwards away from it, loosen the locking knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the locking knob.**

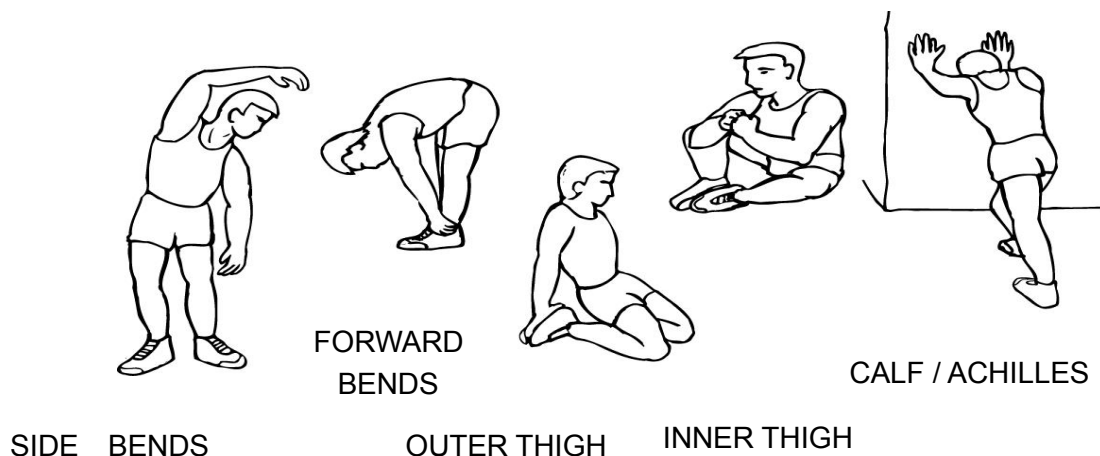
***To adjust the handlebar height, slacken the adjustment knob and pull the knob back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the locking knob.**

EXERCISE INSTRUCTIONS

Using your indoor cycling bike provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

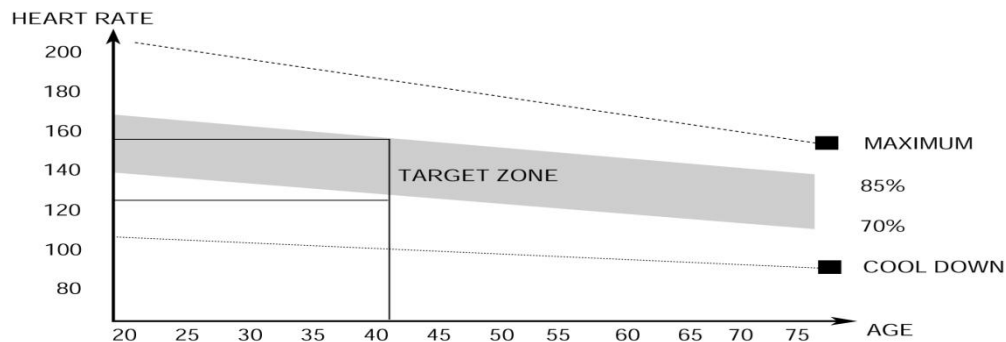
1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2.The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become Stronger. Work at your own pace, but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes for most people

This stage is to let your cardiovascular system and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

MUSCLE TONING

To tone muscle while on your exercise bike you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

USE

The tension control knob allows you to alter the resistance of the pedals. A high resistance makes it more difficult to pedal, a low resistance makes it easier. For the best results set the tension while the bike is in use.

EXERCISE MONITOR INSTRUCTION MANUAL

KEY FUNCTION

- This key allows you to select and lock on to a particular function you want.
SCAN→TIME→SPEED→DIST→CALORIES(CAL)→TOTAL DIST(ODO)(if any)
- Press and hold the button for 3 seconds to reset the value to zero(without ODO).

SLEEP MODE

- The monitor turns off automatically when the monitor has no signal input or no keys are pressed for approximately 4 minutes.
- The monitor turns on when the key is depressed or a signal input from the monitor.

FUNCTION:

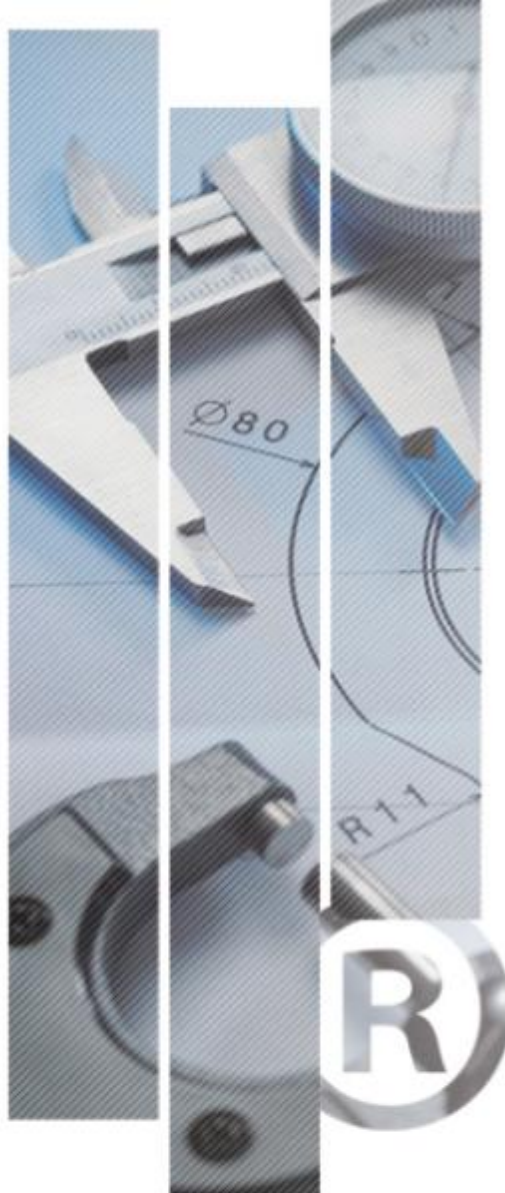
1. **SCAN:** Display automatically changes according to the next diagram,each mode displays for a period of 6 seconds.

TIME→SPEED→DIST→CALORIES(CAL)→TOTAL DIST(ODO)(if any)

2. **TIME:** Counts the total time of an exercise from start to finish.
3. **SPEED:** Displays the current speed when starting exercise.
4. **DISTANCE:** Displays the distance of each workout when starting exercise.
5. **CALORIE:** Counts the amount of total calories burned during an exercise from start to finish.
6. **TOTAL DIST(if any):** The distance of all workouts will be shown when starting exercise in case the battery is not replaced.

SPECIFICATIONS

FUNCTION	SCAN	6S
	TIME	0:00-99:59(M :S)
	SPEED	0~999.9KM(MILE)/H
	DIST	0~9999KM(MILE)
	ODO	0~9999KM(MILE)
	CAL	0~9999Kcal
Battery		Size-AAA *2
Operating temperature		0~40℃ (32°F -104°F)
Storage temperature		-10~60℃ (14°F -168°F)



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