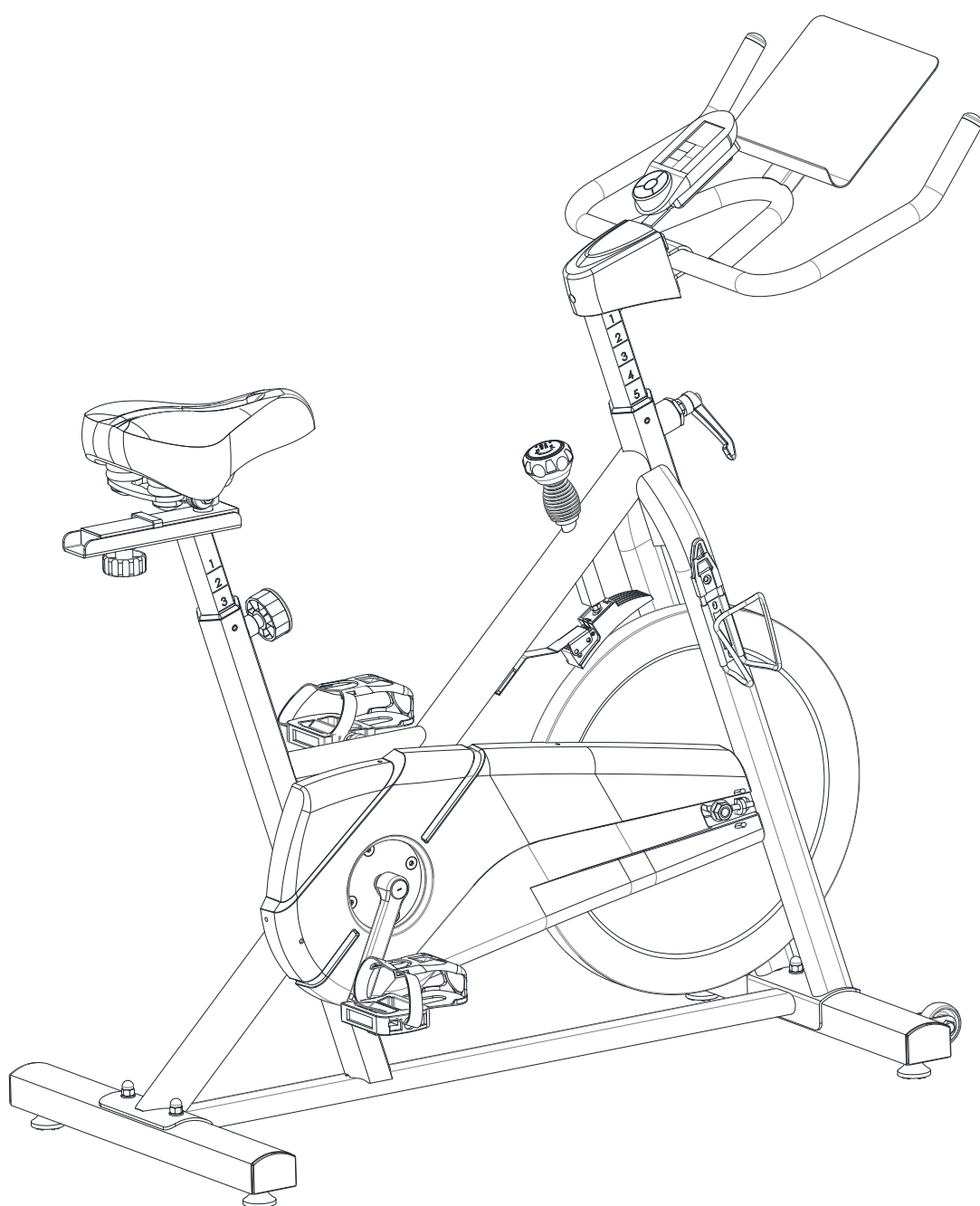
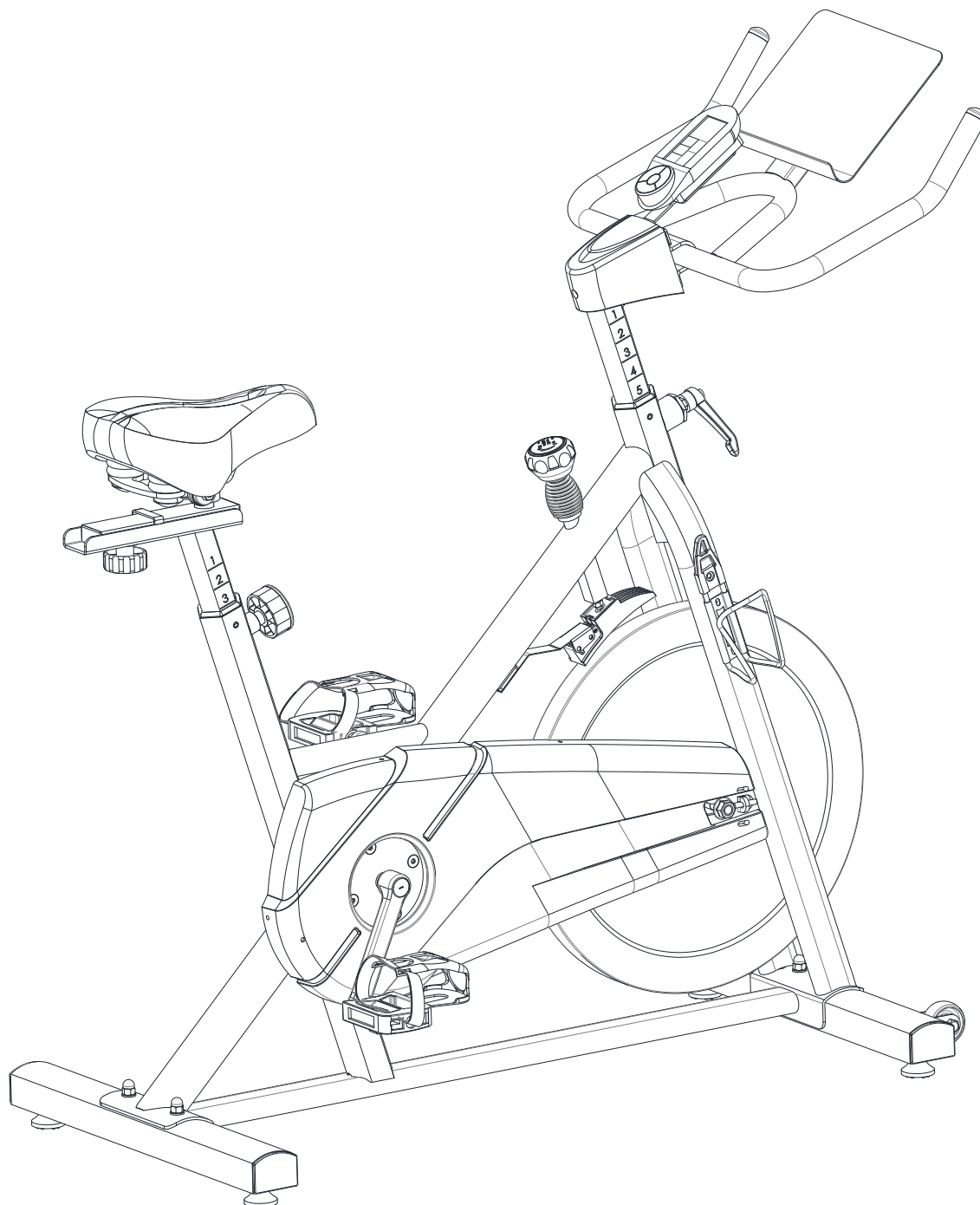


JOROTO



JOROTO-X1S

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 without the presence of a qualified health professional or physician.
3. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Before beginning training, remove everything 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 of the equipment. 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.
13. Remove drops of sweat from the machine immediately after finishing training.
14. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
15. Before exercising, always do stretching first.
16. 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.

Important Tips:

★When assembling the pedals, the right one need be turned in clockwise, and the left one counter-clockwise.

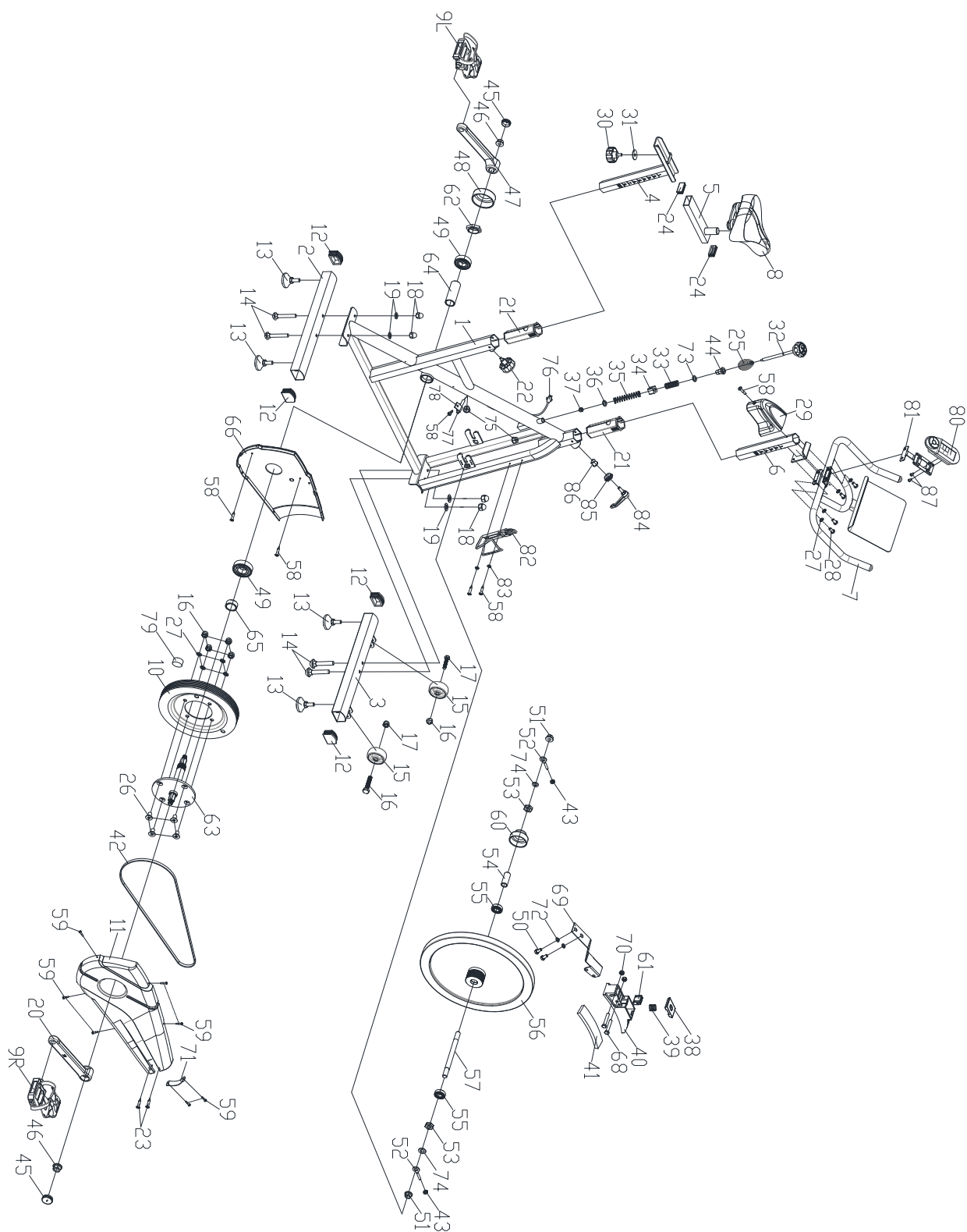
★Please screw in the pedals by hand more than 3 circles before using the tool. Do not use tools to forcibly screw in, otherwise, the thread is easily broken.

★Please check and maintain the felt pad (drop oil) to keep it wet because it will be dry and worn out after about 3-6 months based on the riding frequency. The dry or worn-out felt pad might cause noise, but please do not worry, all parts have a 1-year warranty.

★Please check the belt and felt pad on a regular basis, twice a month or once a week. Check the nuts and screws every week also. Make sure the belt is in position and in good condition, so as to adjust or replace it in time.

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	REAR STABILIZER	1	WELDMENT
3	FRONT STABILIZER	1	WELDMENT
4	VERTICAL SEAT POST	1	WELDMENT
5	SEAT POST	1	WELDMENT
6	HANDLEBAR POST	1	WELDMENT
7	HANDLEBAR	1	WELDMENT
8	SEAT	1	AQ-6010
9	PEDAL	1	JD-301 (9/16")
10	PULLEY	1	φ200*24
11	DECORATIVE COVER	1	671*292*47.5, 624.4g
12	PLASTIC PLUG	4	ABS
13	STOPPER	4	φ35*37/(M8X20)
14	CARRIAGE BOLT	4	GB/T 12-1988 M8X57
15	WHEEL	2	φ50*23
16	LOCK NUT	6	GB/T 889.1-2000 M8
17	BOLT	2	GB/T 5780-2000 M8*40
18	DOMED NUT	4	GB/T 802-1988 M8 (H=16mm)
19	FLAT WASHER	4	GB/T 95-2002 8
20	RIGHT CRANK	1	170*27
21	PLASTIC SLEEVE	2	PP
22	ADJUSTMENT KNOB	1	M16*1.5*20
23	SCREW	2	GB/T 15856.1-2002 ST4.2X16
24	END CAP	2	40*20*1.5
25	TELESCOPIC TUBE	1	φ40.6*60
26	BOLT	4	GB/T 70.3-2000 M8*18
27	SPRING WASHER	8	GB/T 859-1987 8
28	BOLT	4	GB/T 70.2-2000 M8*15
29	DECORATIVE COVER	1	115*89*76, 40g
30	LOCKING KNOB	1	PE+Q235/φ52*47 (M8x15)
31	FLAT WASHER	1	Φ32*Φ8.2*2
32	BRAKE KNOB	1	M10*175
33	SPRING	1	δ1.8X40
34	FIXING NUT	1	16X16X8 (M8)
35	SPRING	1	φ1.0X55
36	FLAT WASHER	1	Φ14*Φ6/t2.5
37	DOMED NUT	1	GB/T 802-1988 M6
38	SPRING COVER	1	32*23*2
39	SPRING	1	φ2.2
40	PLASTIC FRAME	1	200*47*30
41	WOOLLY BLOCK	1	113*25*6
42	BELT	1	5PK53in
43	NUT	2	GB/T 41-2000 M6

NO.	NAME	QUANTITY	SPEC.
44	LITTLE PLASTIC	1	φ21.1*φ18*φ10.2*27.5
45	CRANK END CAP	2	φ23*7.5
46	FIXING NUT	2	GB/T 6177.2-2000 M10*1.25
47	LEFT CRANK	1	170*27
48	CRANK COVER	1	φ56*28
49	BEARING	2	6203ZZ
50	BOLT	2	GB/T 5780-2000 M5*10
51	FIXING NUT	2	M12X1.25
52	FIXING BOLT	2	M6*57
53	FIXING NUT	2	M12X1.25
54	FIXING TUBE	1	φ16*φ12.1*36
55	BEARING	2	6001ZZ
56	FLYWHEEL	1	16kg
57	FLYWHEEL SHAFT	1	φ12*155
58	SCREW	6	GB/T 15856.1-2002 ST4.2X19
59	SCREW	7	GB/T 845-1985 ST4.2*13
60	FLYWHEEL COVER	1	φ59*35
61	PLASTIC PLUG	1	14*9*14
62	FIXING NUT	1	φ28*M20*1
63	CORE SHAFT	1	φ20*168
64	LONG FIXING TUBE	1	φ22*φ17.05*41.1
65	SHORT FIXING TUBE	1	φ22*φ17.05*11
66	DECORATIVE COVER	1	443*285.5*16,340.6g
67	SCREW	4	GB/T 15856.1-2002 ST4.2X19
68	BOLT	2	GB/T 5780-2000 M5*30
69	SPRING	1	δ1.0
70	LOCK NUT	2	GB/T 889.1-2000 M5
71	PLASTIC SHEET	1	ABS
72	SPRING WASHER	2	GB/T 859-1987 5
73	FLAT WASHER	1	Φ16XΦ10.2X1.5
74	FLAT WASHER	2	GB/T 95-2002 12
75	PLASTIC PLUG	2	φ14*14
76	SENSING LINE	1	L=1400
77	SENSOR	1	SR-212
78	THE FIXED FRAME	1	LTF8163
79	MAGNET	1	C-02Z
80	COMPUTER	1	ST-6538
81	COMPUTER HOLDER	1	WELDMENT
82	KETTLE HOLDER	1	142*88*70/ φ 3. 5
83	FLAT WASHER	2	GB/T 95-2002 5
84	ADJUSTMENT KNOB	1	M10*25
85	HEXAGON NUT	1	M10
86	V SHAPE IRON BLOCK	1	Φ 22*20
87	BOLT	2	M5*10

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:

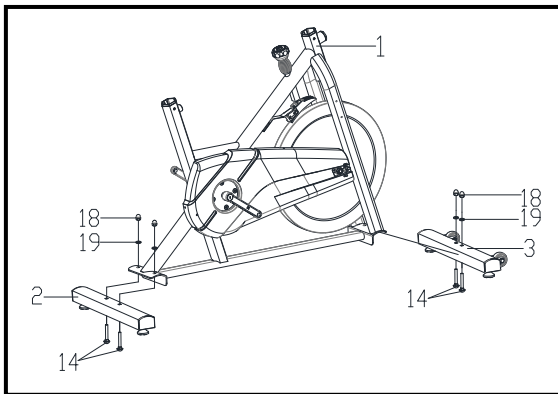


FIG.1

FIG.1:

Lock the Front Stabilizer (pt.3) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.19), M8 Domed Nut (pt.18) and M8*57 Carriage Bolt (pt.14).

Lock the Rear Stabilizer (pt.2) to the Main Frame (pt.1) with two sets of Ø8 Flat Washer (pt.19), M8 Domed Nut (pt.18) and M8*57 Carriage Bolt (pt.14).

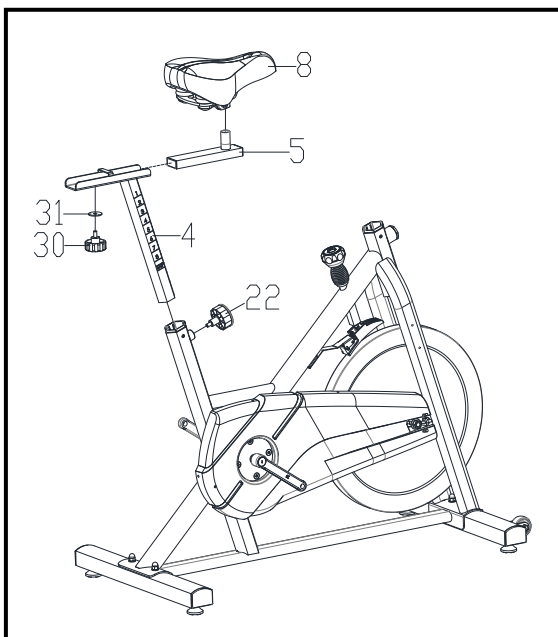


FIG.2

FIG.2:

Insert the Vertical Seat Post (pt.4) into the seat post tube of the Main Frame. You will have to slacken the Knob (pt.22) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.

Lock the Seat Post (pt.5) to the Vertical Seat Post (pt.4) with the Knob (pt.30) and the Flat Washer (pt.31).

The Seat (pt.8) can be fixed on the Seat Post (pt.5) with nuts for the seat.

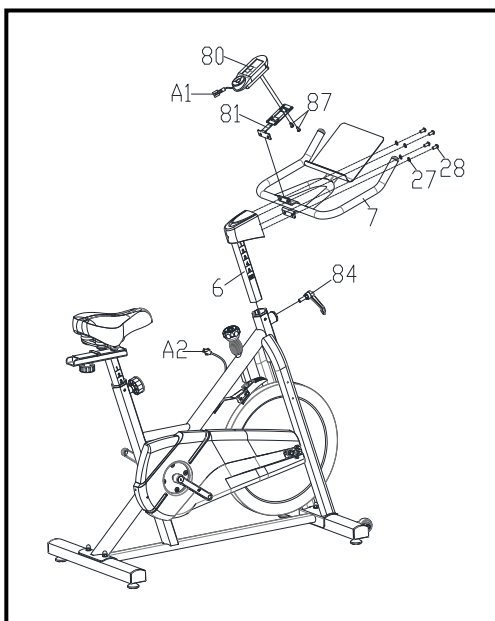


FIG.3

FIG.3:

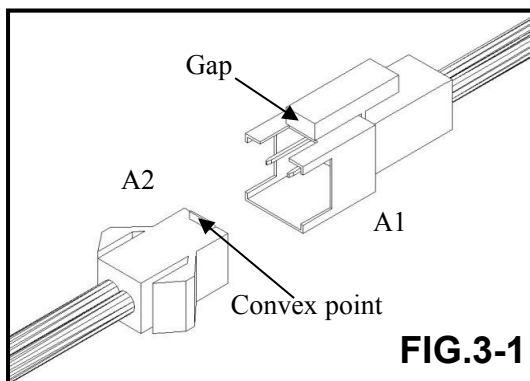
Insert the Handlebar Post (pt.6) into the handlebar post tube of the main frame. You will have to slacken the Knob (pt.84) and pull the knob back. Then select the desired height. Release the knob and retighten the knob.

Lock the Handlebar (pt.7) and the Computer Holder (pt.81) to the Handlebar Post (pt.6) with four sets of Bolt (pt.28) and Spring Washer (pt.27).

The Computer (pt.80) can be fixed on the Computer Holder (pt.81) with two Bolts (pt.87).

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

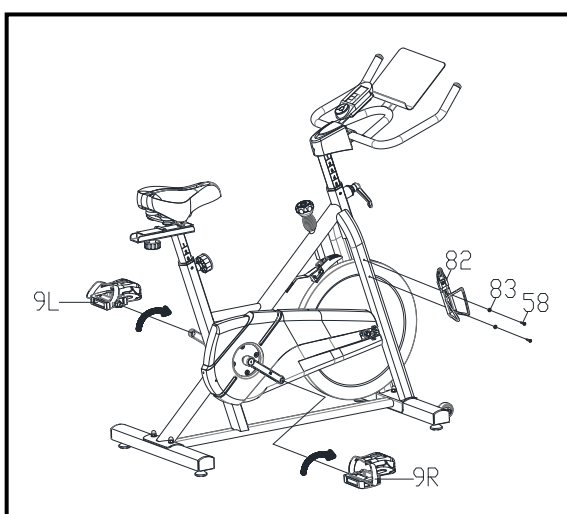


FIG.4

FIG.4:

The Pedals (pt.9L & pt.9R) 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.

Lock the Kettle Holder (pt.82) to the main frame with two Screws (pt.58) and two Flat Washers (pt.83).

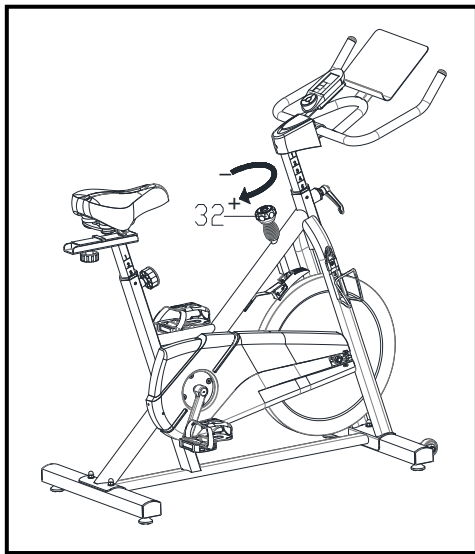


FIG.A

A.) Adjust the resistance:

To increase resistance (requiring more strength to pedal), turn the Emergency Brake & Resistance Control Knob (pt.32) to the right.

To decrease resistance (requiring less strength to pedala), turn the Emergency Brake & Resistance Control Knob (pt.32) to the left.

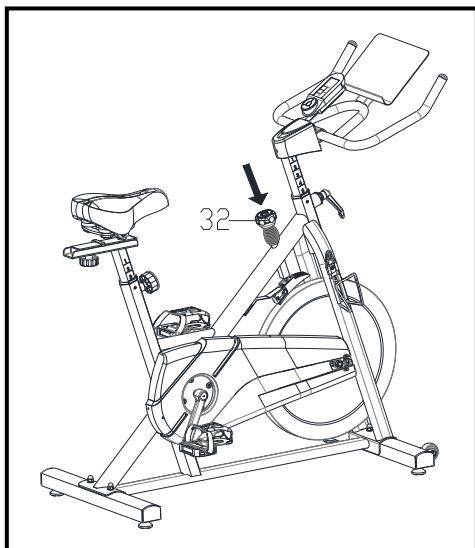


FIG.B

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 turing, you must firmly press down the Emergency Brake & Resistance Control Knob (pt.32).

ADJUSTMENT

***To adjust the seat height, slacken the spring knob on the vertical post stem 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 adjusting knob and washer and pull the knob back. Slide horizontal seat post into desired position. Align holes and then retighten the adjusting knob.**

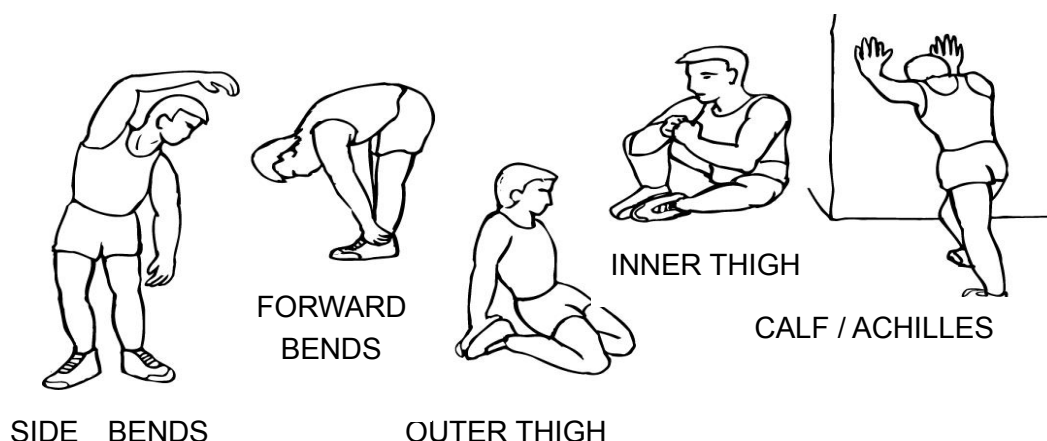
***To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.**

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.

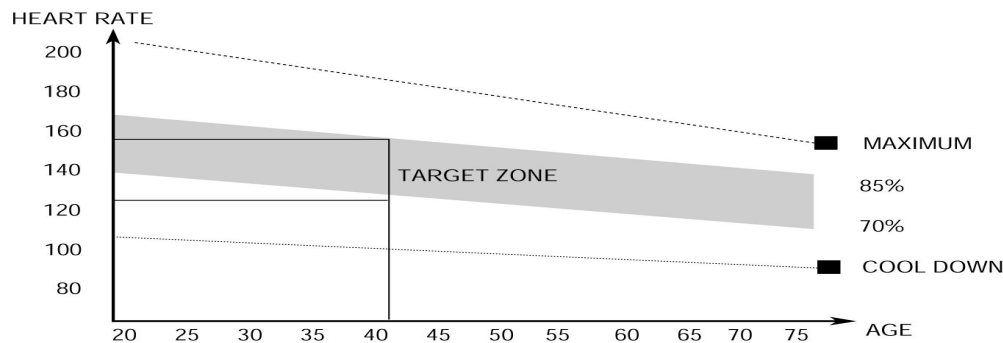
1.The Warm Up Phase

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 to your 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 Cardio-vascular 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 **indoor cycling 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 BIKE MONITOR INSTRUCTION MANUAL

DISPLAY FUNCTION:

ITEM	DESCRIPTION
SCAN	. In SCAN mode, press MODE key to choose functions. . Automatically scan through each mode in sequence every 6 seconds. . The sequence of display when press MODE key: TIME→ DIST→CAL→RPM/SPEED
SPEED	. Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4 seconds during workout, SPEED will display "0.0"
RPM	. Range 0 ~ 999 . Without any signal being transmitted into the monitor for 4 seconds during workout, RPM will display "0"
TIME	. Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0 and alarm will sound or flash. . Without any signal being transmitted into the monitor for 4 seconds during workout, time will STOP. . Range 0:00 ~ 99:59
DISTANCE	. Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0 with an alarm sound or flash. . Range 0.00~99.99
CALORIES	. Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash. . Range 0~9999

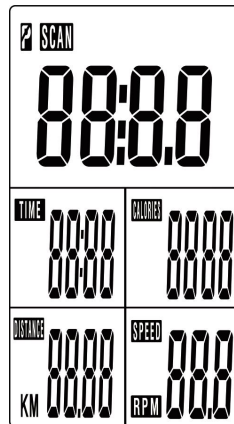
KEY FUNCTION:

ITEM	DESCRIPTION
SET	. Press SET key to increase value. Press and hold the key to increase value faster. . TIME setting range: 00:00~99:00 (Each increment is 1:00) . CAL setting range: 0~9990 (Each increment is 10) . DIST setting range: 0.00~99.50 (Each increment is 0.5)
MODE	. Choose each function by pressing MODE key. . Press and hold MODE key for 2 seconds to reset all functions (same feature as the reset key if press for 2 seconds).
RESET	. In setting mode, press RESET key once to reset the current function figures. . Press RESET key and hold for 2 seconds to reset all function figures.

OPERATION PROCEDURE

POWER ON

. LCD will display all segments as Drawing 1.



Drawing 1

POWER OFF

Without any signal being transmitted into the monitor for 4 minutes the monitor will enter SLEEP mode.

OPERATION

Workout setting

1, Press MODE key to select the function of TIME, DISTANCE and CALORIES.

Use SET key for setting and press MODE key for confirmation.

2, For instance the time set-up, when the time value is blinking, you can use SET key to adjust the number. Press MODE key for confirmation and skip to next set-up. The set-up of DISTANCE and CALORIES is the same as TIME set-up.

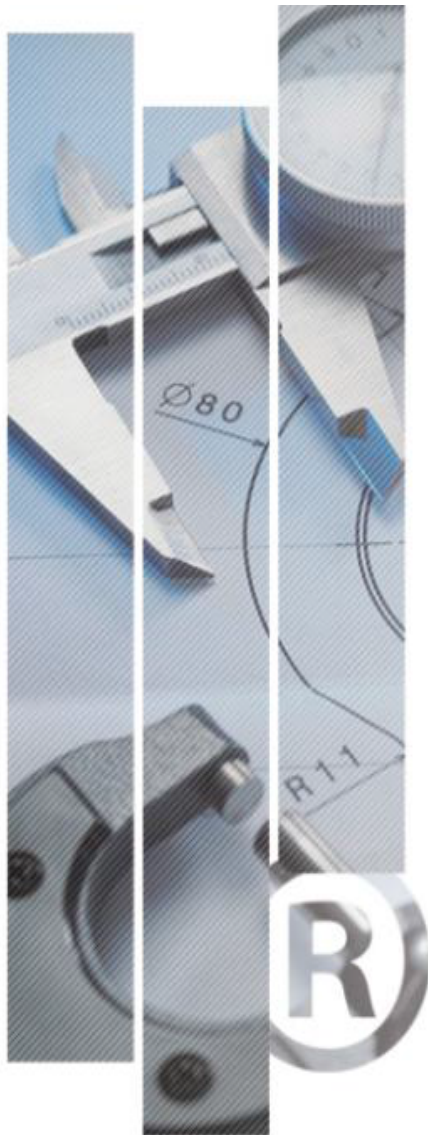
Once the workout begins and the console picks up the exercise signal, the value of SPEED/RPM, TIME, DST, and CAL will count up on the display.

Trouble shooting:

- . When the display of LCD is dim, it means the batteries need to be changed.
- . If there is no signal when you pedal, please check if the cable is well connected.

NOTE:

1. When stop training for 4 minutes, the main screen will be off and display the room temperature and clock automatically.
2. If the computer displays abnormally, please re-install the batteries and try again.



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