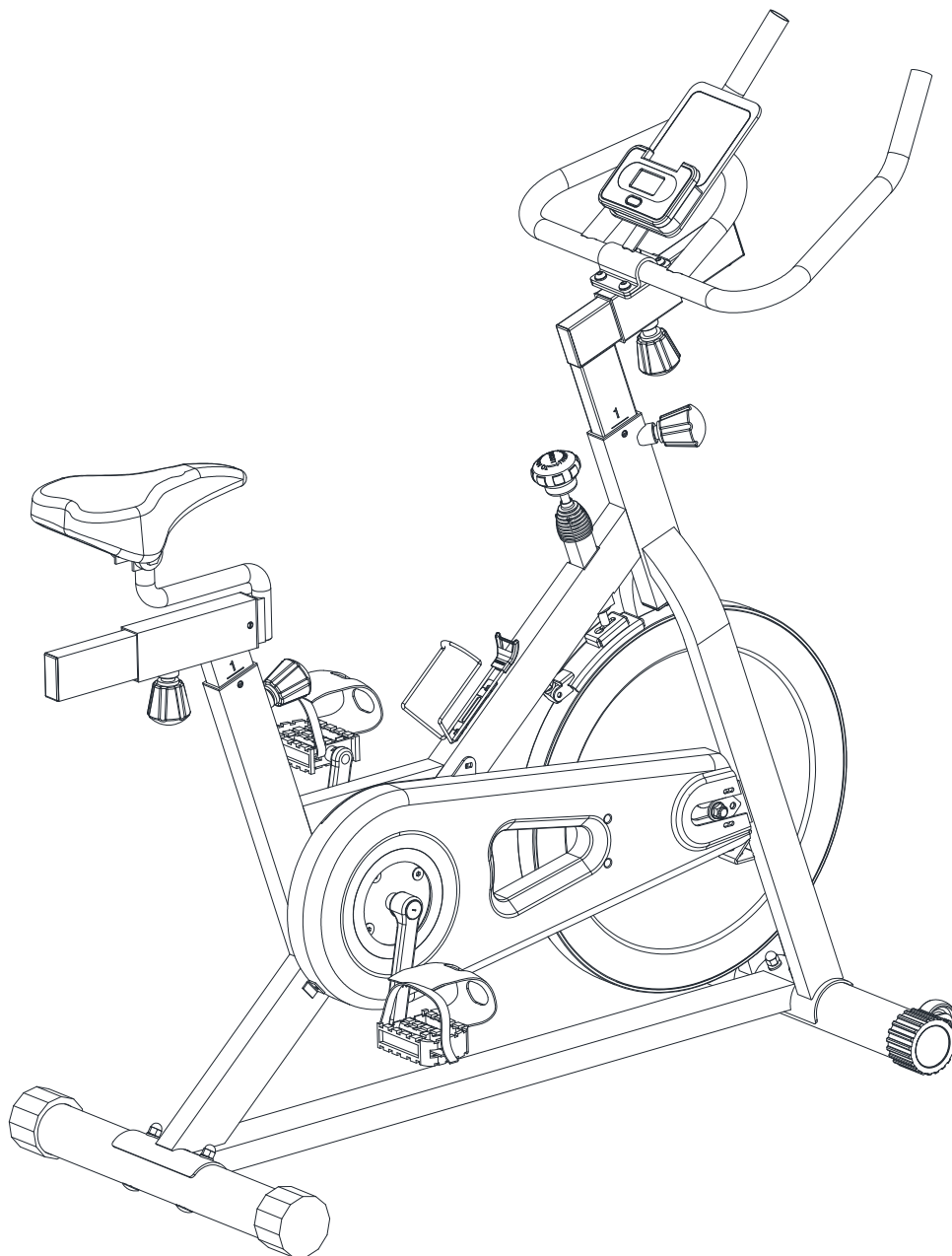
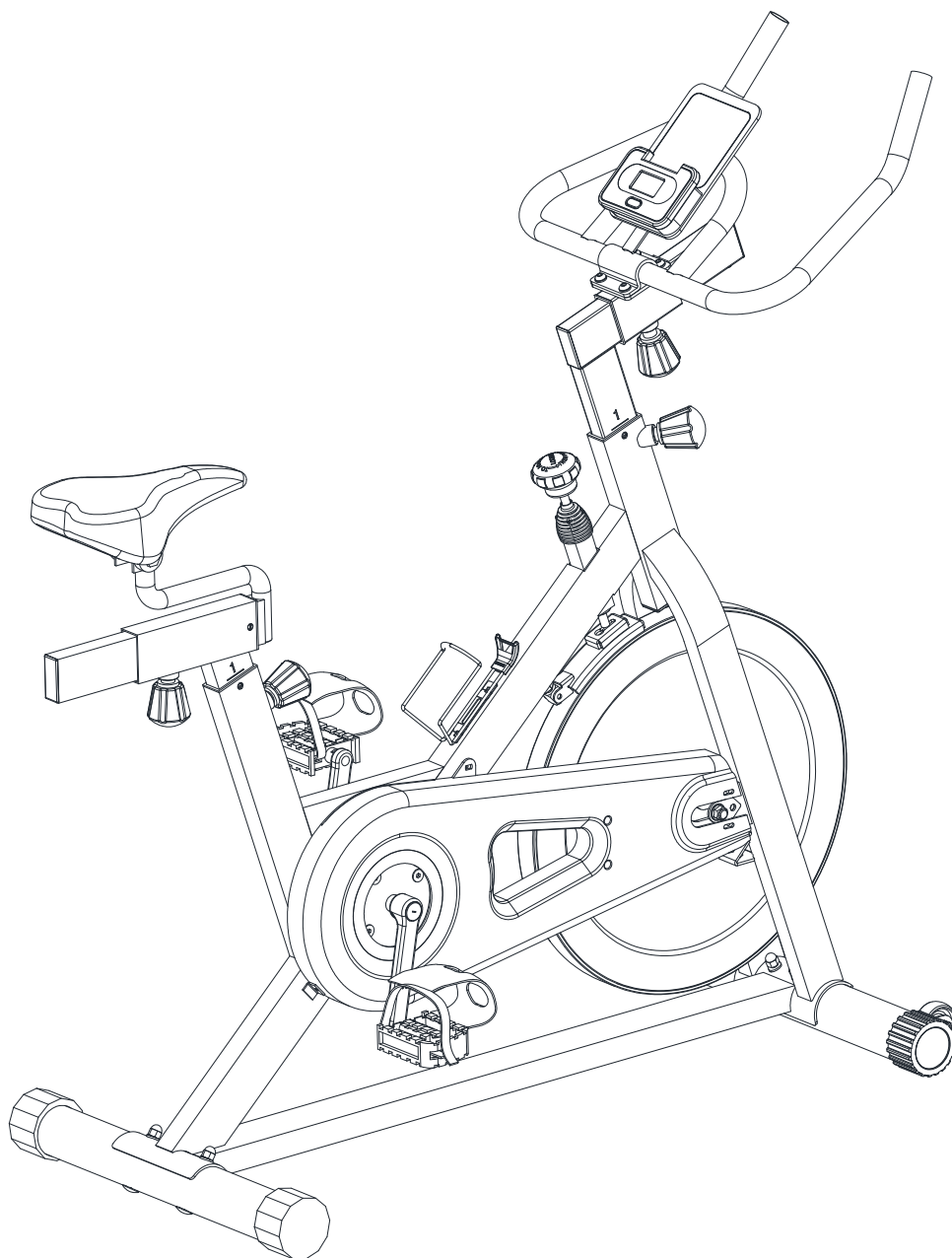


JOROTO



JOROTO-XM16

USER MANUAL



Read all instructions carefully before using this product. Retain this owner's manual for future reference.

For any questions, please contact JOROTO support team via email: 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.
- ★All parts have a 1-year warranty.
- ★Please check the nuts and screws every week. Make sure all nuts and screws are tight to make sure the bike quiet and stable.
- ★The label stuck on the rear stabilizer is the serial number, please do not tear it or take a photo of it before tearing it.

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.

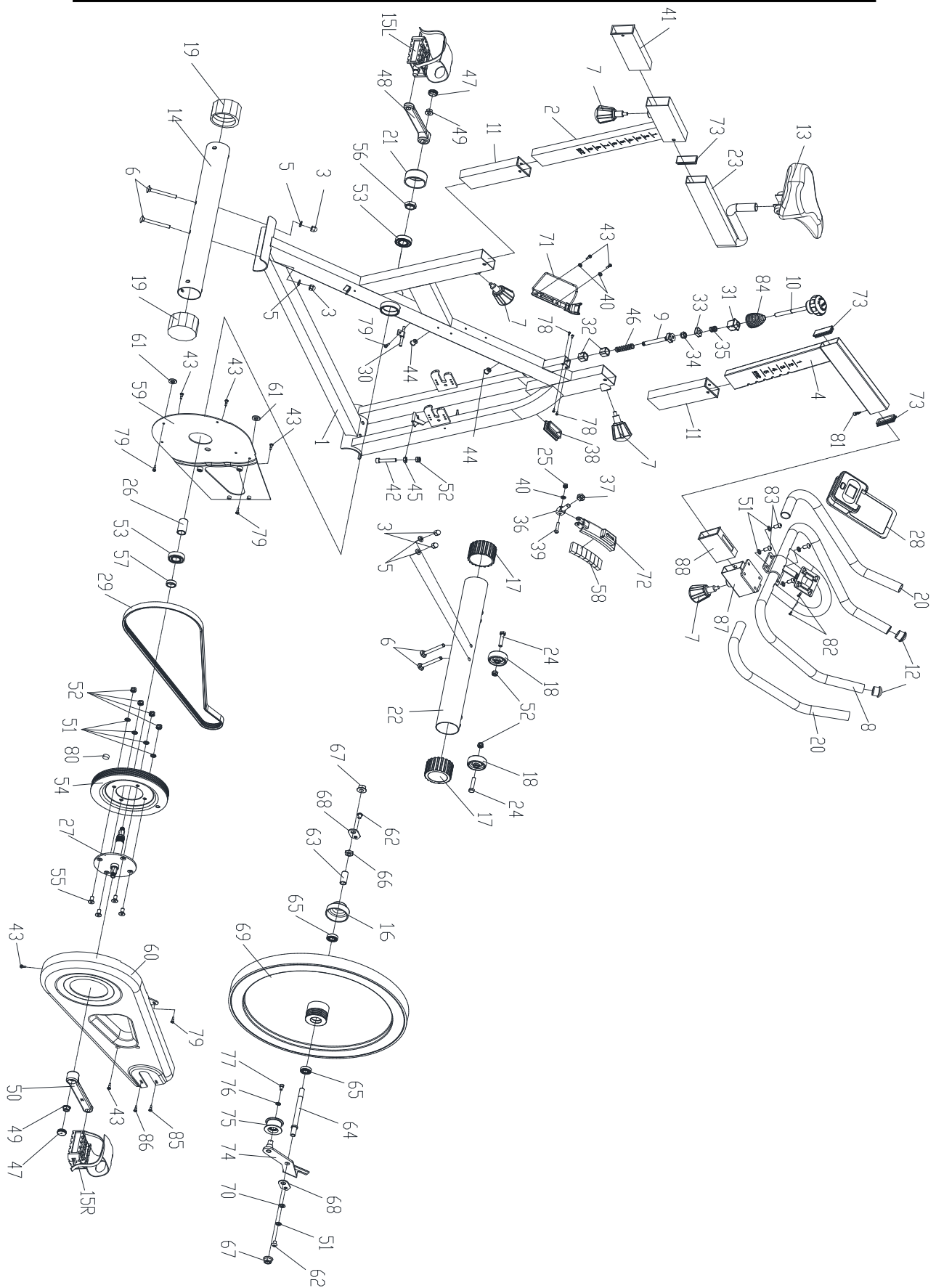


Here is the QR code of “HOW TO ASSEMBLE” playlist on JOROTO YouTube Channel.

You can scan it to access into the assembly video or search “JOROTO XM16 assembly guide” on YouTube to find the assembly video.

Any doubts or questions please feel free to contact support team.

EXPLODED-VIEW & PARTS LIST:



NO	NAME	SPEC	Q'TY	UNIT
1	MAIN FRAME	WELDING	1	PCS
2	VERTICAL SEAT POST	WELDING	1	PCS
3	DOMED NUT	M8	4	PCS
4	HANDLEBAR POST	WELDING	1	PCS
5	ARC WASHER	φ8	4	PCS
6	CARRIAGE BOLT	M8*75	4	PCS
7	SPRING ADJUSTMENT KNOB	φ50*92 (M16*1.5)	4	PCS
8	HANDLE BAR	WELDING	1	PCS
9	BRAKE KNOB TUBE	WELDING	1	PCS
10	BRAKE KNOB	M10*100	1	PCS
11	PLASTIC SLEEVE	53.5*23.5*1.5	2	PCS
12	END CAP	φ25*1.5	2	PCS
13	SEAT	DD-2681	1	PCS
14	REAR STABILIZER	WELDING	1	PCS
15	PEDAL	JD-301 (9/16")	1	SET
16	FLYWHEEL COVER	φ59*35	1	PCS
17	END CAP	φ69*43	2	PCS
18	WHEEL	φ50*23	2	PCS
19	END CAP1	φ60*1.5	2	PCS
20	FOAM GRIP	φ23*φ29*515	2	PCS
21	CRANK COVER	φ56*28	1	PCS
22	FRONT STABILIZER	WELDING	1	PCS
23	SEAT POST	WELDING	1	PCS
24	BOLT M8*40	M8*40	2	PCS
25	LOCK NUT	M6	1	PCS
26	LONG FIXING TUBE	φ25*φ20.05*41.1	1	PCS
27	AXIS	φ20*158	1	PCS
28	COMPUTER	BJHT-040	1	PCS
29	BELT	5PK1333mm	1	PCS
30	SENSOR	SR-212	1	PCS
31	BRAKE POSITIONING SLEEVE	25*25*27	1	PCS
32	SQUARE PLASTIC RING	20.6*20.6*16	2	PCS
33	ADJUSTMENT NUT	20*20*T8(M10)	2	PCS
34	LOCK NUT	M10	1	PCS
35	SPRING	φ15.5*φ1.5X15	1	PCS
36	CONNECTING ROD	16*16*47 【M10x1.0】	1	PCS
37	FIXING NUT 2	M10*1.0	1	PCS
38	END CAP 3	60*30*1.5	1	PCS
39	BOLT M6*30	M6*30	1	PCS
40	WASHER	6	3	PCS
41	LONG PLASTIC SLEEVE	53.5*23.5*1.5	1	PCS
42	BOLT M8*45	M8*45	1	PCS
43	SCREW 1	ST4.2*16	7	PCS
44	PLASTIC PLUG	φ14*14 φ12	2	PCS
45	HEXAGON NUT	M8	1	PCS
46	LARGE SPRING	Φ2.0*52	1	PCS

NO	NAME	SPEC	Q'TY	UNIT
47	CRANK END CAP	φ23*7.5	2	PCS
48	LEFT CRANK	170*27	1	PCS
49	FIXING NUT 3	M10*1.25	2	PCS
50	RIGHT CRANK	170*27	1	PCS
51	SPRING WASHER	8	7	PCS
52	LOCK NUT	M8	7	PCS
53	BEARING 6004ZZ	6004ZZ	2	PCS
54	BELT PULLEY	φ200*24	1	PCS
55	BOLT M8*18	M8*18	4	PCS
56	FIXING NUT	φ28*M20*1	1	PCS
57	FIXING TUBE	φ25*20.05*9	1	PCS
58	MAGNETIC	30*15*10	7	PCS
59	INNER CHAIN COVER	451*262*32	1	PCS
60	OUTTER CHAIN COVER	636*265*40	1	PCS
61	PLASTIC RING	φ20*φ9*3	2	PCS
62	BOLT M8*10	M8*10	2	PCS
63	FIXING TUBE	φ16*φ12.1*30	1	PCS
64	FLYWHEEL SHAFT	φ16*φ12*156	1	PCS
65	BEARING 6001ZZ	6001ZZ	2	PCS
66	FIXING NUT 2	M12X1.25 H=7	1	PCS
67	FIXING NUT 1	M12X1.25	2	PCS
68	FLYWHEEL FIXED PIECE	δ2.5	2	PCS
69	FLYWHEEL	φ463*71,13KG	1	PCS
70	FLAT WASHER	8	1	PCS
71	B0TTLE HOLDER	142*88*70/φ3.5	1	PCS
72	MAGNETIC HOLDER	WELDING	1	PCS
73	END CAP2	53.5*23.5*1.5	2	PCS
74	PRESSING PLATE	WELDING	1	PCS
75	PRESSURE ROLLER	Φ43*Φ34*24	1	PCS
76	LARGE WASHER	6	1	PCS
77	BOLT M6*10	M6*10	1	PCS
78	SCREW 2	ST2.9*9.5	4	PCS
79	SCREW 3	ST4.2X19	4	PCS
80	SENSOR	C-02Z	1	PCS
81	SCREW 4	ST4.8X16	1	PCS
82	SCREW 5	M5*10	2	PCS
83	BOLT	M8*15	4	PCS
84	TELESCOPIC TUBE	φ40.6*60	1	PCS
85	SCREW 6	ST4.2X16	1	PCS
86	SCREW7	ST4.2X9.5	1	PCS
87	HANDRAIL SLEEVE	WELDING	1	PCS
88	PLASTIC SLEEVE	53.5*23.5*1.5	1	PCS
89	SENSING LINE	L=850	1	PCS
90	LNNER HEXAGON SPANNER	6# (86X35)	1	PCS
91	LNNER HEXAGON SPANNER	4# (67X23)	1	PCS
92	CROSSHEAD SPANNER	S=13,14,15	1	PCS
93	SPANNER	S=10、13	1	PCS
94	OPEN WRENCH	S=13、15	1	PCS

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:

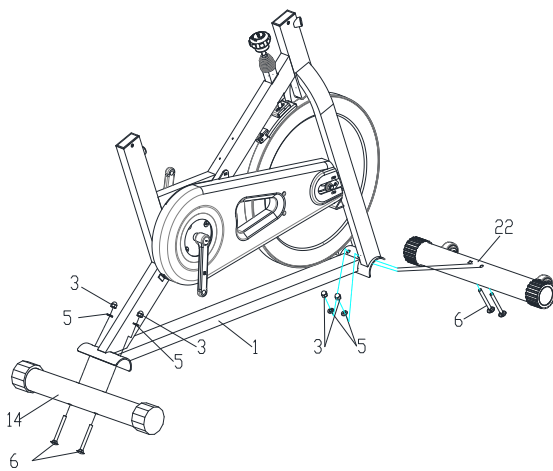


FIG.1

FIG.1:

attach the Front Stabilizer (pt.22) to the Main Frame (pt.1) using two sets of Ø8 Arc Washers (pt.5), M8 Domed Nut (pt.6) and M8*75 Carriage bolt (3). Attach the Rear Stabilizer (pt.14) to the Main Frame (pt.1) using two sets of Ø8 Arc Washers (pt.5), M8 Domed Nut (pt.6) and M8*75 Carriage bolt (3).

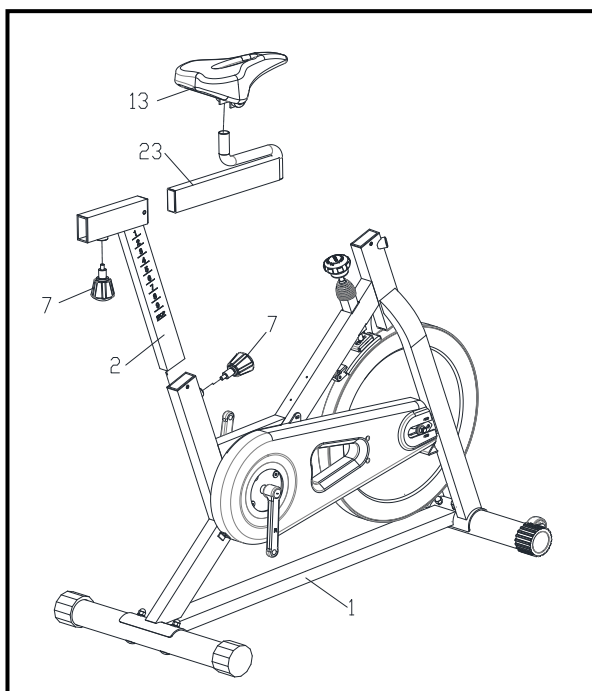


FIG.2

FIG.2:

Slide the Vertical Seat Post (pt.2) into the seat post housing on the main frame (pt.1). Then slide the Seat Post (pt.23) into the Vertical Seat Post (pt.2). You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Now fix the Seat (pt.13) to the Vertical Seat Post (pt.23) as shown, and tighten the bolts around the screws under the seat.

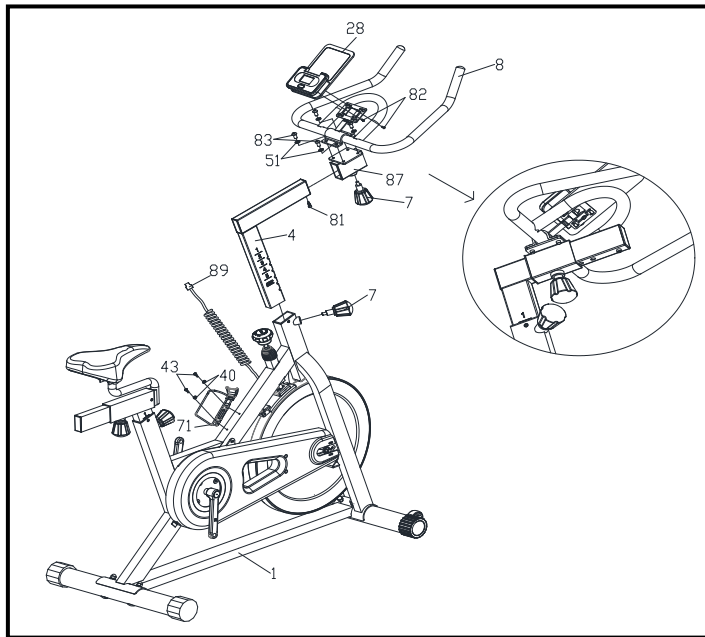


FIG.3:

Slide the Handlebar Post (pt.4) into the handlebar post housing on the main frame. You will have to slacken the knurled section of the Spring Adjustment Knob (pt.7) and pull the knob back and then select and align holes for the desired height. Release the knob and retighten the knurled portion.

Lock the Handlebar (pt.8) to the handrail bushing (pt.87) with the Bolt (pt.83) and the Spring washer(pt.51).

Insert the handrail bushing (pt87) into the handrail adjusting tube (pt4), adjust the appropriate position and tighten the ball head handle elastic latch (pt7), then lock the hexagonal socket self-tapping and self-drilling screws into the handrail adjusting tube (pt4).

The Computer (pt.28) can be fixed on the handlebar (pt.8) . Then the B1 plug into the Corresponding jack on the back of the Computer .

Fix the kettle holder (pt71) to the main frame through 2 cross pan head tapping screws (pt43) and 2 flat washers (pt40).

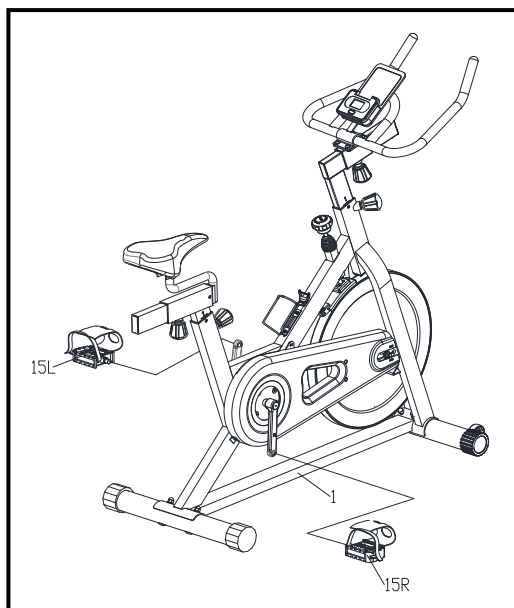


FIG.4:

The Pedals (pt.15 L & pt.15 R) 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.

WARM TIPS:

Please make sure the pedal thread align with the crank thread, and then screw in more than 3 circles by hands before using tool to tight. If you feel unsmooth when screwing by hands, please unscrew the pedals and re-align the pedal thread and crank thread to avoid thread stripped.

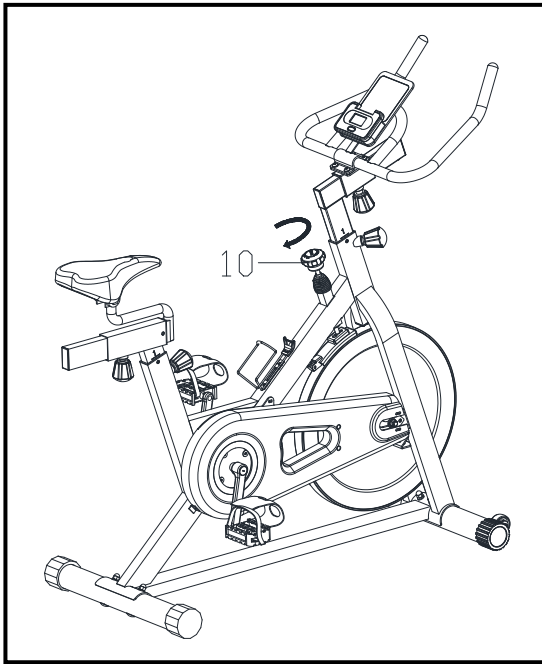


FIG.A

A.) Adjusting the Tension:

Increasing or decreasing the tension allows you to add variety to your workout sessions by adjusting the resistance level of the bike.

To increase tension and increase resistance (requiring more strength to pedal), turn the Emergency Brake & Tension Control Knob (pt.10) to the right.

To decrease tension and increase resistance (requiring less strength to pedal), turn the Emergency Brake & Tension Control Knob(pt.10) to the left.

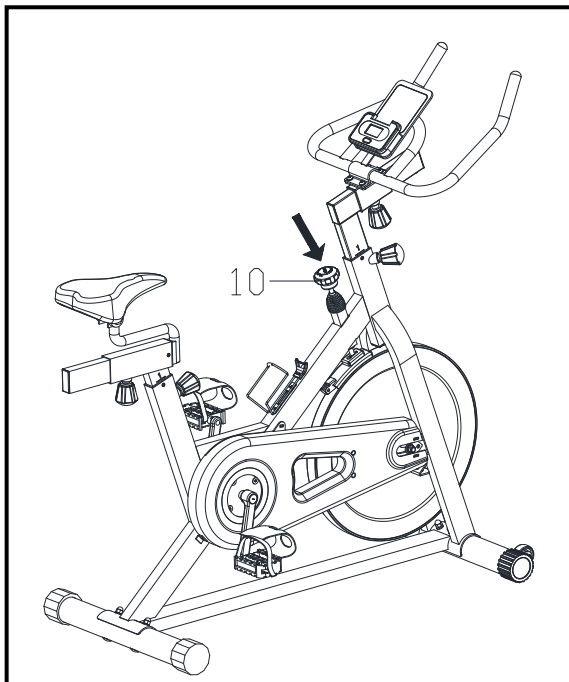


FIG.B

B.) Using the Emergency Brake Function:

The same knob that allows you to adjust the tension of the bike also doubles as the Emergency Brake.

Use this safety feature in any situation where you would need to get off the bike and/or stop the bike's flywheel.

To use the Emergency Brake function in any situation you would need it in, firmly press down on the Emergency Brake & Brake Control Knob(pt.10) .

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.**

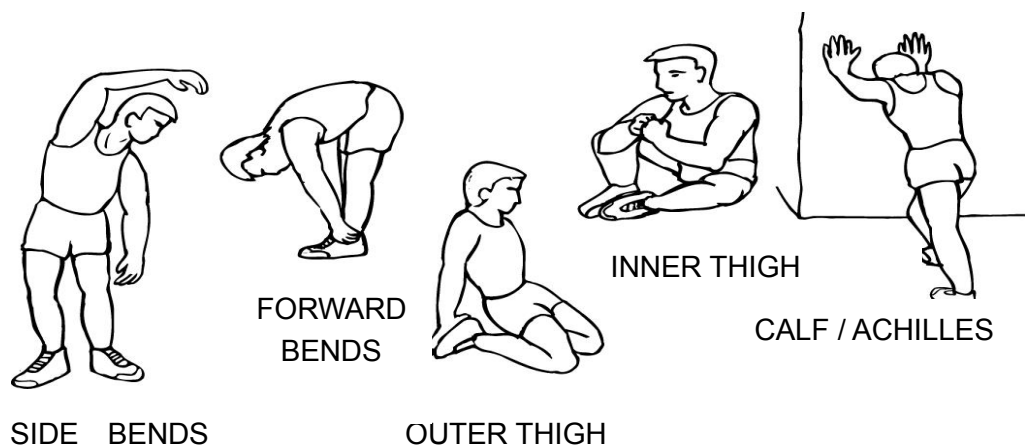
***To adjust the handlebar height, slacken the spring knob and secondary knob and pull both knobs back. Slide the handlebar post along the housing on the main frame to the desired height and, with the holes aligned correctly, tighten the spring adjusting knob and then the secondary knob.**

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.

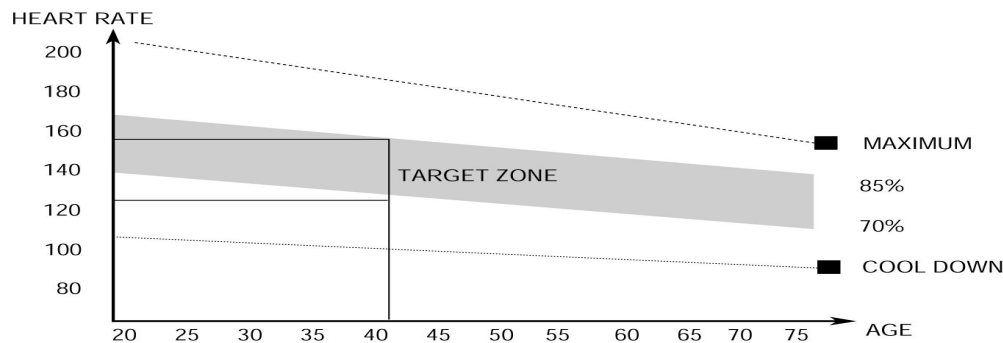
1.The Warm Up Phase

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 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 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 lets you to select and lock on to a particular function you want.
SCAN→TIME→SPEED→DIST→CALORIES(CAL)→ODO→RPM
- Pressing and hold with 3 seconds to reset the value to zero (without ODO).

SLEEP MODE

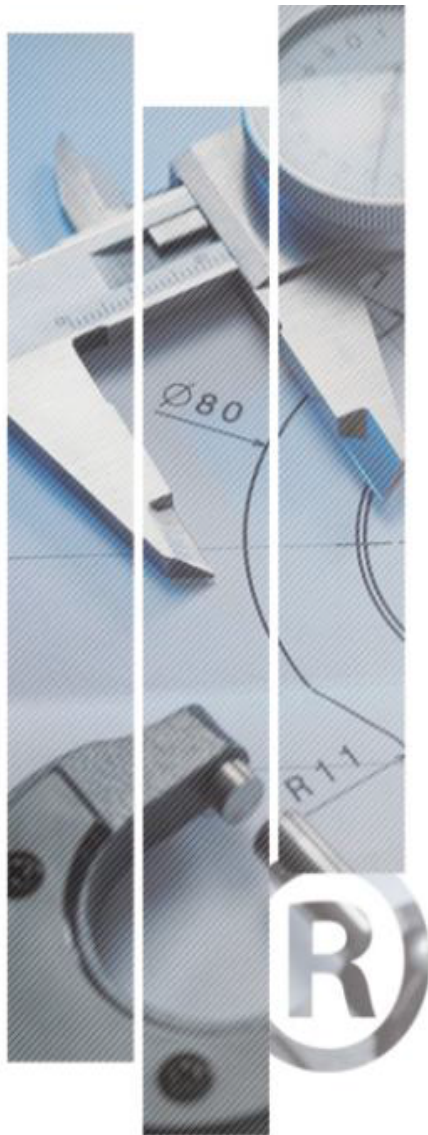
- The system sleep mode automatically when the sensor has no signal input or no keys are pressed for approximately 4 minutes.
- The system turns on when the MODE key is depressed or a signal input from the sensor, in the system sleep mode.

FUNCTION:.

1. SCAN: Display automatically changes according to the next diagram every 6s.
TIME→SPEED(SPD)→DIST→CALORIES(CAL)→ODO→RPM
2. TIME: The total working time will be shown when starting exercise.
3. SPEED: The current speed will be shown when starting exercise.
4. DISTANCE: The distance of each workout will be shown when starting exercise.
5. CALORIE: The calorie burned will be shown when starting exercise.
6. ODO: The distance with all of the workout will be shown when starting exercise.
if the battery is replaced, the value returns to zero.
7. RPM: The revolutions per minute will be show when starting exercise.

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
	RPM	0~999 r/min
Battery Size		AAA *2
Operating temperature		0~40℃(32°F-104°F)
Storage temperature		-10~60℃((14°F-168°F)



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