



Paddle. Ski. Row +
THE WORLD'S ONLY PORTABLE MULTI-SPORT ERG MACHINE

Whipr Base Unit

Model: EQBSU-U00-BL1 or EQBSU-U00-BK1

Instruction Manual

Includes: Base Unit, Stabilizing Bracket (for door), Strap Anchor, Ground Anchor, Webbing Strap, Carry Bag(Needs 3 AA Batteries - Not Included)

- 1)Install 3 AAA batteries. Batteries are located in the bottom of the unit. They can be installed by snapping off the plastic cover by pulling on both sides.
- 2)Turn power on by pushing and holding button on the far left (the one with the circle and vertical line in it).
- 3)After turning power on, you will need to select the desired sport mode. To select the mode, you will press the 2nd button on the left (the one with the 3 horizontal lines). You will then press the button in the middle (the one with the circle). The modes will be highlighted on the right. You will push the up or down button to select the desired mode. The options are: ROW, KAYAK, SWIM, OPEN, SUP, SKI. After selecting the mode, press the 2nd button again (the one with the 3 horizontal lines).
- 4)Resistance Mode – should now be selected from the wheel located at the back of the unit (1-10... 1 being the easiest and 10 being the most difficult).
- 5)You are now ready to begin your exercise.
- 6)You can reset your workout any time by pressing the middle button (the one with the circle in it).

The Display Stats include the following:

Strokes/Minute, Distance, Time, 500 Meter Split Time, Projected Time, Calories, Average Watts

Securing the Unit – some modalities require the Base Unit to be secured. There are 3 ways to secure the unit. Door - Securing the unit by using the attached inflatable anchor that goes under a door. The door should be a standard 3.5cm width door with up to a 2cm gap.

1)Stabilizing Bracket needs to be attached to the base unit – this easily can be done by locking the tabs on the bracket into 2 slots located on the bottom corners of Base Unit.

2)Slide the Bracket and Inflatable rubber anchor under the door.

3)Inflate the rubber anchor by pushing the larger of the 2 rubber balls on the Base Unit. You will need to keep pushing it until the anchor and bracket are fully secure and very tight under the door.

When you are finished and would like to remove the Base Unit from the door crack, you can push the smaller rubber ball and the anchor will deflate. After removing from under the door, the Bracket can be taken off easily by pulling gently and removing from the grooves on the Base Unit.

Strap Anchor – The strap holder can rotate to be horizontal or vertical

1)Before attaching the strap anchor, make sure the plastic panel that the bladder folds into is securely attached to the base unit. Also make sure the bladder is evenly placed in the square box (connects by magnets located within the top of the bladder).

2)The lug bolts on the strap anchor easily locks into place on the back of the Base Unit.

3)Take the loop end of the strap and place through anchor hole.

4)Wrap around object.

5)Place buckle through loop and tighten..

Ground Anchor – To use ground anchor, put in ground and wrap strap around anchor.

See video links also: <https://www.youtube.com/watch?v=7fCmaVLTanY>

<https://whipr.com/collections/whipr-ecosystem/products/whipr-base-unit>

FCC DISCLAIMER

Changes or modifications to this unit 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator & your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada IC DISCLAIMER

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.
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence.

L'exploitation est autorisée aux deux conditions suivantes :

- 1) L'appareil ne doit pas produire de brouillage;
- 2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

3. For WIFI product, it should be added:

This equipment complies with FCC's and IC's RF radiation exposure limits set forth for an uncontrolled environment. The antenna(s) used for this transmitter must be installed and operated to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter. Installers must ensure that 20cm separation distance will be maintained between the device (excluding its handset) and users.

Cet appareil est conforme aux limites d'exposition au rayonnement RF stipulées par la FCC et l'IC pour une utilisation dans un environnement non contrôlé. Les antennes utilisées pour cet émetteur doivent être installées et doivent fonctionner à au moins 20 cm de distance des utilisateurs et ne doivent pas être placées près d'autres antennes ou émetteurs ou fonctionner avec ceux-ci. Les installateurs doivent s'assurer qu'une distance de 20 cm sépare l'appareil (à l'exception du combiné) des utilisateurs.

RED DISCLAIMER

EU Declaration of Conformity

We,

WHIPR, INC.

251 Little Falls Drive, Wilmington, Delaware, 19808, USA

Declare that the DoC is issued under our sole responsibility and belongs to the following product(s):

Product Type:	Whipr Base Unit
Model Number(s):	EQBSU-U00-BL1, EQBSU-U00-BK1

Software Version: 11.03

Accessories: N/A

The object of the declaration described above is in conformity with the essential requirements of the relevant Union harmonization legislation:

Radio Equipment Directive 2014/53/EU

The following harmonized standards and technical specifications have been applied:

Health and Safety (Article 3.1a):	EN 62479:2010 EN IEC 62311:2020
EMC (Article 3.1b):	ETSI EN 301 489-1 V2.2.3 (2019-11) ETSI EN 301 489-17 V3.2.4 (2020-09) EN 55014-1:2017+A11:2020 EN IEC 61000-3-2:2019 EN 61000-3-3:2013+A1:2019 EN 55014-2:2015
Radio Spectrum (Article 3.2):	ETSI EN 300 328 V2.2.2 (2019-07)

Notified Body Involved: N/A

Technical Compliance File Held by:

WHIPR, INC.

251 Little Falls Drive, Wilmington, Delaware, 19808, USA

Signed for and on behalf of WHIPR, INC.

Name and Title:	Adrina Lee, Director of Global Supply Chain
Address:	251 Little Falls Drive, Wilmington, Delaware, 19808, USA

Wilmington, Delaware
Place of issue

7/22/21
Date of issue

Adrina Lee
Signature of Authorized Person

UKCA Declaration of Conformity

We,

WHIPR, INC.

251 Little Falls Drive, Wilmington, Delaware, 19808, USA

Declare that the DoC is issued under our sole responsibility and belongs to the following product(s):

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Model Number(s):	EQBSU-U00-BL1, EQBSU-U00-BK1

Software Version: 11.03

Accessories: N/A

The object of the declaration described above is in conformity with the essential requirements of the relevant Union harmonization legislation:

Radio Equipment Directive Radio Equipment Regulations 2017

The following harmonized standards and technical specifications have been applied:

Health and Safety (CHAPTER 1 6(1)(a)):	EN 62479:2010 EN IEC 62311:2020
EMC (6(1)(b)):	ETSI EN 301 489-1 V2.2.3 (2019-11) ETSI EN 301 489-17 V3.2.4 (2020-09) EN 55014-1:2017+A11:2020 EN IEC 61000-3-2:2019 EN 61000-3-3:2013+A1:2019 EN 55014-2:2015
Radio Spectrum (6(2)):	ETSI EN 300 328 V2.2.2 (2019-07)

Notified Body Involved: N/A

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Wilmington, Delaware

7/22/21

Date of issue

Adrina Lee
Signature of Authorized Person

WIFI

(a) Transmitting frequency band(s): 2412 MHz-2472 MHz
(b) Maximum allowed transmitting power in the frequency band(s) in which the radio equipment

Operates: E.I.R.P.: <20 dBm

Bluetooth

(a) Transmitting frequency band(s): 2402 MHz-2480MHz
(b) Maximum allowed transmitting power in the frequency band(s) in which the radio equipment

Operates: E.I.R.P.: <8 dBm