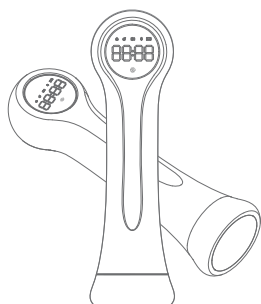


# Instruction Manual

## Smart Dumbbell



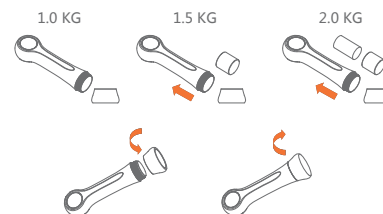
### Important Notice

Thank you for purchasing and use of our smart dumbbell. Please read the precautions before use to avoid unnecessary risks in using the product. Wishing you have a happy user experience.

1. The total weight of a single dumbbell is 2kg, and the adjustable weights are 1.0kg, 1.5kg and 2kg. An metal block is built in the base cover to increase its weight. The base cover needs to be rotated and unscrewed when the weight needs to be replaced, the base cover shall be upward and unscrew carefully during the unscrewing process to prevent the base cover from sliding and damaging people, animals and articles.
2. Dumbbells should be placed out of the reach of children when not in use. Children must be supervised when using the dumbbell to avoid danger cause by misuse.
3. This dumbbell is an indoor product without waterproof function. Please do not splash or put the electronic part into the water.
4. When the electronic module of dumbbell is removed for charging, it can be press and push out from the rear hole.
5. When using the product, please adjust the weight according to your own needs to prevent injury caused by excessive weight movement.
6. When using the product, please hold the dumbbell tightly to prevent it from slipping.
7. Do not use it on other parts of the body or exercise in an abnormal way to avoid injury to the body.

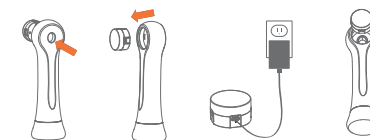
### Dumbbell Installation & Dismantle

Weight adjustment, metal pcs install & dismantle



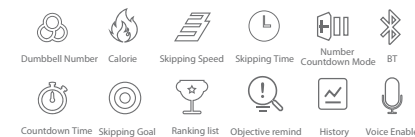
- ★ Adjust the weight of the dumbbell: Unscrew the base cover of dumbbell. There is an metal block in the base cover. When unscrewing, the base faces upward to prevent accidents
- ★ Weight of dumbbell: the weight of dumbbell itself is 1kg, equipped with 2pcs 500g metal counter weights, and the total weight of dumbbell is 2kg. The weight can be adjusted from 1kg to 1.5kg & 2kg. If 1kg weight is required, remove the two internal movable metal blocks; If 1.5kg is required, only short iron blocks shall be installed. When 2kg is used, all the metal blocks shall be installed;
- ★ Screw on the base cover after installing the metal block;

### Installation and Dismantle of Electronic counting module



- ★ The electronic counting module is powered by built-in lithium battery. When charging is required, press down from the hole at the back of the dumbbell to take the electronic counting module;
- ★ The electronic module use the Micro – USB charging cable for charging
- ★ Finished charging, pay attention of the direction when installing the module, with the charger facing down and the module pressed down;

### Function Description

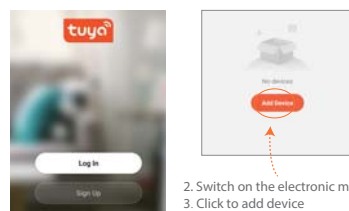


### Display status and operation method of electronic counting module

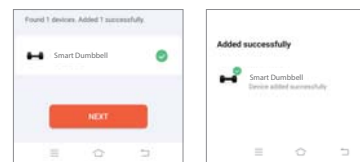
Display Status	Operation Procedure
	Touch key: the touch area is at the fingerprint. Press and hold for 5 seconds to start the machine
	Power on display: China-Beijing time will be displayed after power on. If it is connected the mobile app, the time can be synchronized. If there is no connection, it will automatically record the time state when it was last powered off
	Press and hold for three seconds to release, switch to free mode. and the symbol in the upper left corner displays
	In free mode, press and hold for 3 seconds again to start the free motion screen. To Click the fingerprint area to back the home screen
	After exiting the movement, click again to see the above symbol display and switch to countdown mode
	In the countdown time mode, press and hold for 3 seconds to enter the button then the countdown starts.
	After exiting the countdown, click again to see the above symbol display, switch to the countdown mode, long press for three seconds, release the key and enter the countdown mode. Click the fingerprint area to back the home screen

### APP Connection

1. Turn on the Bluetooth & GPS on the phone, search "Tuya Smart" in Application Center to download



4. Choose add device and then turn on the smart dumbbell, the Bluetooth icon on the LCD screen will flashes, the APP will identify and add the smart dumbbell automatically.

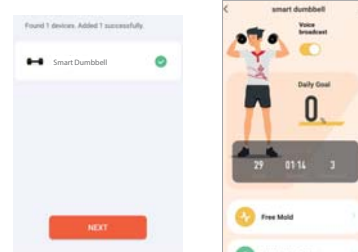


5. Device binding is completed and can be used normally.

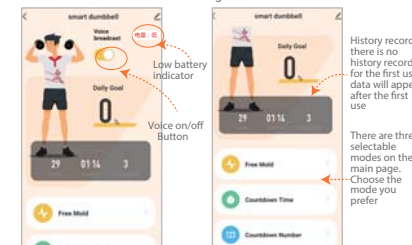
6. For the first use, please input your personal physical parameters; gender, height and weight on the APP personal settings page. App can then provide your personal exercise index. The number of daily training goals can be set on the settings page.



7. Successfully added, click the dumbbell icon to start using. The picture on the right shows the effect after entering the dumbbell movement page. You can set goals according to your own needs, and choose the sports modes.



8. After the smart dumbbell is connected to the mobile APP, the voice broadcast function will provide encouragement in various languages with the number increasing during the exercise to let the exercising be more fun. Based on your preference, this function can be turn on or off with the following methods.

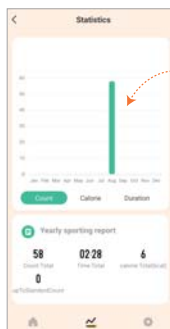


- Time Countdown: after setting the time, click the confirm key



- Number Countdown: the default is 100. You can modify to any number. Click on any area to confirm the number





History record: Dumbbell data will be automatically saved in the APP for your reference

#### Note:

1. App binding function: considering the security of personal sports data, each dumbbell device can only bind one mobile app account. When account a binds the dumbbell electronic module, account B cannot bind the electronic module without unbinding. If the user forgets his account number and cannot log in, he can press the reset button on the back of the electronic module to restore the factory settings. Long press for 10 seconds to restore, and the module will shut down automatically. After that, the user needs to long press 5 seconds to start up. At this time, the binding of the previous account can be released.
2. Normal unbinding method of account: in the app bound device screen, select the bound device need to be delete, and then click delete.
3. Reset function: there is a reset button on the back of the electronic module to restore the factory settings.

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### Charging Specification

Charging Plug	Input Voltage	Input Current	Charging Indicator Light Status	Battery Capacity	Charging Time
Micro-USB 2.0	4.75-5.25V	0.5~0.8A	White LED on: 15% or above, Red Light on: Below 15%, please re-charge	120mAh	1~2H

### Troubleshooting

Item	Problem description	Solution
1	Unable to boot or crash handling method	When the display cannot be turned on after it is turned off, the screen does not display. Please use the charging cable to activate the device. After the screen is displayed, it can be use normally.
2	When the machine is turn on, the screen is displayed, but there is no response when operating the touch screen	Please remove the module from the dumbbell handle, press the key on the back of the module for 10 seconds and release it. At the same time, you can see that the electronic module is turned off and the system enters reset. At this time, touch the icon at the corner to restart it

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3	Dumbbells have been added to the app page, but the icon shows offline and cannot be connect with dumbbell	Please note that the Bluetooth icon displayed on the page is blue, and the dumbbell has been successfully connected to the mobile phone app. If the offline icon is displayed, it indicates that the dumbbell has not been successfully connected. If it is displayed as offline: 1. Please check whether the dumbbell is on; 2. Check whether the Bluetooth on the phone is turned on; 3. Pull down and refresh the page, and check whether the connection is successful after 2 seconds;
4	Automatic shutdown after startup	Please insert the charging line to activate and check whether the display low battery and need to be charge
5	Automatic sleep function	1) When it is not connected and no operation, the screen will turn off in 1 minute, it will automatically shutdown in 20 minutes, and the power indicator will turn off. 2) After the screen is turned off, click once to activate the screen display state. In any mode, long press for 5 seconds to start the machine and long press for 10 seconds to shut down the machine

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### Product Specification

Product Name:	Smart Dumbbell
Bluetooth Version	Bluetooth 5.0
Bluetooth Distance	10 meters
Handle Size	245.42 X $\phi$ 70.7mm
Material	ABS+PC, Metal & EVA
Product Weight	Around 4 KG
Display	Nixie tube display
Battery Spec.	Lion Battery 3.7V/120mAh
Standby Time	Around 10 hours
Standby Maintenance	Recommend re-charge every 3months
Battery Life	3 Years

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### Usage and storage environment

#### Operating environment

Operating ambient temperature --- -20 C --- +45 C  
Humidity of working environment --- 20%---80%RH

#### Storage environment

Storage ambient temperature --- -20 C --- +55 C  
Humidity of storage environment --- 20%---90%RH

### After Sales Service

With the purchase receipt, the warranty period is one year for the quality issue. The following cases; but not limit to; are not covered by the warranty:

- Damage cause by unauthorized disassembly, repair, water/liquid damage, misuse, abuse, modification, accident and negligence.
- Damage cause by user misuse or fall.
- Damage cause by improper operation and failure to carry out suggested maintenance.
- Repair work not covered by the warranty will be charged based on the damage condition.
- The manufacturer has the sole right on making the final decision on the warranty coverage.

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### FCC Warning

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.

Any 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:

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

#### Warranty Card

Name _____	Date _____
Products No. _____	Sales Store _____
Telephone No. _____	
Address _____	
	Store Stamp _____

Made in China

