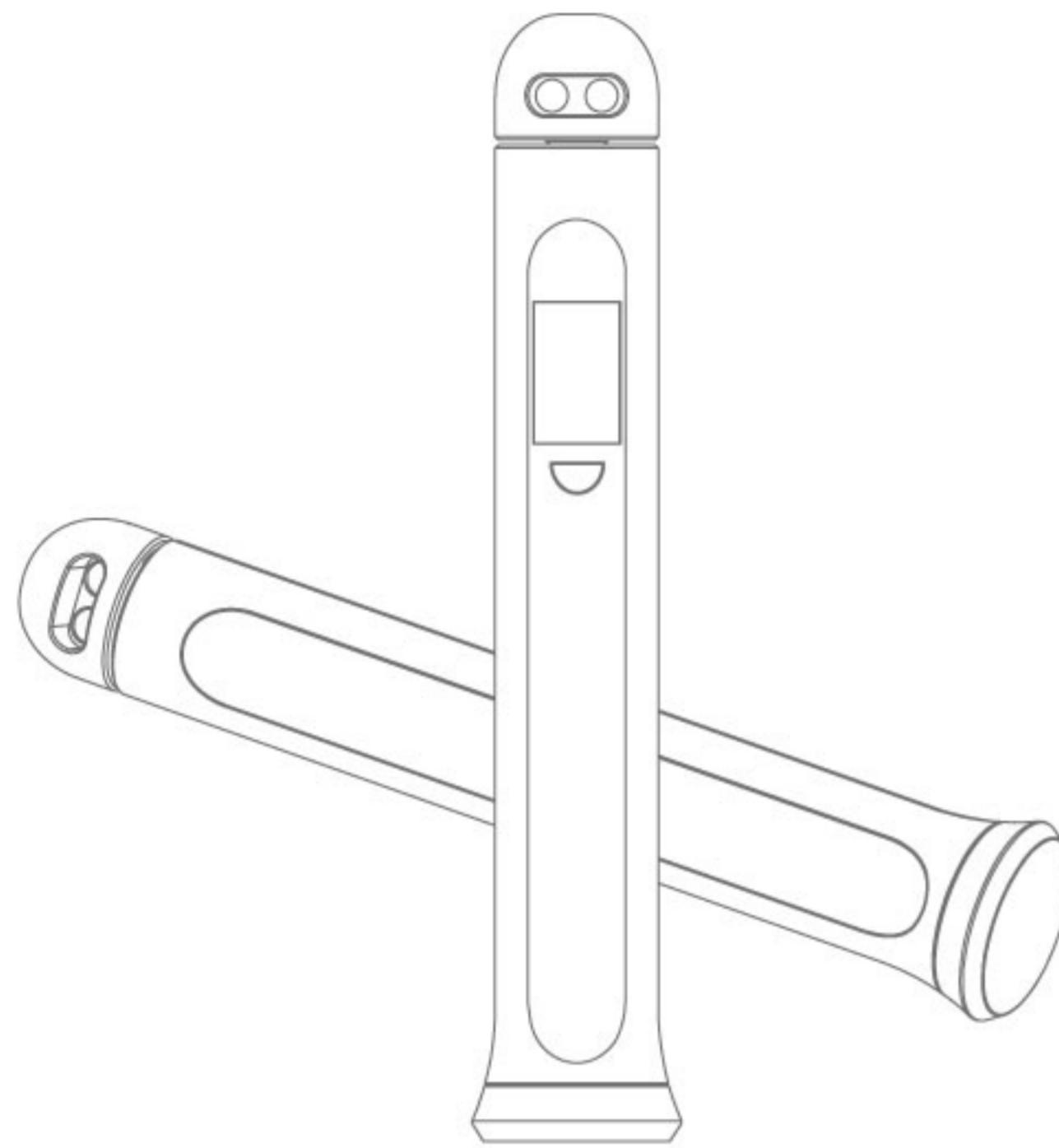


Instruction Manual

Smart Skipping Rope

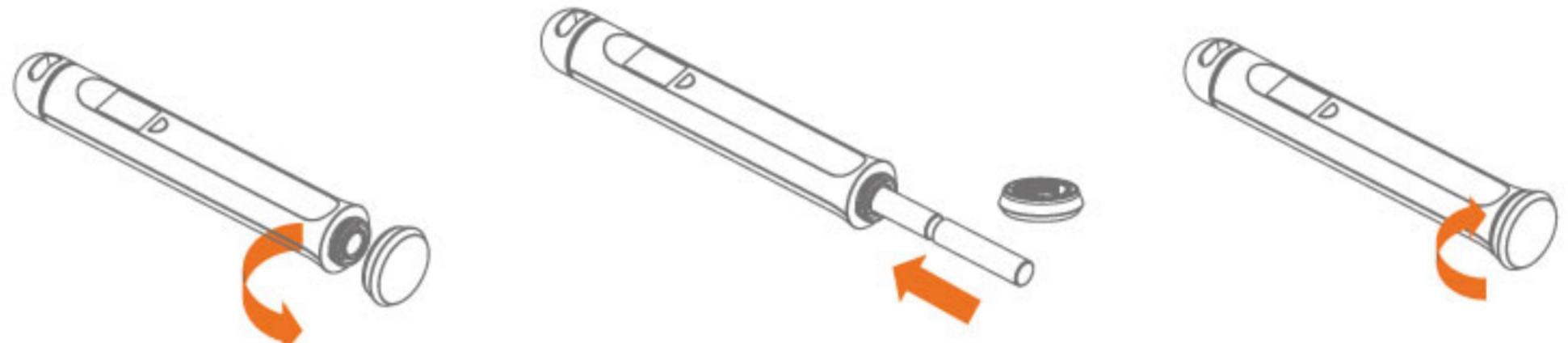


Important Notice

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

1. The skipping rope is equipped with a long rope. When using the skipping rope, please pay attention to the skipping method to prevent yourself from being stumble by the rope.
2. The skipping rope should be placed out of the reach of children when not in use. Children must be supervised when using the skipping rope to avoid danger cause by misuse.
3. The rope provided is for use in skipping rope exercise only. Do not use it for other purpose. Do not use it to bind or pull heavy objects to avoid the danger of rope breaking during exercise which may cause personal injury or property damage.
4. When not using the product for a long time, the batteries should be taken out of the product to prevent if the battery turns bad; which may corrode and damage the product.

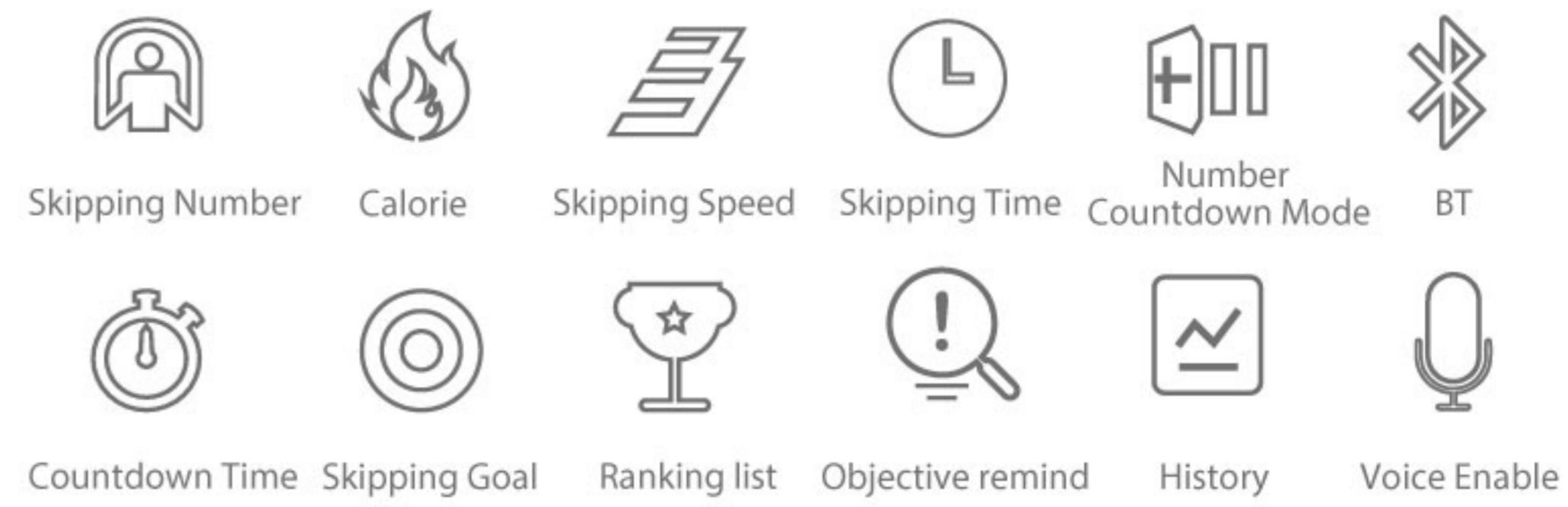
Batteries Installation



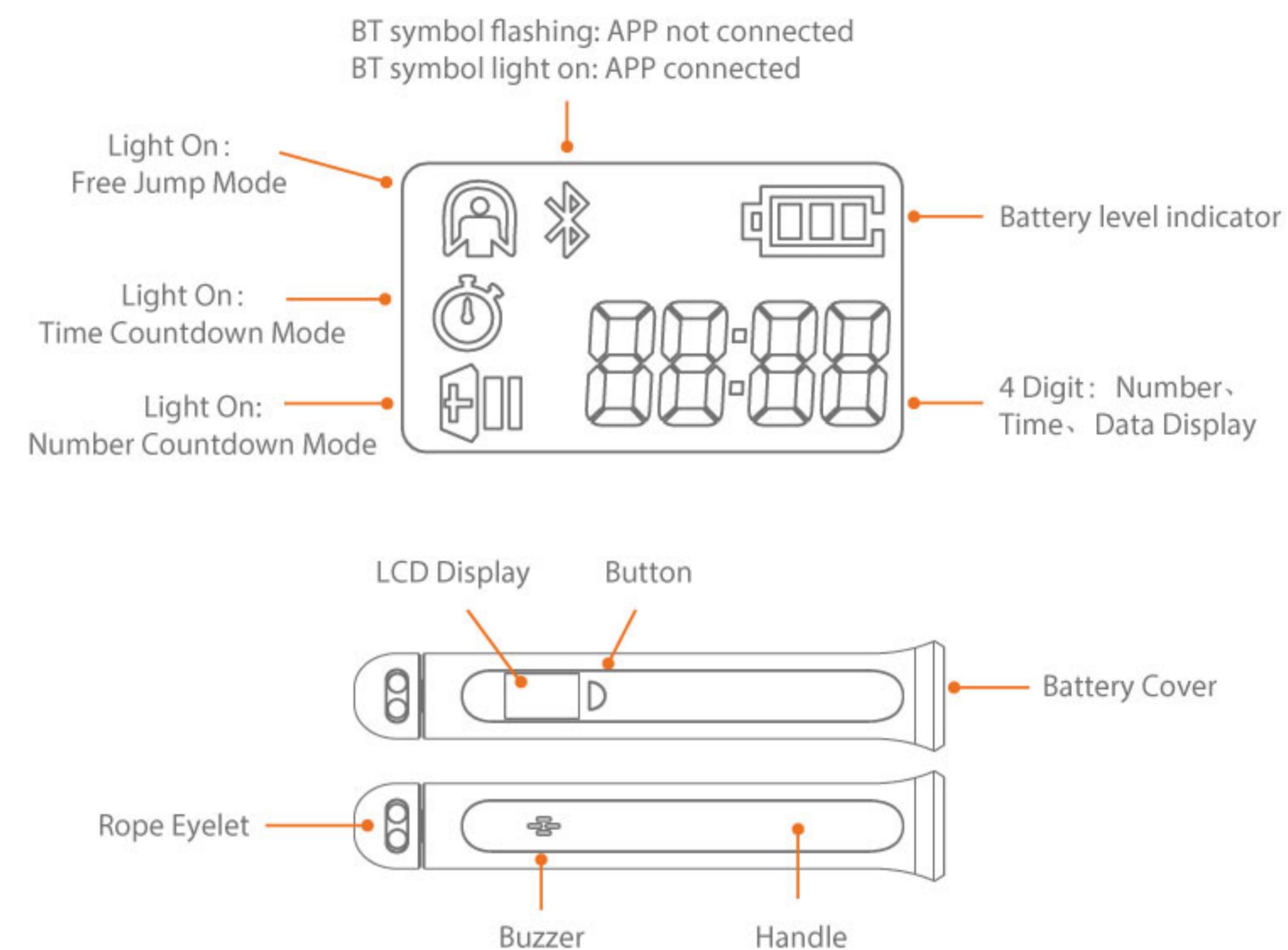
1. Unscrewing the battery cover at the bottom of the skipping rope handle.
2. Install two AAA batteries.
3. Screw and tighten the battery cover back to the handle.

Remarks: Check the LCD screen after the battery is installed. If the display turns on, the batteries are properly installed.

Function Description



LCD display and rope skipping handle



Skipping Rope operation

There are two operation modes

• Skipping rope not connects to the APP:

It is recommended to turn off the Bluetooth in mobile phone to prevent the operation from being affected by the automatic connection between the device and the mobile phone. When not connect to the APP, the skipping rope LCD display can display movement data and have three selectable exercise modes; free exercise, time countdown and number countdown.

• Skipping rope connects to the APP:

When the skipping rope is connected to the mobile APP, the operation setting will be controlled in the APP, the skipping rope LCD display will change at the same time as the APP operation mode is switched.

• Free jump mode, time countdown, number countdown, calories check can be selected on the phone. APP voice broadcast function on your mobile phone will provide encouragement with the increase of rope skipping number, making your exercise more fun.

The skipping rope not connected to APP

Free rope skipping mode:

Display Status	Operation Method
	<ul style="list-style-type: none"> Power on: after installing the battery, it will automatically power on and the default mode is free jump. If the screen is off at standby mode, press the button once to turn on the display. Free jump: you can start rope skipping and device will start counting. To reset, long press the button for 2 seconds and after hearing the "beep", the counting will reset to 0. The Bluetooth and free jump icon will show after power on and the default is free jump mode. Short press the button once to switch to the next mode, long press the button for 2 seconds to confirm the operation.

Time Countdown mode:

Step 1: short press the button once to switch the mode, when icon appears, it turns to time countdown mode.	Step 2: long press the button for 2 seconds until you hear "beep" sound to enter the time setting. Each short press will increase the time by 1 minute. After setting the exercise time, long press the button for 2 seconds to start, "beep" sound will continue for 5 seconds and then the time countdown will begin.

倒计数模式 :

Step 1: short press the button once to switch the mode, when icon appears, it turns to number countdown mode.	Step 2: long press the button for 2 seconds until you hear "beep" sound to enter the number countdown mode. Each short press will increase the number by 50. After setting the skipping number, long press the button for 2 seconds to start, "Beep" sound will continue for 5 times and then the number countdown will begin.
	Step 3: after rope skipping, the time will be displayed; The time displayed is the time taken to complete the number of rope skipping set previously. Long press the button for 2 seconds to reset the time and return to the initial state;

Note: when the mobile app is not connect, the Bluetooth symbol will keep flashing, and it will stay on after connect.

The skipping rope connect to the mobile APP

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



Choose add device and then turn on the skipping rope, the Bluetooth icon on the LCD screen "will flash, the APP will identify and add the skipping rope automatically.

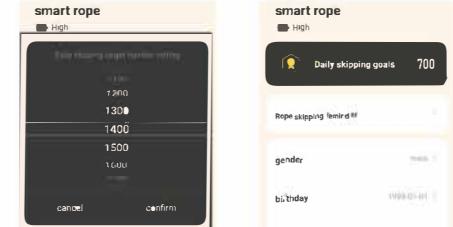


Click to add device



Click: Add

2. 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.



3. Using the skipping rope APP: After the skipping rope is connected to the mobile APP, the voice broadcast function of the APP will provide encouragement in various languages with the increase in the number of skipping during exercise, so as to make exercising more fun. Based on your preference, this function can be turned on or off with the following methods.



There are three selectable modes on the main page. Choose the mode you prefer

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



Statistics



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



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

4. The skipping rope needs to pair only one time to the APP and do not need to pair again afterward. The pairing will be disconnected if the battery is removed from the skipping rope and it will need to pair again.

Product Specification

Product Name	Smart Skipping Rope
Bluetooth Version	Bluetooth V5.0
Bluetooth Distance	10 meters
Handle Size	172.87mm * 32.10mm
Material	Plastic, Metal, PE, PVC
Product Weight	245g
Display	LCD Display
Battery Spec.	2*AAA Battery
Standby Time	1 Year

Automatic sleep function

1. When there is no input, the backlight will turn off in 10 seconds, LCD display will turn off and Bluetooth will disconnect in 3 minutes, and the whole unit will turn off in 20 minutes. Removing the battery from the skipping rope to disconnect the pairing from the APP.

2. If the screen is turned off, press the button once to activate the screen display. Short press the button once to turn on the unit.

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 limited to, are not covered by the warranty:

- Damage caused by unauthorized disassembly, repair, water/liquid damage, misuse, abuse, modification, accident and negligence.
- Damage caused by user misuse or fall.
- Damage caused 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.

Warranty Card

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



Made in China

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.

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.

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

FCC ID: 2A2W4-ZK1001

Warning: Changes or modifications to this unit not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment