

# DUMBBELL

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USER MANUAL

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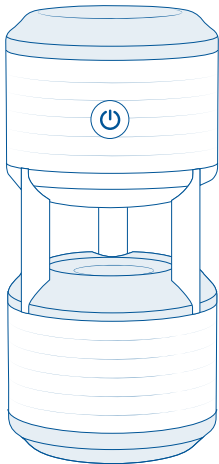
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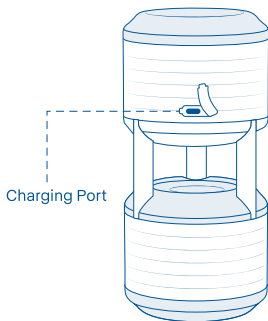
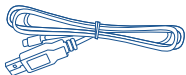
## Product Contents

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Product



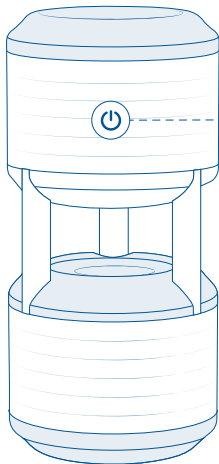
USB Charging Cable



※AC Adapter is not included.

## Operating Guide

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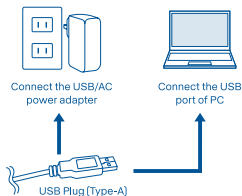
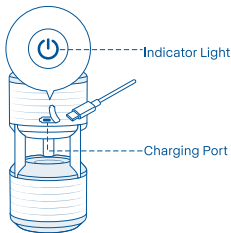
- **Power/Vibration Button**

Power On: Long-press for 2 seconds to activate.

Vibration Adjustment:  
Short-press to cycle through 10 intensity levels.

# Charging

- Connect the dedicated USB charging cable to the charging port of the product.
- Connect the USB end of the charging cable to a computer or USB charging adapter.
- During normal charging, the indicator light on the product will flash.
- When charging is complete, the indicator light will remain on.



※ AC Adapter is not included. Please use charging adapters with an output voltage of 5V/1A

- ⚠ Please make sure that the adapter or computer USB port matches the product before connecting.
- ⚠ Please charge it fully before using it for the First time, or after a long time without using it.
- ⚠ To maintain the quality of the battery , please fully charge it at least once every six months.
- ⚠ Do not use a charging cable other than the dedicated USB cable provided.
- ⚠ The supplied USB charging cable is not waterproof. Please take care not to get it wet or submerge it in water.
- ⚠ To avoid electrical shock or burns or other accidents, please make sure your hands are dry before charging the product.

## Specifications

Product Name	Dumbbell
Size	152×88×88mm
Weight	Approx. 535g
Running Time	Approx. 60 minutes
Charging Time	Approx. 150 minutes
USB Cable Length	70cm
Materials	ABS+TPE+TPE
Power Source	Rechargeable lithium battery
Country of Manufacture	China

## Disposal

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Regarding the disposal of Waste Electrical and Electronic Equipment (WEEE).

The symbol below of a crossed-out dustbin indicates that this item should be taken to an appropriate collection point for proper disposal. Please do not dispose of household waste.



## Warranty

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This product is covered by Product Warranty for 1 YEAR from the Original Date of Purchase against defects due to fault of production or materials.

the Product Warranty covers working parts of the Product and does NOT cover the following:

- The product warranty has not been activated.
- Unusual methods of use or methods of use deemed inappropriate or otherwise mentioned in this user manual as invalidating the warranty.
- Damage caused during delivery of the product, transportation of the product or accidents.
- Damage caused by natural disasters or use at incorrect voltage.
- Cosmetic damage caused by normal use of the product.

CUSTOMER  
SUPPORT

[support@cafatop.com](mailto:support@cafatop.com)

**FCC Warning:**

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.

**Caution:** Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.