



Move It Beat Smart Dumbbell User Guide

v2.0.4

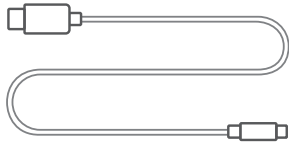
Box Contents



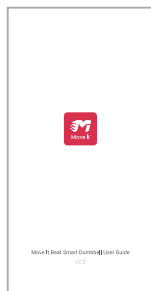
1x Dumbbell with a sensor module (black display screen)



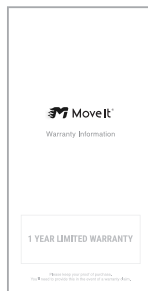
1x Dumbbell without a sensor module



1x USB Charging Cable



1x User Guide



1x Warranty Card

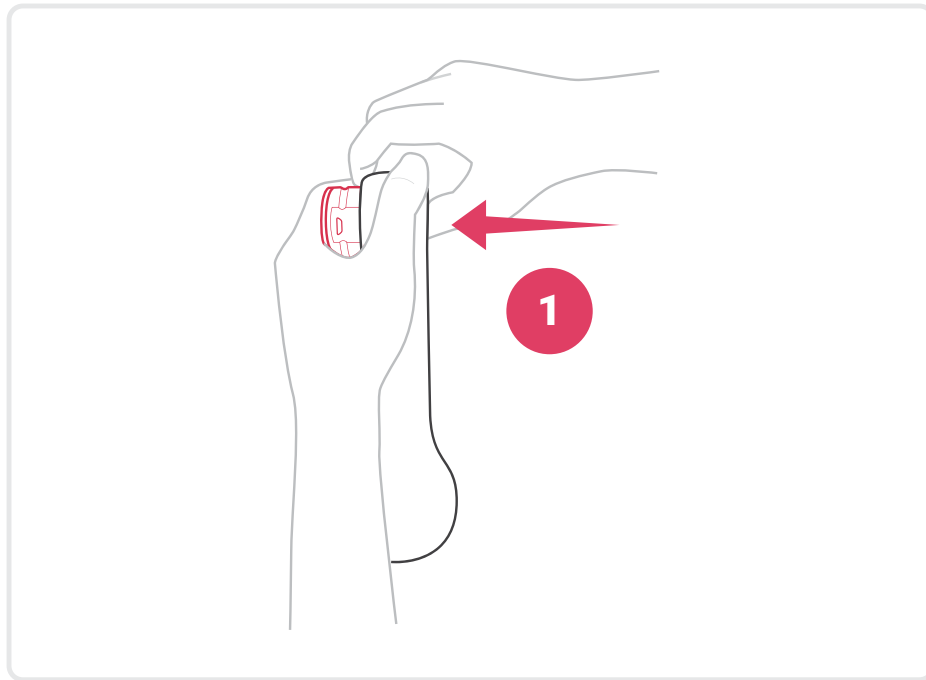
Initial Device Setup



Please pair and setup through the Move It app

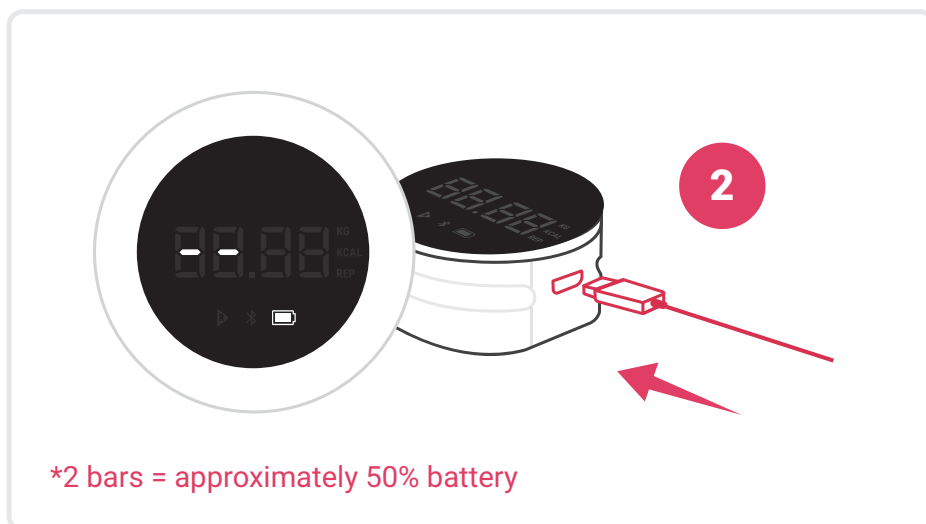
1. Retrieve the Sensor Module

Push out the sensor module (indicated by a black display) from the rear of the dumbbell as shown.



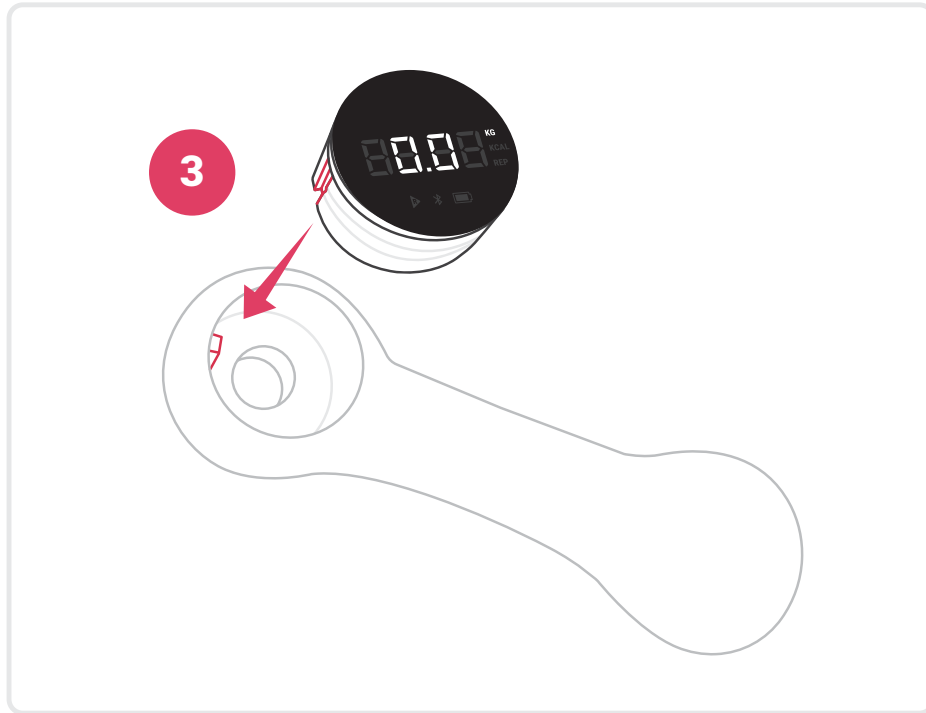
2. Activate the Sensor Module

Insert the charging cable into a computer or a USB power source, then connect the cable to the sensor module. **Charge the sensor module for at least 20 minutes or until two bars are fully lit.**



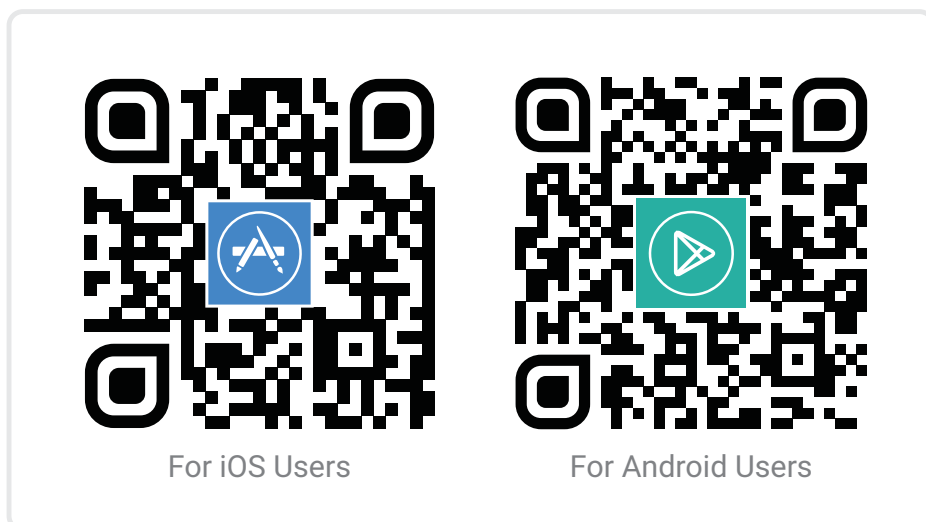
3. Re-insert the Sensor Module

Align the sensor module's notch and insert it into the dumbbell as shown. The screen will display the corresponding dumbbell weight once the module has been securely inserted.



4. Download the Move It App

Scan the QR Code to download the Move It app. The app supports mobile devices with Apple iOS 9.0 or Android 4.4 and higher.



Alternatively, get the app by searching **Move It Fitness** on either Apple Appstore or Google Playstore.

5. Pair & Setup through the Move It App

For new accounts:

Turn on your phone's Bluetooth, open the Move It app and follow the onscreen prompt during the account setup process.

For existing accounts:

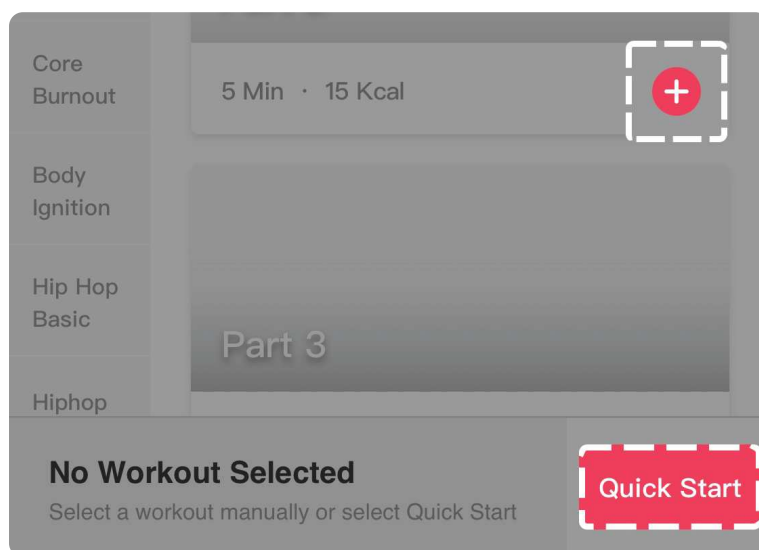
Turn on your phone's Bluetooth, open the Move It app, proceed to 「 Me 」, select Smart Dumbbell from 「 Device Management 」, and allow the app to complete the pairing setup process.

Starting your Workout

1. Enter 「 GO 」 from the Move It app's home screen.



2. Individually add workouts to your training session, or select Quick Start to have the app create a workout session based upon your daily calorie target.



Your device will automatically connect through Bluetooth with the Move It app before the workout begins.

Sensor Module Status Indicators

Display Info

- - - - Fully Lit: battery is fully charged (each bar represents 25%)



Slow Blink: battery is charging



Fast Blink: battery is low



Slow Blink: waiting to be connected with the Move It app



Fully Lit: connected with the Move It app



Fully Lit: grip with right hand for proper motion sensing

Audio Feedback

Beep 1x Disconnected from the Move It app

Beep 2x Connected with the Move It app

Beep 3x Battery is low. Charge the sensor module to maintain proper tracking accuracy

Additional Information

Pairing Troubleshoot

1. **The product must be paired through the app.** Pairing with the phone's operating system's Bluetooth setting does not provide any functionality.
2. To avoid signal interference during the initial pairing and setup process, please turn off nearby Bluetooth devices.
3. If you are still unable to detect your device during the pairing and setup process within the app, restart your phone or try turning the Bluetooth off and back on again.
4. For iPhone users with iOS 11 and higher, the system may periodically place the Bluetooth into sleep mode, therefore you may need to toggle Bluetooth off and back on again.

Hardware Features

1. The device does not have an on/off switch. The sensor module will automatically turn on after being inserted into the dumbbell, or when connecting and using a Move It app feature. After 30 seconds of inactivity, the sensor module will turn off by itself.
2. The switches at the rear of the sensor module are for detecting between the different products. Please ensure the sensor module is securely inserted before use.

Air Flight Travel Reminder

The product's has a unique design and function, therefore it's recommended to declare or place your Smart Dumbbell separately from your carry on when you travel abroad on an airplane.

Product Specifications

Model No:	MVDB
Dimensions:	0.5kg (L190 * W58 * H58mm) 0.75kg (L200 * W58 * H58mm) 1.0kg (L210 * W58 * H58mm)
Materials:	Cast iron, TPU, polycarbonate
App Support:	iOS 9.0 & Android 4.4 and above
Wireless Connection:	Bluetooth 4.0
Sensor:	6-Axis Gyroscope
Battery:	180 mAh
Charging Port:	Micro-usb
Input Rating:	5V \equiv 1A

FCC Statement[Ⓜ]

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. [Ⓜ]

[Ⓜ]
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 important announcement [Ⓜ]

Important Note: [Ⓜ]

Radiation Exposure Statement[Ⓜ]

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body. [Ⓜ]

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. [Ⓜ]



Designed in Hong Kong.

Manufacturer: Eggplant Technologies Limited
Address: Unit 510, Blk A1, 411 Shougouling Road, Tianhe, Guangzhou, China
Email: support@eggplant-tech.com
Webpage: <https://move-it.club>