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Scan to view User Manual
in your preferred language

SPIDER S

User Manual



Product specification

Function	Connected Home Gym	DC Input	5V
Max User Weight	265 lbs	Charge time* (0-100%)	2 hours
Capacity	3.7V	Battery life*	Up to 30 hours
Safeguards	Over-discharge protection Overheat protection Over-current protection Overcharge protection Short circuit protection	Bluetooth version Frequency Bluetooth physical range Product weight Operating temp	BLE 4.2 2.4GHz 26 feet 0.8 lbs (0°C to 45°C)
Input port	Micro USB		



*Depending on the type of charger used

What is the SPIDER S?

Build Strength, Fast.

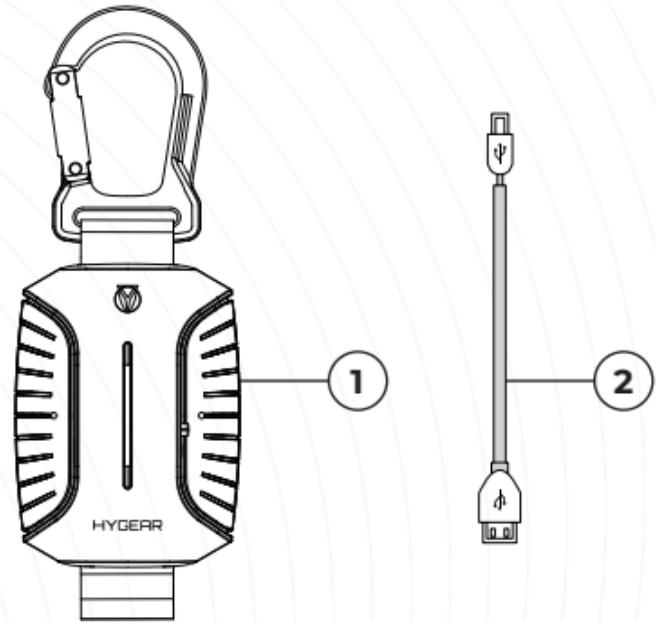
SPIDER S, is a smart retrofit sensor designed to personalize your suspension workouts. We put the X in experience. Make your workout a fully connected experience with the SPIDER S. Attach the SPIDER S to your gear and take your training to the next level. Track your real-time workout performance, measure your progress, and reach your goals. We give you all the tools you need to find, and track, the athlete you always had inside of you.

- Build lean muscle
- Develop full body strength
- Improve endurance
- Follow personalized workouts
- Use indoors or outdoors



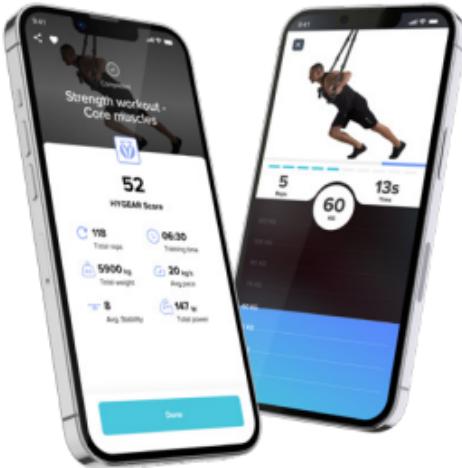
What's in the box

1. SPIDER S
2. USB cable



How to Connect to the HYGEAR App

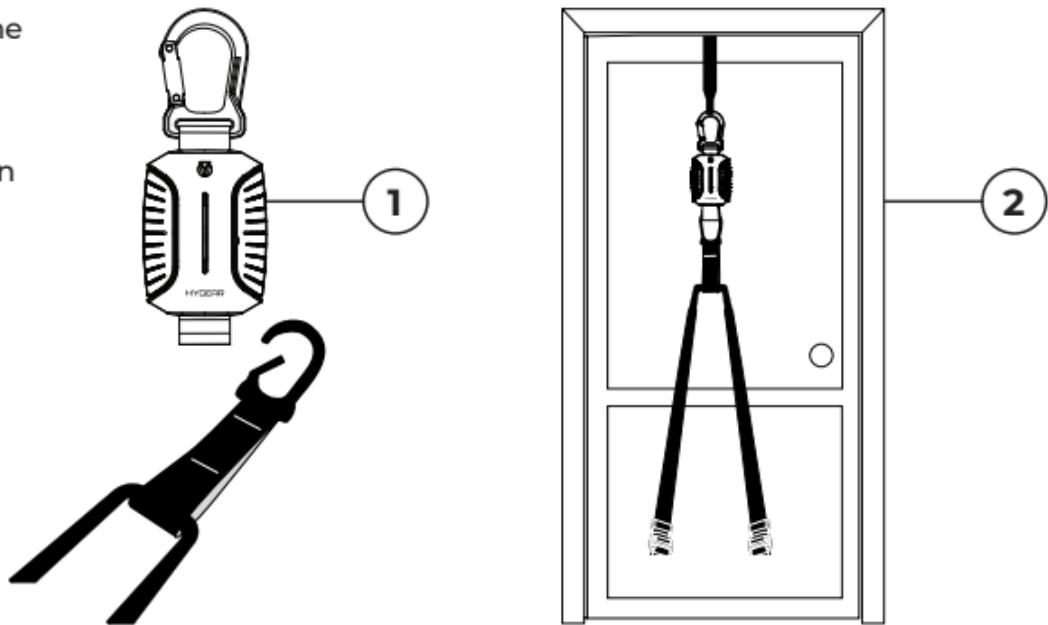
1. Scan the QR code to download the HYGEAR App
2. Make sure Bluetooth and location services are enabled
3. Open the HYGEAR app and follow the instructions to connect your SPIDER S and create your HYGEAR account
4. To turn on the SPIDER S, press the button on the sensor unit once to activate the sensor. Red and blue lights will start flashing.
5. The app will connect automatically. If your SPIDER S does not connect successfully, shut down the app, re-open, and try again.



SEE
HYGEAR
IN ACTION

How to use SPIDER S?

1. Attach your suspension straps to the SPIDER S textile loop.
2. Attach the SPIDER S carabiner to an anchor point.



Safety: do's and dont's

As with any exercise equipment, it is essential to be mindful of your personal safety.

- ✓ Do start slowly and take it easy before progressing to a more challenging or intense workout.
- ✓ Do set your own limits and be responsible for your own safety.
- ✓ Do choose the right workout program for your fitness level and stay in control.
- ✓ Do check that you have attached the product properly and that the straps are secure.
- ✓ Do always perform a weight test by pulling hard on the anchor and handles once the product is anchored in place.
- ✓ Do use a strong and secure anchoring point.
- ✓ Do ensure that the carabiners are correctly attached to the SPIDER S.
- ✓ Do inspect the SPIDER S for holes, tears, or cracks before starting your workout.
- ✓ Do make sure the floor is not wet or slippery to avoid minor or even severe injuries.
- ✓ Do use SPIDER S only for its intended use, as described in this manual.
- ✓ Do inspect your SPIDER S and all its components before each use.
- ✓ Do replace any damaged or worn components immediately.

Safety: do's and dont's

- ✗ Don't continue exercising if you feel pain or discomfort.
- ✗ Don't use SPIDER S if your hands are greasy, wet or overly sweaty.
- ✗ Don't push yourself too far beyond your comfort zone.
- ✗ Don't use SPIDER S if a straps or any other element is damaged.
- ✗ Don't allow children under the age of 16 to use SPIDER S.
- ✗ Don't expose SPIDER S to direct sunlight, rain, or snow.
- ✗ Don't leave SPIDER S exposed outdoors for an extended period of time.
- ✗ Don't use strong chemical agents or cleaners, which may discolor or damage your SPIDER S.
- ✗ Don't touch SPIDER S or the power plug with wet hands.
- ✗ Don't bend or yank the plug or power cord from the electrical outlet.
- ✗ Don't download and install any firmware from an unauthorized provider. This may cause SPIDER S to malfunction or become incompatible, which would void the product warranty.
- ✗ Don't use SPIDER S if any of the components are worn or damaged.
- ✗ Don't use an anchoring point that causes excessive friction or wear to the SPIDER S .
- ✗ Don't expose your SPIDER S to high temperatures.
- ✗ Don't attach SPIDER S to any other workout equipment, except a suspension strap, or strap, with a carabiner.

Safety: do's and dont's

- Failure to adhere to SPIDER S safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and all liability resulting from the use of SPIDER S and all of its components.
- Consult your doctor before using SPIDER S.

⚠ WARNING: Do not expose the device to temperatures above or below the given limits, otherwise it might get damaged or you might be exposed to safety risk.

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.

FCC Caution

- Any changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.
- FCC RF Radiation Exposure Statement Caution: This equipment complies with FCC exposure limits set forth for an uncontrolled environment.

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 the 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.

FCC Caution

IC STATEMENT

EN

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FR

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. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur. Le matériel a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. Le dispositif peut être utilisé dans des conditions d'exposition portables illimitées.



**Become a better
version of yourself**