

# XiaoLeZiLe1

User Manual



Suzhou Tantela Intelligent Technology Co., Ltd

# XiaoLeZi

## Intelligent body monitoring system

Shape your beauty



360°  
omnidirectional  
detection



Voice  
reminder

AI  
intelligent  
recognition



Vibration  
alert

Data  
cloud  
analysis



IP67 dustproof  
and waterproof

Real-time  
animation



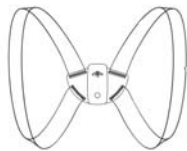
Preferred  
material

## Instructions

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### Method 1: Use the device independently

Put on the device, place the device between the shoulder blades, press and hold the device switch, the red light of the device lights up and the device vibrates for a short period of time, and then starts to use.



### Method two: device connection APP use

#### 1. Install XiaoLezi client / open applet on mobile phone.

A P P can be downloaded from major application stores  
The following APP two-dimensional code only supports browser scanning and downloading



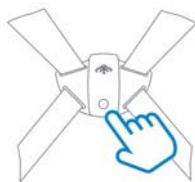
Android APP  
(Recommended for Android users)



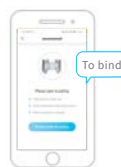
WeChat Mini Program

## 2. Turn on the equipment and bind it

Start XiaoLezi APP / XiaoChengXu, register the account number and log in, and follow the binding instructions to start Xiaolezi device, when the blue tooth signal of the device is searched, click to connect, the page will be displayed Pairing success indicates that the device is tied and connected successfully.



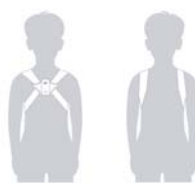
a. button to turn on the device



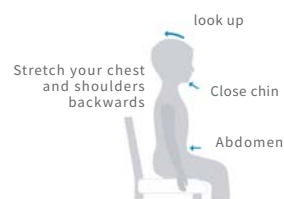
b. The equipment and mobile phone will automate after binding Synchronize data and send reminders

## 3. Wear equipment

Put your arms and arms over the strap and use the loops to adjust



## 4. Start using the device



## Function Description

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### 1. Device reminder mode selection

Use the APP / Applet virtual button for mode selection, and click the mode selection button on the interface to select the vibration / mute mode.

#### Vibration mode ▼

In vibration mode, Equipment monitoring and recording Sitting posture When the posture is wrong, the device Issue a vibration alert.

#### Silent mode ▼

In silent mode, Equipment monitoring and recording Recording posture, When sitting incorrectly, set No vibration

### 2. Selection of working mode

#### Instant pose mode ▼

Immediate reminder of wrong sitting posture, no intelligent scene recognition function.

#### Intelligent pose mode ▼

The AI algorithm monitors different application scenarios and provides intelligent reminders.◦

Xiao Lezi applies AI technology and has intelligent algorithm blessing to realize the intelligent scene recognition function. Yes, it can exclude users from special scenarios such as wearing, bending over and picking things up during use False alarm, get rid of the rigid "tilt is reminder" way.◦

### 3. Posture monitoring

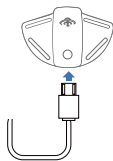
Real-time data and statistical data of user sitting posture can be viewed in APP / Applet interface And historical data.

### 1.Key interaction

- The keys are touch keys;
- Long press until the red light is on, and the device will start after short vibration.
- Press and hold until the red light goes out, and the device will shut down after two short vibrations.

### 2. Charging method

The charging port is under the device and uses the Micro USB interface to charge.



### 3. Indicator display

- Touch display  
A finger touches the button with a light indicator

#### b. battery indication

Flashing red



1.Low battery warning

Blue light stays on



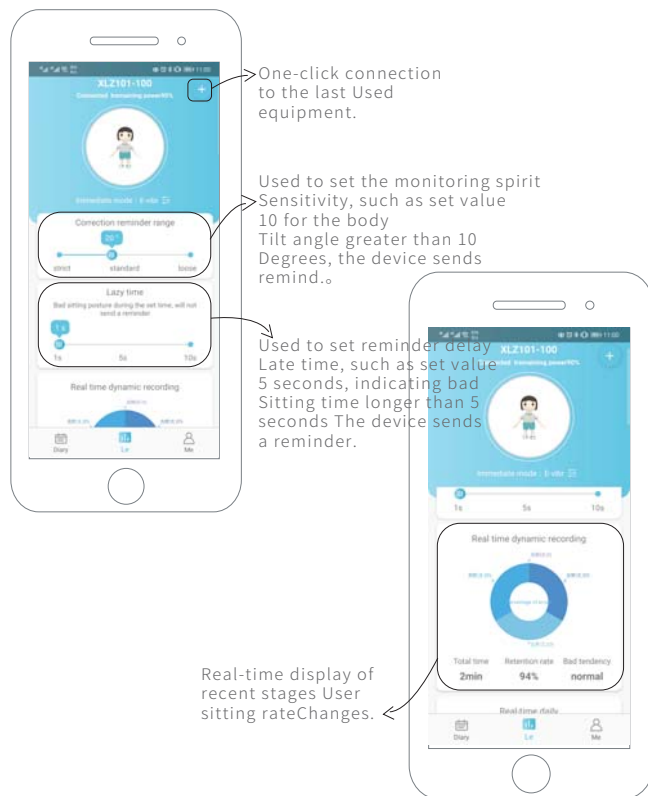
2. Charging connection is successful

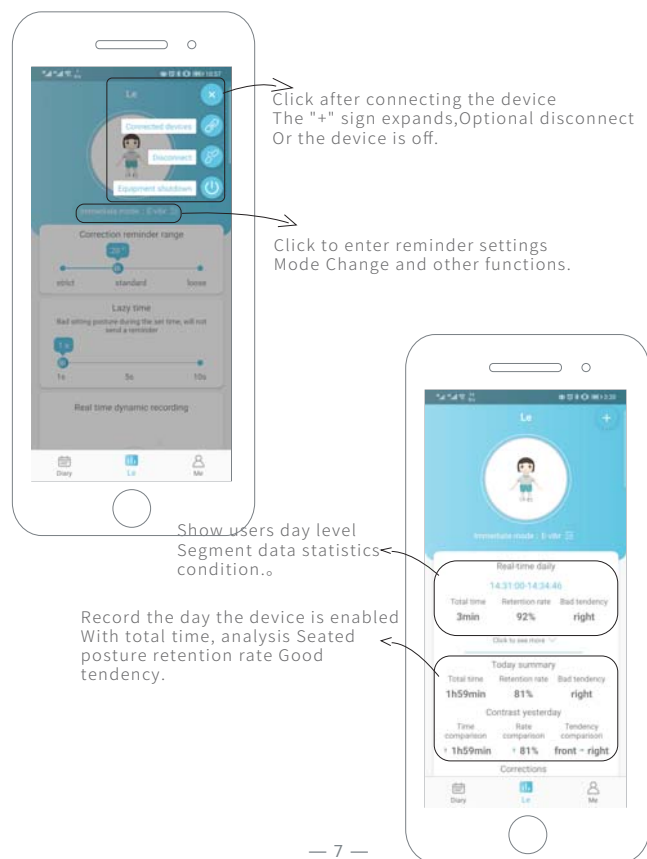
Steady green light



3. fully charged

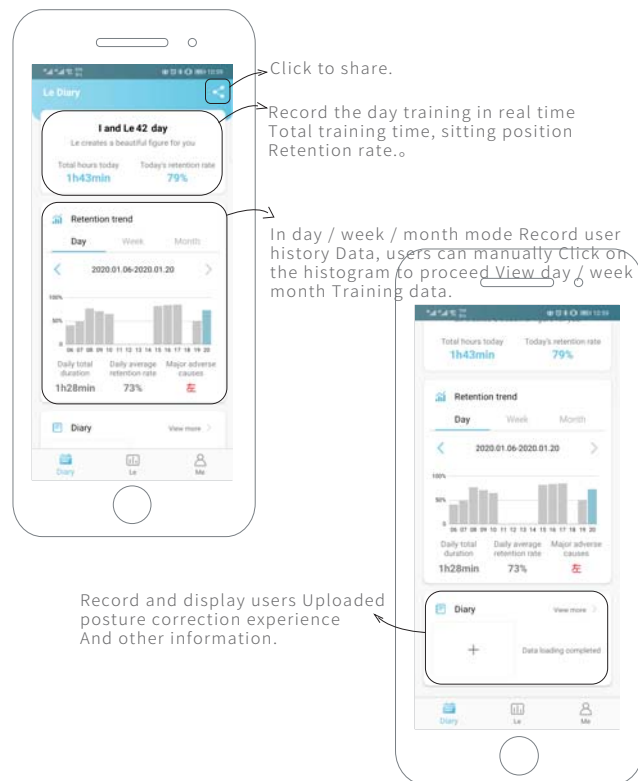
## 1.XiaoLezi main interface



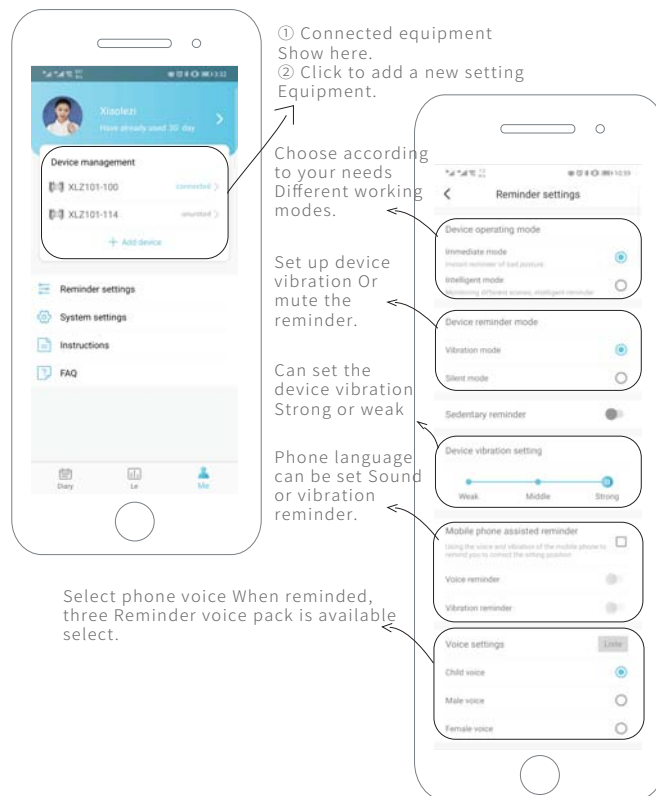




## 2.Diary interface



## 3. My interface



## Frequently Asked Questions

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1. Can the device be used normally without the APP?

Answer: Yes. The device can be used normally without APP connection, connect After the APP can unlock more auxiliary functions and have a better user experience.

2. Can the mobile phone be far from the device to be monitored?

Answer: No. The phone must be within 10m of the device, otherwise it will disconnect Connected, but when the phone connects to the device again, the app will read you on the device Historical data to ensure that the data during your posture is complete.

3. Equipment radiation problem?

Answer: Xiaolezi uses Bluetooth low energy technology, which has extremely low radiation. One millionth of the WiFi signal of the router is ten times the mobile signal of the mobile phone One millionth.

4. What is the reason why the equipment vibrates sometimes but is not sensitive?

Answer: It is because you have turned on the smart posture mode, which is suitable for meditation learning Or use at work, you need to wear your device rather than holding it in your hand, Secondly, you need to stay in a sitting position, not shaking or exercising.

5. How long will the product be effective?

Answer: Xiao Lezi uses the concept of “wrong posture reminder + active correction”, which focuses on Develop good sitting habits. Studies show that adherence to use for more than 21 days may Cultivate habits and begin to show results. 90 days of continuous use, forming a stable habit, Improve sitting.

## Parameter Description

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### 1. Basic parameters

Name	XiaoLeZiLe1
Model	XLZ101
Working time	Typical 10 hours
Standby current	17uA
Working and storage environment	0-40°C
Bluetooth version	BLE4.0
Bluetooth transmission distance	within 10m
Angle measurement accuracy	0.1°
Angle measurement rang	360 ° measurable
Lithium battery capacity	180mAh
Operating Voltage	3.3V
Charging interface	Micro USB
Product Size	92mm×61mm×12mm
Strap length	700mm
product quality	60g
Dust and waterproof rating	IP67 (1 meter underwater can work continuously for 10 minutes)
Box contents	Xiaolezi equipment, user manual, charging cable

### 2. Matters needing attention

- Do not disassemble and install any form of equipment;
- Clean the device with a soft cloth. Do not use corrosive cleaners;
- The charging voltage is 5V. Do not use an unmatched charging head for charging;
- Each device has a unique Bluetooth name, the last three digits of the Bluetooth name and the packaging The last three digits of the SN code pasted on the box are the same.  
For example: SN code name: 19412100000008  
Device Bluetooth name: XLZ101-008  
CMIIT ID: XXXXXXXXXX  
FCC ID: 2AVJQ-XLZ101

### 3. FCC Caution

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

### 4. FCC RF Radiation Exposure Statement

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

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.