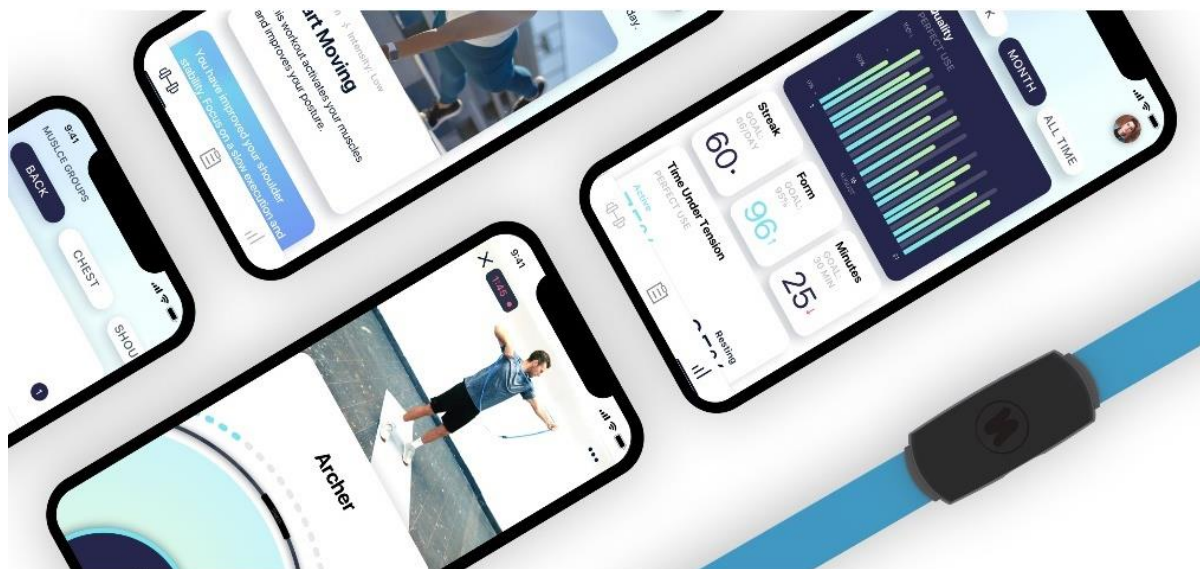


## STRAFFR Resistance Band User Manual

### Quick Guide

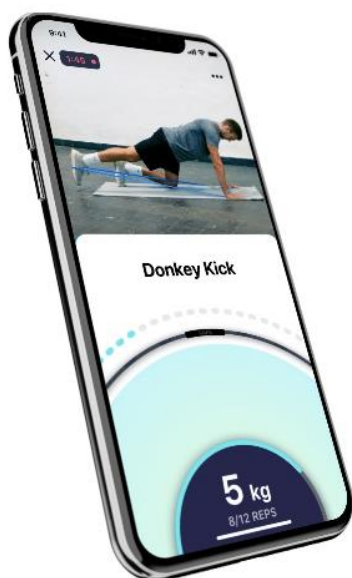
Please read and follow these instructions and all other information before using your STRAFFR band.



 Handbuch Digital

## App

Download the STRAFFR App from the iOS App Store or Google Play Store.



## User Profile

Follow the tutorial and create your profile to access your training data from any mobile device.

## Bluetooth

Connect your band with the STRAFFR app.



### Activation (first time connection)

Press the STRAFFR symbol button on the band or charge it first.

### Connect (after first connect)

1. Simply pull the STRAFFR band to wake it up.
2. Make sure Bluetooth is enabled on your phone.
3. Open the STRAFFR app and press the band icon in the top left corner of the main screen.
4. Once connected, confirm the pairing request.

Note: Your STRAFFR band will go into sleep mode automatically when you are done exercising.

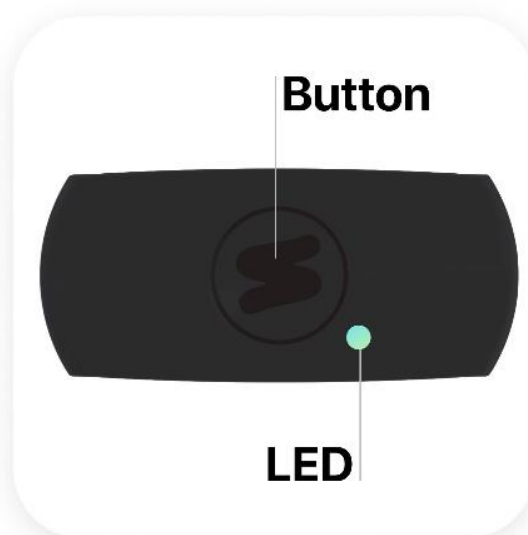
## Modes of Operation

### Reset

Press and hold the button for 6 seconds to reset.

### LED

- Flashing blue: ON and ready to connect
- Flashing green: Connected and ready to start
- Flashing red: Low battery level



### Charging

Connect the USB-C cable to the STRAFFR case. The band is fully charged when the led turns to solid green. A full charge takes about 1 hour.

## Practice Safe STRAFFR



Read and follow these instructions and all other information before using your STRAFFR band.



Just pull the band to switch it on.



Check the product for any manufacturing defects prior to use.



Do not stretch bands more than 3x their original length.



Do not bring the STRAFFR band into contact with sunscreen.



Do not stretch the band while holding the case in your hand.



Avoid sharp corners and friction.

If defects are evident, do not use the product and contact STRAFFR immediately.

Check the STRAFFR band carefully for any tears, wear, or damage before each use.

Never use a damaged band.

Do not submerge the STRAFFR band in water/liquids.

Avoid looping bands around abrasive surfaces (use a utility strap to tie off safely).

For medical or therapeutical purposes, STRAFFR should only be used in coordination with an expert (doctor, physiotherapist).

Keep children and animals away from STRAFFR bands.

STRAFFR bands are intended to be exclusively used by adults.

## SAFETY INFORMATION, REGULATORY DESCRIPTION & WARRANTY

Please read and follow these instructions and all other information before using your STRAFFR band.

Find the latest safety information, regulatory descriptions, and warranty regulations on our website at <https://straffr.com/legal>.

### Important safety information

Use STRAFFR bands with care. They contain sensitive electronic components, including batteries, and can be damaged, impair functionality, or cause injury and death if misused.

### Batteries

**Caution:** The battery used in this device may present a fire or chemical burn hazard if mistreated. Do not disassemble, heat above 100°C(212°F) or incinerate.

**WARNING:** Risk of fire, explosion, and burns. Do not disassemble, crush, heat above 100°C(212°F), short-circuit or incinerate.

Do not try to replace the STRAFFR bands batteries yourself—you could damage the batteries, which may cause overheating and injury.

### Charging

Charge the STRAFFR band with the USB-C charging cable. Only charge with an adapter that is compliant with applicable country regulations and international and regional safety standards, including the International Standard for Safety of Information Technology Equipment (IEC 60950-1). Other adapters may not meet the safety standards and charging with such adapters could pose a risk of death or injury. Using damaged cables or chargers, or charging when moisture is present can cause electric shock, fire, injury, or damage to the band or other property.

### Bluetooth®

To turn off Bluetooth on the STRAFFR band, press the STRAFFR button twice, and unplug the USB-Cable from the case or disconnect the STRAFFR app and wait for the STRAFFR band to go to sleep.

### Prolonged heat exposure

Prevent prolonged skin contact with a device, its power adapter, the charging cable and connector when connected with a power source, because it may trigger discomfort or injury. For example, while the STRAFFR band is charging using the USB charging cable and a power adapter plugged into a power source, don't rest or lean on the STRAFFR band, USB charging cable, power adapter, or place them under a cover, cushion, or your body. Be especially careful if you have a physical condition that affects your capability to detect heat touching your body.

### Medical device interference

STRAFFR bands include components and radios that emit electromagnetic fields. These electromagnetic fields may interfere with pacemakers, defibrillators, or other medical devices. Retain a safe distance of separation between your medical device and STRAFFR bands. Consult your doctor and device manufacturer for information specific to your medical device. Stop using STRAFFR bands if you assume they are interfering with your pacemaker, defibrillator, or any other medical device.

### Skin irritation

Clean STRAFFR bands regularly with a moist cloth. Don't get moisture in any openings, or use aerosol sprays, solvents, or abrasives. If a skin problem develops, discontinue use. If the problem persists, consult a physician.

### Electrostatic shock

When using STRAFFR bands in areas where the air is very dry, it is easy to build up static electricity. To minimize the risk of electrostatic discharge, avoid using STRAFFR bands in extremely dry environments, or touch a grounded unpainted metal object before using STRAFFR bands.

**Important handling information**

Check the STRAFFR band for tears or porous sections every time prior to use. The safety of your STRAFFR bands can only be guaranteed if they are routinely checked for damage. Keep children and animals away from all STRAFFR bands. Discoloration of the STRAFFR band and/or of the USB-C cable after regular use is normal. Dirt, debris, and exposure to lotions may cause discoloration. Prolonged exposure to sunlight will reduce the useful life of your STRAFFR band and should therefore be avoided.

**Exercising**

Incorrect or excessive training may be harmful to your health. If at any time during your training you should experience physical symptoms such as pain, chest tightness, irregular pulse, or dizziness, please stop training immediately and visit your doctor or call an ambulance. Always wear appropriate clothing when training. Maintain an adequate distance to other people and/or objects during use. Furthermore, we recommend you do not subject the STRAFFR band to extreme tension as it may tear or lead to unforeseeable injury. STRAFFR will not be responsible or liable for any injury or harm you sustain as a result of our fitness programs, training videos, online fitness content, or information shared on our websites. This includes emails, videos, and text. Thanks for your understanding. Exercise smart and healthy!

**Support**

For support and troubleshooting information, user discussion boards, and the latest STRAFFR software downloads, go to [www.straffr.com/support](http://www.straffr.com/support).

## WARRANTY

Please find the full terms of STRAFFR's One Year Limited Warranty and details on obtaining service at [www.strafr.com/legal](http://www.strafr.com/legal).



## FCC compliance 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 de-signed 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 to 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.

Changes or modifications to this product not authorized by STRAFFR could void the electromagnetic compatibility (EMC) and wireless compliance and negate your authority to operate the product.

This product has demonstrated EMC compliance under conditions that included the use of compliant peripheral devices and shielded cables between system components. It is important that you use compliant peripheral devices and shielded cables between system components to reduce the possibility of causing interference to radios, television sets, and other electronic devices.

Responsible party (contact for FCC matters only):

STRAFFR GmbH  
Gottschalkstr. 22  
34127 Kassel, HE  
Germany  
[www.traffr.com](http://www.traffr.com)

## ISED Canada compliance statement

### English

This device complies with ISED 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.

### Francais

Le présent appareil est conforme aux CNR d'ISDE Canada applicables aux ap-pareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'appareil doit ac-cepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## EU compliance

### English

STRAFFR GmbH hereby declares that this wireless device is in compliance with Directive 2014/53/EU. A copy of the EU Declaration of Conformity is available at <http://www.strafr.com/legal>.

### Francais

STRAFFR GmbH déclare que l'appareil sans fil est conforme à la directive 2014/53/EU. Une copie de la Déclaration de conformité de l'U.E. est disponible en ligne à l'adresse <http://www.strafr.com/legal>.

### Deutsch

Hiermit erklärt STRAFFR GmbH, dass sich dieses drahtlose Gerät in Übereinstimmung mit der Richtlinie 2014/53/EU befindet. Eine Kopie der EU-Konformitätserklärung ist unter <http://www.strafr.com/legal>.



Frequency	Maximum Power
2.4GHz (bluetooth)	<100mW

## Disposal and recycling information



### English

This symbol indicates that this product and/or battery should not be disposed of with household waste. When you decide to dispose of this product and/or its battery, do so in accordance with local environmental laws and guidelines.

### Francais

Información sobre eliminación de residuos y reciclaje  
El símbolo de arriba indica que este producto y/o su batería no debe desecharse con los residuos domésticos. Cuando decida desechar este producto y/o su batería, hágalo de conformidad con las leyes y directrices ambientales locales.

### Deutsch

Informationen zu Entsorgung und Recycling  
Dieses Produkt und/oder die Batterie müssen getrennt vom Hausmüll entsorgt werden. Achte beim Entsorgen dieses Produkts und/oder der Batterie auf die Einhaltung der umweltrechtlichen Bestimmungen und Regelungen.

### Europäische Union – Informationen zur Entsorgung

Das oben aufgeführte Symbol weist darauf hin, dass dieses Produkt den geltenden gesetzlichen Vorschriften entsprechend und vom Hausmüll getrennt entsorgt werden muss. Muss dieses Produkt entsorgt werden, gib es bei einer offiziellen Sammelstelle ab. Durch getrenntes Sammeln und Recycling werden die Rohstoffreserven geschont und es ist sichergestellt, dass beim Recycling des Produkts alle Bestimmungen zum Schutz von Gesundheit und Umwelt eingehalten werden.

Regulatory Information:

STRAFFR Resistance Band

Model: ST01X

Contains FCC ID: 2APD9-RSL10SIP

FCC ID: 2AWRM-ST01X

Contains IC ID: 23763-RSL10SIP

FVIN: 1.0

Made in Germany