

Instruction Manual

Smart Dumbbell



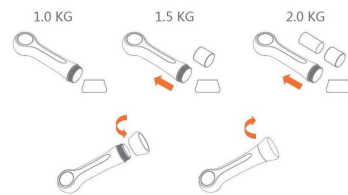
Important Notice

Thank you for purchasing and use of our smart dumbbell. Please read the precautions before use to avoid unnecessary risks in using the product. Wishing you have a happy user experience.

1. The total weight of a single dumbbell is 2kg, and the adjustable weights are 1.0kg, 1.5kg and 2kg. An metal block is built in the base cover to increase its weight. The base cover needs to be rotated and unscrewed when the weight needs to be replaced, the base cover shall be upward and unscrew carefully during the unscrewing process to prevent the base cover from sliding and damaging people, animals and articles.
2. Dumbbells should be placed out of the reach of children when not in use. Children must be supervised when using the dumbbell to avoid danger cause by misuse.
3. This dumbbell is an indoor product without waterproof function. Please do not splash or put the electronic part into the water.
4. When the electronic module of dumbbell is removed for charging, it can be press and push out from the rear hole.
5. When using the product, please adjust the weight according to your own needs to prevent injury caused by excessive weight movement.
6. When using the product, please hold the dumbbell tightly to prevent it from slipping.
7. Do not use it on other parts of the body or exercise in an abnormal way to avoid injury to the body.

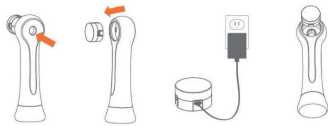
Dumbbell Installation & Dismantle

Weight adjustment, metal pcs install & dismantle



- ★ Adjust the weight of the dumbbell: Unscrew the base cover of dumbbell. There is an metal block in the base cover. When unscrewing, the base faces upward to prevent accidents
- ★ Weight of dumbbell: the weight of dumbbell itself is 1kg, equipped with 2pcs 500g metal counter weights, and the total weight of dumbbell is 2kg. The weight can be adjusted from 1kg to 1.5kg & 2kg. If 1kg weight is required, remove the two internal movable metal blocks; if 1.5kg is required, only short iron blocks shall be installed. When 2kg is used, all the metal blocks shall be installed;
- ★ Screw on the base cover after installing the metal block;

Installation and Dismantle of Electronic counting module



- ★ The electronic counting module is powered by built-in lithium battery. When charging is required, press down from the hole at the back of the dumbbell to take the electronic counting module;
- ★ The electronic module use the Micro - USB charging cable for charging
- ★ Finished charging, pay attention of the direction when installing the module, with the charger facing down and the module pressed down;

Function Description

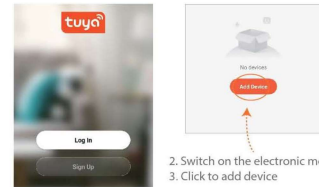


Display status and operation method of electronic counting module

Display Status	Operation Procedure
	Touch key: the touch area is at the fingerprint. Press and hold for 5 seconds to start the machine
	Power on display: China-Beijing time will be displayed after power on. If it is connected the mobile app, the time can be synchronized. If there is no connection, it will automatically record the time state when it was last powered off
	Press and hold for three seconds to release, switch to free mode and the symbol in the upper left corner displays
	In free mode, press and hold for 3 seconds again to start the free motion screen. To Click the fingerprint area to back the home screen
	After exiting the movement, click again to see the above symbol display and switch to countdown mode
	In the countdown time mode, press and hold for 3 seconds to enter the button then the countdown starts.
	After exiting the countdown, click again to see the above symbol display, switch to the countdown mode; long press for three seconds, release the key and enter the countdown mode. Click the fingerprint area to back the home screen

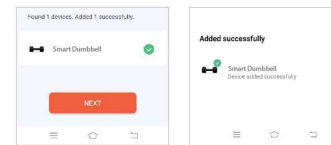
APP Connection

1. Turn on the Bluetooth & GPS on the phone, search "Tuya Smart" in Application Center to download



2. Switch on the electronic module
3. Click to add device

4. Choose add device and then turn on the skipping rope, the Bluetooth icon on the LCD screen will flashes, the APP will identify and add the skipping rope automatically.



5. Device binding is completed and can be used normally.