

SMART HEALTHY LIVING

RENPHO

Smart Jump Rope User Manual



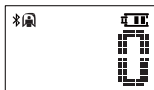
**Thank you for purchasing
RENPHO Smart Skipping Rope.
To ensure safety and avoid any property
damage, please read this manual carefully
and keep it for future reference.**

1. Battery Installation

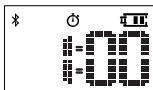
Mode Button



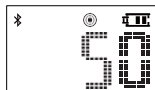
2. Long press the Mode Button to select and set the target, long press it again to start.



Free Jump



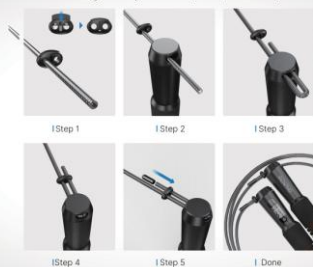
Time Countdown



Numbers Countdown

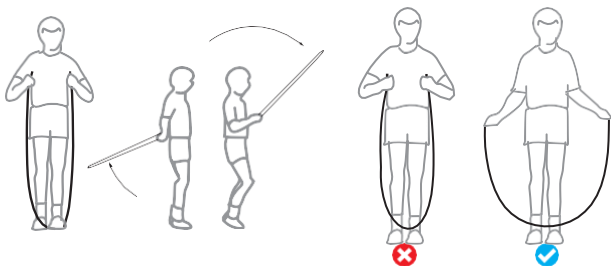
3. Jump Rope Assembly

Length Adjustable (3M/9.85FT)



4. The Guide of Rope Length

4.1 Straighten the rope to your armpit is the suitable rope length.



4.2 Please follow the chart below to adjust the rope length.

OPTIMAL JUMP ROPE LENGTH CHART

Your Height	4'7"(140cm)	4'11"(150cm)	5'3"(160cm)	5'5"(165cm)	5'7"(170cm)	5'9"(175cm)
Cable Length	7'5"(226cm)	7'9"(236cm)	8'1"(246cm)	8'4"(254cm)	8'7"(261cm)	8'9"(266cm)

Your Height	5'11"(180cm)	6'1"(185cm)	6'3"(191cm)	6'5"(196cm)	6'7"(201cm)	6'9"(206cm)
Cable Length	8'11"(271cm)	9'1"(276cm)	9'3"(281cm)	9'5"(287cm)	9'7"(292cm)	9'9"(297cm)



5. Renpho Fit APP Instructions :

Search "Renpho Fit" APP from Apple Store / Google Play or scan the QR code below to download app. System Requirement: IOS 7 and above, Android 4.3 and above.



6. FAQ

1. How do I turn OFF the jump rope

After 3+ minutes of inactivity, the rope will automatically enter SLEEP mode and automatically shut down 20 seconds later.

2. How do I sync my skipping data to the RENPHO Fit App?

Your data will automatically upload via Bluetooth. This is done by first activating Bluetooth on both your phone and the jump rope, then pairing the rope via the RENPHO Fit App.

3. Can the volume of the jump rope 'beeping' be lowered?

Yes. You can manually turn OFF or ON the 'beeping' noise in your RENPHO Fit App settings.

4. What should I pay attention to when using skipping rope?

- To avoid data loss, hold the Mode button for 3s to save data in Free Jump Mode.
- Avoid using the rope on rough or sandy ground to avoid damaging the rope.
- Avoid 'fancy skipping' or 'cross rope skipping' in case getting tangled.

WARRANTY POLICY

Your RENPHO product purchase is covered by a one-year limited manufacturer warranty from the date of delivery.

For warranty terms and conditions, please visit
<https://renpho.com/pages/warranty-terms-and-conditions>.

Note: Product registration is not required for the warranty.
If you choose not to register your product, it will not diminish the product warranty.

CUSTOMER SERVICE

Please feel free to contact us if you have any questions or concerns. RENPHO Customer Service Team guarantees a quick response and hassle-free solutions to any issue you may have within business hours.

 TEL: 1(844) 417-0149(US ONLY)
Monday-Friday 9:00AM-4:30PM
 Email: support@renpho.com

*For defective products or the return of items, please contact us with your order number within the specified warranty period. DO NOT dispose of any product parts as they may be required for inspection/repair.



RENPHO is committed to protect our environment.
To reduce paper usage, please scan the QR Code or
enter the following URL to download the full version
of the electronic User Manual:



<https://renpho.com/pages/smart-skipping-rope-user-manual>

JOICOM CORPORATION

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Shenzhen Runfeng Digital Technology Co., Ltd.

Chuanghui Building, Intersection of Banxuegang Boulevard and
Yongxiang Road, Bantian Subdistrict, Longgang District, Shenzhen,
China

Made in China

NA1

ISED Statement

- English: 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. The digital apparatus complies with Canadian CAN ICES - 3 (B)/NMB - 3(B).

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

- French: Le présent appareil est conforme aux CNR d'Industrie 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, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Informations sur l'exposition RF

L'appareil a été évalué pour répondre aux exigences générales en matière d'exposition aux RF. L'appareil peut être utilisé dans des conditions d'exposition portables sans restriction.

FCC Statement

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.