

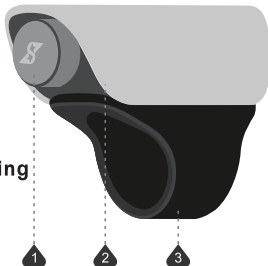


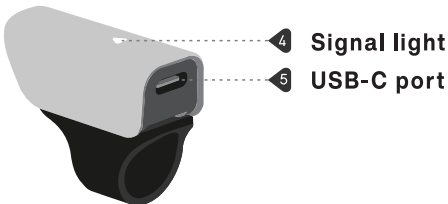
HVIN:BCRA3

Speediance
Bluetooth Ring

Basic Information

- 1 Functional knob
- 2 White upper housing
- 3 Ring component





Device status	Signal Light Status
Normal battery level	blue
Low battery level	red
Ready to pair	blinking, and going off in 3s after paired
Charging status	red: charging; green: fully charged



Keep clear of
flammable materials



No rinsing



Keep clear of fires



Child operation forbidden

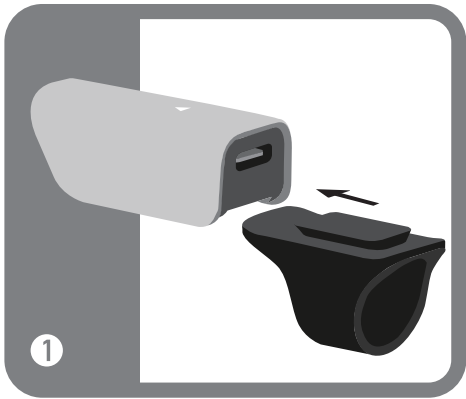


Do not use unqualified
power supplies

Do not violently use the functional knob. And please stop using the ring and contact Speediance in case the functional knob is ineffective or invalid. It is prohibited to dismantle or modify the product without authorization. Repair of products should be by professionals. To ensure the safety and proper use of Speediance Bluetooth Ring, please follow the product instructions and use the original charging cable enclosed for charging.

If you have lost the original charging cable, it is recommended to contact the product manufacturer or official store to purchase a compatible charging cable to avoid damage to the bluetooth ring due to the use of inappropriate charging devices. long-term idle charging reminder: the device needs to be charged regularly every 3 months in case idle for a long time and causes permanent damage by battery over-discharge.

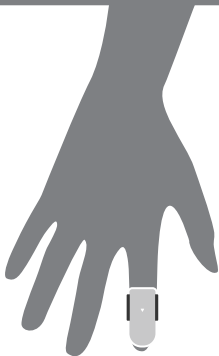
Product Name	Speediance Bluetooth Ring
Product Dimensions	42x20×15.5(mm) ,not including adjustable band
Bluetooth Version	Bluetooth 5.0
IP Rating	Ip 52 (Remove your ring before washing your hands or taking a shower)
Battery Specifications	LDA1254 , 80mAh



**Wear
your ring**

**Wear the ring
on the first
joint of your
index finger.**

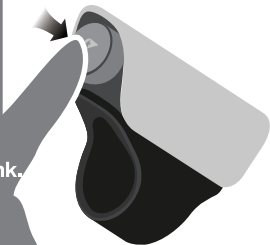
2



Bluetooth

Press the functional knob to wake your ring, then the signal light at the top will start to blink.

(When using for the first time, press and hold the knob for 3s to wake the ring. If no response, try to wake it by charging with the USB-C cable enclosed.)



Bluetooth

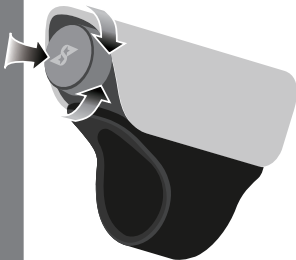
Pair your
ring with
Speediance
devices
or app.
(SPEED_R_XXXX)

(Note: the signal light will
stop blinking and turn off
in 3 seconds after paired.)



**Use
your ring**

**Press or
rotate the
functional
knob.**

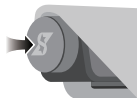


**Use
your ring**

**Press to
pause / start.**

**Rotate the
functional
knob to adjust
the weight
setting while
paused.**

Press (pause/start)



**Rotate clockwise
to reduce weight**



**Rotate counter-
clockwise
to add weight**



Use your ring

Press or
rotate the
functional
knob with
your thumb.



Charge your ring

**A red light
means the
ring needs
charging.**

**Charging it
with the
USB-C cable
enclosed.**



Charge your ring

**The signal
light is red
and always
on during
charging.**

**The signal
light returns
when fully
charged.**



Bluetooth Disconnection

A blinking
light warns of
disconnection.



**Bluetooth
Clip**



Bluetooth Clip

**Speediance
Bluetooth
Ring can be
used in
conjunction
with a
bluetooth
clip.**

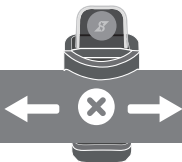


Bluetooth Clip

To adjust the
position:

1. Squeeze
the bluetooth
clip open.

2. Move it
to a proper
position.



Bluetooth Clip

**Use for
overhand
grip.**



Bluetooth Clip

Use for
underhand
grip.



Bluetooth Clip

Ensure a
secure fit
with any
other
accessories.



Bluetooth Clip

DO NOT use
the C-clip in
the direction
of the force
applied to
prevent it
from slipping
off.



Warranty Card

Name		One-year Warranty	
Address			
Tel			
Purchase Date			
When you purchase the product, please fill in the warranty card immediately, stick the invoice on the back of the warranty card and keep them properly. Please show the maintenance card and the purchase invoice for maintenance. 1. Under the condition that user operates the product normally in strict accordance with the instructions herein, Speediance provides free maintenance service within one-year warranty period, which starts from the date that the product is purchased. 2. If the product is out of warranty period as described above, and needs a replacement of the accessories, a rational maintenance fee will be charged. 3. The warranty does not cover: a. product with no purchase or warranty certificate (warranty card) available b. product out of warranty period c. product disassembled or maintained by personnel unauthorized by SPEEDIANCE d. damage caused by misuse, negligence or improper handling by user e. product damaged or malfunctioning due to non-typical household use (such as prolonged use in harsh environments) f. products that naturally exhibit signs of wear and tear due to usage For details on the warranty policy, please refer to the after-sales warranty policy on the Speediance official website.			
		Signature of Distributor	

FCC Warning:

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.

ISED Statement

- English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

- French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux CNR exempts de licence d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes :

(1) Cet appareil ne doit pas causer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 0cm between the radiator & your body.

Cet équipement est conforme Canada limites d'exposition aux radiations dans un environnement non contrôlé.

Cet équipement doit être installé et utilisé avec une distance minimale de 0 cm entre le radiateur et votre corps.

SPEEDIANCE