8cm

12cm

Smart Jump Rope
R300

User Manual

Please read the instructions carefully before using the jump rope.

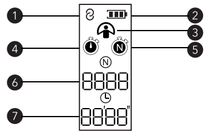
Product Specification

Product Size	Φ26x164mm/Rope size 3000mm
Product Weight	0.245 kg
LCD Display	19.6 x 8.1mm
Power	3.7 V Rechargeable Lithium Cell Battery 60 mAh
USB cable	50CM meter Type-C USB
Max. Jumps	9999 times
Max. Time	99 Mins 59 Seconds
Min. Jump	1 time
Min. Time	1 second
Auto off Time	60 seconds

Product Feature

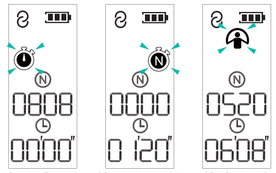
1.LCD display
2.Power on/Power off/Reset/Mode Button
3.Type-C USB charging port
4.PVU steel rope

Product LCD Display



1. BT icon indicates connected
2. Battery indicator, it will flash when low power to remind you to charge.
3. Free jumping mode:
4. Time countdown mode:
5. Jump countdown mode:
6. Number of jumps
7. Jumping time

Display in Different Modes

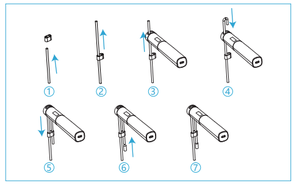


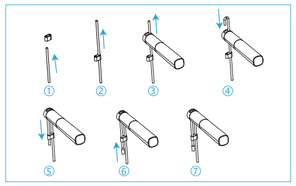
1.Countdown Timer Mode 2.Countdown Number Mode 3.Free Skipping Mode

Installation of the Jump Rope

The jump handle and the rope are packed separately in the box, please follow the below steps to install the rope and adjust the length accordingly.

Important Note: To avoid inaccurate, please make sure the longer rope is installed in the inside part of the handle.





Download App

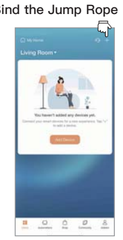
Download 'Aidot' via App Store or Google Play.

⚠Note: Google requested that all the smart phones operated with Android version 6.0 or above must ask for the permission of location if any BLE device could be scanned and linked through Bluetooth. Any private information would not be collected by the App. You can also refer to the official document of Google for more information: https://source.android.com/devices/bluetooth/ble

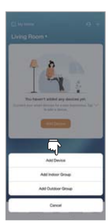
Register your own ID, then add personal data and confirm OK.

Make sure the Bluetooth is on and the GPS & location is on for Android system. ⚠

Bind the Jump Rope



Click [+]



Click [Add Device]

Select [BLE Jump Rope]

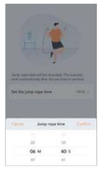
Finished

Jump Modes

Free Jumping / Time countdown Jumping / Numbers countdown Jumping
1.Keep pressing the button for about 3 seconds to shift the mode you need.
2.You can also choose the mode from App.

Free Jumping:
Jump the rope freely and there is no limit on time and number of jumps.

Time countdown Jumping:
– set the total jumping time.
– Without the App, the rope will use the last countdown setting of time from the App.



Numbers countdown Jumping:
– set the total jumps;

Offline storage function

Without the running of App, the data of your jumping will be recorded temporarily by the rope and synchronized with the App after re-connection.

Reset the rope

Press the button on the back of the LCD display for 8 seconds, the rope will be reset. The LCD will show all the signals for 2 seconds and then shut down. Press the button again to enter the normal use.

Caution and Maintenance

- Do not put the rope in very wet or hot environment.
- Avoid hitting or dropping the rope violently, otherwise damage may occur.
- Treat the rope with care as it is an electronic instrument.
- Do not immerse the handle into water or use it while raining, because it is not waterproof and damage may occur to the built-in electronic device.
- The rope is only used for the purpose of physical exercise. Do not use it for other purposes.
- Be careful when using the rope to avoid any injuries, and children under 10 are suggested to use the rope under the watch of parents.

Battery and recharge

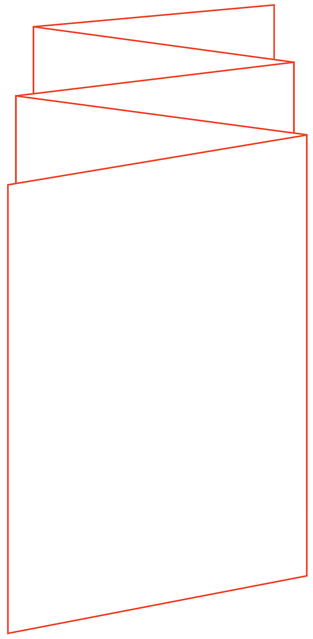
Battery: The rope has a built-in Lithium-ion battery which could sustain normal use of about 25 days (calculated based on a daily use of 15 minutes, actual using time varies according to the environment and time of use). The typical stand-by time is 33 days (experimental data of the manufacturer under the temperature 25℃ and humidity 65%RH).

Recharge: if the signal shows on the screen, please recharge the rope using a normal mobile phone charger with a standard Type-C USB plug. During the charging process, the battery signal of the LCD will flash until the battery is full.

Tips for battery:

- For the better life span of the battery, do not leave the rope with no battery for a long time. It is suggested to charge the rope when the battery is low. When you do not use the rope for a long time, it is suggested to charge the rope once a month.
- Do not open the handle lest any damage would happen to the rope.
- Do not burn the handle with batteries to avoid explosion of the battery.
- The rope should not be disposed of with household waste. Please check with your local authority for battery recycling advice.

FCC WARNING
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.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
The device has been evaluated to meet general RF exposure requirement.
The device can be used in portable exposure condition without restriction.



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