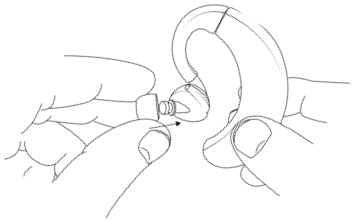
KUAI is a registered trademark property of Kuaiwear Ltd. All other trademarks included in this herein are property of their respective owners. More info at www.kuaiwear.com

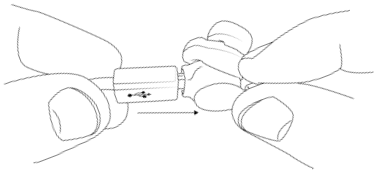
Automatically measure your body and performance during any exercise, and get trained by some of the world's top coaches.

HOW TO SETUP

1. Choose eartips and covers

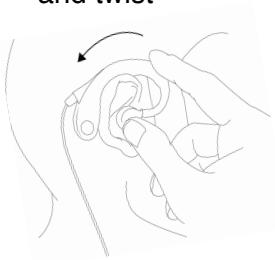


2. Insert earbuds in your ears

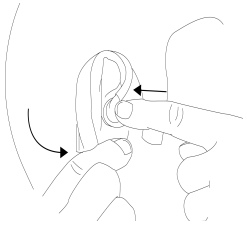


HOW TO WEAR

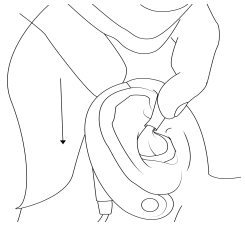
1. Insert earbud and twist



2. Push earbud inside ear



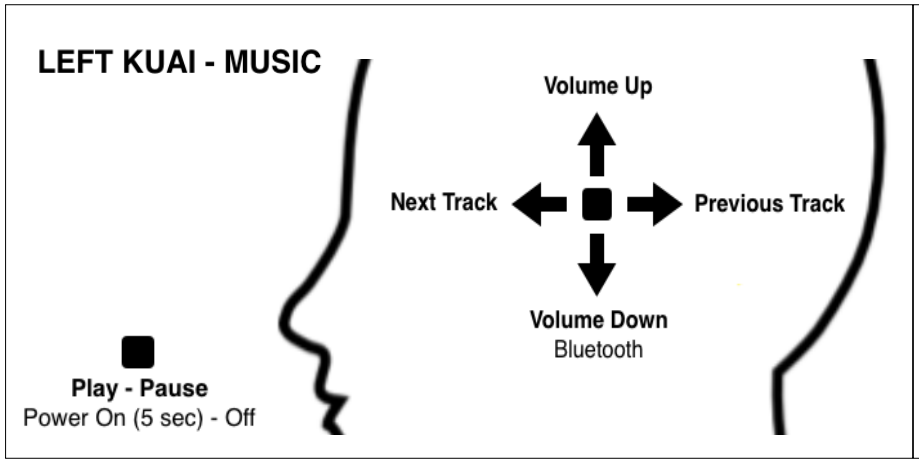
3. Pinch flexible arms to fit

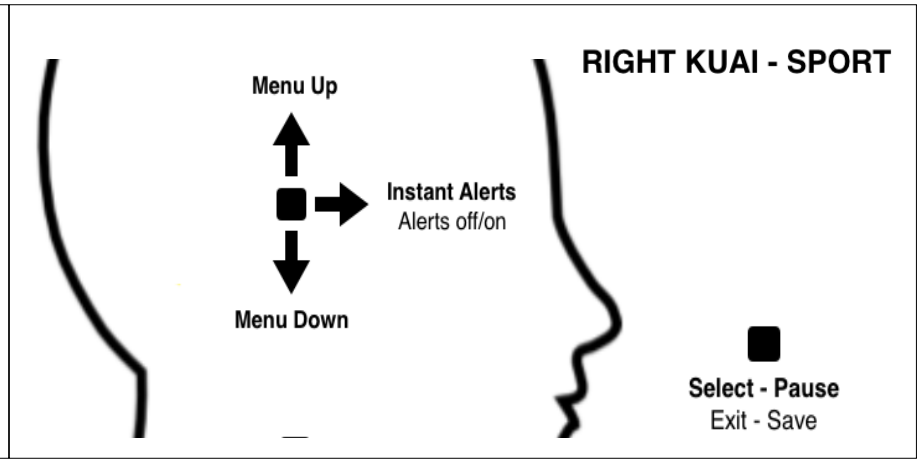


START A COACHING OR WORKOUT SESSION

Exercise with voice guided plans (COACHING)
or exercise without a coach (WORKOUT)

1. Press ■ on right Kuai (sport)
2. Select Coaching or Workout ↑↓ and press ■
3. Select a Plan or Sport ↑↓ and press ■
4. Select Session or Intensity ↑↓ and press ■
5. Coaching or Training session starts. If you also want to view your live data on the phone, pair with the Kuai APP by bluetooth and press the START button.
6. Press ■ to Pause or Stop at any time
7. Long Press ■ to Save when completed





TROUBLESHOOTING

Heart rate not detected or not accurate

Make sure the earbud is fully inserted in your ear and you are using the correct eartips. Follow the How to Wear instruction.

Headphone not responding

Restart the headphone pressing ■ on left side for 10 seconds.

WARNING: This is not a medical device and is intended for recreational use only. Consult your doctor before doing any exercise or training using Kuai.

FCC Notice

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 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.