

Safety Instructions

- For the better life span of the battery, do not leave the rope with no battery for a long time. We suggest you to charge the rope when the battery is low. When you do not use the rope for a long time, please keep charge the rope once a month.
- For a longer battery life span, please do not leave the rope without battery charge for a long time. We suggest you charge the rope when the battery is low. If you do not intend to use the rope for an extended period of time, please keep charging it at least once a month.
- Please do not open the handle or it might damage the rope.
- Do not place the handle that with LED display screen near fire or high temperature, or the battery might explode.
- The rope should not be disposed with household waste, please check with your local authority for battery recycling advice.
- The rope should not be disposed of with household waste. Please check with your local authority for battery recycling advice.

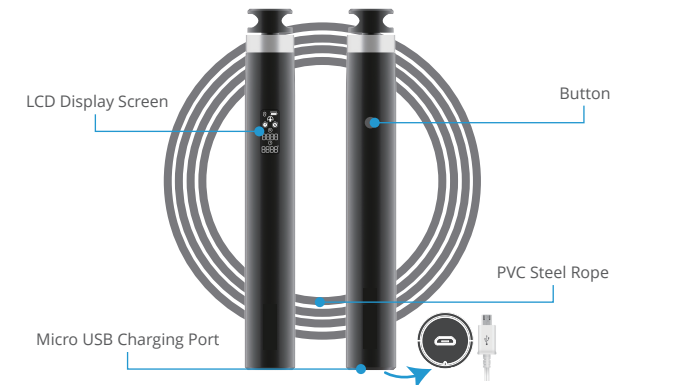
Introduction

Govee Smart Skipping Rope is a smart workout tool with an LCD display that links with the Govee Home app to track your progress. Three rope skipping modes are available for selection, keeping you motivated while working out smarter.

What You Get

Smart Skipping Rope	1
Micro USB Charging Cable	1
Accessory Package	1
User Manual	1
Service Card	1

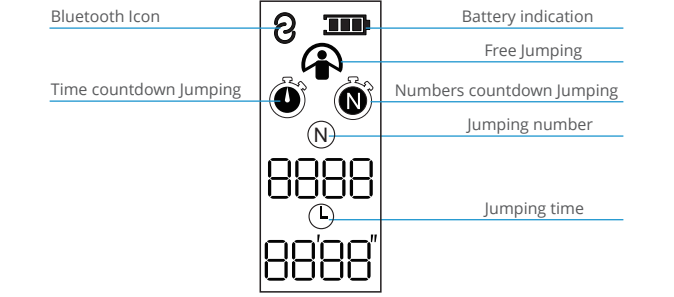
At a Glance



Using Your Skipping Rope

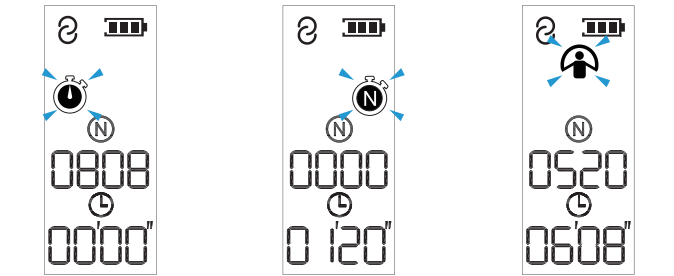
Button	
Press the button	Awake/Light up back light
Press and hold for 2 seconds	Switch to rope skipping mode
Press and hold for 8 seconds	Restore factory settings

Display Screen



Three Skipping Modes

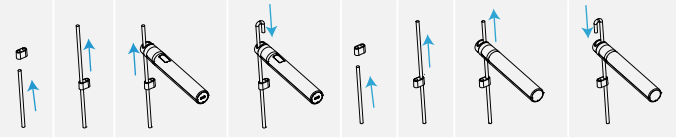
Countdown Timer Mode, Countdown Number Mode, Free Skipping Mode



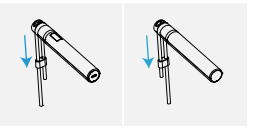
1. Countdown Timer Mode 2. Countdown Number Mode 3. Free Skipping Mode

Installing Your Skipping Rope

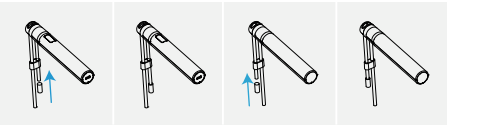
1. Thread the rope through the buckle and the holes of the handle.



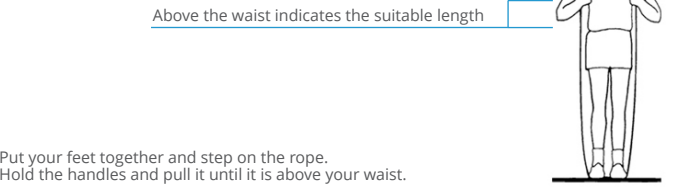
2. Adjust the rope to a suitable length; thread it into another hole of the buckle and then fasten the rope.



3. Tighten the rope with the buckle and cover the end with the rubber caps.



Adjusting the Length of the Rope



Suggestions

- Please wear Shock-absorbing sneakers during the rope skipping, which could effectively protect your ankle and feet.
- Please do some warm-up exercises before skipping to accelerate your blood circulation. Helps avoid joint, ligament and muscle damage.
- Please do some stretching after the rope skipping, especially the stretching of the legs for relieving muscle tension or soreness.
- Please select a moderate surface hardness such as lawn, playground, or gym, as a rough ground surface will increase the resistance of the rope and could cause injury.
- Please select an open space to use the skipping rope to avoid hurting others.

Pairing Your Device with the Govee Home app

What You Need:

1 Download the Govee Home app from the App Store (iOS devices) or Google Play (Android devices).



2 Turn on the Bluetooth in your smartphone.

3 Open the app, tap "+" icon in the top right corner and search "H5020".

4 Tap the device icon and follow on-screen instructions to complete pairing.

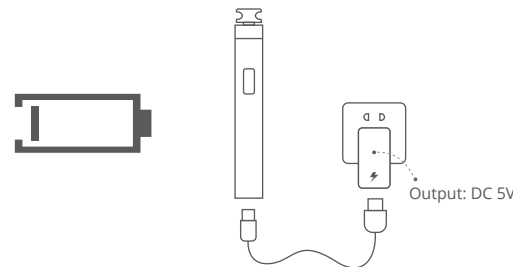


Govee Home App

For FAQs and more information,
please visit: www.govee.com

Charging Your Skipping Rope

- If the low-battery signal shows on the screen, please recharge the rope.



- During the charging process, the battery signal of the LCD will flash until the battery is full.

Specifications

Display Screen	LCD
Input	5V $\equiv$ 1A
Battery Capacity	60mAh/0.22Wh
Max. Jumps	9999 times
Max. Time	99 mins 59 seconds
Min. Jump	1 time
Min. Time	1 second
Auto off Time	60 seconds

Troubleshooting

Problem	Cause	Solution
Unable to connect to Bluetooth	The Bluetooth of the phone is off	Turn on the Bluetooth and try again
	The distance between the skipping rope and the phone is too far	Place the phone closer to the skipping rope
The data cannot be updated on the app	The skipping rope is not connected to the app	Connect the skipping rope to the app as mentioned above
No display on the LCD screen after pressing the button	The battery has no power	Please recharge the skipping rope handle

FCC Statement

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.

Warning: 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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement

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

Customer Service

- Warranty: 12-Month Limited Warranty
- Support: Lifetime Technical Support
- Email: support@govee.com
- Official Website: www.govee.com
- [@Govee](#) [@Govee](#) [@Govee](#) [@Goveeofficial](#)

CAUTION:

RISK OF EXPLOSION IF BATTERY IS REPLACED BY AN INCORRECT TYPE. DISPOSE OF USED BATTERIES ACCORDING TO THE INSTRUCTIONS.

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User Manual

Model: H5020
Smart Skipping Rope