SMART
NECK
FITNESS

NeckthPower User Manual

NeckthPower works as a mobile application.
Exercise data is a smart exercise device that is stored in a database and shares various statistics.
If a mobile application is not available, the device has an Adjust button for default behavior.
If you exercise without using a mobile application, your workout record may not be saved and important information may not be obtained.

An effective way to strengthen fine and sensitive muscles is to exercise consistently at low intensity. High intensity exercises to strengthen the strength of the neck muscles can damage the muscles. Therefore, do not set the intensity too high. It is recommended to exercise while increasing intensity at low intensity.

SMART NECK FITNESS

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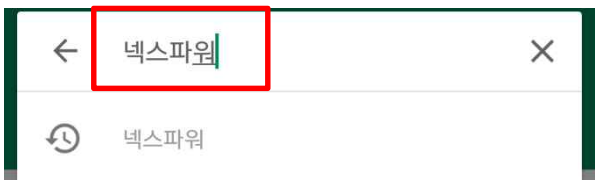
1. Install and run the application

- Launch the Google Play store.
- Install and run “SmartNeck".(Picture 1-1, 1-2)

Picture 1-1

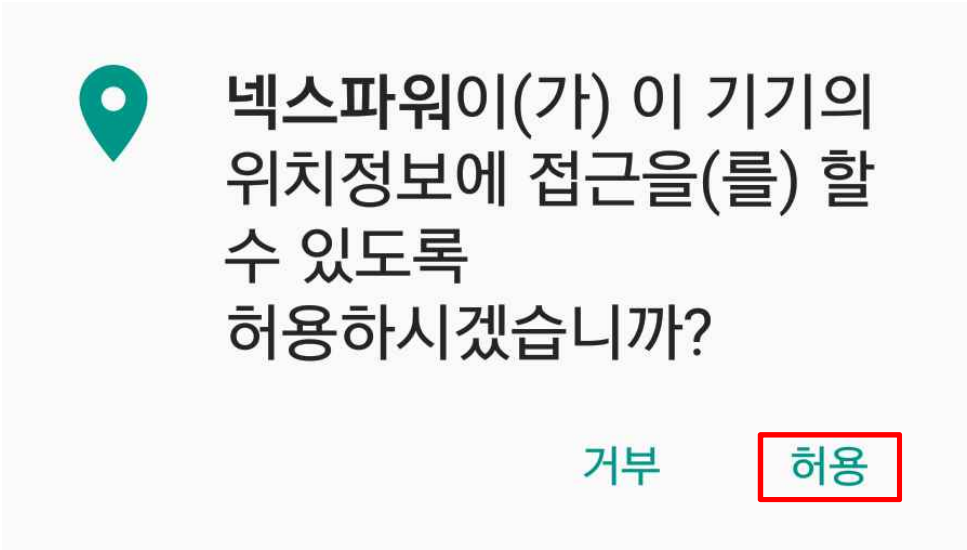


Picture 1-2

2. Permission

- You must allow permissions on location information to use Bluetooth.
- Click the Allow button to allow permissions.

(Picture 2-1)



Picture 2-1

3. Product Registration

- View photos in your mobile application and register your product number. (Picture 3-1)
- If you enter a six-digit number in the product number, the rest of the information is automatically entered.

- When you enter the correct product number, the Register button is activated.When the button is activated, press the Registration button to complete the product registration. (Picture 3-2)

Picture3-1

Picture 3-2

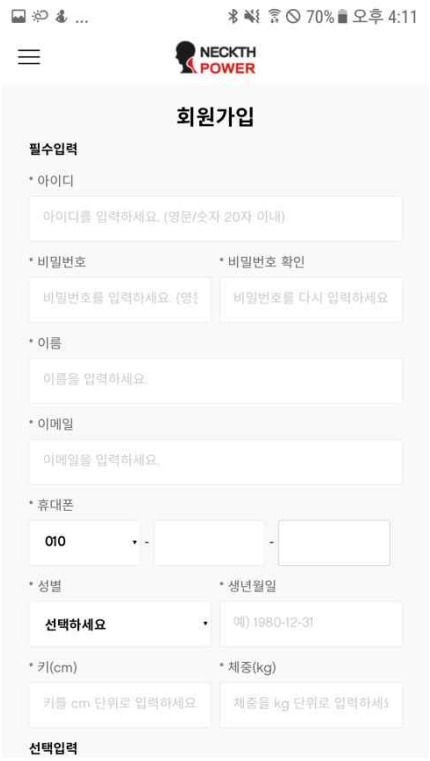
4. Sign-up and Login

Click the sign up button to go to the sign up page.

(Picture 4-1)

- Enter the required information, accept the Terms and Conditions, and then click the sign up button to register.(Picture 4-2)
- Log in by entering your ID and password when you sign up. (Picture 4-3)

Picture 4-1

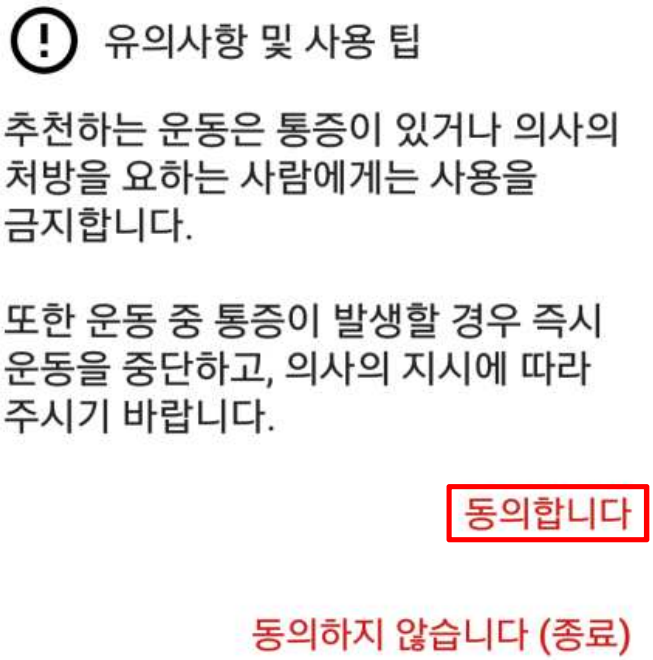


Picture 4-2

Picture 4-3

5. Notices and Tips

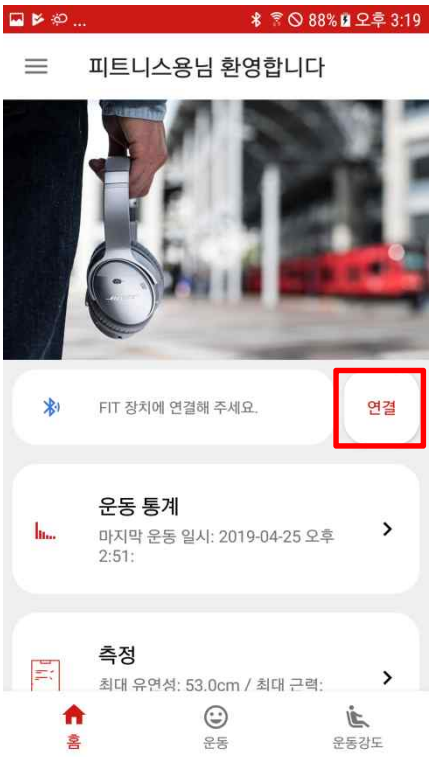
- Please read and if you agree, press 'I accept' button. (Picture 5-1)
- If you do not agree, the application will terminate.



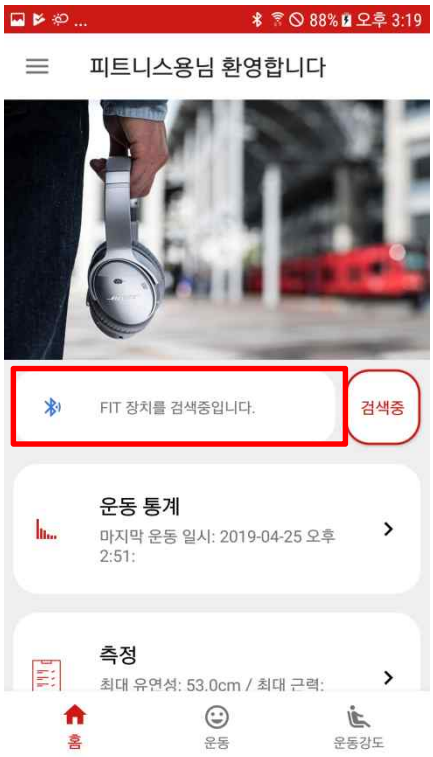
Picture 5-1

6. Bluetooth

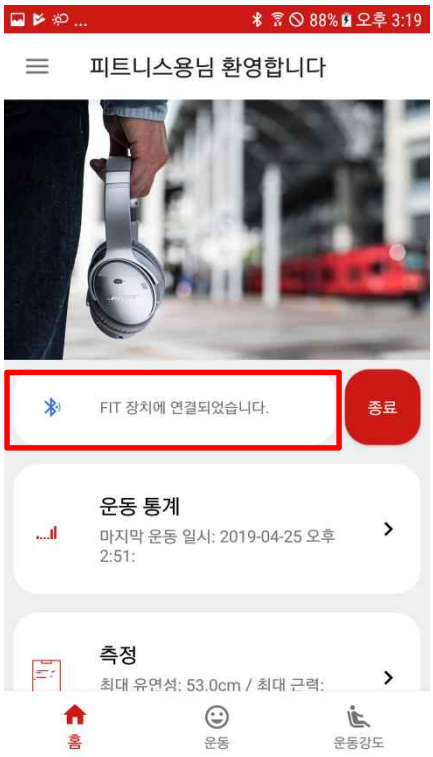
- Click the Connect button to connect the device's Bluetooth with the exercise machine.(Picture 6-1)
- During the connection, the message 'Detecting device' is displayed. (Picture 6-2)
- When the connection is complete, the message 'Connected to the device' will be displayed.(Picture 6-3)



Picture 6-1



Picture 6-2



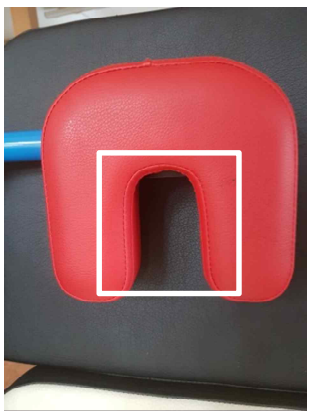
Picture 6-3

7. Measure

7-1. the height of a chair

- Adjust the height of the chair with the UP, DOWN button to adjust the midpoint of the head cushion and the back of the head.
  (Picture 7-1, 7-2)
- When the height of the chair is adjusted, press the next button.

Picture 7-1



Picture 7-2

7-2. footrest

- Manually adjust the height of the footrest.
- Hold the handle, pull it 1 to 2cm, and release it in the position that suits you.(Picture 7-3)

Picture 7-3

7-3. warm-up exercise

- It is recommended that you do enough warm-up exercises for one to 2 minutes. Please pay more attention to warm-up exercises in the winter. Light stretching, neck rotation, etc.
- For neck rotations, initially rotate the machine about 10 times for half its flexibility. Please exercise in the opposite direction to the same. It is recommended to exercise 80% of your flexibility during the second exercise, and rotate at 100% of your flexibility during the third exercise.
- When you have completed the warm-up, press the Next button.

Picture 7-4

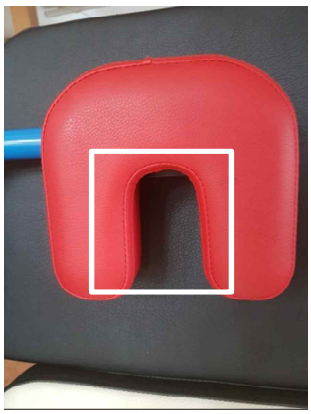
7-4. flexibility measurement

- Flexibility displays the distance traveled (Cm).
- Measure the travel distance by pushing the back of the neck as far as possible in the direction of motion while the kinetic intensity is zero.
- The starting position is fixed and the user-varying position is measured by a sensor inside the control box of the instrument.
- Flexibility can be re-measured if necessary.

Picture 7-5

7-5. kinetic strength measurement

- Push the head cushion to the extent possible by the user. (Slowly apply force to prevent neck injury.) (Picture 7-6)
- When operating the button, place the head cushion in its original position.
- Use the buttons to increase the kinetic intensity and repeat until it is tolerable. (Picture 7-7)
- The intensity of exercise can be adjusted to 0.5 kg. Minimum kinetic strength is 0 kg and maximum kinetic strength is ( )Kg.
- Maximum kinetic strength can be re-measured if necessary.



Picture 7-6

Picture 7-7

8. Exercise intensity

- target kinetic intensity

Sets the maximum kinetic intensity measured by the user. Objective The strength of the momentum cannot be modified and will be changed automatically when measuring the kinetic strength.

- number of times

Sets the number of iterations per set.

- set

Set the number of exercise iterations sets.

- Stop time

It's a stop time for one exercise.

The number of movements increases once by holding for a set period of time.

Picture 8-1

9. Exercise

- target kinetic intensity
- number of times

If you exercise more than the target kinetic intensity by the time set, the number of movements increases by one time.

- kinetic intensity

Display maximum kinetic strength when exercising every time

- Set

Once the specified number of times per set has been filled, one set will increase.

- Start

Click the Start button to start working out.

- Complete

Save information during exercise and end exercise.

Picture 9-1

9. Exercise

- click the Start button to start the exercise.(Picture 9-2)
- If you exercise your neck motion for the specified stopping time after the start of exercise, the number of times will increase by one.(Picture 9-3)
- Press the Done button to complete the exercise during the exercise. The exercise will be completed automatically when the number of sets and the set number of exercises are filled.(Picture 9-4)
- The exercise record is automatically saved when the exercise is completed.

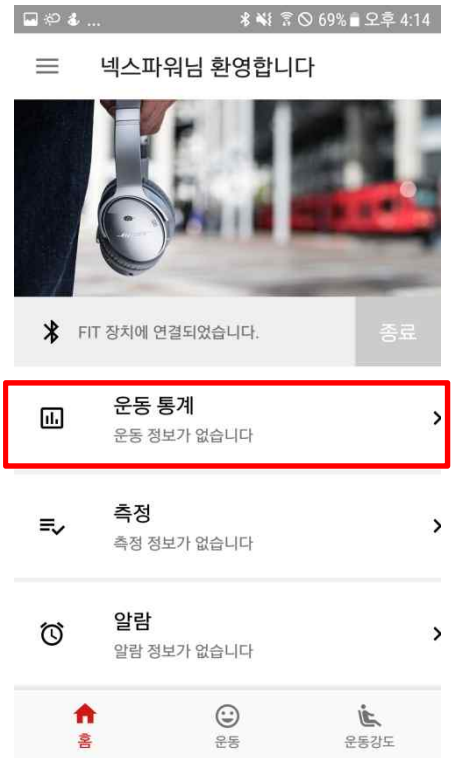
Picture 9-2

Picture 9-3

Picture 9-4

10. Statistics

- Statistics include country, sex, age (10 years), height, weight,
- Flexibility, Maximum Exercise Compare your data with the average of your data.
- Your neck flexibility and maximum exercise intensity
- Can be compared with average. You can also check the exact value and know the strength of your neck strength.
- Click the exercise statistics button to go to the statistics screen.
- On the statistics screen, you can check your exercise statistics and maximum, minimum, average exercise intensity and flexibility by age group.

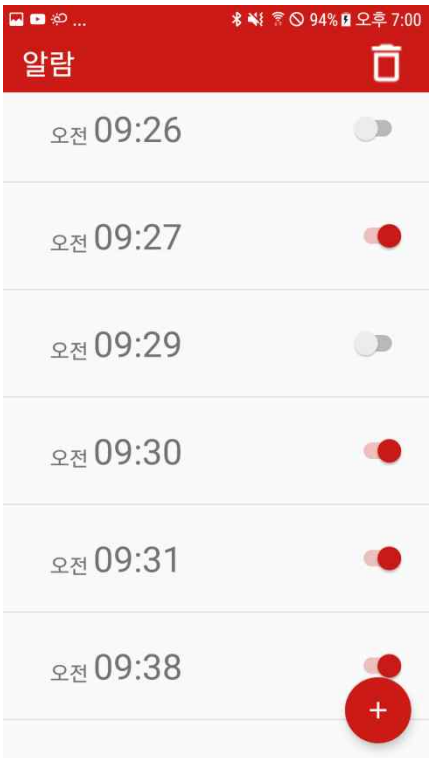


Picture 10-1

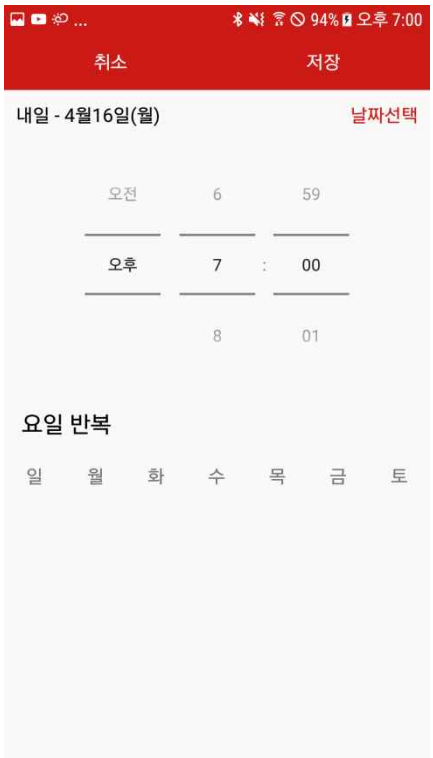
Picture 10-2

11. alarm

- It is a function that informs the exercise time that it is easy to forget in daily life.
- Click the + button on the bottom right to go to the Add Alarm screen.
- You can set the desired time and click the Save button to add an alarm.
- If you do not select a day of the week, the alarm will sound once and then be deactivated.



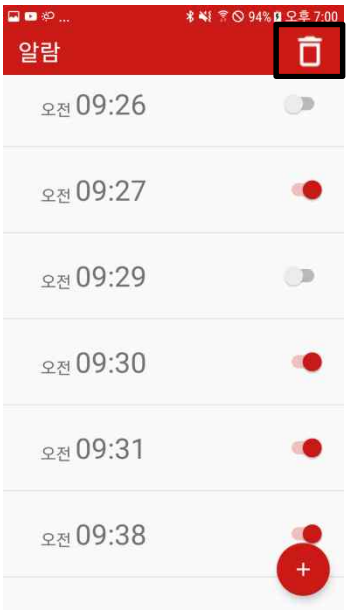
Picture 10-1



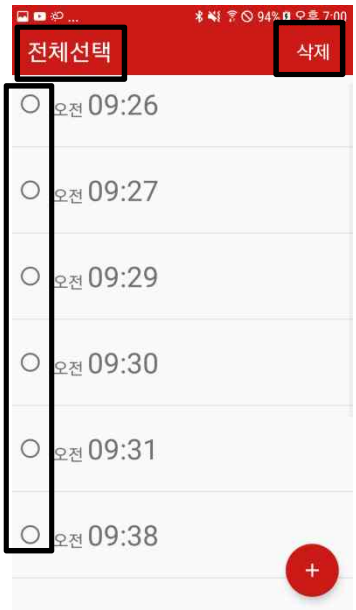
Picture 10-2

11. alarm

- Click the Delete button in the upper right corner, select an alarm, and click the Delete button to delete it.(Picture 10-3, 10-4)
- When the mobile phone screen is on (Picture 10-5), the notification screen appears.
- When the mobile phone screen is off (Picture 10-6), the notification screen appears.



Picture 10-3



Picture 10-4

Picture 10-6

Picture 10-5

12. Not using a mobile application

When you exercise with the button of the exercise equipment, the record of the exercise record, the position record, etc. is not stored in the server. When you work with an application, the exercise record is automatically saved so you do not need to reposition it the next time you use it.

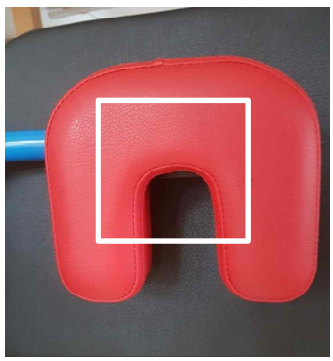
All history is stored on the server, so you can experience interesting and meaningful statistics later.

12. Not using a mobile application

- Use the buttons on the exercise machine to adjust the chair position. (Picture 12-1)
- Adjust the height of the chair and move to a position where you can exercise.
- Use the button to align the back of your head with the middle point of the head cushion (Picture 12-2).
- Push the back movement cushion in the direction of movement and adjust the height of the chair until it is natural.
- **The footrest height is set manually. Hold the handle lightly 1 ~ 2Cm, then pull the knob at the right position for you to fix it.**

* The data is not stored on the server.

Picture 12-1



Picture 12-2

Picture 12-3

Picture 12-4

12. Not using a mobile application

- **Adjust the exercise intensity by using the button on the exercise machine.**

  (Picture 12-4), use the buttons on the device to adjust the exercise intensity to suit your needs.

  * The data is not stored on the server.

- Start your workouts.

  * The data is not stored on the server.

Picture 12-4

Picture12-5

SMART NECK FITNESS

Specifications

Size	800(W) x 1315(H) x 1000(D)mm
Weight	105Kg
Bluetooth	Bluetooth LE4.0
Electrical Specifications	Body input voltage : DC24V Adapter input : AC100 – 240V, 50/60Hz, 2.0A Adapter output : DC24V , 4.17A
Version	Hardware: Version 1.0 Software: Version 1.0

FCC Interference 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 correct the interference by one 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 which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Radiation Exposure Statement

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