HYGEAR

GEAR GO
User manual

Product Specification

Function	Connected Home Gym
Band mate	18 lbs
Max user weight	1.688 lbs
Capacity	3.7V
Safeguards	Over-discharge protection Overheat protection Over-current protection Overcharge protection Short circuit protection
Water resistance	IPX4
Input port	Micro USB

DC input	5V
Charge Time* (0-100%)	2 hours
Battery Life	60 hours
Bluetooth version	BLE 4.2
Frequency	2.4GHz
Bluetooth physical range	26 feet

Connectivity	Android, iOS
Dimensions	45 x 3.9 x 1.9 inches
Product weight	3.3 lbs

* Depending on the type of charger used

What is GEAR GO?

STRENGTH. FITNESS. FAST.

Get a full body workout anytime, anywhere with personalized training to hit your fitness goals. GEAR GO is lightweight, portable, and easy to anchor to any door for a customized workout experience based on your own workout performance.

- Build lean muscle
- Develop full body strength
- Enhance endurance
- Follow personalized workouts
- Use indoors or outdoors

What's In the Box GEAR GO

1: Resistance bands with Sensor

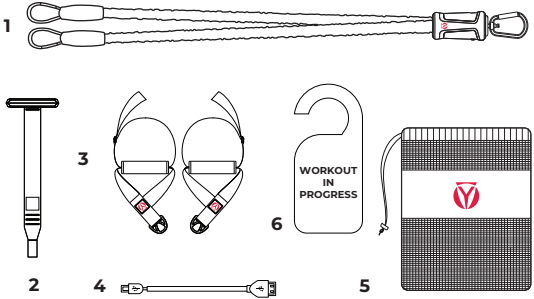
2: Door anchor

3: Handles

4: USB Cable

5: Carrying bag

6: Door Hanger - "Workout in Progress"



How to Connect to the HYGEAR App

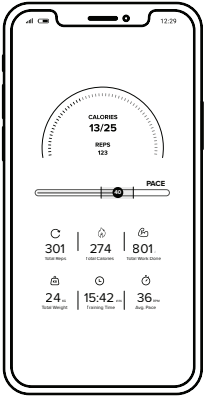
1. Scan the QR code to download the HYGEAR App

2. Make sure Bluetooth and location services are enabled

3. Open the HYGEAR app and follow the instructions to connect your GEAR GO and create your HYGEAR account

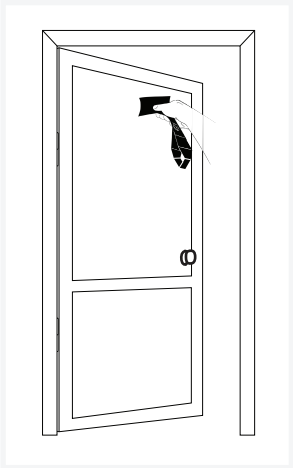
4. To turn on the GEAR GO and press the button on your sensor unit once to wake sensor. Red and blue lights will start flashing

5. The app will connect automatically. If your band does not connect successfully, shut down the app, re-open, and try again.

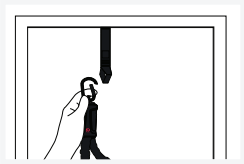


Door Anchor Setup

- For a high anchor, place the Door Anchor inside the top of the door
- For a middle anchor, place the Door Anchor above the door lock
- For a low anchor, place the Door Anchor under the door
- Clip the carabiner on the GEAR GO to the Door Anchor
- Always close the door securely.

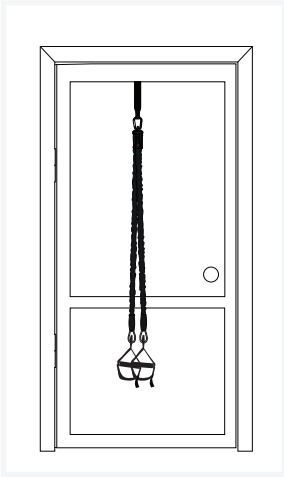


How to Assemble



1. Connect the sensor unit to the door anchor.

2. Attach the handles to the carabiners at the end of each band.



Important Safety Information for Door Anchoring

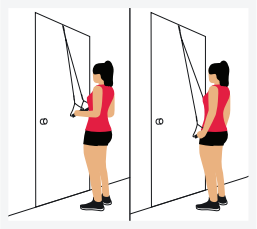
- Only use the GEAR GO Door Anchor with professionally constructed doors that can fully support your body weight.
- It is safest and most secure to place the Door Anchor so that you pull, rather than push, the door closed. That way, the door is less likely to open into you while you're exercising.
- When using any hinge-style door, always ensure it's completely closed before starting your workout.
- Check that the door is fully closed and secured by pushing or pulling it before starting your workout.
- For additional safety, use a door that locks.

Safety Tips:

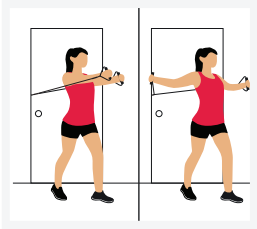
- To avoid injury, always place the door sign, 'Workout in Progress - Do Not Open' on the opposite side of the door before starting your workout.
- **WARNING**: DO NOT use GEAR GO on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets.

Exercise Examples

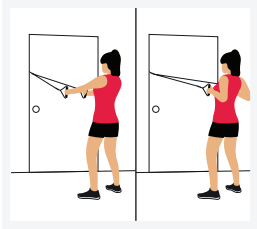
Tricep Extension (press downs)



Chest Press



Standing Row



Safety: Do’s and Dont’s

As with any exercise equipment, it is essential to be mindful of your personal safety.

- ✓ DO start slowly and take it easy before progressing to a more challenging or intense workout.
- ✓ DO set your own limits and be responsible for your own safety.
- ✓ DO choose the right workout program for your fitness level and stay in control.
- ✓ DO check that you have attached the product properly and the bands are secure.
- ✓ DO use a strong and secure anchoring point.
- ✓ DO always perform a weight test by pulling hard on the anchor and handles once the product is anchored in place.
- ✓ DO inspect the resistance bands for holes, tears or cracks before starting your workout.
- ✓ DO ensure the carabiners are correctly attached to the GEAR GO.

Safety: Do’s and Dont’s

- ✓ DO make sure the floor is not wet or slipppery to avoid minor or even severe injuries.
- ✓ DO use GEAR GO only for its intended use, as described in this manual.
- ✓ DO inspect your GEAR GO and all its components before each use
- ✓ DO replace any damaged or worn components immediately.

Dont’s

- ✗ DON’T continue exercising you feel pain or discomfort.
- ✗ DON’T use GEAR GO if your hands are greasy, wet or overly sweaty.
- ✗ DON’T push yourself too far beyond your comfort zone.
- ✗ DON’T use GEAR GO if a band or any other element is damaged.
- ✗ DON’T allow children under the age of 16 to use GEAR GO.

Safety: Do’s and Dont’s

- ✕ DON’T expose GEAR GO to direct sunlight, rain or snow.
- ✕ DON’T leave GEAR GO exposed outdoors for an extended period of time.
- ✕ DON’T use strong chemical agents or cleaners, which may discolor or damage your GEAR GO.
- ✕ DON’T touch GEAR GO or the power plug with wet hands.
- ✕ DON’T bend or yank the plug or power cord from the electrical outlet.
- ✕ DON’T download and install any firmware from an unauthorized provider. This may cause GEAR GO to malfunction or become incompatible, which would void the product warranty.
- ✕ DON’T use GEAR GO if any of the components are worn or damaged.
- ✕ DON’T use an anchoring point that causes excessive friction or wear to the GEAR GO.
- ✕ DON’T expose your GEAR GO to high temperatures.

Safety: Do’s and Dont’s

- Failure to adhere to GEAR GO safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and all liability resulting from the use of GEAR GO and all of its components.
- Console your doctor before using the GEAR GO

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.

FCC Caution

Any Changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement Caution: This equipment complies with FCC exposure limits set forth for an uncontrolled environment.

FCC Caution

"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."

FCC ID:2AV6I-HY100

IC Statement

EN

This device complies with Industry Canada licence-exempt RSS standard(s).
Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.
IC:26027-HY100

IC Statement

FR

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet équipement est conforme à l’exposition aux rayonnements Industry Canada limites établies pour unenvironnement non contrôlé.

PN:DOC-HYD0002.V6