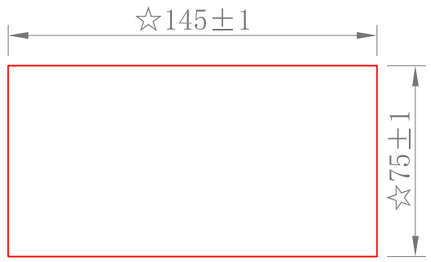
VER	MARK	DESCRIPTION	SIGNATURE	DATE
X01	A0	FIRST DESIGN RELEASE	赖丽荣	2022/11/14
A1	A1 X1			
A2	A2			



技术要求：

1、材质：80g哑粉纸　印刷4c ＋双面连线哑油　风琴折；
2、成型尺寸：145*75mm
3、表面不得有杂物、黑点、褶皱、缺料等；
4、带☆为重点管控尺寸;
5、所有材质都必须符合RoHS/HF.

MODEL	Hyfit	PART NAME	Gear X 用户手册	PART CODE	
DRAWING	赖丽荣	DATE	2022-11-14	MATERIAL	
DESIGN		DATE		UNIT	mm
APPROVAL		DATE		VER	
SCALE	1:1	SIZE	A4	SHEET	1 of 1
GENERAL TOLERANCE ANGLE ±0.5° ; DRAFT ANGLE ±1°	VIEW POINT	SUNWODA Electronic Co.,Ltd.			

HYGEAR

Scan to view User Manual in your preferred language

STRAPS
User Manual

Product Specification

Function	Connected Home Gym
Max User Weight	265 lbs
Capacity	3.7V
Safeguards	Over-discharge protection Overheat protection Over-current protection Overcharge protection Short circuit protection
Input port	Micro USB

DC Input	5V
Charge time* (0-100%)	2 hours
Battery life	Up to 30 hours
Bluetooth version	BLE 4.2
Frequency	2.4GHz
Bluetooth physical range	26 feet
Product weight	2.2 LBS
Operating temp	(0°C to 45°C)

*Depending on the type of charger used

BC FC CE RoHS COMPLIANT Li-ion REACH COMPLIANCE CS36542 Energy Efficiency Verified

What is the STRAPS?

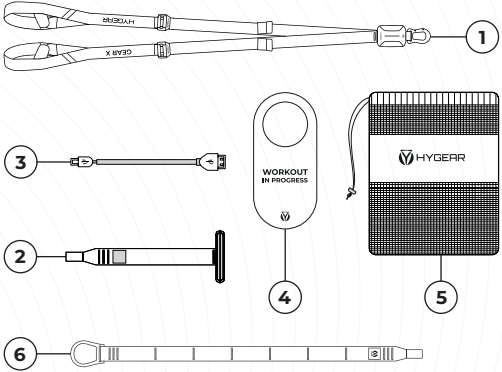
Build full-body and core strength fast.

Smart suspension straps designed to improve muscular strength throughout your entire body using just your body weight.

- Build full-body strength
- Strengthen core muscles
- Get lean
- Follow on-demand classes
- Receive personalized training programs
- Use indoors or outdoors

What’s in the STRAPS box

1. STRAPS
2. Door anchor
3. USB cable
4. Door hanger- “Workout in progress”
5. Carry bag
6. Object anchor



How to connect to the HYGEAR App

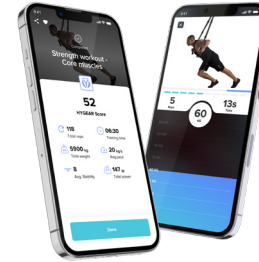
1. Scan the QR code to download the HYGEAR App

2. Make sure the phone BLE, location services, and nearby devices permissions are enabled.

3. Open the HYGEAR app and follow the on-screen instructions to open an account and select a subscription. As it will be the first time you open the app, you will need to allow permissions for location access, camera, bluetooth, and nearby devices.

4. Turn on the STRAPS device by pressing the button on the sensor unit. A red and blue light will flash and the STRAPS will connect automatically to the app.

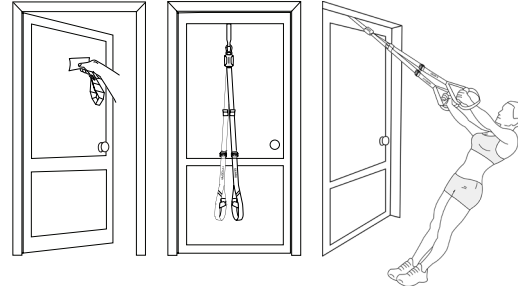
5. In case your straps does not connect successfully, shut down the app, re-open, and try again.



SEE
HYGEAR
IN ACTION

Door anchor setup

- Place the Door Anchor inside the top of the door.
- Clip the carabiner on the STRAPS to the Door Anchor.
- Place the Door Anchor on the door so that the door remains closed as you pull the STRAPS straps. For your safety, place the door hanger on the handle on the opposite side of the door.



Important safety information for door anchoring

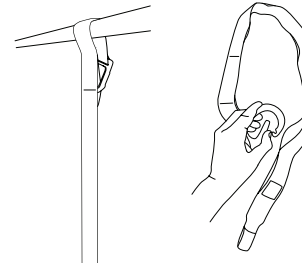
- Only use the STRAPS Door Anchor with professionally constructed doors that can fully support your body weight.
- Attach the Door Anchor, place it on the door so that you pull the door shut.
- Before your workout, always ensure that the door is completely closed.
- For additional safety, use a door that locks.
- Push or pull it before to make sure it's secured.

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.
- DO NOT anchor the STRAPS on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets.

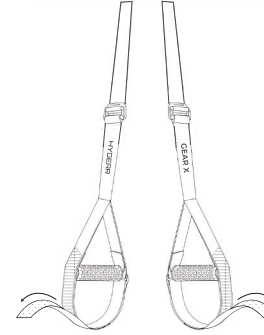
How to use STRAPS with the object anchor

- Wrap the Object Anchor strap around a sturdy object that can support the weight.
- Clip the carabiner on the anchor through the tightest loop on the strap so that it's secure. You may need to wrap the anchor strap around the object a number of times before clipping the carabiner through to ensure that it's secure.
- Please follow all the safety guidelines outlined further in the User Manual.



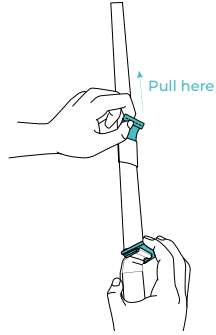
How to adjust STRAPS foot cradles

- To modify the fit of the foot cradle attached to the handle, peel back the fabric strap of the foot cradle, unlocking the loop.
- Choose the correct fit for your foot by placing your foot inside the loop. The loop should feel snug but still allow your foot to rotate slightly.
- To lock the foot cradle, once you determine the correct size, place the coarse side of the strap on top of the soft side of the strap.
- Make sure the strap is tight and secure.
- Repeat the process for the other foot cradle, making sure both foot cradles have the same fit.

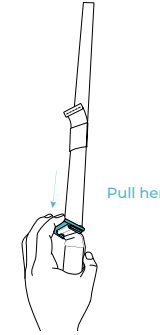


How to adjust the length of STRAPS straps

- To shorten, grab one strap and use your thumb to tilt the top of the buckle towards you, unlocking the strap.
- Pull the tab of the strap until the desired length is reached. The higher the buckle, the shorter the strap will be.
- Repeat the process for the other strap.

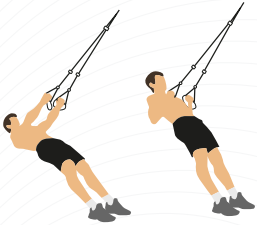


- To lengthen, grab both straps, and use your thumbs to tilt the buckles towards you, unlocking the straps.
- Pull down on both straps to reach the desired length.

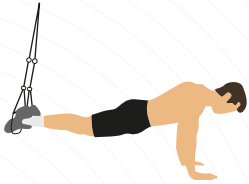


HYGEAR

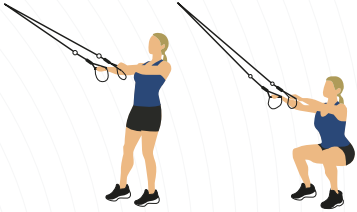
Exercise examples



Rowing



Static Plank



Squat

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 that the straps are secure.
- ✓ Do always perform a weight test by pulling hard on the anchor and handles once the product is anchored in place.
- ✓ Do use a strong and secure anchoring point.
- ✓ Do make sure the floor is not wet or slippery to avoid minor or even severe injuries.
- ✓ Do use STRAPS only for its intended use, as described in this manual.
- ✓ Do inspect your STRAPS and all its components before each use.
- ✓ In case of damaged or worn components, please contact HYGEAR customer service.

Safety: do’s and dont’s

- ✕ Don’t continue exercising if you feel pain or discomfort.
- ✕ Don’t use STRAPS if your hands are greasy, wet or overly sweaty.
- ✕ Don’t push yourself too far beyond your comfort zone.
- ✕ Don’t allow children under the age of 16 to use STRAPS.
- ✕ Don’t expose STRAPS to high temperatures, direct sunlight, rain or snow.
- ✕ Don’t leave STRAPS exposed outdoors for an extended period of time.
- ✕ Don’t use strong chemical agents or cleaners, which may discolor or damage your STRAPS.
- ✕ Don’t touch STRAPS 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 STRAPS to malfunction or become incompatible, which would void the product warranty.
- ✕ Don’t use STRAPS if any of the components are worn or damaged.
- ✕ Don’t use an anchoring point that causes excessive friction or wear to the STRAPS.
- ✕ Don’t open the sensor unit.
- ✕ Don’t use the above max weight.

Safety

- Failure to adhere to STRAPS 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 STRAPS and all of its components.
- Consult your doctor before using STRAPS.

WARNING: Do not expose the device to temperatures above or below the given limits, otherwise it might get damaged or you might be exposed to safety risk.

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.

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:

FCC Caution

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

IC STATEMENT

EN

This device complies with Industry Canada license-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.
This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

FR

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
2) L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement. Cet émetteur ne doit pas être colocalisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur. Le matériel a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences.Le dispositif peut être utilisé dans des conditions d 'exposition portables illimitées.

Become a better version of yourself