Activity | Sports | Lifestyle
Owner's Manual

WARNING

MAX USER WEIGHT: 100KGS

IMPORTANT SAFETY INSTRUCTIONS

⚠ WARNING

Users should consult with a physician before beginning any exercise or conditioning program.

- he safety level of the device can only be held if it is regularly tested for damage and wear. Particu- lar attention must be paid to the end caps / castors of the feet, the pedals, the handles and the m- ving elements.
- If you pass this device or use it by another person, make sure that the user is aware of the contents of this manual.
- This unit can only be used by one person to exercise
- Check that all screws, bolts and other connections are firmly seated before using them for the first time and then at regular intervals.
- Remove all sharp objects from the vicinity of the unit before starting the workout.
- Exercise only on the device if it works properly.
- Defective parts must be exchanged immediately and / or the appliance cannot be used until the maintenance.
- Parents and other supervisors should be aware of their responsibilities because, due to the child‘s natural playfulness and the ability to experiment, the children will be faced with situations for which the training equipment is not built.
- When you have children trained on the device, you should consider their mental and physical development and, above all, their temperament. You should supervise the children, if necessary, and should point out the correct use of the appliance. As a toy, the training equipment is by no m- ans suitable.
- When installing the unit, please ensure that there is sufficient clearance in each direction.
- Children should not be near the unit unattended, as they can use the unit in a kind and fashion due to their natural play, for which it is not intended and can cause accidents.
- Please note that incorrect and excessive training can endanger your health.
- Please note that levers and other adjustment mechanisms do not extend into the range of motion during the exercise and interfere with the flow.
- When setting up the appliance, make sure that the appliance is stable and possibly ground uneven- ness are compensated for.
- Always wear training clothes and shoes that are suitable for a fitness training when you are working on the device. The clothing must be designed in such a way that it cannot get stuck anywhere during the workout due to its shape. The shoes should be chosen according to the training device, give the foot a firm hold and have a non-slip sole.
- In general, you should consult your doctor before taking a training course. He can provide you with concrete information about the stress intensity that is appropriate for you and give you tips on traning and nutrition.

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IMPORTANT SAFETY INSTRUCTIONS

Please read the instructions carefully before you start the assembly!

When tightening the screw conections, make sure that the movement is not affected by exces- sive tightening.
Movable gel parts (plain bearings, etc.) must be greased from time to time with standard lub- cricating grease.

- Install the device according to the instructions for use and use only the device-specific parts enclo- sed with the device. Before assembly, check the completeness of the delivery using the parts list in the assembly and operating instructions.
- Place the unit in a dry, level place and protect it from moisture. If you want to protect the installation site especially against pressure points, dirt or the like, we recommend that you place a suitable, non-slip support underneath the unit.
- In general, sports equipment is not a toy. They may therefore only be used according to the regula- tions and by appropriately informed or instructed persons.
- If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop training and consult immediately your doctor.
- Persons such as children, disabled persons and disabled persons should only use the appliance in the presence of another person, who can provide help and guidance.
- Make sure that you and other persons never move with any parts of the body into the area of moving parts.
- When adjusting adjustable parts, observe the correct position or the marked, maximum adjustment position
- Never train immediately after meals!
- Inspect the unit for loose components before each use.
- Only place the unit on stable surfaces
- Do not use the appliance if you weight more than 100 kg.

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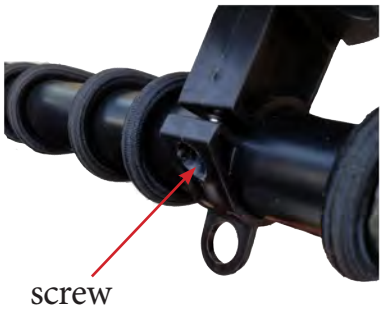
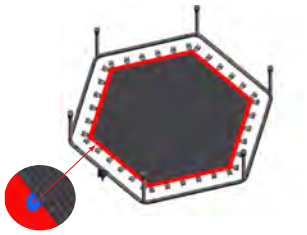
Section 1 Parts List

ITEM	DESCRIPTIONS	Q'TY
1	Computer	1
2	Sensor with 2 nuts	1
3	PE clamp	1
4	Snap hook	1
5	Screw	1
6	Heart rate belt	1

Section 2 Parts Draw

Section 3 Display Asmble



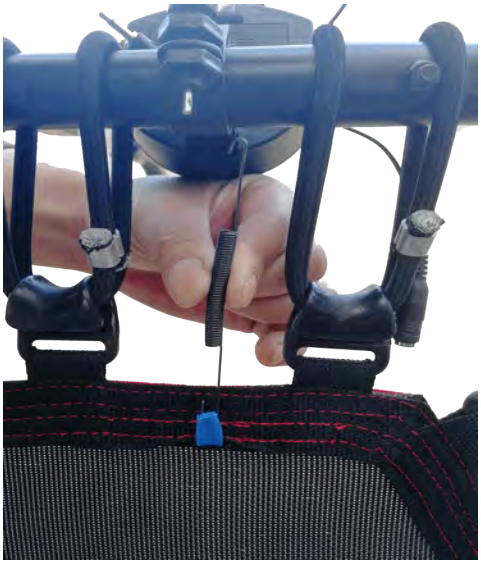


Mount the PE clamp next to the handle, near the prepared hole for the snap hook. The hole, where the
sensor will be fixed later, must point downwards.

Remove the first nut from the sensor and insert the sensor into the hole. Please make sure that the
sensor is pointing inwards.
Then screw the nut back onto the sensor and tighten it

* The connection between the bracket and the Display head is a simple locking mechanism that does not require any tools to be used, but requires extra force to install or detach. Please be advised to tuck into the slot and push very hard to lock in position or detach.

Connect the sensor cable to the computer cable.



Hang the spring on the blue webbing and the other end on the sensing joint. Firm connection.

Open the battery box on the back of the display, install the battery properly, and check whether the display shows the number.

Change the spring tension by turning the clamp outwards or inwards. Tighten the screw by hand and test the computer for operation.

Then tighten the screw.

WARNING! After assembly, open the display, first pull the spring by hand, and check whether there is space for movement of the sensing joint to see whether the display number is bouncing, the number is bouncing, and the installation is successful.

Section 4 Wear a heart rate belt

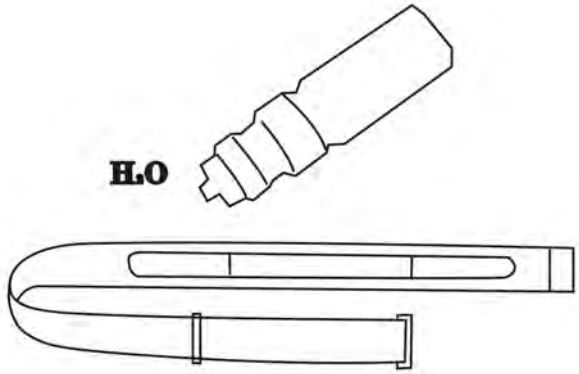


Fig. 1
It is recommended that you apply a small amount of water to the electromagnetic area on the back of the elastic band before wearing it (especially when the skin is dry in winter).

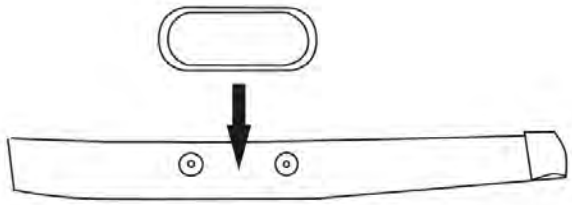


Fig. 2
Install the heart rate sensor on the snap on the front of the heart rate elastic band. And ensure that the installation is firm and accurate.

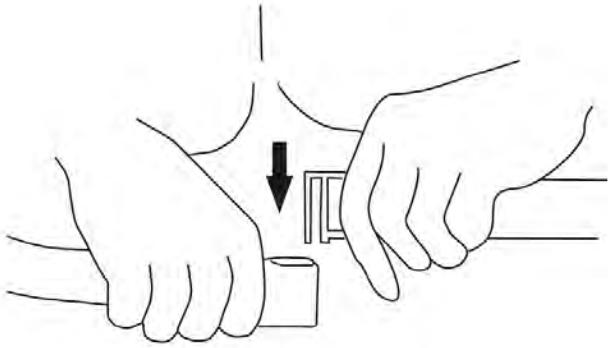


Fig. 3
Pass the heart rate belt around the chest, just below the chest muscles, and connect the hook to the other end of the elastic belt.

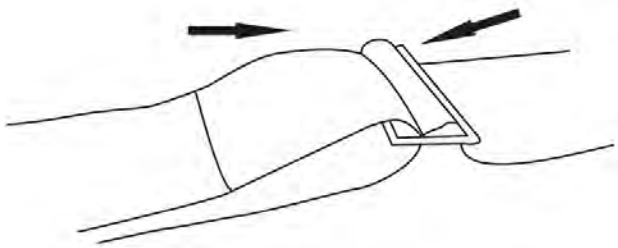
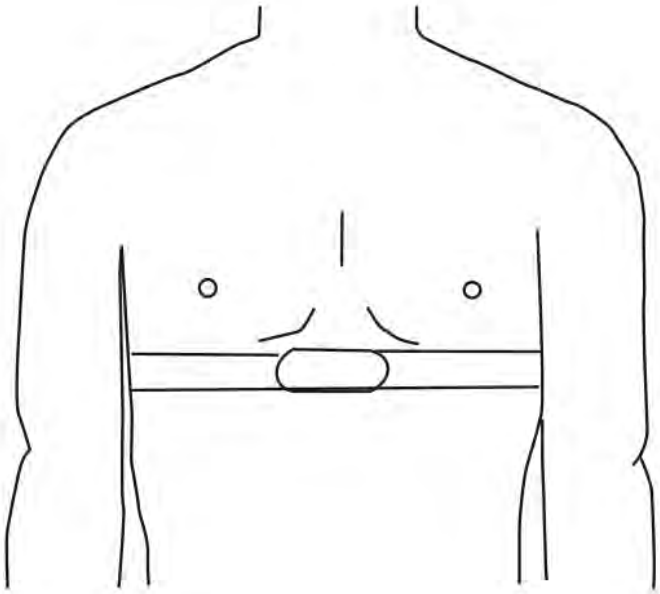


Fig. 4
Adjust the length of the elastic band to your comfortable wearing state.

Fig. 5
Make sure that the wet electrode area is close to your skin, with the sensor in the center and the top facing up.

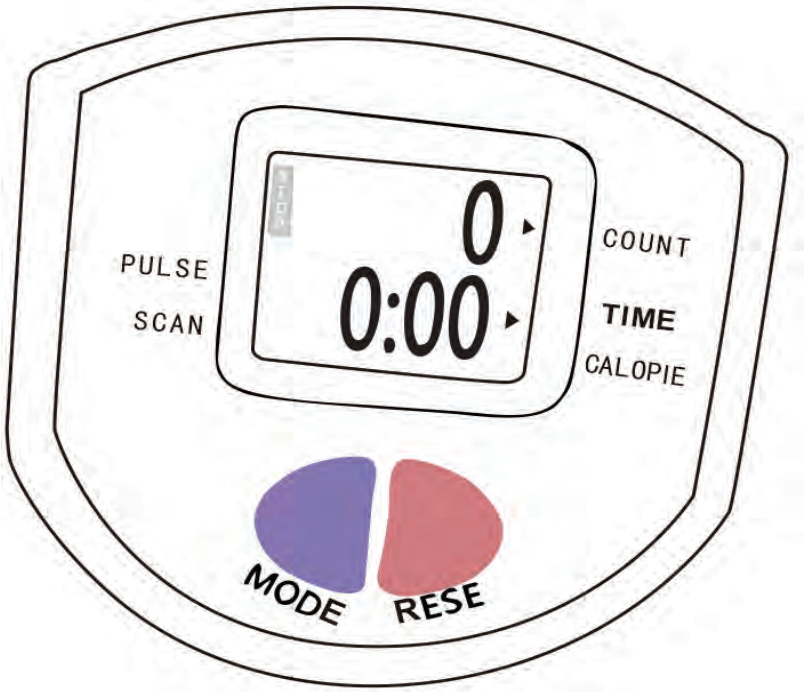


⚠ WARNING

After use, be sure to wash the elastic band with tap water after removing the sensor from the heart rate band. Because sweat and moisture will keep the electrodes wet and keep the heart rate sensor on, this will shorten battery life.

Section 5 Computer use

- With these computers you can extend our trampoline to make your exercises even more effective. It provides important information such as your pulse rate, number of jumps, training time and your calo- ries burned. If the number of jumps is not equal to the number of jumps possible after tensioning the spring (snap hook)



- To turn on your computer, press the Mode or Reset button.

The display shows the time and the number of jumps (count) by default. Both values are initially set to 0.

During your training you can decide which value you want to display. Press the Mode button to switch between the following values:

- **Pulse**

Shows your current pulse. Please note that only one value will be displayed here if you have fastened your chest strap and placed it correctly.

- **Scan**

With this setting the display changes every 5 seconds between Pulse / Time / Calorie.

- **Time**

Time spent in your current training session

- **Calorie**

Your calories consumed so far are shown here. Please note that this is an estimated value and actual con- sumption may vary.

When you leave the jumping surface of the trampoline or stop jumping, the data is paused. If you do not continue your training within 3 minutes, your display will go into standby mode.

In this case, you must press the Mode / Reset button to turn on the computer again. You can then contin- ue your training with the previous values.

To reset the values, press the Reset button once.

- Make sure to check that all screws are tightened each time before using the trampoline and that the handlebar is set at the correct height and that it is fixed to the frame. Additionally check that the jumping mat has tension and that the 36 elastic ropes are in good condition and looped to the plastic hooks.
- Pay attention to damages and gradual wear and tear.
- Consult a doctor before using the trampoline if: You have not participated or performed much athletic activities recently, have high-risk health complications, heart or orthopedic problems, or if you are pregnant.
- First become familiar with your trampoline. Begin your workout slowly. Start with small bounces and increase your intensitiy gradually to higher jumps. Always maintain control. The risk of damages increases with excessive or improper use.
- The trampoline is intended for use by persons who are fit an healthy. Do not use the trampoline consuming food, alcohol or narcotic substances. if you become dizzy or nauseous, heart-related problems, or other health issues.
- The trampoline is intended for fitness training like bouncing, light jumps.

Do not jump aggressively, otherwise you risk injuries to hear head or neck.

- Prepare yourself for training with a warm-up and always cool down at the end of a workout.
- Stay hydrated and take sufficient breaks to avoid fatigue or injuries.
- Never exercise when your are tired, exhausted or lacking concentration, otherwise you risk injuries.
- Never jump from a standing position onto the trampoline and down again.
- Jump in the middle of the mat only, take care to not jump or step on the edge cover or frame.
- Jump only in the middle of the mat and be careful not to jump on the edge of the trampoline.
- Do not jump or climb directly onto the safety mat. This is not designed for carrying a person.
- The trampoline may only be used by one person at a time.

Warm-up and cooling phase

1. Warm up phase

This stage helps to get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.

2. Exercise phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work to your butt it is very important to maintain a steady tempo throughout.

3. cool down phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch. As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

Muscle Toning

To tone muscle while on your Crosstrainer you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

Weight Loss

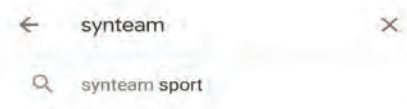
The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

Section 6 Software installation

STEP 1 Android users

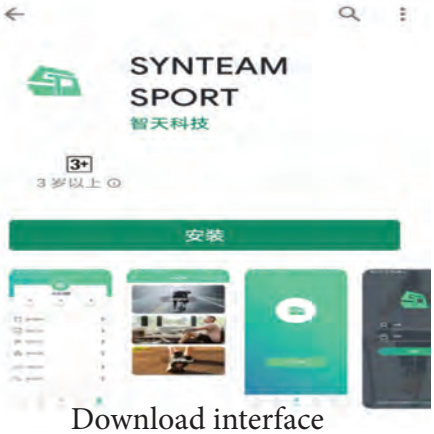
Android users enter the Google Store to download

Searching for synteam sport in the Google Store will result in two identical software, the first of which is version 1.0 of synteam sport, and here we will choose the second version of 2.0. Then click to download and install.



Google Store search interface

search results



Download interface

IOS users

IOS version APP download

IOS users can search for "智天运动 2.0" directly from APP STORE to download

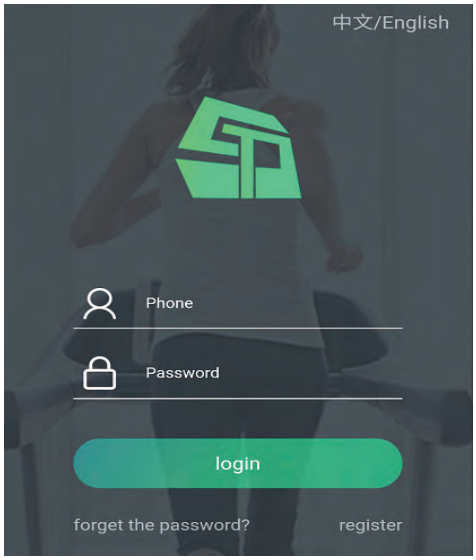
STEP 2 Software grant permissions

After opening the software, you will be prompted to open the storage permission, location permission, and Bluetooth connection permission. At this time, you need to allow it or you cannot establish a Bluetooth connection with the device.

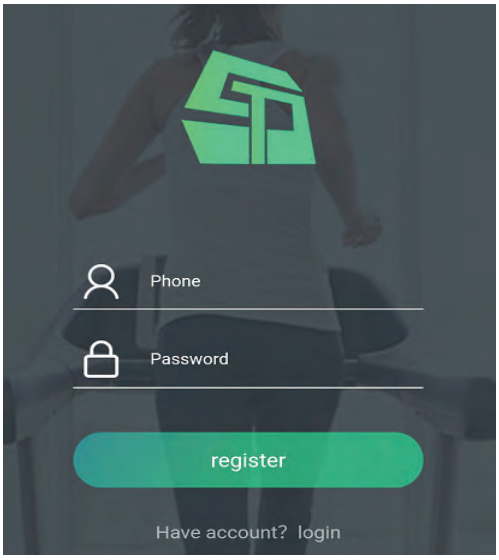
STEP 3 Software account registration and management

3.1. Register an account

In the upper right corner of the login interface, you can choose Chinese/English, the registered account is in the lower right corner of the software, click the register button to jump to the registration interface.



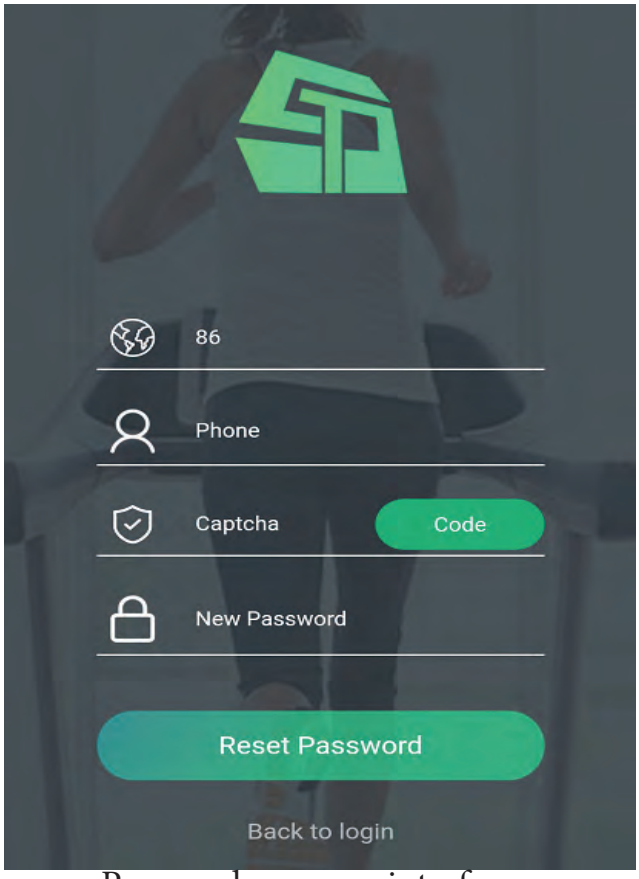
Login interface



Register account interface

3.2. Password lost and retrieved

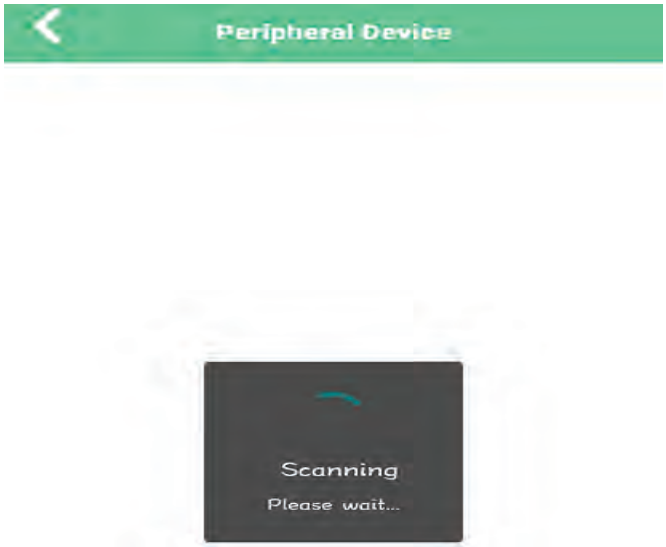
If you have forgotten your password, you can click on the forgot password in the lower left corner of the login interface to enter the password recovery interface. Only the account registered with the mobile phone number can retrieve the password.



Password recovery interface

4.2. Connecting the instrument

Make sure that the Bluetooth of the mobile phone is turned on, and the instrument on the sports equipment is turned on, and then select the corresponding plate (number of times) to click and it will automatically scan the surrounding devices. As shown in the figure, the correct device has been scanned.



Scan the Bluetooth device interface

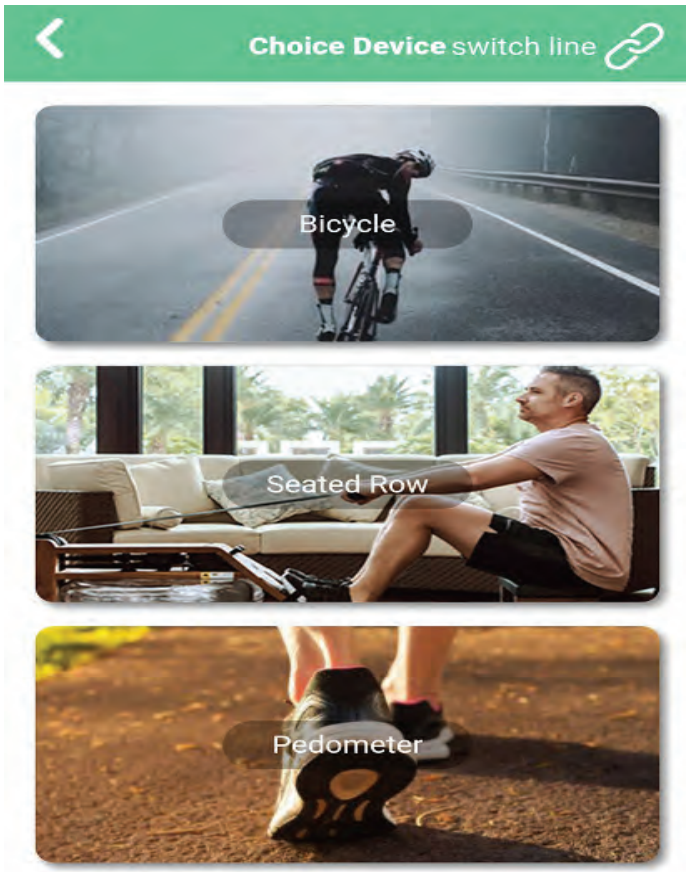
STEP 4 Sports equipment selection

4.1. Sports equipment category

The equipment selection needs to be consistent with the type of equipment used. At present, all sports equipment are divided into three categories, namely:

1) Bicycles (riding equipment in distance units)
2) Rowing (rowing equipment in distance units)
3) Frequency category (devices with frequency as unit)

Different types of sports equipment cannot be used in the three types of software. For example, connecting a spinning bike can only be found in the option section of spinning bikes, but not in rowing machines or pedometers.

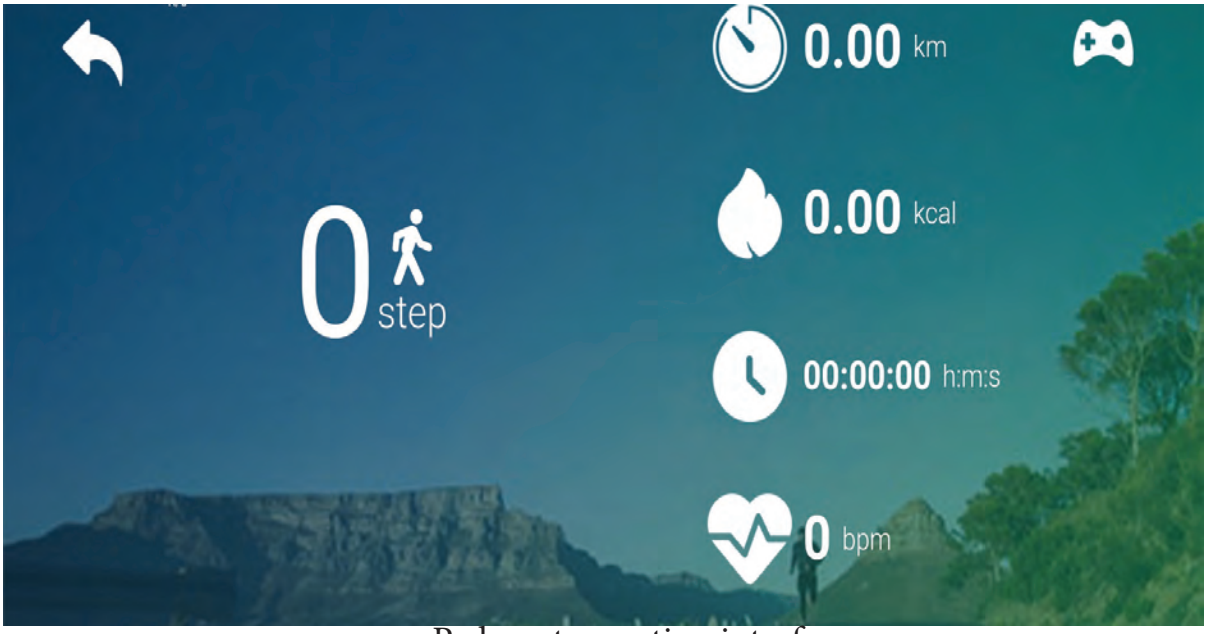


Select sports equipment interface

Show scanned devices

STEP 5 Motion interface

The exercise interface mainly displays the speed/number of times, distance, calories burned, time, and heart rate.Click the game icon in the upper right corner of the map to enter the game selection interface. Arbitrary choice



Pedometer motion interface

2.4g wireless heart band FCC ID: 2AXBPTP005
trampoline Bluetooth counter FCC ID: 2AXBP-TP005
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. Any 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:
-- 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.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction