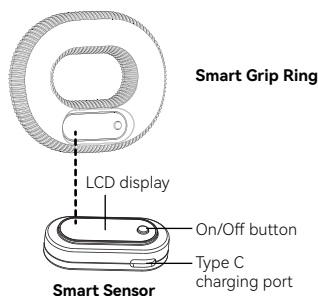


70.00 mm

250.00 mm

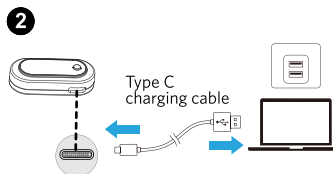
**Smart Grip Ring
Bluetooth Enabled Hand Grip Trainer**

User Manual

Overview**Charging the smart sensor**

When the smart sensor's battery power is low, the LCD display shows "----", indicating that you should charge the smart sensor.

- 1** Press the bottom of the smart grip outwards to remove the smart sensor.



Type C charging port USB power source

The LCD display will illuminate to indicate the percentage of smart sensor battery life. When fully charged, the LCD display will show the digital number "100".

- 3** Place the end of the smart sensor with the On/Off button into the left of the grip's slot, then press the other end to fix the smart sensor in place.

**Control on the Smart Grip Ring**

1. Press the **On/Off button** for 2 seconds to turn the smart grip on, when the smart grip is turned on, the LCD display will illuminate.
2. Grip the smart grip, then press the top side down to start grip exercise, and the LCD display will show the real-time counting number.

Control via the Fit Monster APP

1. Turn on the bluetooth, network & GPS in your phone, search for "Fit Monster" in the Google Play Store or Apple APP Store to download and install the Fit Monster APP.

To make the grip exercise more fun, you can search for "Smart Grip Arm Wrestle" in the Google Play Store or Apple APP Store to download and install the Smart Grip Arm Wrestle APP for game interaction.

System requirement: mobile device running on iOS 9 or higher, Android 5.0 or higher.

Note: To be safely and permanently stored your fitness data, you need tap Sign Up to set up a new account.

2. Press the ON/OFF button to turn on the smart hand grip, the bluetooth icon on the LCD display flashes.
3. Launch the APP, and tap Search devices, it

Specifications

Model Number: SJ-200

Product name: Smart Grip Ring

Operation: Button Control, APP Control

Power Input: 5V

Charging Time: 1 hour

Working Time: Up to 5 hours

Battery Type: Rechargeable Lithium-ion

Bluetooth Version: V5.0

Dimension: 69*83*22mm

Net Weight: 60g

Safety Statement

1. Avoid dropping.
2. Do not disassemble this device.
3. Do not expose this device to rain or moisture or submerge it in water.
4. Keep the device away from excessive heat, such as sunshine, fire or the like.
5. Use original or certified cables.
6. Do not use any corrosive cleaner/oil to clean.
7. Keep out of reach of children.

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.
- (2) This device must accept any interference received, including interference that may cause undesired operation.

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

FCC Statement

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.

will automatically search for the nearby devices. If the device can not be found, press the ON/OFF four times to reset the smart hand grip to retry.

4. Wait until the bluetooth icon on grip screen stops flashing, and the APP will tell you the device is connected.
5. You can start exercise.

Note: When there is no operation for 2 minutes on the device, the LCD display will be turned off, and the device will turn off in 15 minutes automatically.