

Smart Grip Ring

 **Bluetooth® 5.0**

Model No : SJ200

Bluetooth Indicator

Bluetooth Chip Counter

Type-C Charging

Silicone Material



When the three white lines are flashing, it means that the power is insufficient

Power On/Off

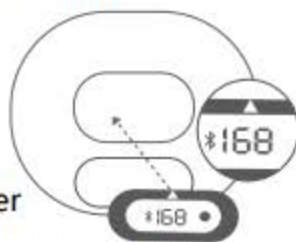
Power On: Long Press 1s

Power Off: Long Press 2s

Screen is displayed when short press (when screen is not displayed)

Correct to install the Counter

Triangle mark on the counter should toward inside of circle.



Holding posture



Correct direction

Want to Count in correct make sure the direction is followed as the picture shown.

Wrong direction



Loose

Operation method



Tight



Full grip training

Training method



Three fingers training

Install "UCfitness" APP

For Apple iOS :

Use an iPhone4 or higher version mobile phone, update iOS to the latest version, Scan the QR code below or search for " UCfitness in the APP store and download or update.

For Android :

Use Android 6.0 and above mobile phones, magic UI2.0 or EMUI8 above mobile phones, Scan the QR code below or search " UCfitn in the APP store application market and download or update.



For Apple iOS



For Android

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.

2. 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.