

125mm

80×6=480mm

说明书尺寸: 480×125mm
说明书材质: 70克双面铜版纸
圆形图标印刷颜色: Pantone silver 10077
文字颜色灰色 (70K)
1:1 单位: mm



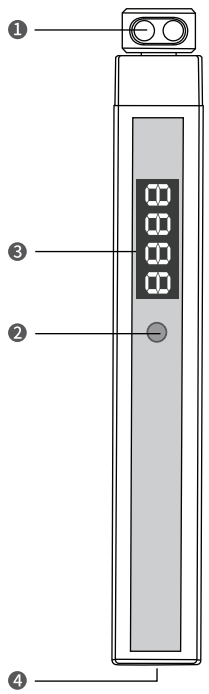
Bluetooth Jump Rope
Item No.: SJ-300



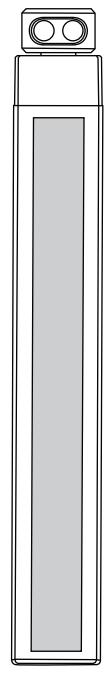
Product Content

Samrt Jump Rope Handles (Left/Right)
Type-C USB Cable
Jumping Rope
Fabric Pouch

About Bluetooth Jump Rope

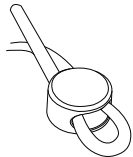


Front



Back

1 Buckle
Used to fix the rope



2 Power Button

1. Power ON : In power off mode, long press for 2 Sec to Power ON.
2. Power OFF : In power on mode, long press for 2 Sec to Power OFF.
3. Pause : Press the button once to hold sporting.
4. Stop : Press the button twice to stop sport and save record.
5. Record Delete and Reset to Defual : In Power ON mode , Press the button 5 times

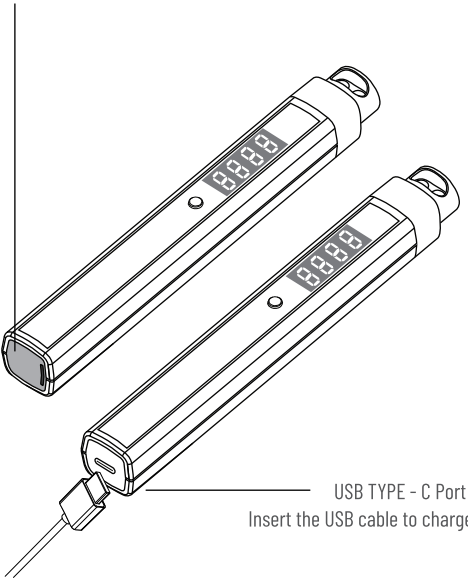
3 Display for Count



Display for rope skipping count

4 Power charge

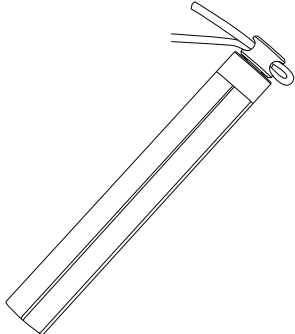
Pull and open the cover at the end of handle
Connect to the power supply through the USB cable for charging,
fully charged with 60 minutes.



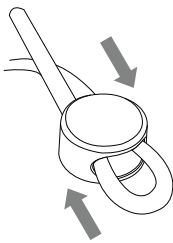
USB TYPE - C Port
Insert the USB cable to charge

Rope installation

Step 1 :
Insert the rope into the first hole on the top of the [Smart Jump Rope]
as shown on step 1 below.



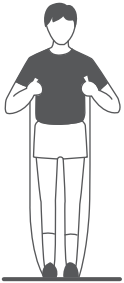
Step 2:
After inserting the rope again into the second hole.



Adjust the rope length

Adjust the length of the rope according to the height of the user,
the specific method is as follows:

Stand up straight, step on the middle of the rope, hold the handles
with both hands and straighten up, the height of the rope at the
elbow is the right height for you.
Beginners can choose a longer length, about to the height of the chest.
As the skipping ability improves, the rope is gradually shortened.
After you adjust the length to fit, it is recommended to cut off the
excess rope.



Rope length adjustment table

Height (CM)	140	150	155	160	165	170	175	180	185
Rope length (M)	2.4	2.5	2.6	2.7	2.75	2.8	2.85	2.9	2.95

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, Harmony OS or EMUI8.0 and above mobile phones, Scan the QR code below or search "UCfitness" in the APP store application market and download or update



For Apple iOS





For Android



Start

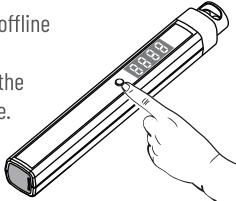
On-Line and Off-Line modes:

1. On-Line mode:
Turn on Bluetooth and connect the product and APP by Bluetooth, so that APP can record the exercise data online.

2. Off-Line mode:
The product can be used independently without smart phone connected and APP. The exercise data will be stored in the memory of the handle.

Attention

1. The number of data stored in the offline mode is about 40 times.
It is recommended to connect with the APP after about 20 times of exercise. The historical data of exercise will be stored automatically and synchronously with the APP.



2. Smart jump rope and mobile phone connection

- Turn on bluetooth of mobile phone.
- Power on the device/long press the power button for 2 seconds
- Run APP (start automatic pairing and scanning device)
- Successful connection between APP and jump rope
- Start exercise or check the sports information of the APP

4. When the exercise over, long press the button 2 seconds to Power OFF

Product Specification

Model No.: SJ-300

Product Name : Bluetooth Jump Rope

Power Input: DC 5V

Battery : 3.7V Lithium Battery 90mAh

Charging Time: Approximately 60 minutes

USB Port : Type -C

Bluetooth Version: BLE 5.0

Range: 10 meters

Rope Length: 3m

Rope Diameter: 4.5 mm

Announcements

Do not place the device near high-temperature places or fires, such as ovens, stoves, candles, or other places that may generate high temperatures.

Do not allow children or pets to eat this product or its accessories to avoid injury to their bodies, otherwise it may cause damage to the equipment.

The applicable working temperature of the product is -20°C to 45°C, and the product and accessories should be stored in the range of -20°C to 70°C. Do not use the product in an environment where the temperature is too high or too low.

Please be careful not to use the product during the charging process to avoid damage to the plug.

Please do some warm-up exercises before exercise to help blood circulation.

Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.

Choose turf, wood or plastic grounds. Don't jump on rough concrete, it will reduce the life of the rope

Please wear soft and lightweight high-top sneakers when you are skipping rope to avoid ankle injury

After exercise, you can do some stretching exercises on your feet, which can relieve muscle tension or soreness.

One Year Limited Warranty

UCfitness.club , warrants to the original retail purchaser, this product to be free of defects in material and workmanship for a period of up to one year from date of original purchase.

Warranty applies only to the original purchaser of the product.

Warranty is limited to consumer use and does not cover parts damaged due to normal wear, abnormal conditions, misuse, or accidents, and is limited to repair or replacement only.

This limited warranty does not cover rope or batteries, or ant part that my become defective due to mishandling.

Warranty is effective only upon presentation of dated proof of purchase. Customers are responsible for all postage cost on returned merchandise. No shipping or handling charges will be reimbursed.

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.

Limitations on Warranty Disclaimers

These are no warranties which extend beyond the description on the face hereof. This warranty gives you specific legal rights, and you may also have other rights which may from state to state.



For assistance with assembly or installation, parts and customer service, please do not return to retailer-contact UCfitness CUSTOMER SERVICE at:



www.ucfitness.club



Mail: info@ucfitness.club



Http://www.ucfitness.club

