

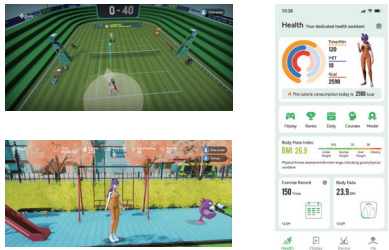
智能体感跳绳 SJ600 英文 说明书 V1.0

Built-in Vibration Motor
a. Workout start: Two short vibrations (0.2s each)
b. Workout end: One long vibration (1.5s)
c. Free/Counting/countdown jump modes: Two short vibrations every 100 times (0.2s each)

Download Fyloor APP



Fyloor APP



Using an Apple iOS 12.0 or higher version phone and update iOS to the latest version. Scan the QR code above or search for "Fyloor APP" on the Apple App Store to download and install the app or update to the latest version.
Using an Android phone with MagicUI2.0 or EMUI8.0 or above, or other Android phones with Android 10 or above, scan the QR code above or search for "Fyloor APP" in the app market and install the app or update the existing app on the phone to the latest version.

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Motion-sensing Game Instructions

Precautions before opening the Fyloor APP

The fitness motion-sensing game is developed with a 3D engine and has certain requirements for smartphone performance. If your device is too old or underpowered, you may experience slight lag during gameplay. Please close other running applications or switch to a smartphone or tablet with better performance.

The fitness motion-sensing game supports both iOS and Android smartphones and tablets.

The motion-sensing fitness game requires Bluetooth connection only. Please ensure your smartphone/iPad supports Bluetooth BLE wireless transmission and enable the Bluetooth function.

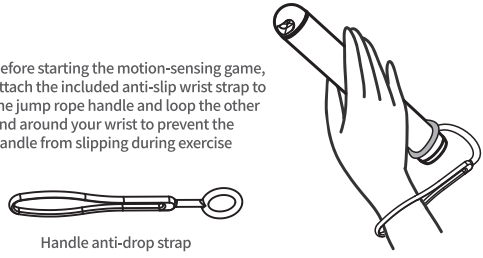
The motion-sensing fitness game will display different game content menus based on the Bluetooth-enabled smart fitness devices you connect.

Play the Gamefits motion-sensing fitness game in an open area to avoid safety incidents caused by collisions.

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Usage Method of Anti-slip Hand Straps

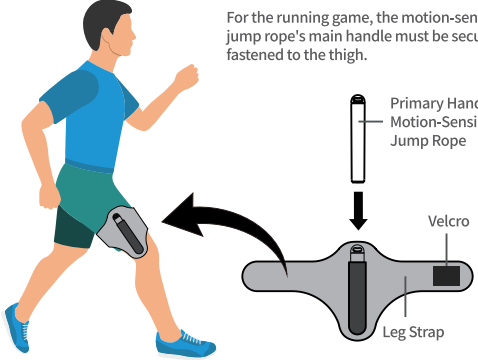
Before starting the motion-sensing game, attach the included anti-slip wrist strap to the jump rope handle and loop the other end around your wrist to prevent the handle from slipping during exercise.



Handle anti-drop strap

Instructions for Leg Strap Usage

For the running game, the motion-sensing jump rope's main handle must be securely fastened to the thigh.



Primary Handle of Motion-Sensing Jump Rope

Velcro

Leg Strap

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Warranty Statement

During the warranty period, to claim warranty service, please contact the product seller or our after-sales service email and follow our instructions. A valid, accurately and completely filled sales voucher must be provided for all warranty claims.

This warranty does not cover:

(a) Damage resulting from misuse, abuse, improper transportation, maintenance or storage (including but not limited to use in improper temperature, humidity or other unsuitable environmental conditions);

(b) Damage caused by force majeure, accidents, network/power outages or other circumstances beyond our reasonable control;

(c) Unauthorized repairs or modifications by non-authorized personnel;

(d) Any third-party products or services;

(e) Use of the product for non-intended purposes;

(f) Any use that violates the product instructions.

Normal wear and tear, scratches, abrasions, or damage caused by paints, solvents or other chemicals are excluded from this warranty. This warranty shall be void if the product's original identification labels have been altered or removed. Product completeness and accessory conditions are not warranted - you should inspect the product upon receipt and raise any discrepancies immediately.

This warranty represents our sole obligation. This warranty gives you specific legal rights, and you may also have other rights which vary under applicable laws. Nothing herein shall affect your statutory consumer rights that cannot be excluded or limited by law.

Product Warranty Information

Product name	Warranty coverage	Part Name	Warranty Period (months)	Warranty Service Type	Remarks
Smart rope skipping	Main components	Handle	12	Send for repair	
	Peripheral components, etc.	Instructions	0	Not applicable	
		Rope	0	Not applicable	
	Consumables	Rope	0	Not applicable	

Notes and Instructions

(a) This table is not a description of product specifications and configurations. Product specifications and configurations are subject to the actual products.

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(b) When you return the product, you should pack it properly and cooperate with the logistics provider for inspection. It is recommended to use the original packaging of the product. If the returned product is not covered by the warranty, we will contact you and deal with it according to your confirmation. Please make sure that the contact information is accurate and the communication is smooth. If the repaired or replaced product is not returned to you for more than two (2) months due to your reasons, it is deemed that you agree to be disposed of by us in an appropriate manner.

Trouble Shooting

Unable to power on	Check the power of the equipment and try to charge the product.
Unable to connect to mobile APP	Phone Bluetooth or GPS is off and needs to be turned on.
Unable to connect to mobile APP	Handle is not turned on, turn on the handle first.
Cordless ball falls off during use	Check whether the rope buckle is installed according to the installation steps
rope came loose during use	Check that the rope is not caught in the groove of the swivel ball (it passes through the swivel)
Rope buckle falls off during use	Check whether the installation is first through the large hole of the rope buckle and then through the small hole
Rope buckle falls off during use	Check whether the rope cap is installed

Warning

a. Use only the original charging cable provided by the manufacturer.
b. Do not operate the product in extreme temperatures (>45°C or <-20°C).
c. Never use the product on wet or flooded surfaces.
d. Handle the charging cable carefully. Do not drag or lift the product using the cable.
e. Do not use the charging cable as a handle or trap it in door gaps.
f. Avoid sharp bends or running the product over the cable. Keep the cable away from heat sources.

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g. Do not use damaged charging cables.
h. Never incinerate the product, even if severely damaged, as the battery may explode.

FCC Warning

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.
Caution: Changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

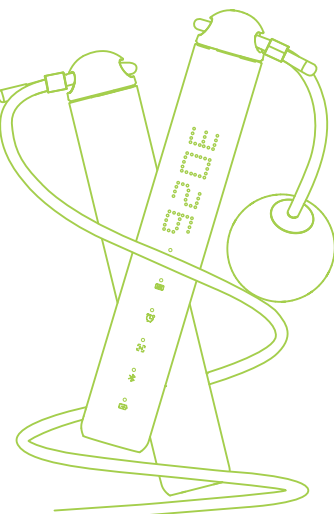
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate 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.

RF Exposure Information

The highest SAR value reported under this standard during product certification for use next to the head with the minimum separation distance of 0mm. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter.

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SMART SENSORY SKIPPING & GAMING INTERACTION SJ600



Bluetooth® 5.1
Compatible with iOS and Android

US-SJ600-TS@outlook.com

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Main Product List

- Main Handle for Sensory Jump Rope × 1 unit
- Auxiliary Handle for Sensory Jump Rope × 1 unit
- 3-meter Jump Rope Cable × 1 unit
- Jump Rope Fastener × 4 units
- Rope-free Ball × 2 units
- Jump Rope Cap × 2 units
- Storage Bag × 1 unit
- USB Type-C Charging Cable × 1 unit
- Anti-Slip Wrist Strap for Handle × 1 unit
- Leg Strap × 1 unit
- Instruction Manual × 1 copy

Safety Information

Before using this product, please read the following safety instructions carefully and observe all standard safety precautions. Any operation not in accordance with this manual may result in damage to the product.

a. This product should only be disassembled by authorized technicians. Self-disassembly by users is not recommended.

b. Do not place the device near heat sources or open flames, including but not limited to electric heaters, ovens, stoves, candles or any other high-temperature environments.

c. Prevent children or pets from biting or swallowing the device or its accessories, as this may cause personal injury or device malfunction.

d. The operating temperature range for this product is 20°C to 45°C. Do not use the product in excessively high or low temperature environments.

e. When charging, handle the connector with care. Do not use the product while charging to avoid damaging the connector. After charging is complete, unplug the charger. Do not leave the device connected to power continuously as this may cause damage.

f. Before exercise, be sure to properly warm up all parts of your body, with particular attention to your ankles, wrists, shoulders and elbows. This helps improve blood circulation and prevents joint, ligament and muscle injuries.

g. After exercise, perform stretching exercises, especially for your legs, to help relieve muscle tension and soreness.

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Rope Installation Steps

Step 1: Pass the rope through the closed round hole (large hole) on the buckle first, then through the hole on the top of the handle.

Step 2: Loop the rope back and pass it through the hole on the opposite side of the handle's rotating head.

Step 3: Insert the rope into or through the open hole (small hole) on the buckle (small hole) to complete the assembly of one handle and rope. Adjust the buckle position according to your preference. Repeat the same steps for the other handle.

Rope Length Adjustment

The rope length should be adjusted according to the user's height. The specific method is as follows: Stand upright with both feet stepping on the midpoint of the rope, hold the handles with both hands and pull upward to straighten the rope; adjust the end of the rope so that its connection point with the handle aligns precisely with the height of the elbow joint. Beginners may leave the rope slightly longer, approximately reaching chest height, and gradually shorten it as their proficiency improves; after adjusting to the appropriate length, secure the rope fastener properly. It is recommended to trim any excessive length of the rope.

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Comparison Table for Rope Length Adjustment

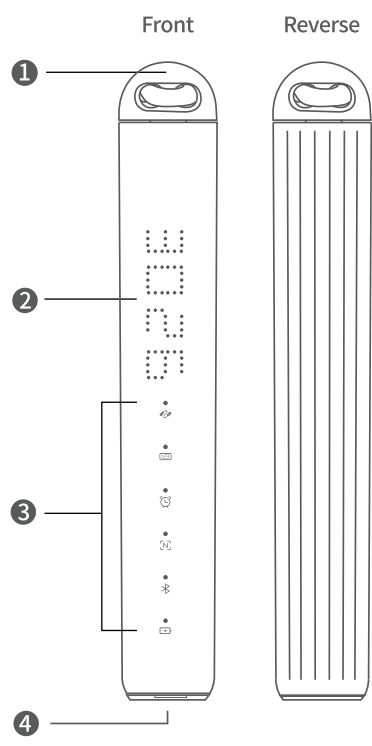
Height (CM)	140	150	155	160	165	170	175	180	185
Rope length(M)	2.4	2.5	2.6	2.7	2.75	2.8	2.85	2.9	2.95

Basic Parameters

Smart Motion-Sensing Jump Rope
Model: SJ600
Handle Dimensions: 155mm × 24mm
Handle Net Weight: 120g (pair)
Input Voltage: DC 5V-2A
Battery Capacity: 200mAh
Full Charge Time: 60 minutes
Maximum Battery Life: Up to 13 hours (Turn off the screen light to measure)
Standby Time: Up to 30 days
Battery Type: Lithium-Ion Polymer Battery
Rated Power: 0.5W
Rope Specifications: PVC-coated steel wire rope, 4.5mm*300cm
No-Rope Ball Specifications: PE Material, 50mm
Supported Systems: iOS 12.0 or Android 10 and above
Connection Method: Bluetooth® 5.1
Sensor: Hall Effect Sensor × 3
Charging Port: Type-C

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Smart Sensor Jump Rope User Manual



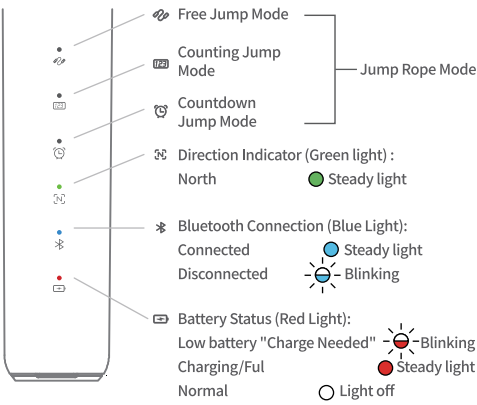
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1 Head Pivot
Used to secure the jump rope body

2 Led Display

Free Jump Mode: Displays jump count
Counting Jump Mode: Displays countdown jumps
Timer Mode: Displays countdown time (seconds)
Charging Mode: Displays battery percentage

3 Status Indicator Lights



LED Indicator Lights

Mode Indicator: Displays the current exercise mode
Bluetooth Indicator: Flashes during pairing; remains solid when connected
Direction indicator: Jump rope head facing north
Battery Status Indicator: Displays current battery level and charging status

Jump Rope Mode

- Free Jump Mode
- Counting Jump Mode
- Countdown Jump Mode

Direction Indicator (Green light):
North: Steady light

Bluetooth Connection (Blue Light):
Connected: Steady light
Disconnected: Blinking

Battery Status (Red Light):
Low battery "Charge Needed": Blinking
Charging/Full: Steady light
Normal: Light off

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4 USB Charging Port

Gently pull open the cover at the end of the main handle and connect to a power source using the USB cable for charging.

Charging time: 60 minutes to full capacity
Maximum operating time: Up to 13 hours
Standby time: Up to 30 days
Press and hold for 2 seconds: Power On/Off
Short press: Mode Switching

Power Switch/Function Button

The main handle has multifunctional buttons that can be operated to achieve corresponding functions:

a. Press and hold the button for 2 seconds in the shutdown state to jump rope and enter the startup state.

b. Press and hold the button for 2 seconds when there is no movement during startup, and jump rope will enter the shutdown state.

c. After entering the free jump, countdown jump, or counting jump mode, press the button briefly to enter the motion pause state, and then press the button again to end the current motion.

d. When the countdown jump mode or counting jump mode reaches the set "target number", press the button briefly to restore the motion state.

e. Press the power on/off button 5 times to reset the device.

Note: The preset time for the countdown jump mode is 3000s, and the preset number of times for the counting jump mode is about 40 times. It is recommended to connect to your phone and open the APP program described above after exercising for about 20 times.

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说明书材质：

120g铜版纸/4C/风琴折/双面印刷/7页14P/80*125mm

子标题/正文

CMYK 0、0、0、78

CMYK 40、0、90、0