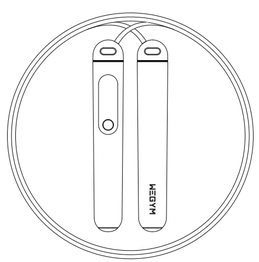
供应商名称		
复审/日期	审核/日期	设计/日期

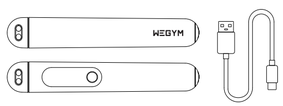
WEGYM



User Manual

Smart Jump Rope

1. Product Composition



2 x Handles

Charging Cable

2 x
Rope Tip Covers

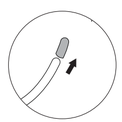
2 x
Anti-Slip Rope Locks

PVC Rope (3m)

Carrying Bag

User Manual

2. Assembly Method



1. Take off the cover from the tip of rope.

2. Thread the rope through the hole in the handle as demonstrated in the picture.

3. Adjust the length of the rope as you need, tighten the rope and secure with the anti-slip rope lock. Cap the end of the rope with the tip cover.

3. Getting Started

Install the App

Search for " WEGYM " in your app store.

or simply scan the QR code to download and install the app.

Get it on Google Play

Download on the App Store

*Note:
Apps downloaded through other channels may be unavailable. Before pairing with your device, please confirm that your device meets the following requirements:

| Mobile devices running Android 4.4 or above and equipped with Bluetooth 4.0 or above.

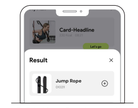
| iPhone devices running IOS11.0 or above.

4. Bluetooth Connection

*Note: Make sure your jump rope device is powered on.

1. Turn on the phone's bluetooth and location services.
(iPhone only needs to turn on the bluetooth)

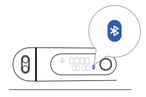
2. Click "+", select "My Devices", to add the new device.



3. Select Jump Rope to connect.

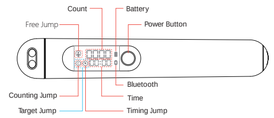
4. Slect "confirm" to connect the device.

5. Connect successfully.



6. Bluetooth will be lit up after successful connecting.

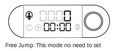
5. Operation Guide



Power on/wake up:
Short press the button to power on or light up the screen., the default mode is free jump mode, Free Jump icon " " will light up.

Mode switch:
Short press the button to switch between four exercise modes(Free Jump, Counting Jump,Timing Jump, Target Jump), then the corresponding mode icon will light up.

Mode settings:
Press and hold the button for 2 seconds to enter the mode setting, then short press the button to select the number of times or time, after the setting is completed, press and hold the button for 2 seconds to confirm(You can also slect more mode settings on the app, or follow the professional courses provided on the app for training).



Free Jump: This mode no need to set parameters.

Counting Jump: This mode can be selected 100/200/300 times on the device.

Timing Jump: This mode can be selected 1/2/3 minutes on the device.

Target Jump: Set the number of times first, then long press to set the time, and finally long press to confirm.

Vibration tells you:
1. The app is not connected. 2. When the button is short pressed or when the goal is reached.
3. APP is being connected. 4. Course training is starting on the app or goal is reached.

Screen display:
1. Screen does not display when jump rope is in use.
2. When the skipping goal is reached or when the rope is tripped, the exercise result will be shown on display.
3. The screen will be turned off after 20 seconds of inactivity, when short press the button then the screen will be lighted up.

Tare:
1. When the training is over, long press the button to reset the data to zero.
2. When the next training is performed, the data will be automatically saved to the device, and automatically uploaded after connecting to the app.

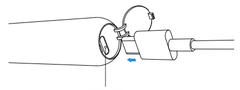
*Note:
When the skipping course training is in progress, the buttons on the device will be locked and can only be operated after the course is over.

App Settings:
Click "Training" to enter the device interface. In my data" " can view your training records.

Set count target only for Counting Jump mode.
Simultaneously set counts and timing target for target jump mode.
Set the timing target for timing jump mode.
Set skipping rhyme for exercises.
When the setup is complete, click "Let's go" to train.
*Free jump don't need to do settings.

6. Charging Method

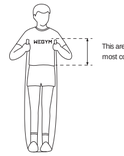
Choose the handle with display:
Open the protective cover on the rear of the device, insert the Type-C charging cable into the charging port, plug in to start charging. The red light is always on during charging, the green light is always on when fully charged, and the red light flashes when the battery is low.



Charging port

7. Adjustment Method

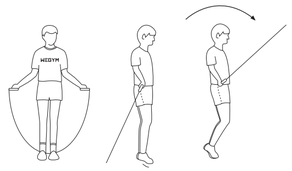
Hold both handles and stand on the rope. Keep your arms at a 90-degree angle at waist height, as shown in the illustration. You can also adjust the length as desired based on your own skipping habits.



This area is suitable for most conditions.

8. Proper Skipping Technique

Stand naturally with your feet slightly apart. Hold your upper arms close to your body and your forearms extended to your sides. Using your wrists, rotate the handles, bend your legs, and start jumping. Be sure not to land on the heel and sole of your foot at the same time.



Warm Tips:
1. Please wear running shoes or professional rope skipping shoes when skipping rope, which can effectively protect the ankles and soles of the feet.
2. Please refer to the app tutorial for dynamic warm-up preparations before you start skipping rope. While improving your skipping performance, it can also effectively avoid injuries to muscles, joints and ligaments.
3. Please refer to the app tutorial for static stretching after the rope skipping, which can effectively improve muscle recovery and reduce muscle soreness while improving flexibility.
4. Please choose moderately soft and hard venues first, such as plastic sports fields, gyms, etc. Rough ground will increase the resistance of the rope and accelerate the wear of the rope.
5. Please try to choose an open space to avoid accidentally hurting others.
6. For detailed teaching, please refer to WEGYM app for more detailed teaching courses.

9. Product Information

Product Name: Smart Jump Rope
Model: JR05
FCC ID： 2AZ4Y-JR05-1
Dimension: 160X25.5X25.5mm
Materials: PA,PC+ABS,PVC
Executive standard: Q/OSL-TS01-2021； GB 4943.1-2011
Power supply: Lithium ion 3.7V, 500mAh
DC Input: 5V
Connection: Bluetooth 5.1
Bluetooth Physical Range: 33feet
Playtime: about 22hours
Standby Time: about 180days
Ambient temperature: 14℉ to 122℉
Packing List: Jump rope handle ×2，3m PVC rope ×1， rope lock ×2, tip cover ×2, carrying bag ×1, charging cable ×1, user manual ×1.
Manufacture: Shenzhen Osmartlink Technology Co., Ltd.
Made in China
The product is too small to place complete label information, so the label is placed in the box.

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, and
(2) this device must accept any interference received, including interference that may cause undesired operation.
Warning: 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.

RF warning statement:
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

技术要求：

1：跳绳JR01说明书WeGym标青春款
2：材质：105哑粉纸哑膜
3：尺寸：80*124mm4折5页双面彩印
4：不得有赃物、斑点等，裁切整齐

车型		图样名称	
材质		担当/日期	
图样尺寸			
质量		审核/日期	
装箱数量			
比例	1:1	图纸规格	A4
张/共	第 1 页/共 1 页	审批/日期	
文件编号		版本	A