WeGym

Stay with Rally X
Go-Anywhere!
Do-Anytime!

Rally X
USER MANUAL

01

Product Information &Operating Specification

Product Name	Rally X	Water Proof	IP54	Dimensions	≈70*5.5*3.8CM
Resistance	Orange : 0.6~40lbs Hybrid : 1.7~50lbs Black : 0.8~45lbs	Input Port	MicroUSB	Playtime	≈60H
		DC Input	5V	Weight	1.1KG
Max User Weight	≤ 88lbs	Charge Time (0-100%)	≈2H	Ambient Temprature	-10℃-50℃
Battery	140mah 0.7V, 400mAh	Bluetooth Version	BLE5.0	Frequency	2.4GHz
		Bluetooth Physical Range	32 feet	Connectivity	Android, IOS

02

What is Rally X?

Rally X is an intelligent, portable and effective gym and personal trainer. Owned by brand WeGym.

The Rally X system consists of two elastic bands with two sensors that record your workout data,suspension training strap, unique wrist and ankle bands helps you to achieve any form exercises. Easy to setup, easy to use, easy to clean, and even easy to pack lightly to take with you anywhere, anytime.

Never miss a workout, no matter where your mission takes you.

03

Rally X Map

A.Band 1
1.Carabiner
2.Pulley
3.Resistance Adjuster
4.Resistance Band
5.Smart Sensor (Inn)

B.Band 2

C.Handle*2

D.Wrist Band*2

E.Ankle Band*2

F.Door Anchor

G.Suspension Strap

H.Mesh Carry Bag

I.Charging Cable

04

How to Setup Your Rally X

1.Open Rally X package you should see:
a.Band1
b.Band2
c.Handle*2
d.Wrist Band*2
e.Ankle Band*2
f.Door Anchor
g.Suspension Strap
h.Mesh Carry Bag

2.Read you user manual and download WeGym App:

IOS | TikTok Android | G.Play

Failed to scan the QR code? Go App store to search:
Android Phone: WeGym
IOS Phone: WeGym- Training

3.Take out your Band 1 and Band 2,press the power button, you will see the red-blue blinking,connect your device and app by following steps below:

Choose Go Connect Your Device

Connection Successed

05

LED Indications/Sensor State

LED Indications:

- Disconnect: Red-blue blinking
- Connect: Blue blue blinking
- Low Battery: Fast red blinking
- Charging: Red-green blinking
- Fully Charged: Green steady
- Sleep Mode: No blinking

Attention:

B.L Disconnected: Device will turn into deep mode automatically.
B.L Connected: When the device is not in use for 28 minutes, device will turn into sleep mode,you can turn the connection you need to set up the App and power on device.

Long press the button to disconnect the device and App.

Right after the device connected, you can choose to press button to have your device calibrated.

06

Rally X Free Training

- Attach you band to your wrist and ankle(Be sure to use the larger one on the ankle)
- Adjust the resistance by using the adjuster on the band.

07

Open WeGym APP and choose a training courses to follow.
Go to Courses > Join Courses > Start Training > Download Courses > Follow-up Training

08

Rally X Suspension Training

- Place the door anchor inside the top of door, always close the door securely
- Fix the suspension strap with the mount, Attach the carabiner to lock the loop on the strap
- Secure the strap binds well with the mount

09

Open WeGym APP and choose a training course to follow.
Go to Courses > Join Courses > Start Training > Download Courses > Follow-up Training

10

Safety Dos and Donts:

As with any exercise equipment, it is essential to be mindful of your personal safety.

- ✓ DO start slowly and take it easy before progressing to a more challenging or more intense exercise.
- ✓ DO set your own limits and be responsible for your own safety.
- ✓ DO Choose your right workout courses for your fitness level and stay in control.
- ✓ DO check that you have attached the product properly and the bands are secure.
- ✓ DO use a strong and secure anchoring point that can fully support your body weight.
- ✓ DO always perform a weight test by pulling hard on the equipment and main straps when using any of the anchoring attachments.

11

- ✓ DO pull hard on the handles to ensure they are secure before using.
- ✓ DO maintain a secure grip when performing exercises using the handles.
- ✓ DO ensure the carabiners are correctly attached to the loop on the main strap.
- ✓ DO make sure that the floor is not wet and slippery to avoid minor or even severe injuries.
- ✓ DO use Rally X only for its intended use, as described in this manual.
- ✓ DO inspect your Rally X and all its components before each use.
- ✓ DO replace any damaged or worn components immediately.
- ✓ DO make sure to keep the resistant band clean. If any contamination, use soft rag to clean.

- ✗ DONT use Rally X if your hands are greasy, wet or overly sweaty.
- ✗ DONT continue exercising you feel pain or discomfort.
- ✗ DONT use Rally X if a band or any other element is damaged.
- ✗ DONT expose Rally X to direct sunlight, rain or snow.
- ✗ DONT leave Rally X exposed outdoors for an extended period of time.
- ✗ DONT use strong chemical agents or cleaners, which may deteriorate or damage your Rally X.
- ✗ DONT your user weight more than 55.11kg(124lg)when you are using the orange Rally X
- ✗ DONT let your user weight more than 44lbs(20kg) when you are using the orange Rally X

12

- ✗ DONT let children or pets swallow or bite devices or other accessories, so as not to cause injury or damage.
- ✗ DONT use unauthorized or incompatible power supplies, chargers or batteries, this may cause explosion.
- ✗ DONT download and install and unauthorized provided This may cause Rally X to malfunction or become incompatible,voiding the product warranty.
- ✗ DONT replace the battery by yourself to avoid damaging the battery or device. Battery can only be replaced by supplier.
- ✗ DONT use Rally X if any of the components are worn or damaged.
- ✗ DONT expose your Rally X to high temperature.

- ! Failure to adhere to Rally X safety guidelines may result in minor or resulting from the use of Gear 1 and all of its components.
- ! Restricted by the nature of latex, do avoid to use under hot oxygen, water, UV environment.
- ! Suggest to replace the resistant band every 6 month.

13

FCC Caution:

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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.
This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

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
FCC ID:2A3XY-R001

14

WeGym