# Start Guide

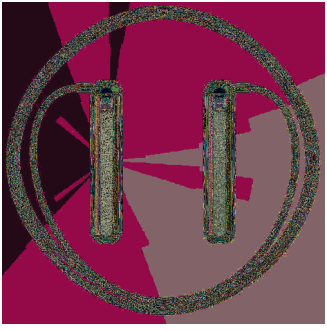
SMART JUMP ROPE

IF-SR-D01/02

Version 1.0

## ITEMS

Model No.:IF-SR-D01



Model No.:IF-SR-D02

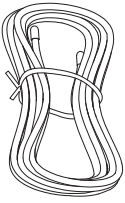
# Product List

1 x Functional Handle

1 x Normal Handle

1 x Charging Cable

2 x Rope Lock



1 x Rope

1 x Manual

## 1.How to activate product

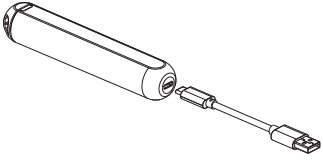
When using the product for the first time, ensure you charge for the product at least 20 minutes and there is at least 20% remaining power left in the product.(Please see the chapter 10 about battery status checking.)

Connect one the end of the providing charge cable to the handle charging port and the other to a 5V adapter to safely charge the device.

When Charging, the LED Light will light red continuously.

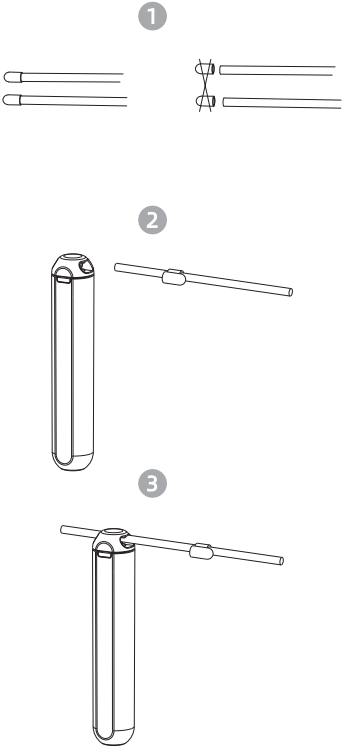
When fully charged, the LED light will turn blue.

To prolong the battery lifespan of your device, kindly avoid overcharging the battery.



## 2. Assembling

Follow the steps below to assemble the skipping rope.



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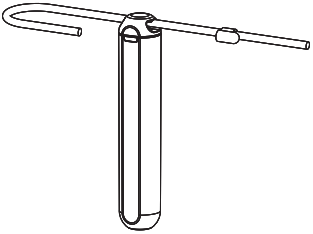

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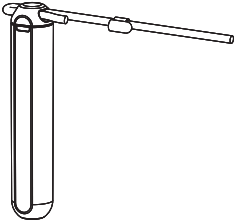

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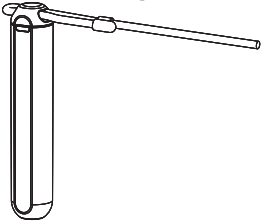


## 3. Download Move it APP

To download the "Move It" app, you can either scan the QR code below or search "Move It" in your mobile app store.

*Move It app is only compatible for Android 4.4 or iOS 9.0 higher.

## 4.Registered Account

For new members
Follow the instructions in the app to complete the setup.
For existing members
Login to your account accordingly.

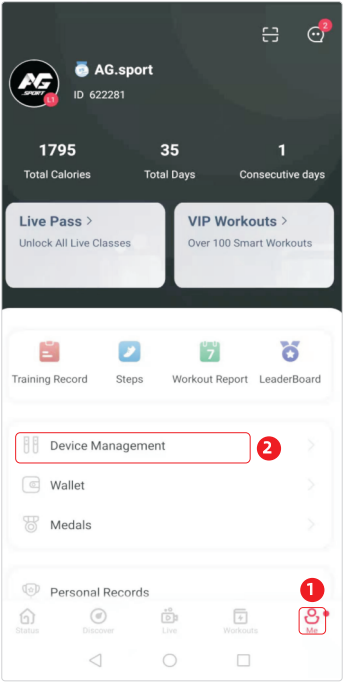
## 5. Initiating Bluetooth

Turn on Bluetooth on your mobile, ensure that your mobile is made discoverable.

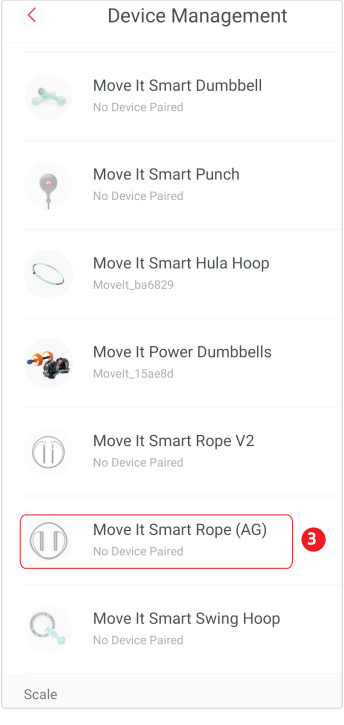
With Googles's updated system requirements, Android users may be prompted to turn their Location Service on in order to ensure a stable connection on Bluetooth.

## 6. Pairing the device

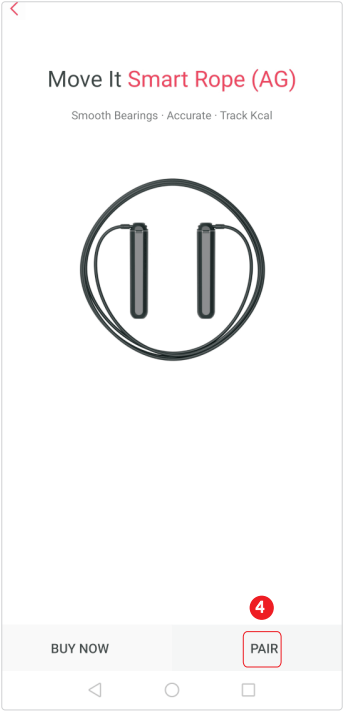
Login to your account and pair the device to your mobile by clicking: Me > Device Management > Move It Smart Rope (AG).



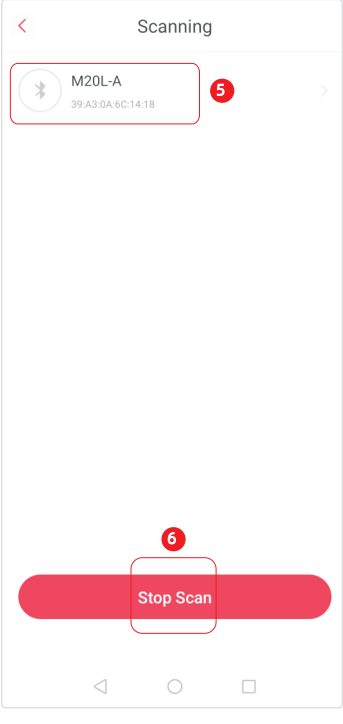
Choose the device “Move It Smart Rope (AG)” .



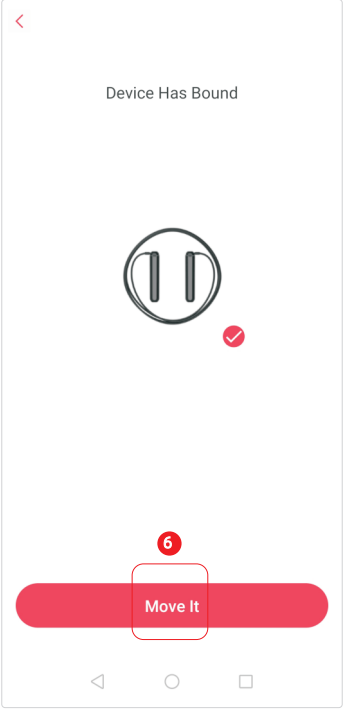
Click “Pair” to bond the device smart jump rope(AG).



Scan for the skipping rope and select your skipping rope to pair to your mobile.

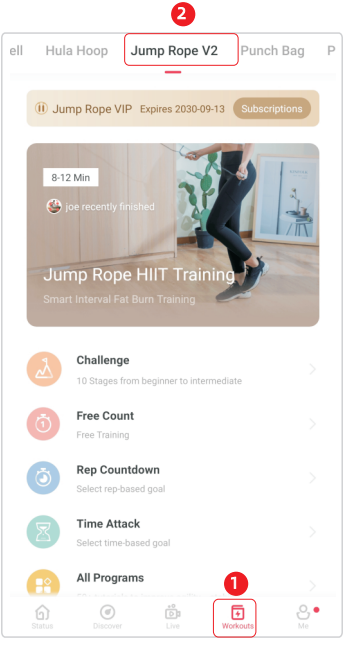


It will show "Device Has Bound" when it is paired successfully, and then click "MOVE IT" to return homepage.



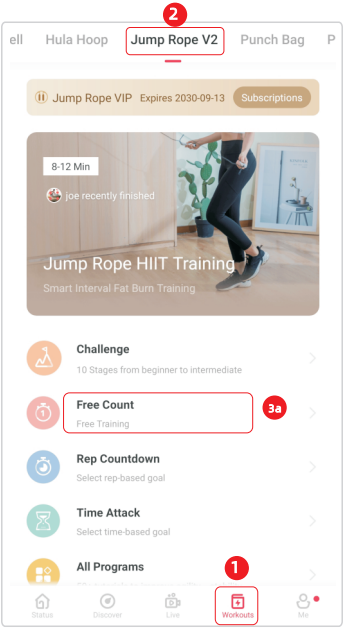
## 7. Start Workout

At the main menu, click by Workouts > Jump Rope V2, and select any the mode of “Free Account”, “Rep Countdown” or “Time Attack” to start your workout.



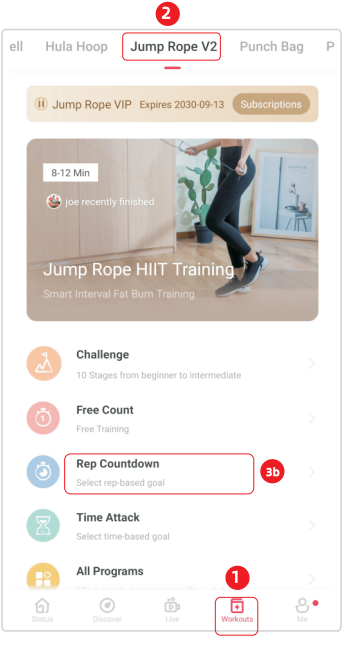
Mode 1: Free Count

Select the mode "Free Count", the device will be connected automatically to start workout.

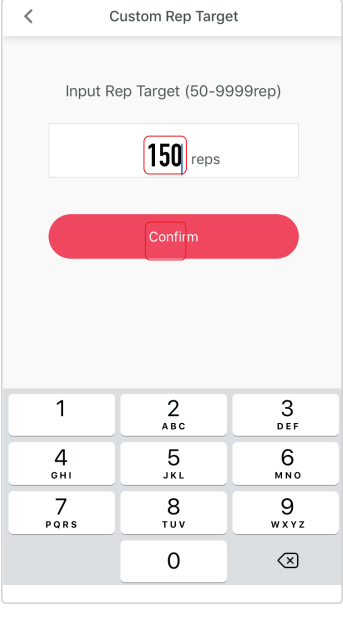


Mode 2: Rep Countdown

Select the mode “Rep Countdown”, the device will be connected automatically to start workout.

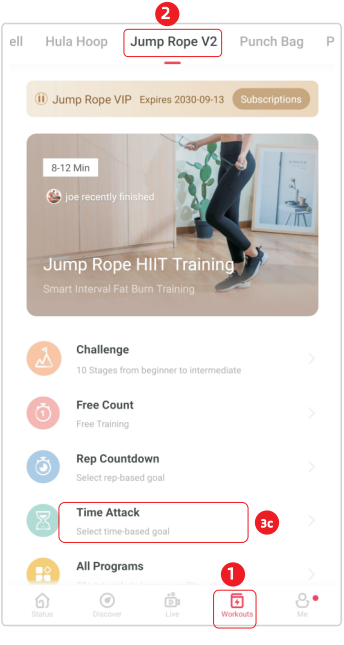


Regarding custom setting of “Rep Countdown”, please follow step below, and input numbers of reps as you want, confirm and start to workout.

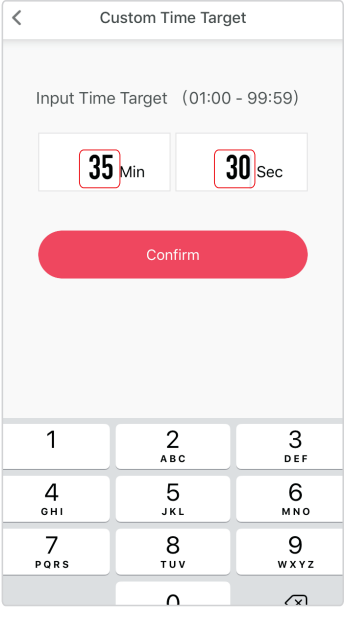


Mode 3: Time Attack

Select the mode “Track Attack” , input duration number of 00:30(sec), 01:00(min), 05:00(mins), 10:00(mins) or Custom to start workout.

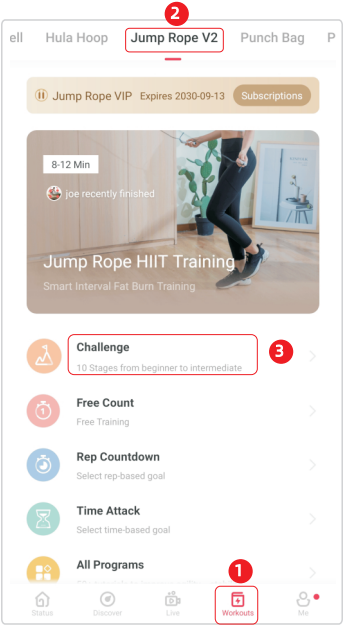


Regarding custom setting of " Time Track" , please follow step below, and input time target as you want, confirm and start to workout.

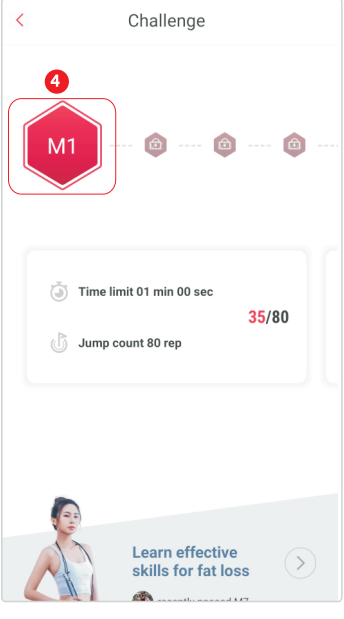


## 7a. Join a Challenge

At the main menu, please select the mode " Challenge " to Join a challenge.

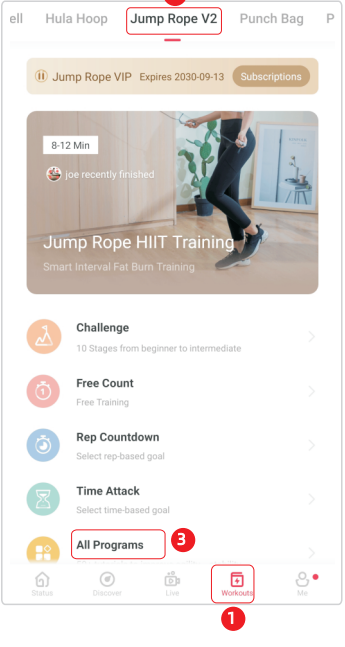


For new challenge participants, select the icon "M1" or tap the challenge box to begin the challenge! If your jump rope has not been paired successfully, it will prompt you to initiate Bluetooth pairing with your mobile phone. Otherwise, you will begin the challenge!

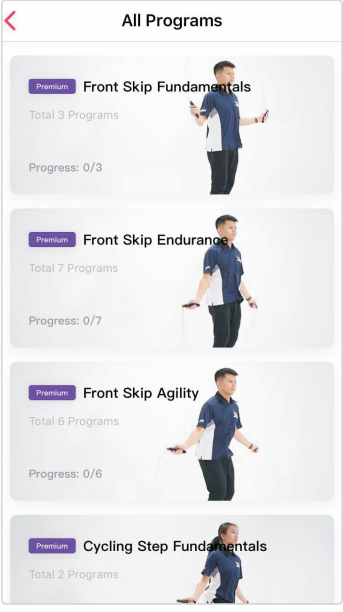


## 8. Learn to jumping

At the main menu, please select the mode " All programs " to learn to jumping.



Learn to jump following programs guidance. You need to pay for it to unlock the training course.



## 9.Instruction

On the handle LED screen, the "Rep" and "Time" will display alternately when you are jumping.

COUNT

TIME

PS:
*The LED display is only compatible for Model No. IF-SR-D01. For the model IF-SR-D02, it is no LED display.

**Bluetooth Indicator:**
When the skipping rope and mobile are connected, the LED light will be light up and handle will be vibrated.

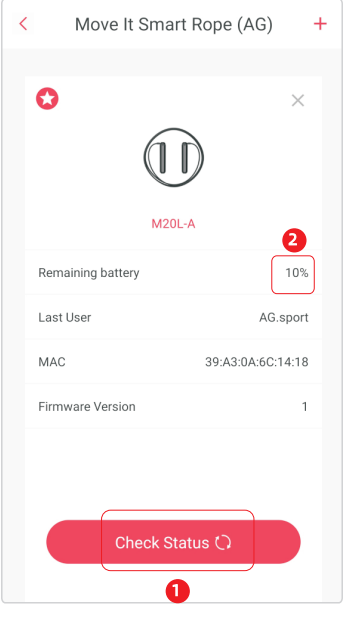
**Stand By**
The device will enter standby mode after 30 seconds of inactivity..

*The smart skipping rope does not support offline data saving, it needs to connect with mobile phone APP to save motion data.

## 10. Battery

You can check battery status in the APP. It shows the remaining power left in the product.

When the handle LED light turn red, the product is in need of a charge.



## 11. Charging

1.Connect the Type C cable to the bottom of the handle to charge with 5V adapter.

2.A full charge takes approximately 1 hour.

3. The LED light will light red continually, and it will be turn blue when it is full charging.

4. To prolong the battery liftspan, it is recommended to charge the device at least once a month.

## 12. Specification

| | |
|---|---|
| Product Name | Smart Jump Rope |
| Model No.: | IF-SR-D01/02 |
| Handle Size: | L144*D28mm |
| Rope Length: | 2.8 Adjustable |
| Rope Material: | PVC+ Steel |
| Color: Model No.: | Black |
| Build-in Sensor: | Double Hall Sensor |
| Battery: | 60mAh(3.7v) Li-Ion |
| Charging Port: | Type C |
| Input : | 5V ⎓ 1A |
| Connect: | Bluetooth 4.0 |
| Operation System: | Apple iOS 9.0 or Android 5.0 |
| Evolving Contents: | Yes |

## 13. FAQ

When you can't use the device properly, try the following:

1. Charge the device to make sure there is sufficient power.

2. Ensure Bluetooth is turned on.

3. Turn off and re-open Bluetooth.

4. Restart your phone.

5. Unpair and re-connect the product to your mobile.

*Attention:
For Android users, turn on your mobile's GPS to boost connectivity with the product.

# Warranty

Thank you very much for choosing our products.

According to the prescription, the period for protecting to fix our company’s product is one year. (From the day when you have the invoice) During this period, any belongs to under normal usage circumstance cause because of the product quality's problem of breakdown, our company will be responsible for giving free replacing.

Free replace won't be given under the following circumstance,
* Without a warranty card.
(It is Included in the manual.)
* The breakdown caused by the manipulation that has not follow the requests of the manual.
*The damage caused by the dismantle movement of a non-our company authorized maintainer.
* The breakdown, row harm or damaged because of the move or drop
* The damage caused by customer inappropriate preservation, maintain, or usage.
* Easy damaged pieces and present accessories are not concerned.
* The breakdown and the damage caused by the force majeure.

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www.agsport29.com

**Brand:** AG.sport
**Manufacturer:**
Shenzhen AG Sport Equipment Co.,Ltd
**Address:**
Building 5, Yuantou Lane, No.1155 Xueyuan Avenue, Tanglang Community, Taoyuan Street, Nanshan District, Shenzhen City, Guangdong Province, China

**Email:** ag@agsport29.com

## 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.

Caution: 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.

Radiation Exposure Statement

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