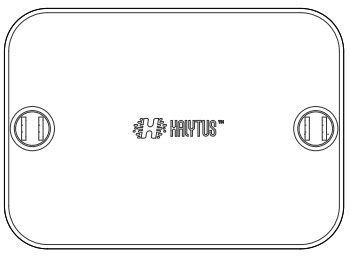
HALYTUS HOOKEE USER MANUAL

INTRODUCTION

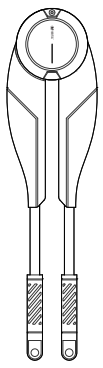
Introducing HooKee, the world' s very first portable fitness device with up to 40kg adjustable resistance. You can perform full-body workouts with over 100 exercise with the accessories we provide anywhere, anytime. HooKee provides you thorough guidance and PT-like training experience, when connected to your mobile phone. Please read through this user manual to unlock your new training experience.

What is in the box



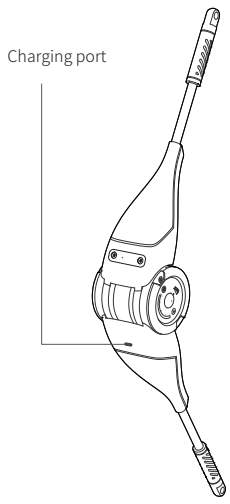
H-board

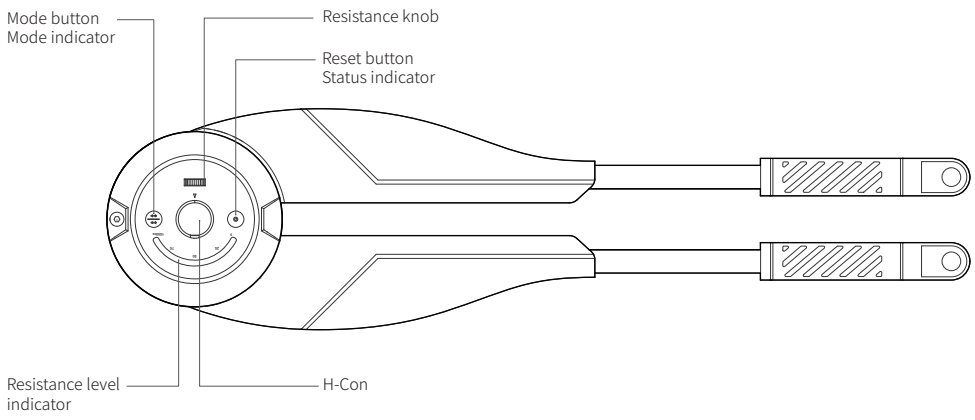
Long Bar



Hookee

USB type-C cable





SPECIFICATION

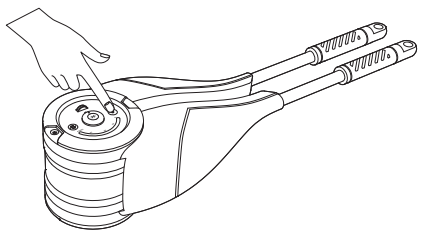
Dimensions: 145.7 × 96 × 46 mm
Maximum resistance: 100 lbs
Wireless Protocol: Bluetooth 5.0
Model: HK-HF01(HK - Hookee, HF01 - the first product powered by Hydroflex)
Battery Type: Lithium battery (not replaceable)
Rated Voltage: 5 V
Rated Power Input: 10 W
Operating Humidity: 0~95% RH, no condensation

A. PREPARATION BEFORE USE

1. A smartphone with Android OS running on it.
2. Download the file we send you and install it.

B. TURN ON THE DEVICE

Press and hold the reset button for 3 seconds to turn on the device.
When the device is successfully turned on, the LED on the button will flash in blue and red and then turn into green.



C. CONNECT THE DEVICE TO THE APP

a. Turn on Bluetooth function on your phone
b. Open Halytus app, follow instructions and connect the device.

Note: you can also operate the device without connecting to Halytus app.

WARNING

1.This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

2.Children shall not play with the appliance.

3.Cleaning and user maintenance shall not be made by children without supervision.

4.WARNING: the device shall be disconnected from its power source during cleaning, maintenance and when replacing parts.

5.It must only be supplied at safety extra low voltage corresponding to the marking on the appliance.

6.WARNING: Important safety instructions. It is important for the safety of people to follow these instructions. Save these instructions.

7.Do not allow children to play with fixed controls.

8.Frequently examine the installation for imbalance and signs of wear or damage to cable springs and fixings. Do not use it if repair or adjustment is necessary.

9.Do not operate when maintenance, such as window cleaning, is being carried out in the vicinity.

10.WARNING: Important safety instructions. Follow all instructions since incorrect installation can lead to severe injury.

11.Before installing the device, remove any unnecessary cords or components and disable any equipment not needed for powered operation.

12.That the characteristics of the driven part must be compatible with the rated load and rated operating time.

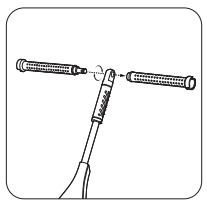
13.This appliance contains batteries that are non-replaceable.

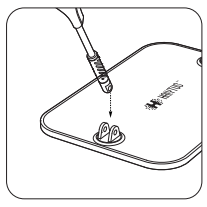
14.Fixed controls have to be clearly visible after installation.

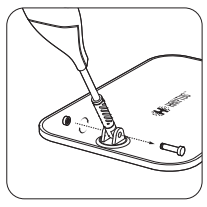
15.The mass and the dimension of the curtain to be driven shall be compatible with the rated torque and rated operating time.

D. INSTALL THE HANDLES OR THE BOARD

The handles are designed for better grasp when conducting different exercises, you can follow the instructions below or on the App to choose the right handles







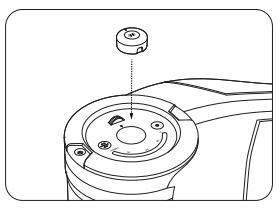
Long bar

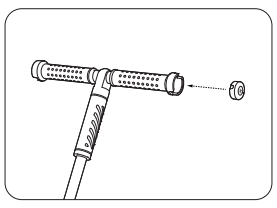
Long bar works in a similar way with I-handles, it is mainly used for double sided upper/lower body trainings.

H board

The board is used to fix the device to the ground. It is suggested to use the board for most of the trainings .

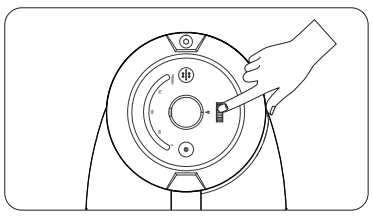
E. INTERACT WITH HALYTUS APP USING H-CON





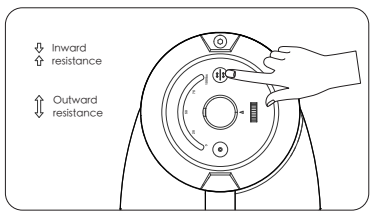
The h-con can be installed on the handle so that you can use it to control the app.
Single press to select "OK", "pause" or "play".
Press and hold for 1 second to return to the previous content.
Double press to skip the current content.
Note：the h-con need to be put back to its original position each time when you finish the workout.

F. RESISTANCE ADJUSTING



You can adjust the resistance according to your own exercise habits.
The maximum resistance is 100lbs.

G. CHANGE THE RESISTANCE DIRECTION



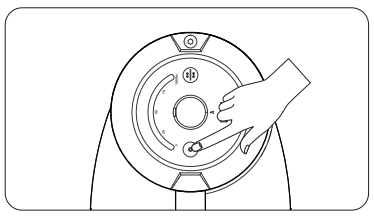
There are Three resistance modes that you can choose:

a. Inward resistance
b. Outward resistance
c. Bi-directional resistance
d. Resistance free

You can use the button on the panel or the H-Con to switch modes:

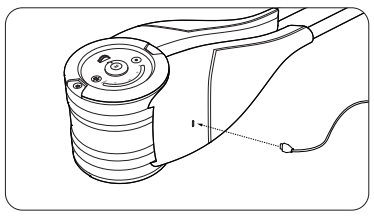
Single press the resistance setting button on the right of the panel to switch from the modes above.
Triple press the H-Con to switch modes

H. CHECK THE BLUETOOTH CONNECTION STATUS



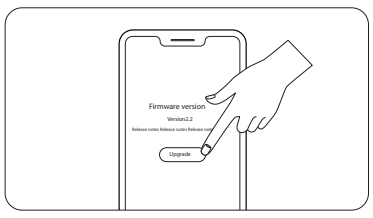
Single press the reset button, if the device is connected to Halytus App, the status LED will blink 3 times in blue.
If the device is disconnected, the status LED willblink 3 times in red.

I. DEVICE CHARGING



You can charge the device using normal phone chargers with the maximum power No more than 5V-2A.

J. DEVICE UPDATE



You can use Halytus app to upgrade the firmware of the device.
The operation routine is as below:
Me -> Click on the device card -> Firmware Version -> Upgrade.

BUTTON OPERATION DEFINITIONS

Buttons	Operations	Function
Reset button	Single press	Check Bluetooth connection status. If the device is connected to the phone, the status LED will flash in blue for 3 times. If the device is disconnected, the status LED will flash in red for 3 times.
	Press and hold for 3 seconds	To turn on/turn off the device
Mode Button	Single press	Change the resistance mode. The changing order is as below: Inward resistance, Outward resistance, bidirectional resistance, resistance free.
Resistance Knob	Roll clockwise	Increase the resistance
	Roll anticlockwise	Decrease the resistance

LED DESCRIPTIONS

LEDs	Patterns	Description
Status LED	Flashes in blue and red for two cycles	The device is turned on succesfully
	Flashes in blue for 3 times	The device is connected to Halytus App
	Flashes in red for 3 times	The device is disconnected from Halytus App
	Flashes in red for 5 times	The device is under abnormal status and needs to be checked
	Flashes in red	The battery level is lower than 15%
Resistance Mode LED	Light is on for upper pard	Outward resistance
	Light is on for lower part	Inward resistance
		Bidirectional resistance
	Light is on for both parts	Resistance free

BUZZER EXPLANATIONS

Patterns	Description
3 short beeps	Bluetooth is connected successfully
3 long beeps	Low battery
1 long beep	Abnormal status

RF exposure statement
This equipment complies with the FCC and ISED radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme aux limites d'exposition aux rayonnements de la FCC et de l'ISED établies pour un environnement non contrôlé. Cet émetteur ne doit pas être co-localisé ou fonctionner en conjonction avec une autre antenne ou un autre émetteur.

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.

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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

IC WARNING
This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada’s licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device.

L’émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d’Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L’exploitation est autorisée aux deux conditions suivantes:
1. L’appareil ne doit pas produire de brouillage;
2. L’appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d’en compromettre le fonctionnement.