Powered by tuya Intelligence Inside

Bluetooth® 5.2

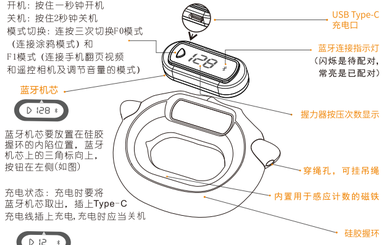
智能握力器
使用手册

产品型号：BOO-01

1：产品介绍

按钮

开机：按住一秒钟开机
关机：按住2秒钟关机
模式切换：连按三次切换F0模式（连接涂鸦模式）和F1模式（连接手机翻页视频和遥控相机及调节音量的模式）



蓝牙机芯

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蓝牙机芯要放置在硅胶握环的内陷位置，蓝牙机芯上的三角标向上，按钮在左侧(如图)

充电状态：充电时要将蓝牙机芯取出，插上Type-C充电线插上充电，充电时应当关机

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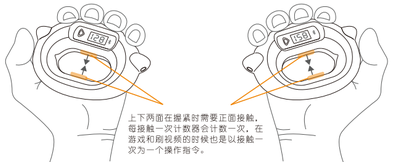
插上充电线时，屏幕会显示电量的百分比

2：使用介绍

2.1：正确的握姿和握紧方法。

请按照图示正确方向使用，才能正确计数。



上下两面在握紧时需要正面接触，每接触一次计数器会计数一次，在游戏和刷视频的时候也是以接触一次为一个操作指令。

规格参数

产品名称：智能握力器	接入电压：DC 5V	尺寸：69x96x21mm
产品型号：BOO-01	电池容量：60mAh	工作温度：-20℃～45℃
蓝牙版本：蓝牙 5. 2	电池类型：可充电锂电池	工作湿度：5%～95%
充电接口：USB Type-C		

2.2：安装Tuya App

1.扫描产品说明书/包装材料上的二维码下载涂鸦或在应用市场搜索“涂鸦”下载APP。

2.下载涂鸦软件后，注册涂鸦。如果您已有ID请直接登录。

3.刷短视频、蓝牙自拍、在F1模式下,无须连接涂鸦APP。

安卓系统

苹果系统

提示：

IOS：仅支持iPhone4以上，并将IOS更新到最新版本。扫描下面的二维码下载应用程序，或者您可以在苹果应用商店搜索涂鸦，下载并更新到最新版本。

Android：仅支持Android 6.0及以上、Magic UI 2.0或EMUI 8.0及以上的手机。扫描下面的二维码下载应用程序，或者您可以在应用程序中搜索涂鸦，下载并更新到最新版本。

2.3：如何连接涂鸦APP

F0

(F0模式为涂鸦模式，连按3次按钮可切换F1)

1）将手机打开蓝牙。

2）新机开机，握力器默认为F0模式(涂鸦模式)，名称为“智能握力圈”，连按按钮3次切换到F1模式，握力器进入配对模式，蓝牙符号闪烁。

3）在手机上打开涂鸦APP。

4）在APP首页，点击“+”按钮，选择“添加设备”APP会自动找到设备,如果没有找到设备,您可能需要按照APP指示，手动添加设备。

2.4：如何连接手机蓝牙

F1

（F1模式为连接手机模式，连按3次按钮可切换F0）

1）将手机蓝牙打开。

2）新机开机，握力器默认为F0模式（涂鸦模式）连按按钮3次切换到F1模式（连接手机蓝牙模式，用于刷短视频和遥控相机和音量），名称为：Mouse。握力器进入配对模式，蓝牙符号闪烁。点击Mouse与其配对成功。

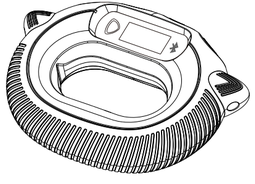
3）在手机“设置-蓝牙”中添加名称为“Mouse”的蓝牙设备。手机屏幕会出现灰色圆点。每握紧一次握力器，灰色圆点会滑动一次。如果没有出现灰色圆点，则需要在手机辅助功能中开启辅助触控的功能。提示：安卓手机无需设置即可使用。IOS手机需要开启。

IOS系统的开启方式如下：

设置-辅助功能-触控-辅助触控功能

提示：设备需要连接另一部手机时，需要在手机上解绑设备，如果该手机不在身边，可以连续按5次按钮重置握力器，之后握力器恢复出厂时的状态，可重新连接手机。

3：包装清单



完整的产品
（包含：底部带有磁铁的
硅胶主体+蓝牙机芯）

说明书

Type-C充电线*1

4：安全检测

有害物质检测安全达标

配件名称	铅 (Pb)	汞 (Hg)	镉 (Cd)	铬 (六价铬)	多溴化二苯 (PBB)	多溴化二苯脂 (PBDE)
外壳	○	○	○	○	○	○
硅胶	○	○	○	○	○	○
电路板组装	○	○	○	○	○	○
数据线	○	○	○	○	○	○

本表格按照SJ/T 11346编制
○：意味着该成分所有匀浆中有害物质的含量均低于GB/T 26572规定的限量要求

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5：在涼鴉APP上使用的功能

F0 确保是F0模式，可按3次按钮来切换

1、3种运动模式：自由模式，定时计数，定数计时和运动数据统计。

2、众多好玩的游戏包括：潜水艇、跳一跳、青蛙跳、喵钓高手等，
更多游戏正在更新中。

6：连接手机刷短视频翻页使用方法

F1 确保是F1模式，可按3次按钮来切换

1）将手机打开蓝牙。
2）握力器开机，握力器默认为F0模式（涂鸦模式）设备名称为“Smart Grip Ring)，连按按钮3次切换到F1模式（连接手机蓝牙模式，用于刷短视频和遥控相机和音量），名称为：Mouse。握力器进入配对模式，蓝牙符号闪烁。点击Mouse与其配对成功。
3）“设置-蓝牙”中添加名称为“Mouse”的设备。手机屏幕会出现灰色圆点。
每握紧一次握力器，灰色圆点会滑动一次。
4）握一次往下一个视频；
5）连续握2次往上翻一个视频；
6）握紧不松开即点赞。

如果没有出现灰色圆点，则需要在手机辅助功能中开启辅助触控的功能。

提示：安卓手机无需设置即可使用。 IOS手机需要开启辅助触控的功能。

适用于视频应用程序，如下所示：

7：调节音量的使用方法

F1 确保是F1模式，可按3次按钮来切换

在F1模式下连接手机视频APP中，可以通过握力器按键调节音量，单击按键1次可以减少音量，双击（连续按2次）按钮可以扩大音量。

8：拍照/录像使用方法

F1 确保是F1模式，可按3次按钮来切换

1)将手机打开蓝牙。
2)设备开机，默认为F0模式(涂鸦模式)设备名称为“智能握力圈”，连按按钮3次切换到F1模式名称为:Mouse.握力器进入配对模式，蓝牙符号闪烁。点击Mouse与其配对成功。
3.如果找不到设备，连续点击电源键5次刷新设备内存并重新连接蓝牙:
4.打开手机摄像头，按电源键1次，拍照/录像功能可以开始或结束录制。

公告

1.请勿将设备放置在高温场所或火源附近，如烤箱、火炉、蜡烛或其他可能产生高温的场所。
2.请勿让儿童或宠物误食本产品或其配件，以免伤害其身体，否则可能造成设备损坏。
3.产品适用工作温度为-20°C至45°C，产品及配件应存放于-20°C至70°C范围内。
4.请勿在温度过高或过低的环境下使用本产品。
5.充电过程中请注意不要使用产品，以免损坏插头。
6.运动前请做一些暖身运动，以帮助血液循环。
7.热身运动可以让肌腱更有弹性，避免关节、韧带和肌肉受伤。
8.运动后可以手部做一些伸展运动，可以缓解肌肉紧张或酸痛。

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Bluetooth 5.2

Smart Grip Ring User Manual

Product model: BOO-01

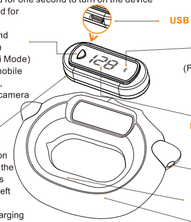
1: Product Introduction

Button

Power on: Press and hold for one second to turn on the device
Shutdown: Press and hold for 2 seconds to shut down
Mode switching: Press and hold three times to switch F0 mode(Connect Graffiti Mode) F1 mode (connected to mobile phone to flip video pages, mode for remote control camera and volume adjustment)

Bluetooth movement

Bluetooth movement to be placed in silicone Retraction of the grip, The triangle on the bluetooth movement points upwards. Button is on the left (as the figure shows)
Charging status: When charging Take out the Bluetooth movement and plug in Type-C Plug in the charging cable to charge, and turn it off when charging



When you plug in the charging cable, the screen displays the percentage of charge.

2: Introduction to use

2.1: Correct grip and grip method.

Please follow the correct direction of the figure to count correctly.

Specification parameter

Product name: Smart Grip Ring	Battery type: Rechargeable lithium battery
Product Model :BOO-01	Size :69x96x21mm
Bluetooth version: Bluetooth 5.2	Operating temperature :-20°C~45°C
Access voltage :DC5V	Operating humidity :5%~95%
Battery capacity :60mAh	Charging interface :USB Type-C

2.2: Install the Tuya App

1. Scan the QR code on the product manual/packaging material to download Tuya or search "Tuya" in the APP market to download the app.
2. After downloading the Tuya APP, register the ID. If you already have an ID, log in directly.

Tip:

IOS: Only supports iPhone4 and above, and updates the I0S to the latest version. Scan the QR code below to download the APP, or you can search for "Tuya" in the Apple App Store to download and update to the latest version.

Android: Only phones with Android 6.0 and above, Magic UI2.0 or EMUI8.0 and above are supported. Scan the QR code below to download the app, or you can search for "Tuya" in the app to download and update to the latest version.

Android

iPhone

2.3: How do I connect to Tuya

(F0 mode is Tuya mode, press the button 3 times to switch F1 phone mode)

1) Turn on Bluetooth.
2) When the new machine is turned on, the default mode of the Grip is F0 mode (Tuya mode). The device name is "Smart Grip Ring", and the button is switched to F1 mode (mobile mode) by pressing the button 3 times.
The name is :Mouse.The gripper enters pairing mode and the Bluetooth symbol flashes.
3) Open the Tuya APP on your phone.
4) On the home page of the APP, click the "+" button and select "Add Device". The APP will automatically find the device. If the device is not found, you may need to manually add the device as instructed by the APP. If the Bluetooth symbol is steady on, the pairing is successful.

2.4: How do I connect my phone to Bluetooth

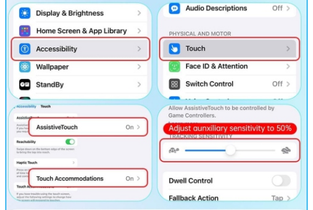
(F1 mode is connected to mobile phone mode, press the button 3 times to switch F0)

1) Turn on Bluetooth.Press the button on the Bluetooth movement 3 times to switch to F1 mode (connected to the Bluetooth mode of the phone for short video and remote control of the camera and volume)
2) Name :Mouse. The gripper enters pairing mode and the Bluetooth symbol flashes.
3) Add a device named "Mouse" to Settings - Bluetooth on your phone. Grey dots appear on the screen. If there is no gray dot, you need to turn on the auxiliary touch function in the phone's auxiliary function. Tip: Android phones can be used without setting. The IOS phone needs to be enabled.

You don't need to open Android.

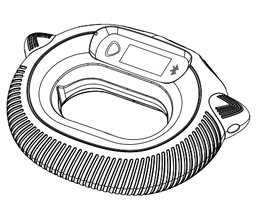
Teaching introduction for IOS phone

Mobile need open assitant touch



Apple Tutorial: Open Settings 1>Accessibility->Touch->Assistive Touch (on) Touch adjustment (open) > Tracking sensitivity (adjust to the center value) For details, refer to the picture above.

3：Packing list



Complete product
(Included: Silicone body with a magnet at bottom
+ Bluetooth movement)

Instructions *1

Type-C Charging cable *1

4：Test report

accessorie name	harmful substance					
	lead (Pb)	mercury (Hg)	cadmium (Cd)	Hexavalent chromium (Cr(VI))	Polybrominated biphenyl (PBB)	Polybrominated diphenyl ether (PBDE)
outer ca se	○	○	○	○	○	○
silica gel	○	○	○	○	○	○
circuit board assembly	○	○	○	○	○	○
data cable	○	○	○	○	○	○

This form is formation accordance with SJ/T 11346

○: It means that the content of the hazardous substance in all homogenates of the component is below the limit requirements of gb/t 26572

5：What functions can be used in Tuya App

Make sure it is F0 mode,
which can be switched by pressing the button 3 times.

1. 3 Sports mode：Free jump，Time mode，Counting mode

2. Many funny games included：Submarine, Jump，Frog jump,CatFishing，more games are updating.

6：How to use video page turning

F1 mode is connected to mobile phone mode,
press the button 3 times to switch F0

1) Turn on Bluetooth.Press the button on the Bluetooth movement 3 times to switch to F1 mode (connected to the Bluetooth mode of the phone for short video and remote control of the camera and volume)
2) Name :Mouse. The gripper enters pairing mode and the Bluetooth symbol flashes.
3) Add a device named "Mouse" to Settings - Bluetooth on your phone. Grey dots appear on the screen. If there is no gray dot, you need to turn on the auxiliary touch function in the phone's auxiliary function. Tip: Android phones can be used without setting. The IOS phone needs to be enabled.
4). Hold once to the next video;
5). Hold a video twice in a row;
6). Hold tight and click Like.

If there is no gray dot, you need to turn on the auxiliary touch function in the phone's auxiliary function.

Tip: Android phones can be used without setting.

The IOS phone needs to enable the auxiliary touch function.

7：How to adjust the volume

When connecting the mobile phone video APP in F1 mode, you can adjust the volume through the grip button and click the button once.
The volume can be reduced, and the volume can be increased by double clicking (pressing twice in a row) the button.

8：How to use photos/videos

Turn your phone on Bluetooth.
2) Press the switch button three times to switch to F1 mode with the name :Mouse. The gripper enters pairing mode and the Bluetooth symbol flashes. From the Bluetooth device in your phone's Settings, tap Mouse to pair it.
3. If you cannot find the device, click the power button five times to refresh the device memory and reconnect the Bluetooth;
4. Turn on the phone camera and press the power button once. The camera/video function can start or end the recording.

Announcements

1.Do not place the device near high-temperature places or fires, such as ovens, stoves, candles, or other places that may generate high temperatures.
2.Do not allow children or pets to eat this product or its accessories to avoid injury to their bodies, otherwise it may cause damage to the equipment.
3.The applicable working temperature of the product is -20°C to 45°C, and the product and accessories should be stored in the range of -20°C to 70°C.
4.Do not use the product in an environment where the temperature is too high or too low.
5.Please be careful not to use the product during the charging process to avoid damage to the plug.
6.Please do some warm-up exercises before exercise to help blood circulation.
7.Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.
8.After exercise, you can do some stretching exercises on your hand, which can relieve muscle tension or soreness.

Tip: When the device needs to connect to another phone, you need to untie the device on the phone, if the phone is not around,
You can press the button 5 times to reset the grip, after which the grip is restored to the factory state, you can reconnect the phone.

FCC Warning

15.19 Labeling requirements.

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.

15.21 Information to user.

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

15.105 Information to the user.

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.

FCC RF Radiation Exposure Statement:

1.This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

2.This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 5mm between the radiator and your body.