

Product Introduction

Operation Instructions:

1. Power on the system, perform a self-check, and enter standby mode.

The digital display will display the number of rotations by default. As the ball rotates, the program automatically begins counting the number of rotations, workout duration, and miles covered.

2. When the ball stops rotating, the lap and mile counters automatically pause, and time continues. The system shuts down after 10 minutes of inactivity. Note:

The number of rotations displayed on the digital display is the number of rotations of the footband.

Note 1: The workout duration is set to minutes. Unit TimingNote

Note 2: The unit of measurement is miles. Starting from 0.01, the distance the ball rolls is measured as the distance the unit indicator lights up.

3. A: The red indicator light corresponds to lap counting.

B: The blue indicator light corresponds to exercise duration.

C: The green indicator light corresponds to run distance counting.

D: The Bluetooth version will have a Bluetooth signal upon powering on.

Please turn on your phone's Bluetooth to connect and play music.

Bluetooth Name: (BT-Speaker)

4. Low Battery Alarm: The screen will flash. The meter will enter sleep mode and require a recharge to power on. After powering on or during exercise.

5. If the ball does not rotate for more than 10 minutes, the program will automatically shut down. The three light beads on the ball illuminate and the meter display are powered independently.

6. The ball will continue to illuminate even when the meter is powered off or not turned on. This is achieved by physically cutting the magnetic field to power the ball.

The Bluetooth speaker is powered solely by a polymer battery in this power-saving mode.

7. To wake the meter, press and hold the power button for 2-3 seconds.

1. Power on: Press and hold the power button for 2-3 seconds to start the program.
2. Power off: Press and hold the power button for 2-3 seconds to shut down.
3. Short press the power button to switch functions based on the lighting:
Note: When switching between lap count, exercise time, and trip mileage, the corresponding indicator light will illuminate.

Charge: TYPEC 5V

Screen: Three-digit digital screen (up to 999 times)

Elastic Cord Adjustment Fixing



1. Untie the rope. 2. Insert the foot loop. 3. Wrap and tighten.



Strengthen one leg and swing horizontally around the ball.

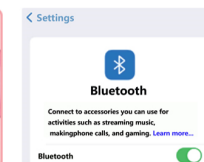
Lift your back foot and jump over it. (Jump over the ball)

Warning: Children should play under parental supervision.

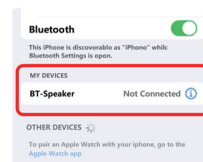
Smart Fitness, Fun Unlimited



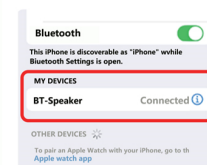
1. Press and hold the power button



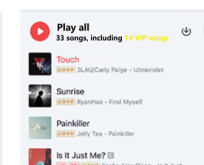
2. Turn on Bluetooth on your phone



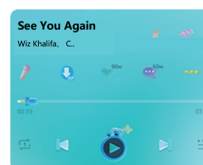
3. Scan new devices with your phone



4. Select "BT-Speaker" to connect



5. Switch music on your phone



6. Adjust the volume on your phone

Note: When the battery of the ankle skip ball is low, the blue indicator light will turn red and an audible alert will sound. To maintain a stable connection, please keep the device adequately charged and use it within a range of 10 meters (33 feet).

Regarding how to straighten the soft bar:

The soft bar may stiffen in cold conditions.

To restore its flexibility, you can heat it to 60°C

or hang it in a warm room for approximately 6 hours.



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.

Any 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.

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