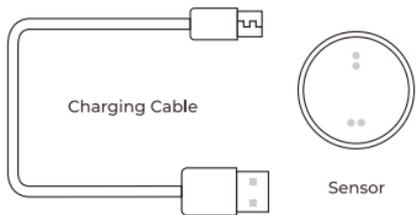
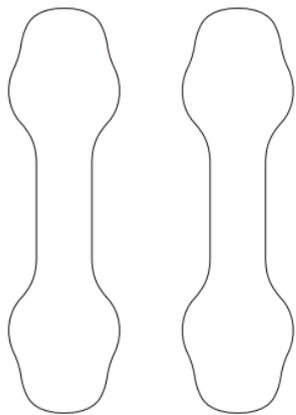


## Package Contents



Charging Cable

Sensor



Freebells  
(Smart Dumbbells)

# STEP 1

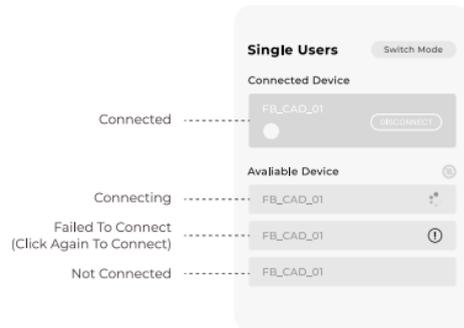
## Connect the Freebell



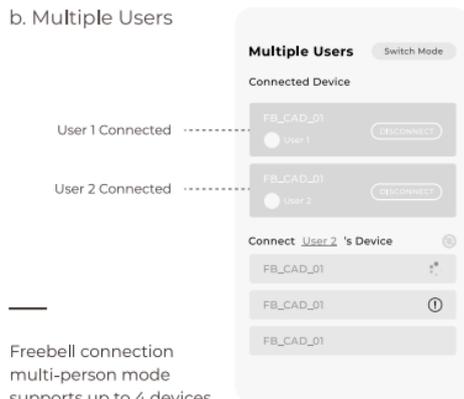
1. Shake your freebells three times and click the button as shown to connect the device.

2. Follow the steps to make sure your freebells are connected.

### a. Single Users



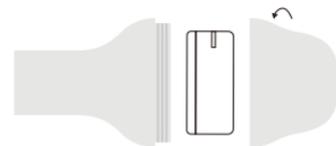
### b. Multiple Users



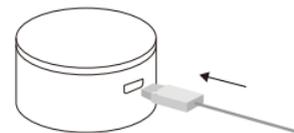
Freebell connection multi-person mode supports up to 4 devices

# STEP 2

## How to Charge



1. Turn the cap of freebell indicated by a small triangle sign counterclockwise and take out the sensor.



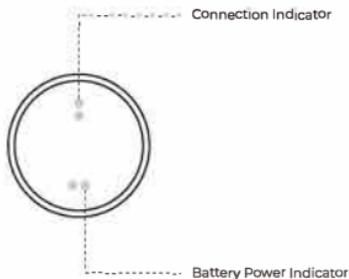
2. After taking out the sensor, connect it with the USB cable.

Note:

After charging fully, you can use your freebies for around 30 minutes per day for a week. Please make sure your freebells are charged in time.

# STEP 3

## Sensor Indicator Instructions



### • Instructions of Connection Indicator

Ready To Connect: the indicator flashes slowly.  
 Connected Successfully: the indicator remains on.  
 Sleep Mode: the indicator turns off.

### • Instructions of Battery Power Indicator

Fully Charged: the green light remains on.  
 Low Battery Power: the red light flashes.  
 Charging: the green light flashes.

# STEP 4

## Warnings

FCC Warning:  
 Please take attention that changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the 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

1. freebell is a product designed for fitness exercises. Please use it to exercise under the advice of your family doctor to avoid accidental dangers and do it properly according to your physical condition. If the user does not follow the recommendations of the family doctor, the user will be responsible for the injury caused.

2. It is not a toy. Don't allow the children to use it without supervision. If they want to use it, they should be accompanied and guided by an adult or coach responsible for their safety, or it will cause injury.

## Other Instructions

Freebeat hereby reminds the users to read carefully and fully understand the user manual, the terms of return policy and other matters of our products. All the instructions are subject to update by FREEBEAT at any time. Once the updated agreement terms are announced, they will replace the original ones without further notice. Customers can re-login to the website to check the latest version of the agreement terms. After FREEBEAT has revised the new terms, if the user does not accept them, please stop using the company's products immediately. The user will be deemed to have accepted the revised terms if they continue to use the product.

# FREEBELL INSTRUCTION MANUAL

freebeat.