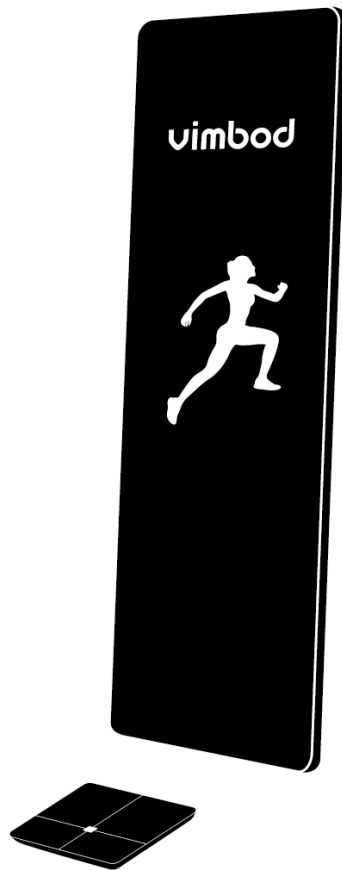


vimbod

Intelligent Fitness Mirror



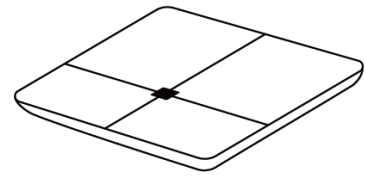
Installation & Usage Instructions

Product List



1x

Vimbod Intelligent fitness mirror

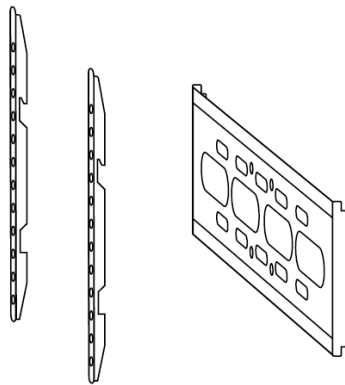


1x

Body Composition Scale



4x



2x

1x

Bracket & Screws



4x

Self-tapping screws



4x

Expansion pipe



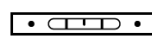
4x

Round head screw



2x

Safety screw



1x

Level



4x

High cushion

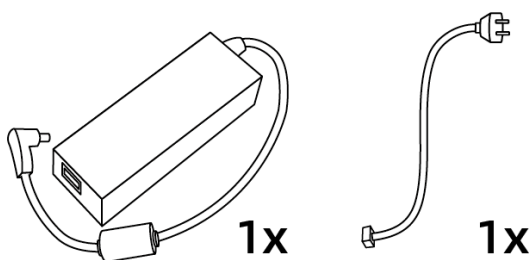


4x

Dumbbell label



8x



1x

1x

Adapter & power cord



1x

Smart Watch



1x

Magnet lens cover

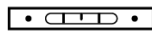
Installation Tools :



Tape Measure



Pencil



Level



Hammer



Drill



Drill Bit

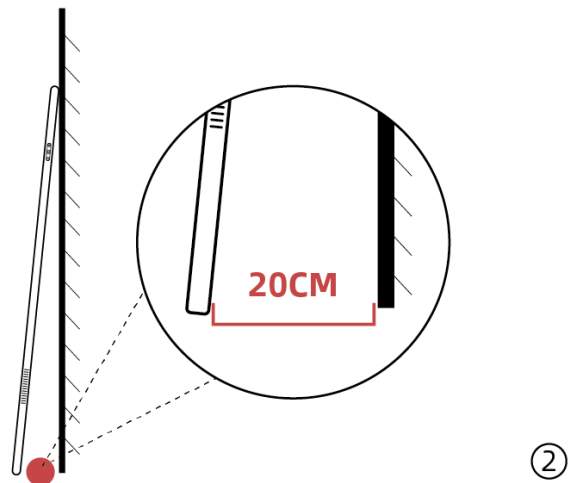
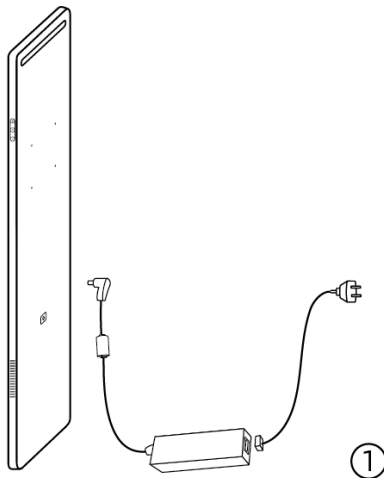


Blanket

Standard Installation Method :

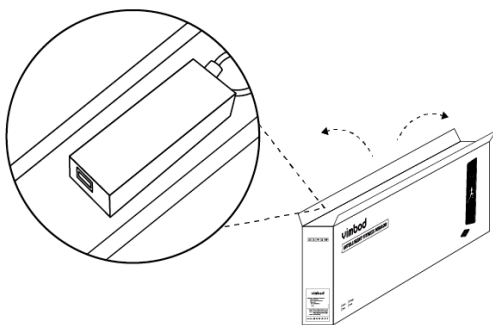
We recommend that you use this installation method

- ① Take out vimbod, connect the power cord and adapter, and plug in the power cord.
- ② The mirror is placed against the wall and can be powered on.



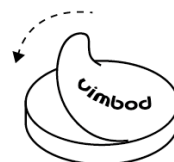
Tips1

The adapter is fixed in the polyethylene foam.

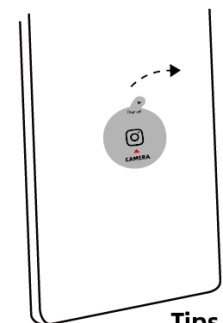


Tips2

The magnet lens cover sticker can be attached to the front of it.



Tips 2



Tips 3

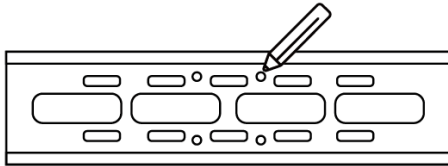
Tips3

Before using vimbod, please tear off the camera position sticker on the mirror.

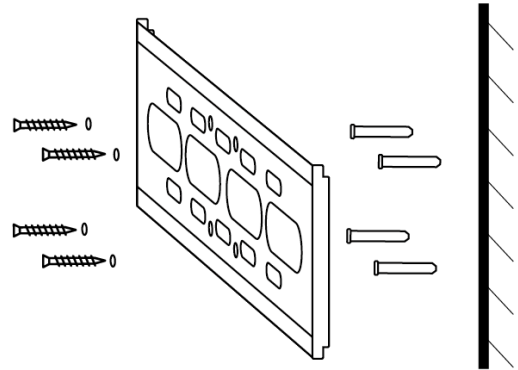
Wall Installation Method:

You can install the mirror on the wall by yourself with Bracket & Screws

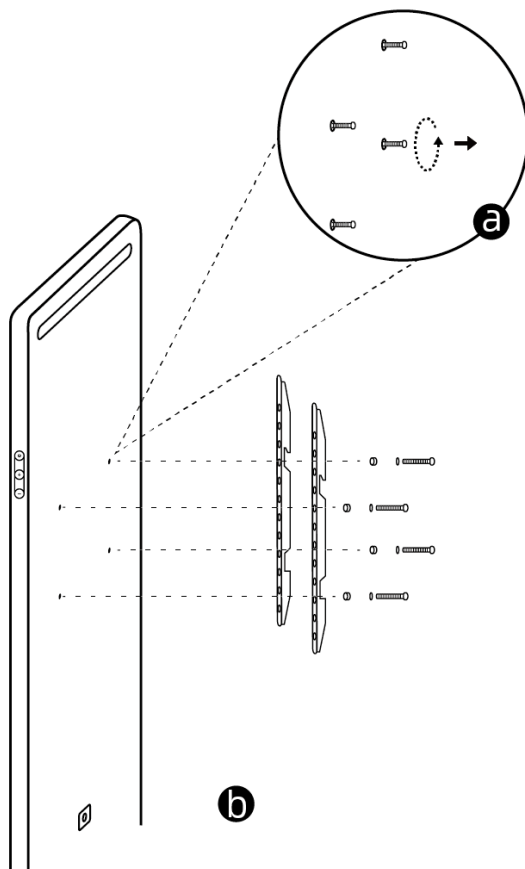
- ① Stick a pencil in the wall according to the wall mounting plate installation-draw points on the holes and drill them into place hole. The bottom of the mirror must be less than 35cm from the ground.



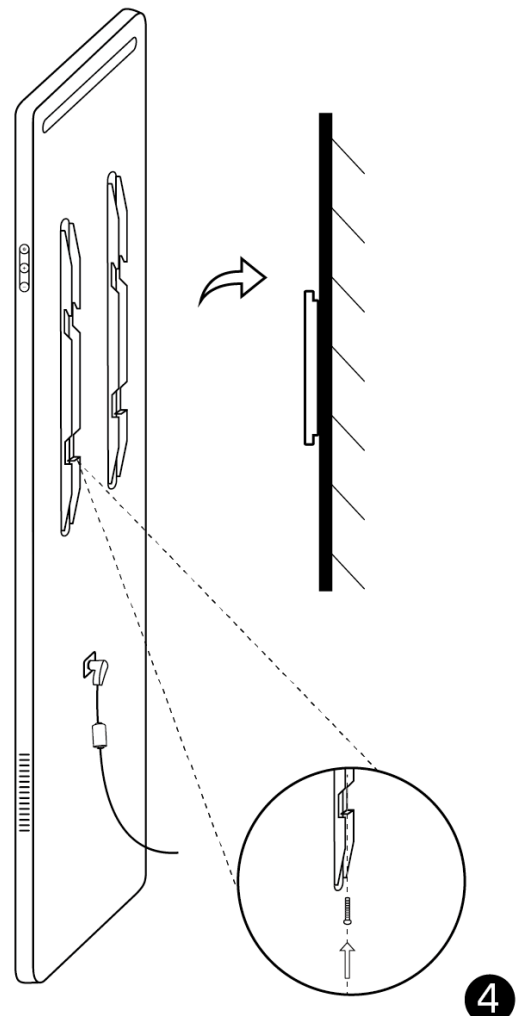
- ② Put the expansion pipe into the installation hole of the wall. Self-tapping screws fix the wall mounting plate to the wall through the gasket.



- ③ **a.** Take out the four large screws in the central screw hole on the back of the mirror.
b. Use round head screw and gasket to set the mirror. Fixed on the installation board, according to their own needs or not to add high cushion.



- ④ Lock the mirror set on the hook. Hang it on the wall mounting plate. Fix the safety screw finished the installation.



USAGE CAUTIONS :

Please read the installation instructions carefully before usage

Warning

- Do not install vimbod in toilet or bathroom;
- Do not put vimbod close to the fire source or water source;
- Before using the wall installation method to install the product, please make sure that it is used on solid wood wall column or the minimum size of wall solid wood column 50*100mm.
- Before using the wall installation method to install the product, please make sure that the wall can be drilled and loaded;
- The Bracket & Screws can only be used in this range, please do not use for other purposes.
- Before using the standard installation method, place vimbod on the flat ground;
- Please check whether vimbod is in good condition before use. If there is any abnormality, contact email for help;
- Patients with severe hypertension, coronary heart disease, cor pulmonale, asthma and vertigo are forbidden to use;
- Do not appear strong light or sunlight in the mirror, When installing vimbod.

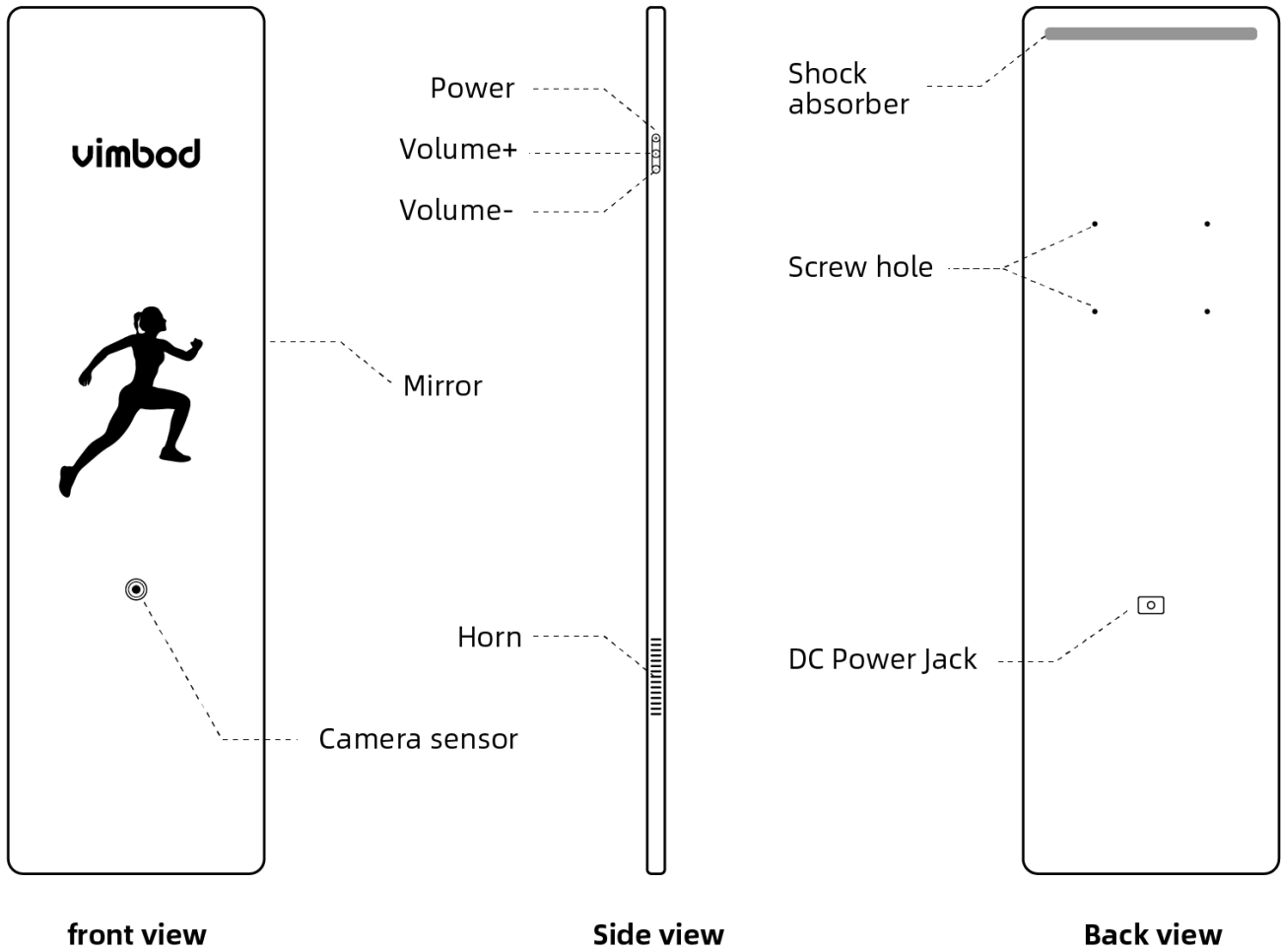
Notice

- Vimbod is available for people over 18+ years old;
- If approved in advance by a physician, teenagers over the age of 13 may use vimbod under direct adult supervision;
- In case of palpitation, dizziness, wheezing, nausea and vomiting during use, stop exercising and have a rest immediately. If necessary, see a doctor immediately;
- When using vimbod, we should master the time and speed according to personal physical strength, pay attention to step by step, master the exercise intensity by ourselves, and avoid excessive exercise;

Advice

- It is suggested that you do some warm-up preparation before using vimbod;
- It is suggested that you wear sportswear to avoid sports injury caused by clothing discomfort;
- It is suggested that you wear sportswear and not loose clothes during posture assessment to avoid affecting the result of it;
- It is suggested that you use the Body Composition Scale for body assessment;
- It is recommended that you wear the Sports Bracelet when exercise and pay attention to the exercise heart rate, and improve the exercise efficiency and avoid sports injury.

Instructions for use:



Power On/Off



Sleep Mode/Wake-up Mode



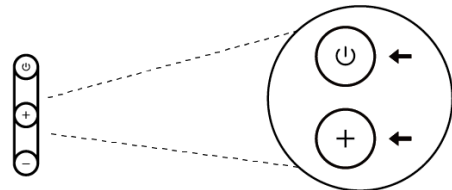
Volume Adjusting



Reset Network:

Press Power On/Off and Volume+ at the same time.

Reset device network, you can set WiFi by app



Confirm current network:

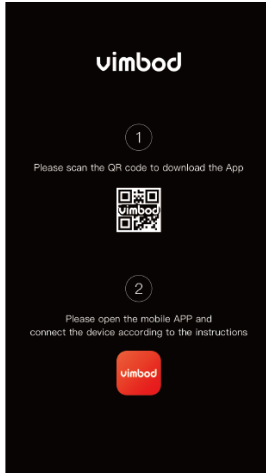
Double click Power On/Off.

You can check the WiFi of vimbod connection



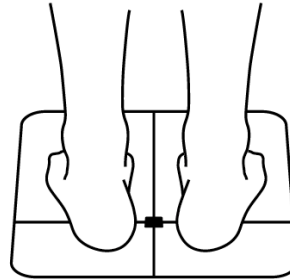
How To Use Turn On vimbod:

Scan QR code to download app (automatically identify Android / IOS system), and register for use



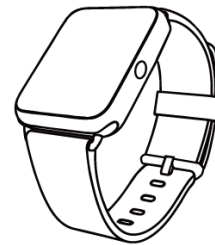
How To Use Body Composition Scale :

- Install the battery
- According to vimbod guidelines, stand barefoot on the body fat scale



How To Use Smart Watch:

- Turn on smart watch.
- After starting the vimbod course, the Smart Watch will automatically connect with the mirror to monitor the real-time heart rate.

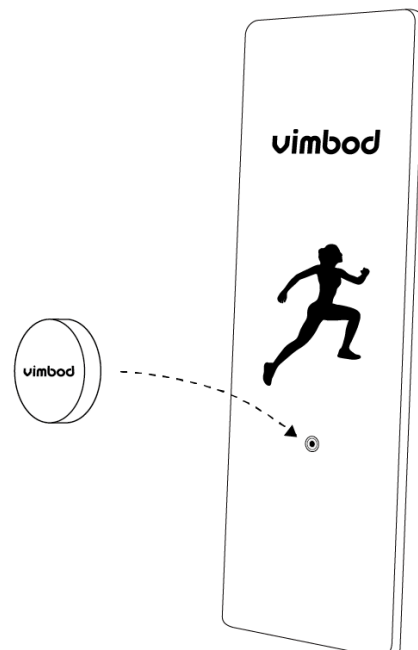


How To Use Magnet lens cover:

When vimbod is not used, Magnet lens cover can be placed on the mirror lens position.

Special Instructions:

When you don't use vimbod, the camera will not work when it is turned off and will not collect any information. Please rest assured to use it.



USE THESE INSTRUCTIONSEXACTLY AS WRITTEN

If you do not install vimbod according to these exact instructions , we will be voided and you assume all liability for product use . To view the Vimbod information , visit www.vimbod.com to get it , or You can send an email to the address below . Any changes or modifications not expressly approved by Visbody Intelligent Technology Co.,Ltd. could void your authorization to operate this device.

E: hello@vimbod.com

FCC ID: 2A3II-VIM2011

FCC Warning:

Any Changes or modifications 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.
- (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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Product Info:

Product name	Intelligent Fitness Mirror
Model	vimbod hub1
INPUT	100-240V~50/60Hz 3.0A
Power	120W
Size	470*1604*39mm

Company Info:

Visbody Intelligent Technology Co.,Ltd.