说明书：80X112mm

工艺：80G书写纸，彩色双面印刷，虚线为折叠线、先上下对折、后折两折

MOTAG®
MOTION AGILITY
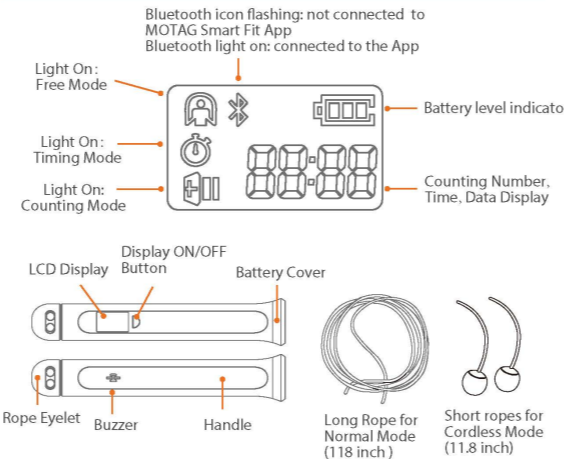
MO-SJR
Smart Jump Rope

User Manual

⚠ Safety Precautions

Thank you for purchasing and use of our smart jump rope. Please read the precautions before use to avoid unnecessary risks in using the product. Wishing you have a happy user experience.

1. The smart jump rope is equipped with a long rope. When using the jump rope, please put the jump tips for use to prevent yourself from being stumble by the rope.
2. The smart jump rope should be placed out of the reach of children when not in use. Children must be supervised when using the jump rope to avoid damage cause by misuse.
3. The rope provided is for use in jump rope exercise only. Do not use it for other purposes.
4. To extend the life of your jump rope and prevent damage from battery leakage, we recommend removing the batteries after use if you do not expect to use the device for a period of several months or longer. Additionally, never leave weak or aging batteries inside the device
5. Do not expose this device to rain or moisture or submerge in water.
6. Do not use, store or transport the device where flammables or explosives are stored. Using your device in these environments increases the risk of explosion or fire.
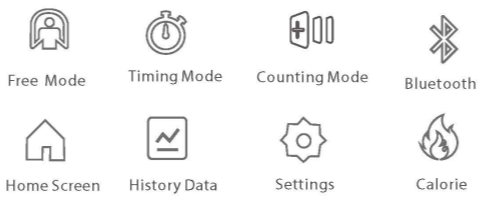
Batteries Installation

1. Unscrewing the battery cover at the bottom of the jump rope handle.
2. Install two "1.5V, AAA" sized batteries.
3. Screw and tighten the battery cover back to the handle.
Note: Check the LCD screen after the batteries are installed.
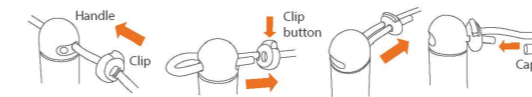If the display can be turned on, then the batteries are properly installed.

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Button and Parts

Bluetooth icon flashing: not connected to MOTAG Smart Fit App
Bluetooth light on: connected to the App

Light On: Free Mode
Light On: Timing Mode
Light On: Counting Mode

Battery level indicator
Counting Number, Time, Data Display

LCD Display
Display ON/OFF Button
Battery Cover

Rope Eyelet
Buzzer
Handle
Long Rope for Normal Mode (118 inch)
Short ropes for Cordless Mode (11.8 inch)

Icon Description

Free Mode   Timing Mode   Counting Mode   Bluetooth

Home Screen   History Data   Settings   Calorie

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Jump Rope Installation

Follow the instructions described below to install the jump rope for both Normal mode and Cordless mode.

Handle   Clip   Clip button   Cap

Step 1. Press and hold the Clip Button to unlock the eyelet of the clip, put the end of the jump rope accross from the eyelet of the clip, and release the Clip button to lock it. Then put the end of jump rope accross the eyelet of the handle.

Step 2. Follow the similar instruction in step 1 to put the end of the jump rope accross from the eyelet of the handle to the eyelet of the clip.

Step 3. Press and hold the Clip Button to unlock the eyelets of the clip, and move the clip close to the handle and adjust the rope to the desired length, release the Clip button to lock it, then put the cap onto the end of the rope.

There are two control modes for the smart jump rope:

• **Directly control on the jump rope**
You can directly operate on the smart jumpe rope, and the jump rope LCD display can show the real-time dumbbell fitness data. To avoid affecting by the automatic connection between the device and the App in your mobile phone, please turn the Bluetooth off in your phone.

• **Control via the MOTAG SMART FIT APP**
When the jump rope is connected to the MOTAG SMART FIT APP, the smart jump rope can be controlled in the APP, the jump rope LCD display will refresh the fitness data as the APP at the same time.
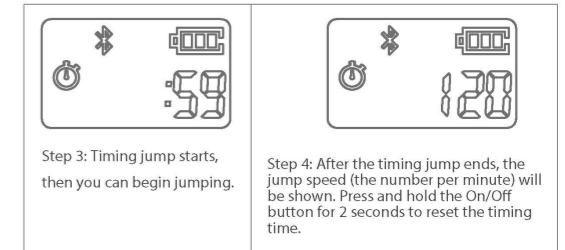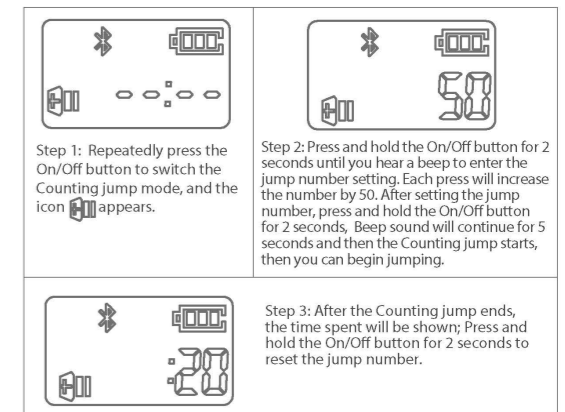
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Control on the Jump Rope

Free Jump mode:

Display Status	Operation Method
	• Power on: after properly installing the batteries, it will automatically power on, and the default mode is free jump.
	• If the screen is off at standby mode, press the On/Off button once to turn on the display.
	• Free jump: you can start jumping rope without any settings and the device will start counting, then you can begin jumping. To reset, press and hold the On/Off button for 2 seconds and after hearing the "beep", the counting will be reset to 0.
	• The Bluetooth and free jump icon will appear after powering on, the default is free jump mode. Repeatedly press the ON/Off button to switch to other jump modes, press and hold for 2 seconds to confirm the setting.

Timing Jump mode:

Step 1: Press the On/Off button once to switch to Timing jump mode, then the icon ⏱ appears.

Step 2: Press and hold the On/Off button for 2 seconds until you hear a "beep" sound to enter the time setting. Each press will increase the time by 1 minute. After setting the exercise time, press and hold the On/Off button for 2 seconds, "beep" sound will continue for 5 seconds and then the timing jump starts.

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Step 3: Timing jump starts, then you can begin jumping.

Step 4: After the timing jump ends, the jump speed (the number per minute) will be shown. Press and hold the On/Off button for 2 seconds to reset the timing time.

Counting jump mode:

Step 1: Repeatedly press the On/Off button to switch the Counting jump mode, and the icon ▦ appears.

Step 2: Press and hold the On/Off button for 2 seconds until you hear a beep to enter the jump number setting. Each press will increase the number by 50. After setting the jump number, press and hold the On/Off button for 2 seconds, Beep sound will continue for 5 seconds and then the Counting jump starts, then you can begin jumping.

Step 3: After the Counting jump ends, the time spent will be shown; Press and hold the On/Off button for 2 seconds to reset the jump number.
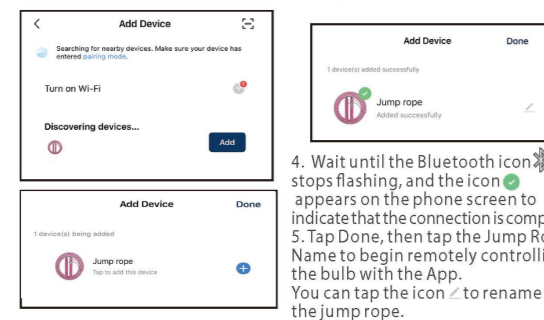
Note: When there is no operation for 3 minutes on the device, the LCD display will be turned off and Bluetooth will be disconnected automatically, and the device will turn off in 20 minutes.
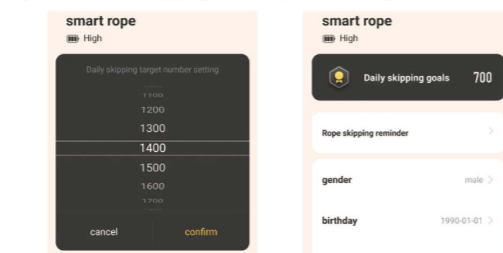
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Control Via The MOTAG SMART FIT APP

1. Turn on the Bluetooth, network & GPS in your phone, search for " MOTAG SMART"in the Google Play Store or Apple App Store to download and install the MOTAG SMART FIT app.
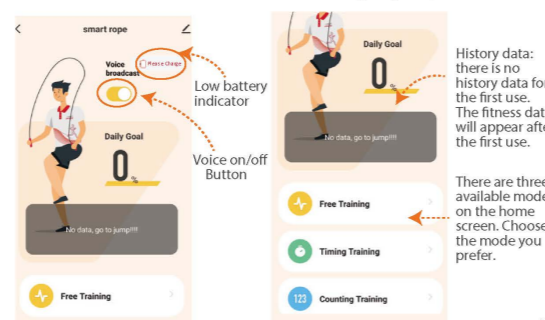
System requirement: mobile device running on iOS® 9 or higher, Android® 5.0 or higher
Note: To be safely and permanently stored your fitness data, you need tap Sign Up to set up a new account.

2. Press the Display ON/OFF button to turn on the display, the Bluetooth icon on the LCD display flashes.

3. Launch the App, and tap Add Device or tap the icon ⊕ on the home screen; it will automatically search for nearby devices. If the device is found, tap Add > ⊕.

If the device cannot be found, you can tap the Jump Rope icon on the Add Device screen to add manually.

4. Wait until the Bluetooth icon stops flashing, and the icon ✓ appears on the phone screen to indicate that the connection is complete.
5. Tap Done, then tap the Jump Rope Name to begin remotely controlling the bulb with the App. You can tap the icon ✎ to rename the jump rope.
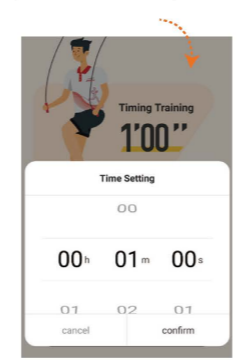
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6. For the first use, please input your personal information in the App: gender, height and weight. The APP can then analyze and provide your personal fitness data for your reference. Set the daily training goals on the setting page, then tap Confirm to get started.
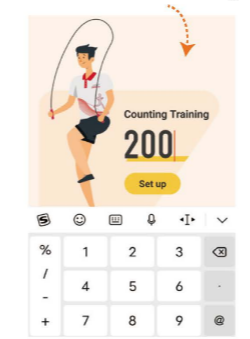
7. Using the MOTAG SMART FIT APP: After the jump rope is connected to the APP, the voice broadcast function of the APP will provide encouragement in various languages with the increase in the number of jump during exercise, so as to make exercise more fun.This feature can be enabled or disabled according to your preference.

Low battery indicator
Voice on/off Button

There are three available modes on the home screen. Choose the mode you prefer.

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Timing jump: after setting the time, click the confirm key (The default is 1 min.).

Counting jump: the default is 100. You can modify to any number. Click on any area to confirm the number setting.

History data: jump fitness data will be automatically saved in the APP for your reference.

Once successfully connected with the smart App, the smart jump rope will automatically connect with the App next time they are turned off and on again. But when the batteries are removed from the jump rope, the pairing will be disconnected and it will need to connect again.

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Product Specification

Product Name	Smart Jump Rope (MO-SJR)
Operation	Button control, App Control
Bluetooth Version	Bluetooth 5.0
Bluetooth Range	10 m/33 ft
Handle Size	6.8 * 1.26 inch/ 172.8 * 32.10mm
Material	ABS, Aluminum, PE, PVC
Weight	11.6 oz / 330g
Display	LCD Display
Battery power	2* 1.5V AAA Batteries
Running time	Up to 10 Hours (Varies with different battery performance)
Standby time	Up to 1 Year
Operating temperature	-20℃--- +45℃
Storage temperature	-20℃--- +55℃

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FCC Statement

FCC ID: 2AJVKMO-SJR
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.

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Product Limited Warranty

The MOTAG® Limited 1 Year Warranty guarantees the original purchaser that the product is free from any defect, in material and workmanship, in conjunction with the original purchaser using the product according to any accompanying labels and instructions. THIS GUARANTEE IS VALID FOR ONE YEAR FROM THE ORIGINAL DATE OF PURCHASE. MOTAG® agrees that it will, at its discretion, either repair the defect or replace the defective product, or part thereof, at no charge to the purchaser, for parts or labor, for the time period stated. This limited warranty does not cover any damage caused by accident, misuse, modification, or normal wear and tear, and is limited to the value of the product. The limited warranty described herein is in addition to applicable law. ALL IMPLIED WARRANTIES INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR USE ARE LIMITED TO THE PERIOD FROM THE DATE OF ORIGINAL PURCHASE SET FORTH. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Neither the sales personnel of the seller nor any other person is authorized to make any warranties other than those described herein or to extend the duration of any warranties beyond the time period described herein on the behalf of MOTAG®.
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