

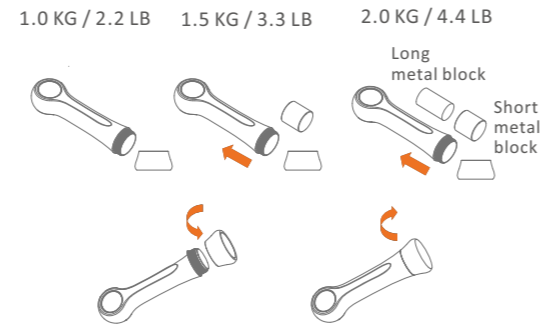
Safety Precautions

Thank you for purchasing our smart dumbbell. Please read the precautions before use to avoid unnecessary risks in using the product.

1. The total weight of a single dumbbell is 2kg, and the adjustable weights are 1.0kg, 1.5kg and 2kg. There is a metal block is built in the base cover to increase its weight. When the weight needs to be adjusted, the base cover shall be upwards and unscrew carefully to prevent the base cover from slipping off and drop to cause any damage.
2. Dumbbells should be placed out of the reach of children when not in use. Children must be supervised when using the dumbbell to avoid damage risk caused by misuse.
3. This dumbbell is only for indoor use, it is not waterproof. Do not expose this device to rain or moisture or submerge in water.
4. When the Smart Sensor of dumbbell is removed for charging, it can be pushed out from the rear hole.
5. When using the dumbbell, please adjust the weight according to your needs to avoid any damage caused by the excessive weight movement.
6. Avoid dropping, when using the Smart Dumbbells, please hold the dumbbells tightly to prevent it from slipping.
7. Do not use the dumbbell on other parts of the body or exercise in an abnormal way to avoid damage to the body.
8. Hands must be dry when plugging the charging cable into a USB power source to prevent electrical shock.
9. Do not use any corrosive cleaner/oil to clean. The device may be wiped with a dry or slightly damp cloth when the power is off.
10. If not using the device for a long time, it is recommended that you recharge the device every 3 months for better battery performance.

2

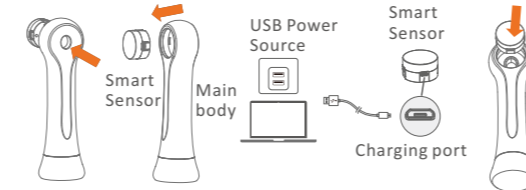
Adjust dumbbell weights



- ★ To adjust the weight of the dumbbell, keep the base cover upwards and turn counter clockwise to open, then add or remove the metal block to your desired weight, and turn the base cover clockwise to lock it in place.
Note: During the adjustment, make sure the base cover faces upwards to avoid any accident.
- ★ Weight of dumbbell: the weight of dumbbell itself is 2.2lb (1 kg), coming with 2pcs 1.1 lb (0.5kg) metal counter weights, and the total weight of dumbbell is 4.4lb (2kg). The weight can be adjusted from 2.2 lb (1 kg), to 3.3 lb (1.5kg) & 4.4 lb (2kg). If 2.2 lb (1 kg) weight is required, remove the two internal movable metal blocks; If 3.3 lb (1.5kg) is required, only short metal blocks shall be installed (Do not install the long metal blocks to avoid shaking when hold the dumbbell for exercise.). When 4.4 lb (2kg) is used, all the metal blocks shall be installed.

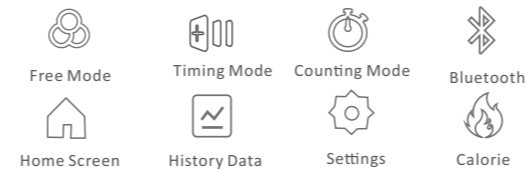
3

Charge the Smart Dumbbell



- ★ You can charge the Smart Dumbbell through the built-in Smart Sensor (Note: There are two sensors for the Smart Dumbbell, refer to the included drop card to find the true smart sensor to use, the other sensor is only for decoration.). When charging is required, press outwards from the hole at the back of the dumbbell to remove the smart sensor.
- ★ To charge the device, connect one end of the included Micro USB charging cable to the charging port of the smart sensor, and connect the other end to a USB power source. When charging, the power indicator on the sensor's display screen will glow red.
- ★ After charging is completed, you need to install the Smart Sensor into the main body. Align the Smart Sensor with the hole of the main body, then press it into the main body.
- ★ To prevent the dumbbells from slipping out of your hands, stick the included non-slip protective covers to the middle of the dumbbells (Please tear off the red film first.).

Icon Description



4

Control on the Smart Dumbbell

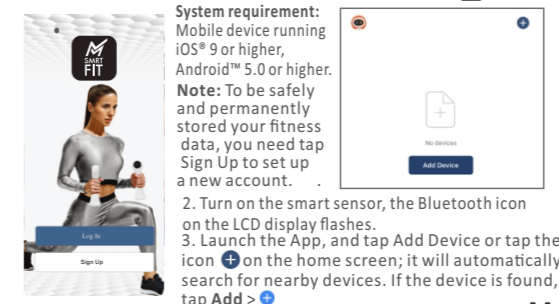
Display Status	Operation
	Touch Key: The Touch Key is at the fingerprint. Press and hold for 5 seconds to turn the Smart Sensor on.
	Power on the display: China-Beijing time will be displayed after powering on. If it is connected to the app, the time will be synchronized. If it is not connected to the app, then it will automatically save the time that it was last powered off.
	Once the device is powered on, it defaults to free mode, and you will see the icon on the upper left corner.
	In free mode, press and hold the Touch key for 2 seconds then release until you hear a beep, and the free mode starts. Press the Touch key once to return to the Home screen.
	After exiting the free mode, press again to see the icon and switch to Timing mode.
	In timing mode, press and hold the Touch key for 2 seconds then release until you hear a beep, and the timing dumbbell exercise starts. Press the Touch key once to return to the Home screen.
	Repeatedly press the Touch key to see the above symbol displays, and switch to Counting mode. Press and hold for 2 seconds then release until you hear a beep, and the counting dumbbell exercise starts. Press the Touch key once to return to the Home screen.

Important: During your exercise, hold the dumbbells tightly with the SMART SENSOR facing you, in order that you can see the display screen of the SMART SENSOR.

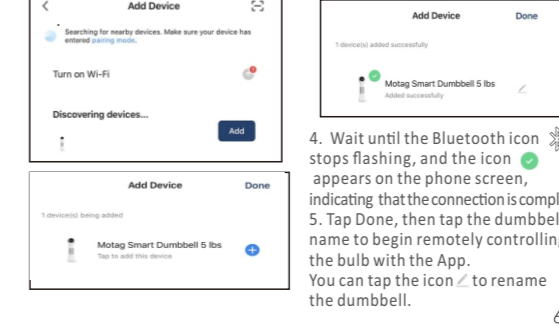
5

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.



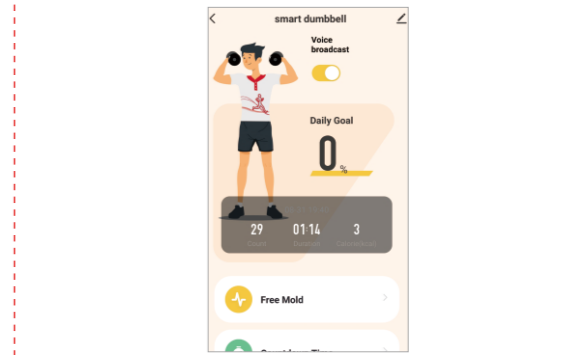
If the device cannot be found, you can tap the Dumbbell icon on the Add Device screen to add manually or press the Reset button at the back of the smart sensor to reset it.



6

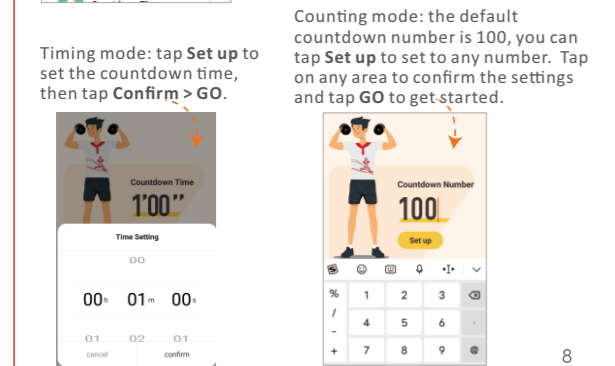
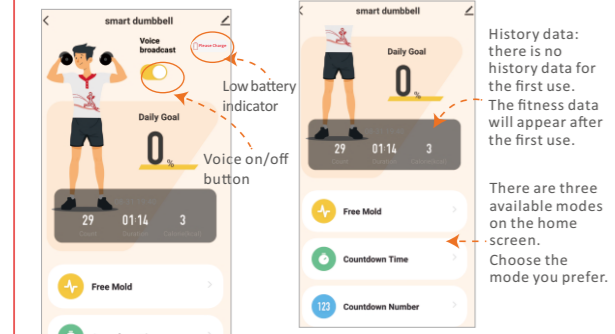
6. For the first use, please input your personal information in the app: gender, height and weight. The APP can then analyze and provide your personal fitness data for your reference. Set the daily training goals on the setting page, then tap Confirm to get started.

7. The picture below shows the screen for the real-time dumbbell fitness result on the App.

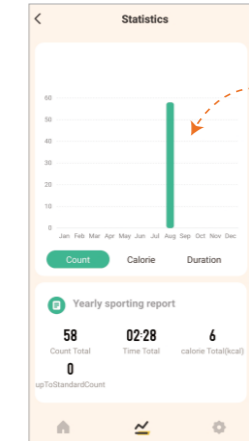


7

8. After the smart dumbbell is connected to the App, the voice broadcast function will provide encouragement in various languages with the number increasing during the exercise to let the exercise be more fun. You can also enable or disable this feature according to your preference.



8



user account B cannot link the Smart Dumbbell without unlinking. If the user forgets his account name and passwords, he can press and hold the Reset button at the back of the Smart Sensor in the dumbbell for 5 seconds to restore to factory settings, and the Smart Sensor will shut down, then restart automatically. Tap the Touch Key to check whether you can use it normally.

NOTES:
1. About the APP user account: considering the security of personal sports data, each dumbbell can only link one app account. When user account A links the Smart Dumbbells, user account B cannot link the Smart Dumbbell without unlinking. If the user forgets his account name and passwords, he can press and hold the Reset button at the back of the Smart Sensor in the dumbbell for 5 seconds to restore to factory settings, and the Smart Sensor will shut down, then restart automatically. Tap the Touch Key to check whether you can use it normally.

9

Troubleshooting

Item	Problem	Solution
1	The device can not be turned on.	Use the charging cable to activate the device: connect the Micro USB end of the charging cable to the Micro USB port of the Smart Sensor for the dumbbell, connect the other end of the charging cable to a USB cable. If the display is turned on, then you can use it normally.
2	The device can be turned on, but there is no response when operating on the touch screen.	Press and hold the Reset button at the back of the Smart Sensor for 5 seconds to restore to factory settings, and the Smart Sensor will shut down, then restart automatically. Tap the Touch Key to check whether you can use it normally.
3	The App can not connect with the smart Dumbbell, the Bluetooth icon flashes on the display of the smart sensor.	1. Check whether the smart sensor of the dumbbell is turned on. 2. Check whether the Bluetooth in your phone is turned on. 3. Pull down and refresh the page, and check whether the connection is successful after 2 seconds. 4. Check whether the smart dumbbell is connected to another device, if so, disconnect the dumbbell from another device.

10

4	The device shutdown automatically after turning on.	Check whether the battery power is low: Connect the charging cable to the smart sensor and a USB power to activate the display. If the battery indicator on the display screen shows low battery, charge the device.
5	The display screen of the smart sensor turns off automatically.	When the Smart Sensor is not connected to app or there is no operation on it for 1 minute, the display screen of the Sensor will enter to sleep mode automatically (Press the Touch Key once to wake the display screen again). And the Smart Sensor will shutdown automatically after 20 minutes.

11

Product Specifications

Product name	Smart Dumbbell (Model name: MO-SSD5)
Operation	Button control, App control
App Connection mode	Bluetooth 5.0
Bluetooth range	33ft /10 meters
Display	LCD display
Power	Power capacity: Lion Battery 3.7V/ 180mAh Power input: 4.75~5.25V, 0.5 ~0.8 A
Power consumption	0.5 W
Charging time	2 Hours
Running time	12 Hours
Standby time	30 days
Battery Life	3 years
Handle Size	245.4 x 70.7 x 70.7 mm /9.66 x 2.78 x 2.78 inch
Weight	4 kg / 8.8 lb
Material	ABS, PC, Iron, EV
Operation Temperature	-20~45°C
Storage Temperature	-20~45°C

12

FCC Statement

FCC ID: 2AJVKMO-SSD5
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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13

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®.
The warranties described herein shall be the sole and exclusive warranties granted by MOTAG® and shall be the sole and exclusive remedy available to the purchaser. Corrections of defects, in the manner and for the period of time described herein, shall constitute complete fulfillment of all liabilities and responsibilities of MOTAG® to the purchaser with respect to the product and shall constitute full satisfaction of all claims, whether based on contract negligence, strict liability or otherwise. In no event shall MOTAG® be liable or in any way responsible, for an incidental or consequential economic or property damage. Some states do not allow the exclusion of incidental or consequential damages, so the above exclusion may not apply to you. THIS LIMITED WARRANTY, GIVES YOU SPECIFIC LEGAL RIGHTS. YOU MAY ALSO HAVE OTHER RIGHTS, WHICH VARY FROM STATE TO STATE.
If you have any questions, please contact MOTAG at support@motag.com or visit www.motag.com.

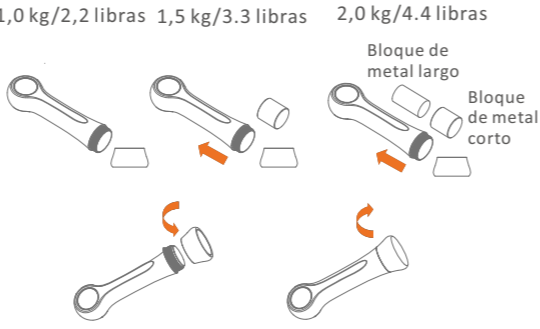
14



Precauciones de seguridad

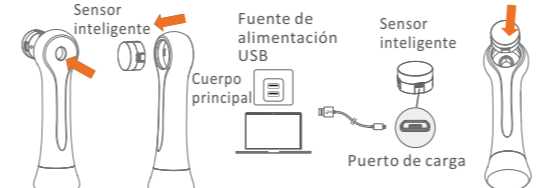
Gracias por comprar nuestra mancuerna inteligente. Lea las precauciones antes de usar para evitar riesgos innecesarios al usar el producto.
1. El peso total de una sola mancuerna es de 2 kg y los pesos ajustables son de 1,0 kg, 1,5 kg y 2 kg. Hay un bloque de metal incorporado en la cubierta de la base para aumentar su peso. Cuando sea necesario ajustar el peso, la cubierta de la base debe estar hacia arriba y desenroscarse con cuidado para evitar que la cubierta de la base se deslice y se caiga y cause daños.

Ajustar pesas con mancuernas



1,0 kg/2,2 libras 1,5 kg/3,3 libras 2,0 kg/4,4 libras
Bloque de metal largo Bloque de metal corto
★ Para ajustar el peso de la mancuerna, mantenga la cubierta de la base hacia arriba y gírela en el sentido contrario a las agujas del reloj para abrirla, luego agregue o quite el bloque de metal al peso deseado y gire la cubierta de la base en el sentido de las agujas del reloj para bloquearla en su lugar.

Carga la mancuerna inteligente



★ Puede cargar la mancuerna inteligente a través del sensor inteligente incorporado (Nota: hay dos sensores para la mancuerna inteligente, consulte la tarjeta desplegable incluida para encontrar el verdadero sensor inteligente para usar, el otro sensor es solo para decoración). Cuando sea necesario cargar, presione hacia afuera desde el orificio en la parte posterior de la mancuerna para quitar el sensor inteligente.

Icono Descripción

- Modo libre Pantalla de inicio
Modo de temporización Datos históricos
Modo de conteo Ajustes
Bluetooth Caloría

Control en la mancuerna inteligente

Table with 2 columns: Estado de (Device State) and Operación (Operation). It lists various touch gestures and their corresponding functions like power on, mode selection, and exercise tracking.

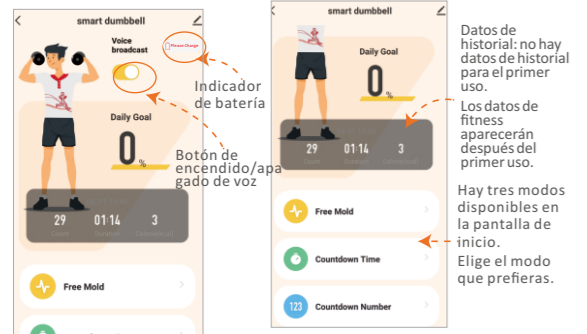
Importante: Durante su ejercicio, sujete la mancuernas firmemente con el SENSOR INTELIGENTE frente a usted, para que pueda ver la pantalla pantalla del SENSOR INTELIGENTE.

Control a través de la aplicación MOTAG SMART FIT

Instructions for using the MOTAG SMART FIT app. Includes steps for connecting via Bluetooth and requirements for the mobile device (iOS/Android version).

Two screenshots from the MOTAG SMART FIT app showing user profile information and a fitness dashboard with a daily goal.

8. Después de conectar la mancuerna inteligente a la aplicación, la función de transmisión de voz brindará aliento en varios idiomas y el número aumentará durante el ejercicio para que el ejercicio sea más divertido. También puede habilitar o deshabilitar esta función según sus preferencias.



Instructions for using the app's time and counting modes. Includes screenshots of the 'Time Setting' and 'Countdown Number' screens.

Statistics screen from the app showing a bar chart and 'Yearly sporting report' with metrics like Count, Calorie, and Duration.

Smart Dumbbells, la cuenta de usuario B no puede vincular Smart Dumbbell sin desvincularla. Si el usuario olvida su nombre de cuenta y contraseña, puede presionar y mantener presionado el botón Restablecer en la parte posterior del Smart Senor en la mancuerna durante 5 segundos para restaurar la configuración de fábrica...

Solución de problemas

Table with 3 columns: Artículo (Article), Problema (Problem), and Solución (Solution). It lists common issues like device not turning on or app not connecting and provides troubleshooting steps.

Table with 2 columns: Artículo (Article) and Solución (Solution). It provides specific solutions for battery issues and sensor connectivity problems.

Especificaciones del producto

Table listing product specifications: Nombre del producto (Intelligent dumbbell), Operación (Button control), Modo de conexión (Bluetooth 5.0), Rango de Bluetooth (33 pies / 10 metros), Monitor (LCD screen), Energía (Battery capacity), El consumo de energía (0.5 watts), Tiempo de carga (2 hours), Tiempo de ejecución (12 hours), Tiempo de espera (30 days), Duración de la batería (3 años), Tamaño del mango (245,4 x 70,7 x 70,7 mm), Peso (4 kg / 8,8 libras), Material (ABS, PC, Iron, EV), Temperatura de operación (-20-45°C), Temperatura de almacenamiento (-20-45°C).

Declaración de la FCC

ID de la FCC: 2AJVKMO-SSDS
Este dispositivo cumple con la parte 15 de las normas de la FCC. El funcionamiento está sujeto a las siguientes dos condiciones: (1) Este dispositivo no puede causar interferencias dañinas y (2) este dispositivo debe aceptar cualquier interferencia recibida, incluida la interferencia que pueda provocar un funcionamiento no deseado.

Garantía limitada del producto

La garantía limitada de 1 año de MOTAG® garantiza al comprador original que el producto está libre de cualquier defecto, en materiales y mano de obra, junto con el comprador original que usa el producto de acuerdo con las etiquetas e instrucciones que lo acompañan. ESTA GARANTÍA ES VÁLIDA POR UN AÑO A PARTIR DE LA FECHA ORIGINAL DE COMPRA.