

## NanoSecond Technology



Made in Taiwan

## NSD Gyroscopic Hand, Wrist, and Forearm Exerciser

user manual  
PB-700BT

Actual product may differ  
as depicted



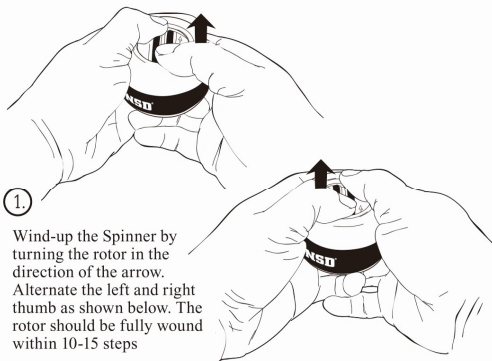
### NSD® PB-700BT Gyroscopic Exerciser



- Auto start With Internal Pre-Tensioner, Just Roll Back The Rotor In The Direction Of The Arrow, Then Release And Enjoy!
- Patented design with soft ergonomic grip VIBRATION
- Computer balanced inner rotor for FREE operation at up to 15,000 RPM
- Hard, impact resistant plastic shell that comes in clear
- Small, compact exercise machine you can take ANYWHERE.

Below are a few tips to help you operate the exerciser:

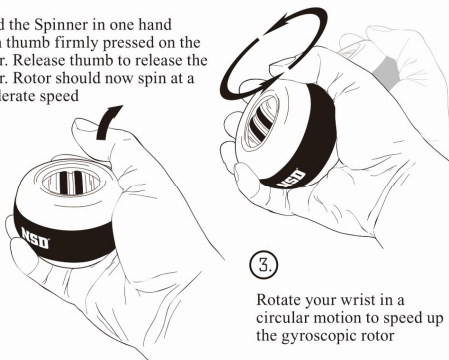
- The faster the rotor spins, the easier it is to operate. Make sure you wind up the Spinner with sufficient tension
- Start your wrist rotation slowly, in a motion similar to opening that of a door knob
- When you've matched the rhythm of the rotor's gyration, you'll see the rotor orbit once around its track for every single rotation of your wrist
- Once the rotor is spinning up to speed, be sure to keep a tight grip on the ergonomic grip
- Please keep the interior of the sphere clean and away from liquid and grease
- DO NOT TOUCH THE INNER ROTOR WHEN OPERATING!



Wind-up the Spinner by turning the rotor in the direction of the arrow. Alternate the left and right thumb as shown below. The rotor should be fully wound within 10-15 steps

②.

Hold the Spinner in one hand with thumb firmly pressed on the rotor. Release thumb to release the rotor. Rotor should now spin at a moderate speed



③.

Rotate your wrist in a circular motion to speed up the gyroscopic rotor

This new exciting NSD exerciser is equipped with a precision, battery-free Bluetooth® sensor that opens up a whole new world of exercising possibilities! With an Apple iOS® or Google Android® enabled mobile device, you can precisely track and monitor your exercise routine, as well as challenge yourself or a friend.

Download the NSD Workout® app from the App Store® or Google Play®, see the reverse side of this user's manual for a more detailed explanation of the app's functions.

Please note, illustration of application interface is only intended to be a representation, not of the actual application.



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.
- Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC Statement:

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.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### NSD® Gyroscopic Exerciser with Battery-Free Bluetooth Counter

Make sure Bluetooth is enabled on your device, launch the NSD Workout app and start-up your NSD PB-700BT. The self-powered Bluetooth sensor will automatically turn on its power when RPM reaches 3,500 RPM. The onboard LED will blink blue and green to indicate the counter is ready to pair with the NSD Workout app, and return to a solid green when paired. At this point you can use any of the 6 different workout functions within the app.



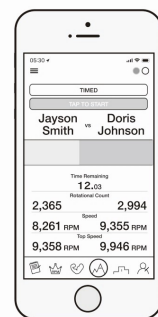
**Hall of Fame:** Hall of Fame function records and stores the highest speed in RPM achieved during each session. Prepare and start your PB-700BT, at 3,500 RPM the device will sync with the Workout app. Tap the "Tap to Start" button to record the current session once the PB-700BT has exceeded 3,500 RPM and the flashing LED indicator is returning a solid green or blue light. Tap the "submit" button to store the current top speed achieved in this session.

Select individual top scores and tap "delete" to remove each stored top score, or tap "clear all" to remove all stored top scores.

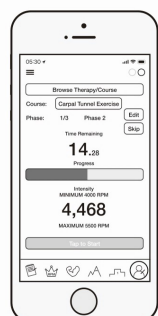


**Versus Mode:** Up for a friendly competition? Want to see who can spin the fastest? With up to 2 PB-700BT you can challenge your friend to see who's the BEST. Versus mode pits two PB-700BT users to see who can score a higher rotational count in a set time, or who can get to a set rotational count faster, or beat the other play by 500 RPM or more in top speed.

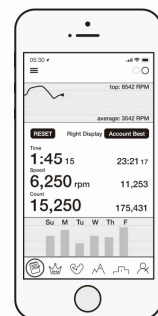
Timed challenge has intervals of 30, 60, or 90 seconds, while revolution count challenge has intervals of 5,000, 10,000, or 100,000 revolutions.



**Physical Rehabilitation:** Customize your rehab routines, set custom interval or intensity to help you heal faster using the PB-700BT. Select from a list of predefined rehabilitation or warm-up courses, or create and edit your own. You can set different phases based on time interval, RPM range, and revolution count. Save your workout routine and the Workout app will help you keep track of different intervals and intensity to ensure a smooth recovery.



**Real-time Monitoring:** This first function monitors the time, speed, and total count of revolutions of your PB-700BT. You can monitor the real-time progress of the RPM on the top chart, as well as see elapsed time, current RPM, and numbers of revolutions (count). Cycle through that accumulated stats from when the app's start, daily total (today's best), and device's total on the right-hand side. You can also track your daily rotational count during a 7-day week, or reset all stats by clicking on "reset."

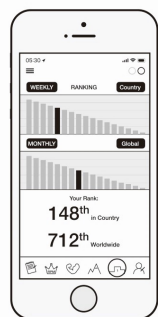


**Individual Challenge:** Challenge yourself to a different set routine! You can select 3 intervals each between "timed" challenge and "rotational count" challenge. Timed interval challenges are available in 30, 60, or 90 second challenges. Rotational count challenges are available in 5,000, 10,000, and 100,000 rotation challenges. Complete each challenge in the allotted time or rotational count, to see if you've improved upon your time needed for a certain rotational interval, or improve rotational count vs. a set amount of time.

You can also view your results individually, or compare to either your personal best, or your best result per session within the app.



**Ranking:** Easily compare your fitness level to your friends, or other PB-700BT users across the country or globe. Ranking score compares your recorded top speed with others stored on our cloud based server for bragging rights, or motivation to get BETTER.



### NSD Patents

NanoSecond Technology owns multiple patents in countries as listed. We will aggressively pursue and protect our intellectual property rights.

China	Korea	USA	U.K.
No. ZL201310260181.7	No. 20-0485106	No. 9,827,463	GB2515653
No. ZL201320015830.2		No. 9,463,354	GB2511413
No. ZL201220221750.8	<b>Russia</b>	No. 7,736,276	GB2508678
No. ZL201220032497.1	No. 2469762	No. 7,846,066	GB2440513
No. ZL201020161458.2	<b>South Africa</b>	No. 7,381,155	GB2478586
	No. 2007 / 6366	No. 7,033,304	
		No. 6,942,601	
<b>Germany</b>	<b>Taiwan</b>		
Nr. 202014102823.4	No. M518101		
Nr. 20 2010 005 323.4	No. M456835		
	No. M442860		
	No. 1520760		
<b>Japan</b>			
No. 3205608			