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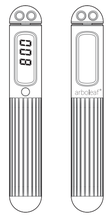
arboleaf®

User Guide

Smart Jump Rope



Model: CJ20B

Thank you for purchasing arboleaf Smart Jump Rope!
To ensure safety and avoid any property damage, please read this manual carefully and keep it for future reference.
Instructions
When using this device, the following basic precautions should be followed.
1. Do not use the jump rope for something other than its intended use.
2. This is not a toy. Children shall not play with this product.
3. Do not skip rope before and within half an hour after a meal to avoid physical discomfort, and do not drink a lot of water before skipping rope.
4. If you feel shortness of breath or any discomfort, slow down to get circulation back to normal, then stop.
5. Do not keep the jump rope in a magnetic area or a magnet-influenced space, which may result in malfunction and battery loss.
6. Bending or twisting the jump rope may break the external and/or internal parts of the product.
7. Ambient temperature significantly below or above room temperature and any liquid component including water and humidity may damage the parts.
8. Do not use strong chemical agents or cleaner to clean the jump rope, it may cause discoloring or corrosion of the exterior part.
Tip: It is recommended to grip the handle of the rope with the Mode Button facing upward for easy reading of the display.

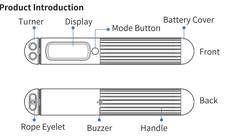
About the product

1.Whats in the Box

2 × Handles	1 × Rope	2 × Rope Buckles
2 × Cordless Ball	1 x Charging Cable	1 × User Manual

2.Product Parameters
Product Name: Smart Jump Rope
Model: CJ20B
Handle Size: 33×183mm/1.3×7.2inch
Rope Length: 3m/9.8ft (Adjustable)
Rope Material: PVC

3.Product Introduction



a. Turn on: Press the Mode Button for 1s
b. Mode switch: Press the Mode Button for 1s
c. Numbers/Time setting: Press the Mode Button for a short time
d. Switch to view numbers/time: Press the Mode Button for a short time
e. Completion of exercise: Click the Mode Button twice or stop jumping for 5 minutes
f. Turn off: Press the Mode Button for 3s or stop jumping for 5 minutes

4.About charging
Select the handle with Mode Button, open the rubber at the bottom of the handle, next insert the USB cable into the charging port, then connect it to the power. It will automatically turn off when charging, and the power indicator starts flashing.

5.If the jump rope can't work, please follow the below steps:
a.Check whether the battery power is sufficient or not
b.Bluetooth is enabled or not
c.Reset your smartphone
d.Turn off and re-enable the Bluetooth

Jump Rope Assembly

Training Mode Setting

(1)Set the Free Jump Mode

a.Press the Mode Button for 1s to turn on the jump rope.
b.Start to rope skip and the skipping number will be shown on the display.

Tips: Under free jump mode, the maximum number for a once is 9,999 times, and the longest time is 99 minutes and 59 seconds. It goes into completion when each value comes into the peak.

(2)Set the Time Countdown Mode

a. Press the Mode Button to enter the Time Countdown mode.
b. Press to select rope skipping time from 1min to 60min on the jump rope and long press to get started.
c. The jump rope will play three beeps as a reminder of the completion of the target. The display will automatically show the final number.
d. To stop during the set time or to manually save the data to the jump rope, just press and hold the Mode Button.

Tips: Under time countdown mode, the jump rope support for sequential cycle settings for
1min/2min/3min/4min/5min/8min/10min/15min/30min/60min.
Time less than 99 minutes and 59 seconds can be set in the app.

(3) Set the Numbers Countdown Mode

a. Press the Mode Button to enter the numbers countdown mode.
b. Press to select the number from 50 to 2000 on the jump rope.

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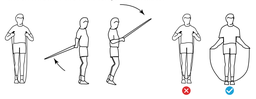
c. When the numbers countdown is over, the time spent will be displayed and the data will be automatically saved to the jump rope.

Tips: Under number countdown mode, the jump rope support for sequential cycle settings
50/100/200/300/500/800/1000/1200/1500/2000. Numbers less than 9999 can be set in the app.

The Guide of Rope Length

1. Straighten the rope to your armpits (as shown). Try jumping and check whether the rope length is suitable.



Arboleaf APP Operation Guide

1.Download the arboleaf app. Search "arboleaf" from Apple Store / Google Play or scan the QR code below to download the app.

2.Open the app, and allow **Bluetooth permission**. Turn on **location permission** when using an Android phone.
3.Create a arboleaf account. Sign up and complete your profile. Pair your jump rope. On your app home screen, Click **Devices>Add device,** then choose J**ump rope**, and turn on your jump rope by pressing the Mode Button; Next Tap **Jump Rope-CJ20B** and **Connect** button, and finally click **Finish**. Your jump rope has successfully paired.
4.3 Training Modes Instruction

Free Training
a. Slide up to find **Jump rope** on the home page, Click **Free training** to enter the Free Jump mode.
b. Click "GO" and count 3s to start skipping.
c. Click "End" to end the Free Jump mode, and then click "Confirm" to get your rope-skipping data. (If less than 5, your skipping number will not be recorded.)

Time Training
a. Slide up to find **Jump rope on** the home page, Click **Time training** to enter the time countdown Jump mode.
b. Click "GO" and count 3s to start skipping.
c. Click "End" to end the Time mode, and then click "Confirm" to get your rope-skipping data. (If less than 5, your skipping number will not be recorded.)

Counting Mode
a.Slide up to find **Jump rope** on the home page, Click **Counting training** to enter the Number countdown mode.
b.Click "GO" to start numbers countdown.
c.Click "End" to end the Numbers Countdown mode, and then confirm to get your rope-skipping data. (If less than 5, your skipping number will not be recorded.)

Warranty

Terms & Policy
This product is covered by a one-year manufacturer's warranty, and a great customer service for the lifetime of your scale. Your jump rope is warranted against defects in materials and workmanship for one year from the original purchaser from the date of purchase. Free replacement is provided during the warranty period. Proof of purchase is required. This warranty is non-transferable.

Void Warranty
The warranty is void if the product has been subjected to mechanical damage, mistreatment, or any other use that the product is not intended for. This warranty is in lieu of all other warranties and limits the liability of the manufacturer.

FCC Statement

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 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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment
FCC ID: 2ANDX-CJX00

IC Statement

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
(1) This device may not cause interference.
(2) This device must accept any interference, including interference that may cause undesired operation of the device
Cet appareil contient des émetteurs / récepteurs exemptés de licence conformes aux RSS (RSS)d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes :
(1) Cet appareil ne doit pas causer d'interférences.
(2) Cet appareil doit accepter toutes les interférences, y compris celles susceptibles de provoquer un fonctionnement indésirable de l'appareil.
IC : 26148-CJX00

Customer Support

Do you have questions? LET US HELP! If you encounter any issues or have any questions regarding your scale, please feel free to contact our Customer Support Team. Your satisfaction is our goal!

support@arboleaf.com
1-800-658-1148
Arboleaf Corporation
5465 Legacy Drive, Suite 650
Plano, TX 75024
USA
1-800-658-1148(Mon - Fri, 9:00 am - 5:00 pm, US Central Time)

技术要求	
规　　格	130*90mm 风琴4折5页
材　　质	80g书写纸
印　　刷	4C
表面处理	/

深圳市伊欧乐科技有限公司				过程	人员	日期
物料编号	03.11.04.08030	版　本	A/0	设计	蒋竹清	2023.3.14
品　　名	说明书	图　号	/	审核		
规格描述	130*90mm（展开450*130mm）80g书写纸 4折5页 4C A/0			批准		