

SMART HEALTHY LIVING

RENPHO

# SMART JUMP ROPE USER MANUAL

Model: R-Q001



**Thank you for purchasing  
RENPHO Smart Jump Rope.  
To ensure safety and avoid any property  
damage, please read this manual carefully  
and keep it for future reference.**

***FCC Statement***

***FCC ID: 2APXU-R-Q001***

This device complies with US Electronic Code of Federal Regulations 47 CFR FCC Part 15; 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.

***FCC Statement 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 with the supplied fastener. **DO NOT hang the unit by the power cord.**

## SAFETY WARNINGS

1. Do not keep the skipping rope in a magnetic area or a magnet-influenced space, which may result in the malfunction of skipping rope and battery loss.
2. Bending or twisting skipping rope may break the external and/or internal parts of the product. significantly lower or higher than room temperature. Any liquid component, including water and humidity, may damage the parts.
4. Do not use skipping rope for something other than its intended use.
5. Do not use strong chemical agents or cleaner to clean skipping rope, it may cause discoloring or corrosion of skipping rope's exterior.
6. 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.
7. If you feel shortness of breath or any discomfort, slow down, allow the blood circulation to return to normal before stopping.
8. This is not a toy. Children shall not play with this product.

## IMPORTANT NOTICE

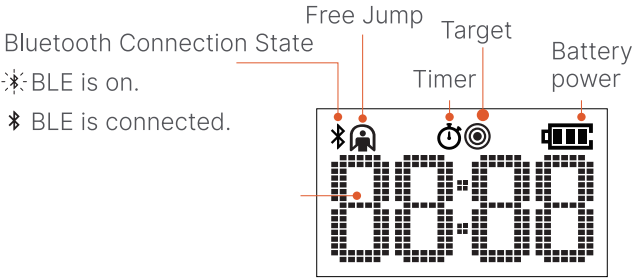
The angle at which you grip the handle of the rope will determine your viewing angle of the LCD display. Holding the handle in your hand, ensure the Mode Button is facing upwards. If the LCD display is too high or too low from your field of vision, simply adjust the angle of your grip.

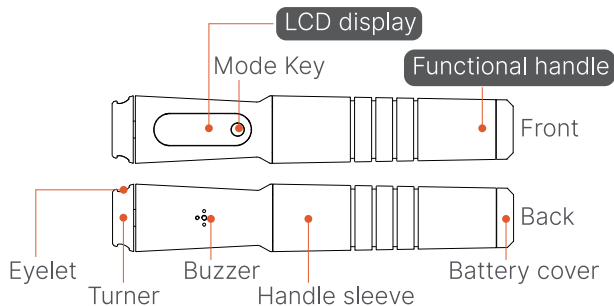
# ABOUT THE PRODUCT

## 1. Product Parameters

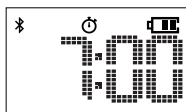
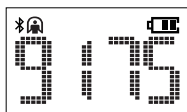
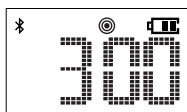
- Product name: Smart Jump Rope
- Wireless reception: Bluetooth 4.0
- Synchronization range: About 32.8ft
- Handle size: 1.3\*7.6in
- Handle material: ABS+PC+EVA
- Length: Adjustable (Max 118in)
- Rope material: TPU+PVC+Steel wire
- Weight: about 300g (including batteries)
- Display: LCD (0.59\*0.87inch)
- Battery: 2 x AAA Batteries
- Standby time: 1 year
- Record: Daily rope skipping data for the past 7 days
- Products include: Handles, skipping ropes, manual, batteries, storage bag

## 2. LCD Display and Rolling Handle





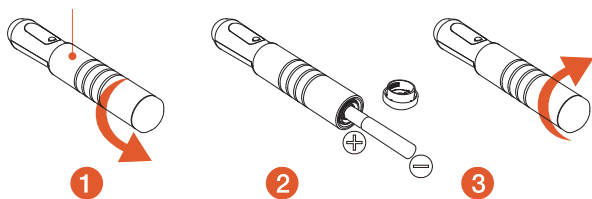
### 3. LCD Display Flow



Target circle number    Free Jump    Time settings (minutes)

## SAFETY WARNINGS

### 1. Battery Installation



- 1) Open the battery cover of the functional handle;
- 2) Insert 2 pieces AAA Batteries;
- 3) Close the battery cover.

## 2. Training Target Manually Setting

### Setting Target Exercise Time

Press the Mode Button, and icon ---:-- appears, then long press the Mode Button, number ---:-- starts to flash. Press the Mode Button to set the exercise time as target (Minimum 1min, maximum 10mins). Long press the Mode Button to exit the setting mode. It displays 3-2-1 with three short sound, then a long sound as a reminder of starting playing, and it will automatically count down.

When meet the target, the skipping rope will play three short sound as a reminder of completion of the target. The LCD display will automatically show the exercising time.

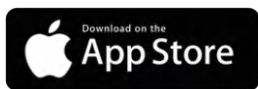
### Setting Target Skips No.

Press the Mode Button, and icon ---- appears, then long press the Mode Button, number ---- starts to flash. Press the Button to set the exercise skips number as target (Minimum 50, maximum 2000). Long press the Mode Button to exit the setting mode. It displays 3-2-1 with three short sound, then a long sound as a reminder of starting playing, and it will automatically count down.

When meet the target, the skipping rope will play three short sound as a reminder of completion of the target. The LCD display will automatically show the exercise skips number.

# Renpho Fit OPERATION GUIDE

Search "Renpho Fit" APP from Apple Store / Google Play or scan the QR code below to download the app. System Requirement: IOS 7 and above, Android 4.3 and above.



## 1. Register

Register a new account with your email address and complete the personal information, which is only intended for the calculation of parameters such as calories.

**Terms and Conditions**

Terms of Use >

Privacy Policy >

Renpho Fit takes your privacy seriously. Please read the following information to learn more about our privacy practices and Terms of Use.

I have read and agree to these terms and conditions.

Get the latest on Renpho Fit products, events, and promotion delivered right to your inbox.

Next Step

**Create an Account**

Email

Password Strength

Your password must be 8-16 characters and contain both letters/numbers.

Confirm

**Get Started**

Male  Female

Nickname RENPHO

BirthDay December 3,2020

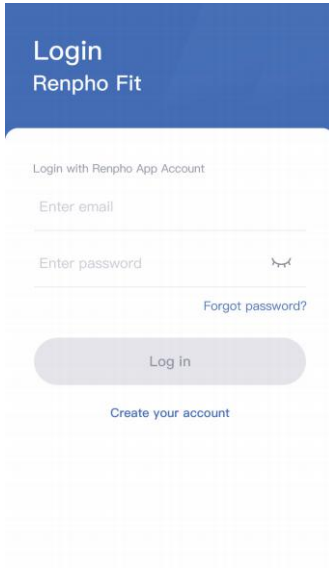
Height Please choose

Weight Please choose

Confirm and save

## 2. Log in

Users can log in with new account or directly log in with Renpho APP account.



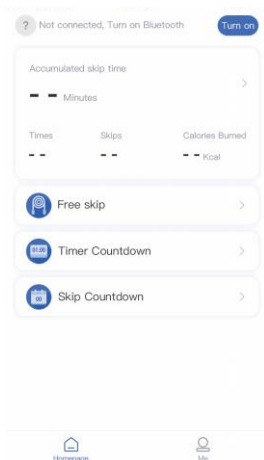
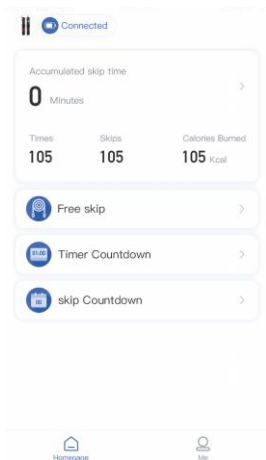
The image shows a mobile application login screen for 'Renpho Fit'. At the top, there is a blue header with the text 'Login Renpho Fit'. Below the header, the text 'Login with Renpho App Account' is displayed. There are two input fields: 'Enter email' and 'Enter password'. The password field has a small eye icon to its right. Below the password field, there is a link that says 'Forgot password?'. A large, rounded rectangular button labeled 'Log in' is centered on the screen. Below the button, there is a link that says 'Create your account'.



### 3. Homepage

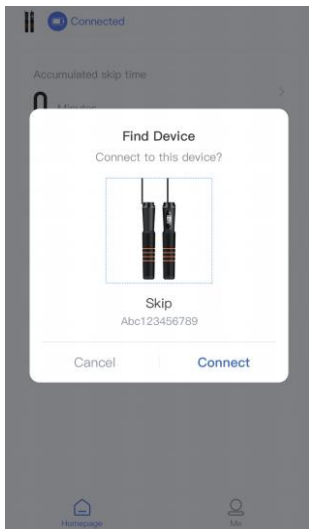
The homepage of "Renpho Fit" APP displays the cumulative data of the skipping, the Bluetooth connection status, and three rope skipping modes, including **Free Jump**, **Time Countdown**, and **Numbers Countdown**.

When there is no record of skipping, the cumulative part will display "--".



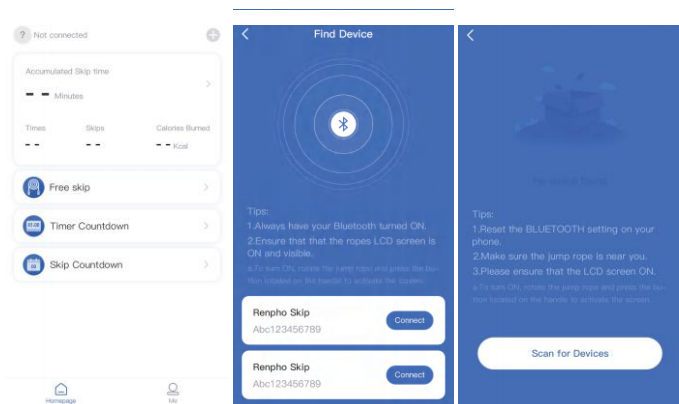
## 4. Find device

1. Click the "Me" icon in your "Renpho Fit" app, select "Device" from the menu.
2. Turn on your phone's Bluetooth function and click "Search Device" in the Renpho Fit app. Please note: the jump rope should be within a 1m radius of your phone to connect (no code required)
3. Make sure the device and mobile phone are within the reception range of Bluetooth. When the above three requirements are met at the same time, there will be a pop-up window indicates that the connection is successful (Each time the APP is opened, the prompt will pop up). Click "Connect", the APP will automatically connect to the device's Bluetooth.



## 5. Bind device

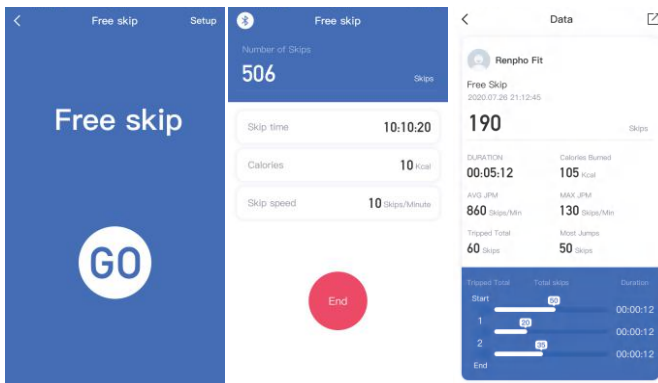
1. When the device is not connected, click Free Jump or Time Countdown and Numbers Countdown times to enter the search device page.
2. All available devices will be listed in the page.
3. If no device is searched within 20s and the re-search page will pop up, please follow the page prompts to check.
4. Click "Connect" button, and enter the home page after successfully adding the device.



## 6. Free Jump

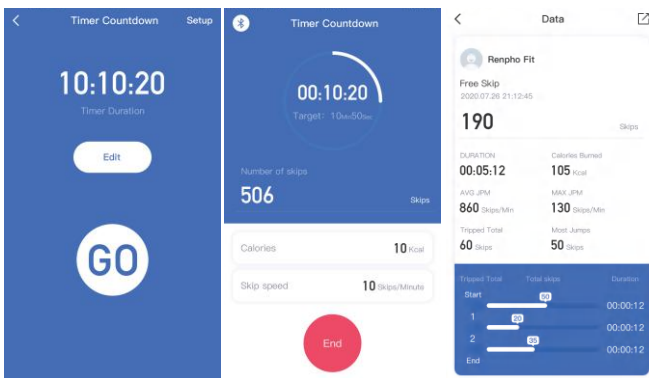
1. After the Bluetooth connection is successful, click "Free Jump" on the homepage to enter the Free Jump page.
2. Click "GO" to skip rope freely.
3. Click "End" to end the skipping and view the skipping statistics page.

The data statistics after the skipping includes skipping time, calories burned, average speed, fastest speed, number of jumps, and the maximum number of consecutive jumps, and you can see the time period of the maximum consecutive jumps and the time period during number of occurrences and numbers of rope tripping in the chart.



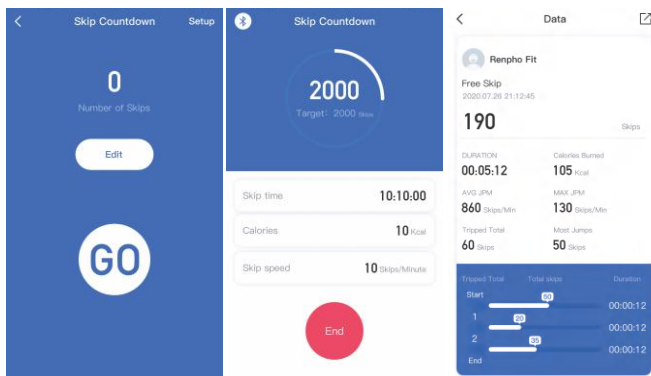
## 7. Time Countdown

1. After the Bluetooth connection is successful, click “Countdown” on the homepage to enter the countdown rope skipping page.
2. Click “Edit” to set the target duration.
3. Click “GO” to countdown to skip rope.
4. Click “End” to end the rope skipping and view the skipping rope statistics page.



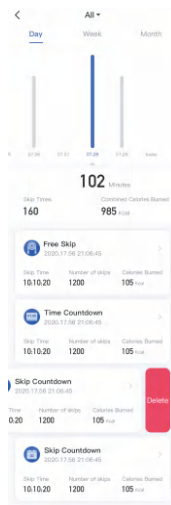
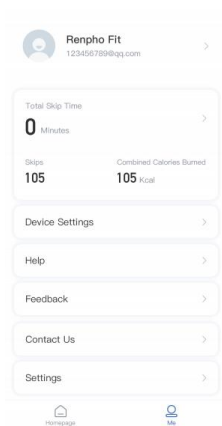
## 8. Numbers Countdown

1. After the Bluetooth connection is successful, click Numbers Countdown on the homepage to enter the Numbers Countdown Rope Jumping page.
2. Click “Edit” to set the target number.
3. Click “GO” to countdown to skip rope.
4. Click “End” to end the rope skipping and view the skipping rope statistics page.



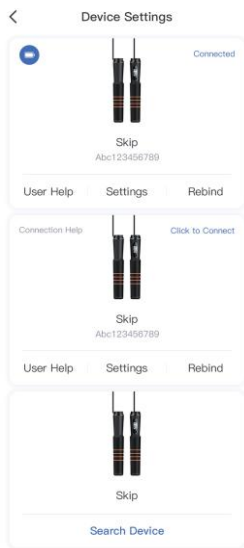
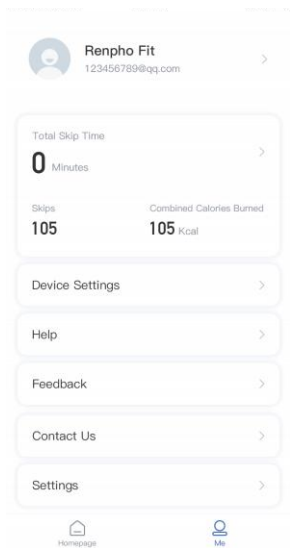
## 9. Skipping statistics

1. Click the skipping statistics section on the homepage and “Me” page to enter the historical data statistics page.
2. Historical statistics are displayed on a daily, weekly and monthly basis.
3. The page displays the data list corresponding to the date range, and historical data can be deleted.



## 10. Device settings

1. Click Device settings on “Me” page to enter the device settings page list.
2. Click “Help” on the device settings page to view the user guide of the device.
3. Click “Setting” on the device settings page to view the basic information of the device, you can rename or unbind the device.
4. Click “Rebind” on the device management page to unbind the current device, and then search for other devices to bind.
5. Click “Search Device” on the device settings page to find the device to bind.





## FQA

### 1. The screen doesn't light up

First check the battery installation direction, make sure that the two positive poles face inside, and then check the battery cover. The battery cover with spring is installed on the handle with display.

### 2. Bluetooth connection declined

Connect from APP, not from mobile phone Bluetooth settings.

### 3. Why the total exercise time is 40mins, but it displays 30 mins?

The APP only calculates the actual time you skip rope. If you stop and rest for 30 seconds, the rest time will not be counted in.

### 4. How to turn it off?

No need to , more than 10s without operation, it will enter the sleep mode, 1min after sleep mode, it will automatically shut down.

### 5. Why do I feel that one handle is heavier than the other?

The handle without the battery has a counterweight to offset the battery weight of another handle, so their weight is the same.

### 6. How do I sync skipping data to the Renpho Fit App?

The data will upload automatically, if Bluetooth is activated on your phone and the jump rope, simply connect to the "Renpho Fit" app and use the jump rope.

### 7. Can the volume for the beeps be lowered?

The beep notifications cannot be adjusted in volume but we will consider implementing this function in the future.

## **8. Does the app have to be open on your phone for it to sync, or will it sync after?**

The skipping data will sync to the "Renpho Fit" app regardless of whether it is open during exercise or after exercising. Please remember to activate Bluetooth on your phone and the jump rope to sync up any data.

## **9. Why can't I pair the skipping rope to the app?**

- 9.1 Please delete and uninstall the "Renpho Fit" app then download and install it again before restarting your phone (please note that the app is "Renpho Fit" not "Renpho").
- 9.2 Open the "Renpho Fit" app to register or log in and open your jump rope. (If you have registered an account in the "Renpho" app, you can use still use it to log in.
- 9.3 Confirm whether the location of the phone is turned on (Don't worry about the privacy alert pop-up as GPS is required to scan for Bluetooth devices since SDK (Software Development Kit) update.
- 9.4 Set to "allow" to grant access to your phone's location information and whether Renpho Fit can access it.
- 9.5 Click the "Me" icon in your Renpho Fit app, select "Device" from the menu options.
- 9.6 Open your phone Bluetooth and click "Search Device" on this app (please note the jump rope should be within a 1m radius of your phone to connect (no code required).
- 9.7 Connect to found device to complete pairing process.
- 9.8 If all the instructions above do not solve your problem, please provide us with your account, mobile phone model, mobile phone system version, and the Renpho Fit app version you downloaded. We will look into this and try our best to find a solution.

## WARRANTY (1-YEAR PERIOD)

The manufacturer's warranty is void under the following circumstances but not limited to:

- Improper or inadequate maintenance or modification.
- Accident, misuse, abuse, contamination, or other external causes.
- The use of unspecified adapter and accessories.
- Loss or damage in transit.
- Damages that occurs as a result of one's failure to follow the instructions.
- This warranty does not apply to expendable or consumable parts and does not extend to any product from which the serial number has been removed.

## CUSTOMER SERVICE

We have an award-winning warranty, exchange, and customer service team that guarantees hassle-free solutions to any issue you might have within the 24 business hours.



TEL: +1(844) 417-0149

Monday-Friday 9:00AM-16:30PM



Email: [support@renpho.com](mailto:support@renpho.com)



Web: [www.renpho.com](http://www.renpho.com)



Facebook



Instagram



Facebook Group



RENPHO Website

## **JOICOM CORPORATION**

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92880

**Shenzhen Runfeng Digital Technology Co., LTD**  
Chuanghui Building, Intersection of Banxuegang  
Boulevard and Yongxiang Road, Bantian Subdistrict,  
Longgang District, Shenzhen, China

MADE IN CHINA  
NA3

## 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.

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 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 Radiation Exposure Statement

This device complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

## **IC**

The licensed transmitter/receiver contained in this device is compliant with Innovation, Science and Economic Development Canada's RNC for licensed radio devices. The operation is permitted under two conditions:

1. The device must not cause interference;
2. The device must accept any radio interference, even if the interference is likely to compromise its operation.

RF exhibition statement:

The equipment complies with the IC radiation exposure limit established for an uncontrolled environment. This equipment must be installed and used with a minimum distance of 20 cm between the radiator and your body.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique 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;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Déclaration d'exposition RF:

L'équipement est conforme à la limite d'exposition aux radiations de la IC établie pour un environnement non contrôlé. Cet équipement doit être installé et utilisé avec une distance minimale de 5mm entre le radiateur et votre corps.