

# KettlebellConnect™ 2.0

**User Manual**

**Model No:JJ15000**



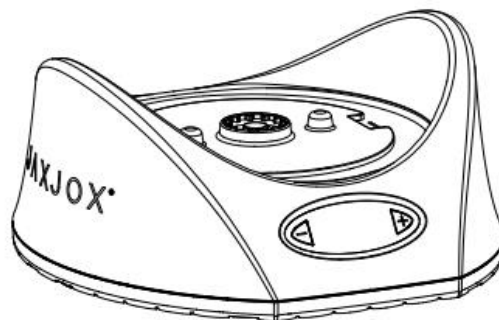
## 一、Product Introduction

Thanks for selecting Kettlebell, an innovative training tool designed to help you achieve your fitness goals. Its elegant design and advanced technology result in a single kettlebell that adjusts from 12lbs (5.5kg) to 42lbs(19kg). By connecting the Kettlebell to the App, you can set your goals, track your workouts, and fully grasp your fitness level with APP.

※This product needs to be charged and activated before first use. It is recommended to fully charge the battery before use.

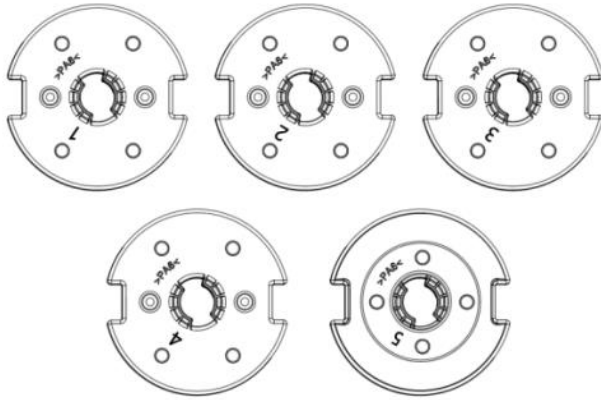
Read and understand the contents of this manual before attempting to use the Kettlebell.

## 二、Product Accessories

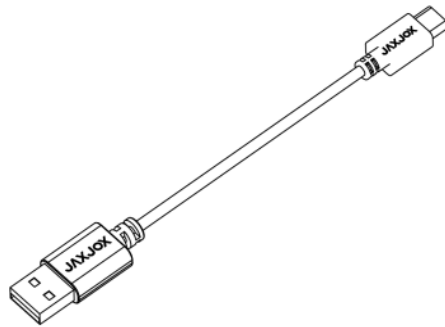


Kettlebell Shell

Base



Weights



Charging Cable & USB TYPE-C

Carefully remove all items from the box and place them on the floor prior to assembly. Verify that all of the components have been included.

Should you find any parts missing, return the product to your point of purchase or contact JAXJOX at:

[Customer.services@jaxjox.com](mailto:Customer.services@jaxjox.com) or (425)324-3017

### 三、Assembly

**Place the base on a solid, level floor.**

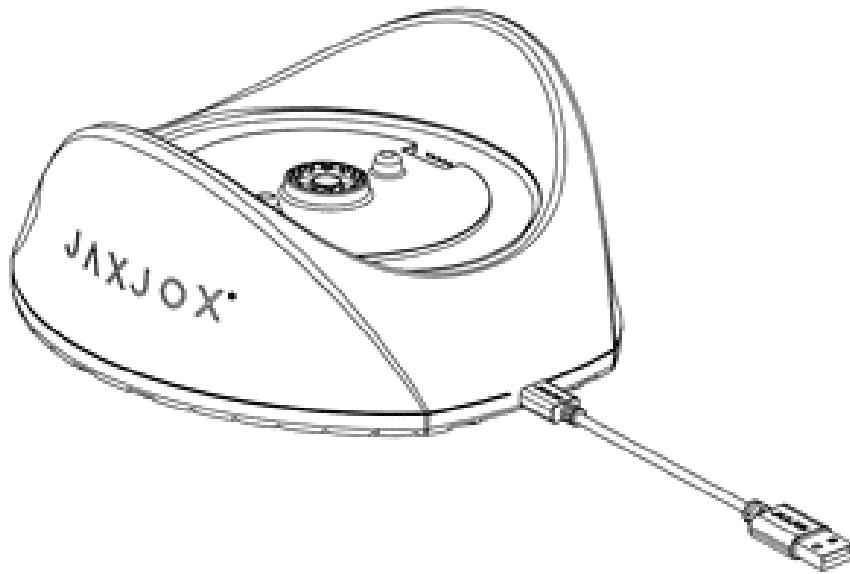
We recommend using and storing your kettlebell on the floor to minimize risk of injury.

#### 1. Charge the Kettlebell Connect

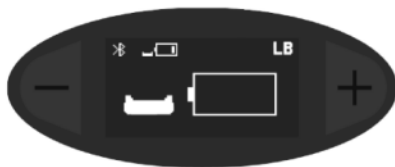
Plug the charging cable into the AC Adapter.

Plug the other end of the charging cable into the base of Kettlebell Connect.

Plug the AC Adapter into a power outlet.



(1) When the base battery is low, the display screen showing as follows, please charge it in time.



(2) When the shell battery is low, the display showing as follows, please charge it in time.

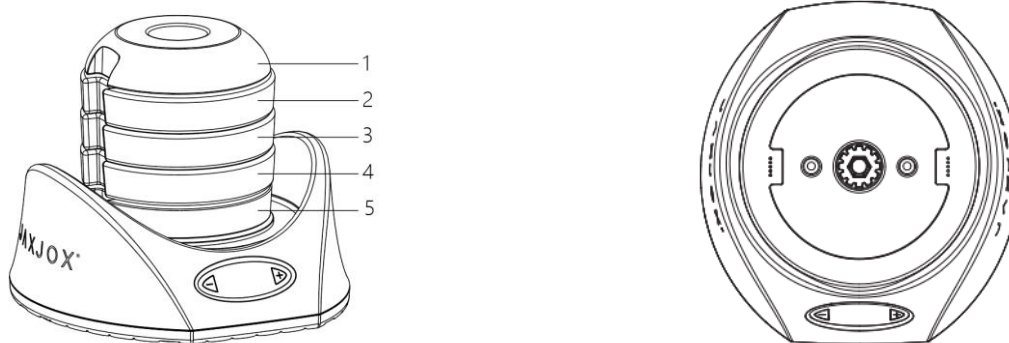


### 3. Stack the weights one at a time.

(1) Facing the base's screen, place the weights on the base in reverse order, starting with 1(on the top) and ending with 5(on the bottom).

(2) Ensure the notches are directly to the side, towards the wings of the base. The number on the weight should appear right side up.

(3) Place the weights completely, ensuring there are no spaces in between each of the weights.

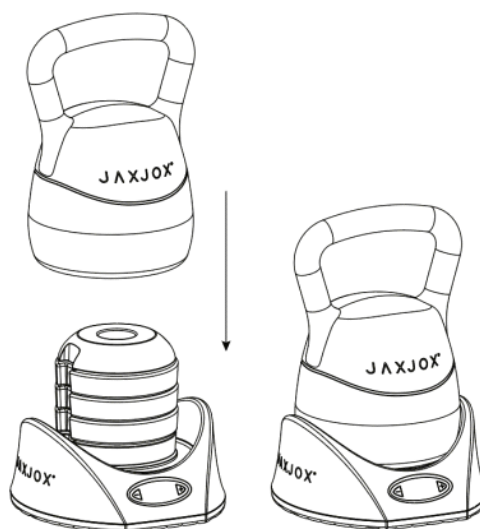


4. Place the kettlebell shell onto the base.

(1) Put the kettlebell shell over the top of the weights, ensuring the kettlebell's handles are aligned with the wings of the base.

(2) When properly seated and ready for use, the Kettlebell Connect will beep once.

Important: All five weights must be stacked in the correct order for the Kettlebell connect to function properly. Incorrect assembly of the weights and kettlebell shell may result in damage to the Kettlebell Connect or result in serious injury.



#### 四、LCD Display



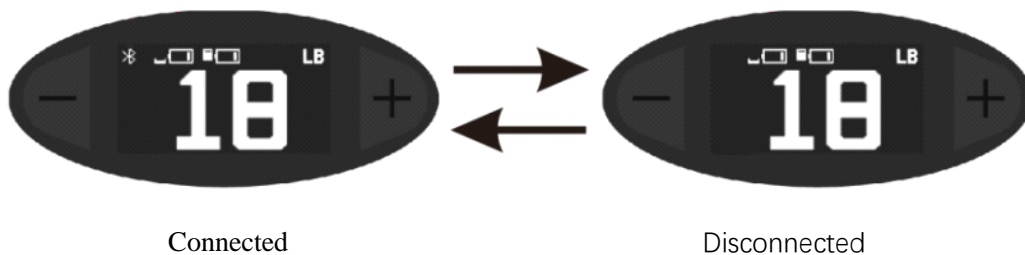
1. Bluetooth Icon
2. Base battery Icon
3. Shell sensor battery Icon
4. Weights(default weight set 12LB)
5. Weight Unit(LB/KG)

## 五、Download and install APP

Search "JAXJOX" from APP Store, and install.

## 六、Bluetooth Connection

- Open Bluetooth in your phone
- Open "JAXJOX" App  
Click " Connect", Select Device, the Bluetooth icon will not flash if connect successfully.
- Check the data after connecting with the APP.




## Note:

Verify the Kettlebell has been added in JAXJOX app.  
Verify Bluetooth is enabled on your mobile device

## Use the Kettlebell

### 7-1. Activate the Kettlebell

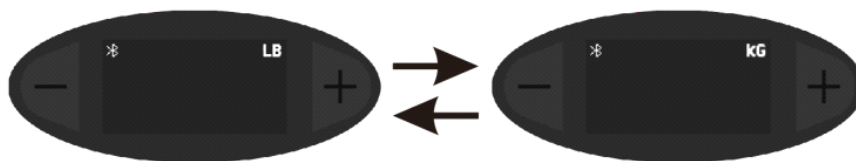
(1) Press either the "-" or "+" on the base to activate the Kettlebell.

(2)The screen will display  to remind you to connect the Kettlebell with your mobile device and the JAXJOX app.



## 7-2. The unit settings

Press and hold either the [+] or [-] button for two seconds, then enter into the weight unit setting interface, the unit icon [LB] or [KG] in the upper right corner flashes, press the [+] or [-] button to switch the unit, and it will automatically determine if there is no operation for a short time.



## 7-3. Weights Setting

- Press **【+】** or **【-】** to choose the desired weight for your workout..  
The device can be adjust from  
12lb(5.5kg)—18lb(8.2kg)—24lb(10.9kg)—30lb(13.6kg) —36lb(13.6kg) —42lb (19kg) —  
12lb (5.5kg)
- The Kettlebell connect takes approximately 3 seconds to change to your selected weight. The weight loading animation plasy while the weight is adjusting. Do not move the Kettlebell connect while it is adjusting.
- The kettle will beep once when ready for use.

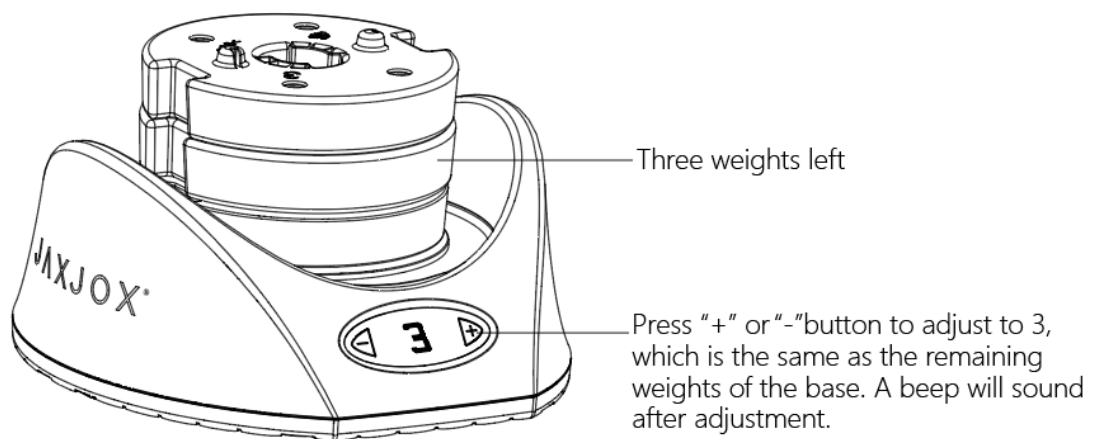


7-4. The weight of the kettlebell handle does not match the weight displayed on the base.



If the weight of the kettlebell shell does not match the weight displayed on the base, pls do the following step:

- Put away the shell from the base
- Press and hold 【+】 & 【-】 button for five seconds at the same time, the screen will display the number of the weights.
- According to the number of weights remaining on the base, press the [+] and [-] button to adjust so that the number of weights displayed on the LCD is consistent with the number of remaining weights on the base, the number of weights flashes, about three seconds, the kettle bell will beep once finish, then put the handle back on the base.



Note: Pls do not adjust the kettlebell shell weight by hand.

The weight of the kettlebell shell and the base do not match, which may cause the device to not work properly. Pls reset it as above, otherwise it may cause serious injury or equipment damage.

#### 7-5. Precautions before kettlebell training

Before starting your workout, ensure your environment is free of anything that may interfere with your movements.

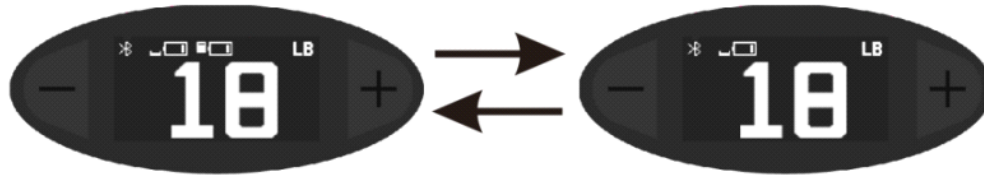
Do not drop the kettlebell or use excessive force when moving the kettlebell.

**IMPORTANT:** Do not attempt to adjust any of the mechanisms on the underside of the kettlebell shell. Do not attempt to manually adjust the weight of the kettlebell shell. Doing so may result in serious injury and /or device malfunction.



## 7-6. Disconnect and connect shell and base

Shell/Base connect and disconnet display:



(1) Shell and base connected,  icon display;

(2) Shell and base disconnected,  icon not display;

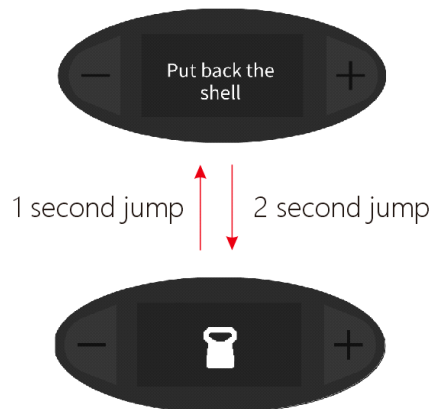
(3) When charging,  icon display; without charging,  icon not display;

(4)

Shell and Base disconnected reminder: If the shell and base disconnected more than 24 hours, then the display will reminder the user to put back the shell.

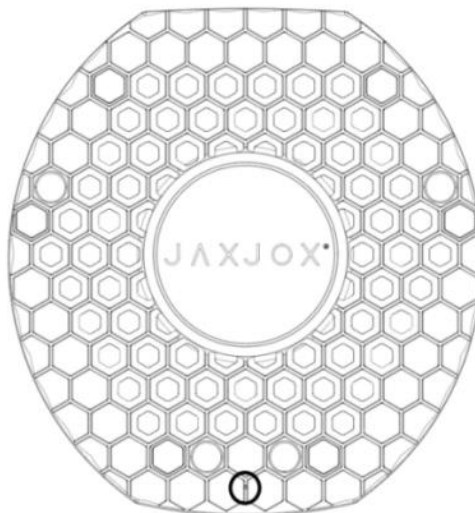
Every 2 seconds and 1 second are displayed alternately. The buttons have no function. Putting the handle back to the base will return to the main page.

Press the button when there is no host:  
Display prompt cycle twice (cancel alarm)



#### 7-7. Reset the kettlebell.

If you have problems with your kettlebell, resetting your device may correct these problems. To reset the kettlebell, press the reset button on the underside of the base, highlighted in the diagram.



#### 7-8. Sleep Mode.

Without any operation, it enters into sleep mode after 20 seconds, and the backlight turns off.

#### Liability statement

- The information contained in this manual is for reference only. The products mentioned may be subject to change due to the manufacturer's continuous R&D plan without prior notice.
- The company does not make any declarations or warranties regarding this manual or its products.
- The company shall not be held liable for any direct, indirect, accidental or special damages, losses and expenses incurred or related to this manual or its products.

**Daily maintenance and precautions**

1. This product is not waterproof, please do not use this product outdoors in rainy days
2. Use a dry cloth when wiping the handle, do not get wet.
3. Before exercising, please carefully evaluate your own state and do warm-up exercises.

**When it cannot be used normally, please try the following methods;**

1. Whether the Bluetooth of the mobile phone is turned on in time
2. Turn off and turn on the phone Bluetooth again
3. Restart the phone
4. Reset the device and reconnect Bluetooth

**Product parameters**

Product model: KB200

Base size: 266\*285\*120.4mm

Device size: 233\*210\*321.5mm

Product Weight: 20.5kg

Wireless connection: Bluetooth

APP: iOS

Both the base and the kettlebell handle are lithium batteries, and the base can charge the kettlebell handle

Buzzer reminder

Displayed when the kettlebell handle is placed, not displayed when the kettlebell handle is not on the base, the kettlebell handle can stand for up to 14 days.

**EU-DECLARATION OF CONFORMITY**

Hereby, We, declares that **KettlebellConnect™ 2.0 (model: JJ15000)** is in compliance with the essential requirements and other relevant provisions of Directive RED 2014/53/EU. A copy of the signed and dated Declaration of Conformity is available.

**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.

**WARNING:** 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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

