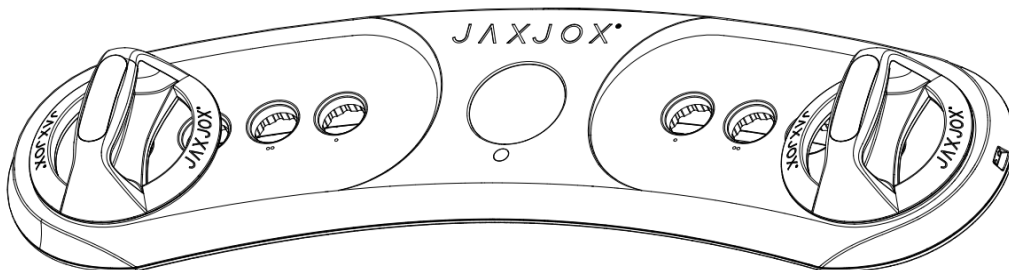


Push upConnect™

User manual

Model: JJ15002



一、Product overviews

Thanks for selecting Pushup bar, an innovative training tool designed to help you achieve your fitness goals. It can records the number of Push-ups you done . The real-time date

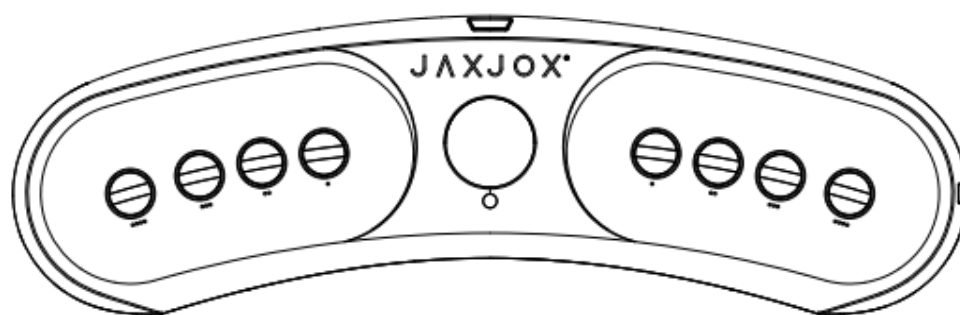
can be displayed on the LCD digital display. And the exercise data can be uploaded to the APP through Bluetooth. You can check some information like exercise times, time, energy consumption and ect from the App.

This product manual will make you better understand the Pushup Bar. Please keep it for future reference.

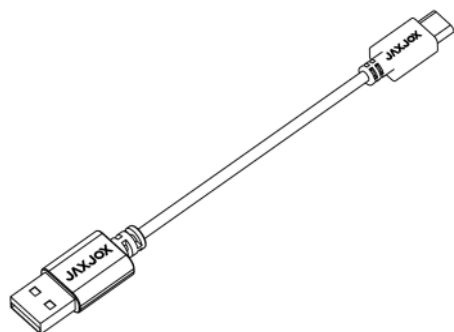
This product needs to be charged and activated before first use. It is recommended to fully charge the battery before use.

- This product is not intended to provide medical advice, only to show you the exercise data.

二、Product components



The base of Pushup Bar

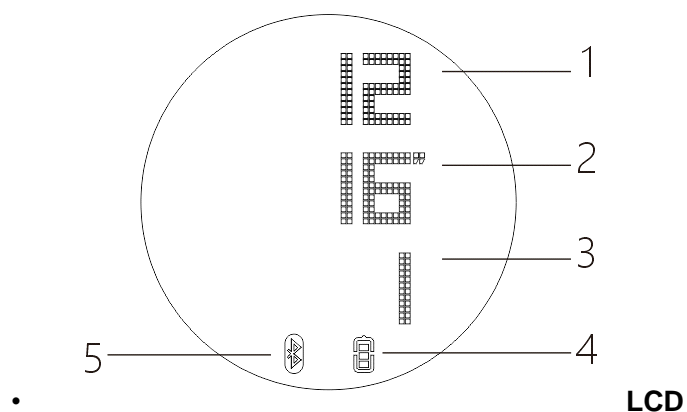


handles X2

Charging Cable & USB TYPE-C

First of all, open the carton box and take out all the components to put them on a level surface. Please make sure all the components here. If you find any component missing, please feel to contact us. You can contact us by the following way:

1. Please return the product to the point of purchase for refund.
2. Please contact customer service on official website, Website add:
3. Please dial customer Service Hotline:



1. Repe
2. Times
3. Set
4. Battery
5. Bluetooth

四、 The installation steps of Pushup Bar:

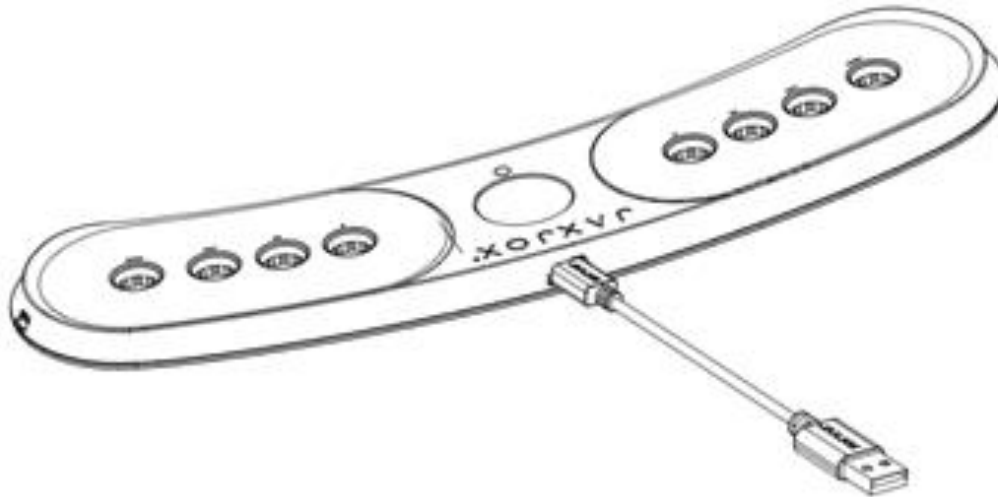
4-1. We suggest you to put and use the Pushup bar on the solid surface.

4-2. How to charge the Pushup Bar

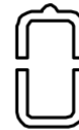
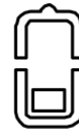
Plug the USB cable into the charger;

Insert the other end of the cable into the base of the Pushup Bar;

Plug the charger into the power socket.



When the Pushup bar is charging, the battery symbol will be animated, And after being charged, the battery symbol will be fully displayed. After touching, the Pushup bar will wake up and the Back light will be on, battery symbol 100% fully charged
The battery status displayed on the screen is as follows:



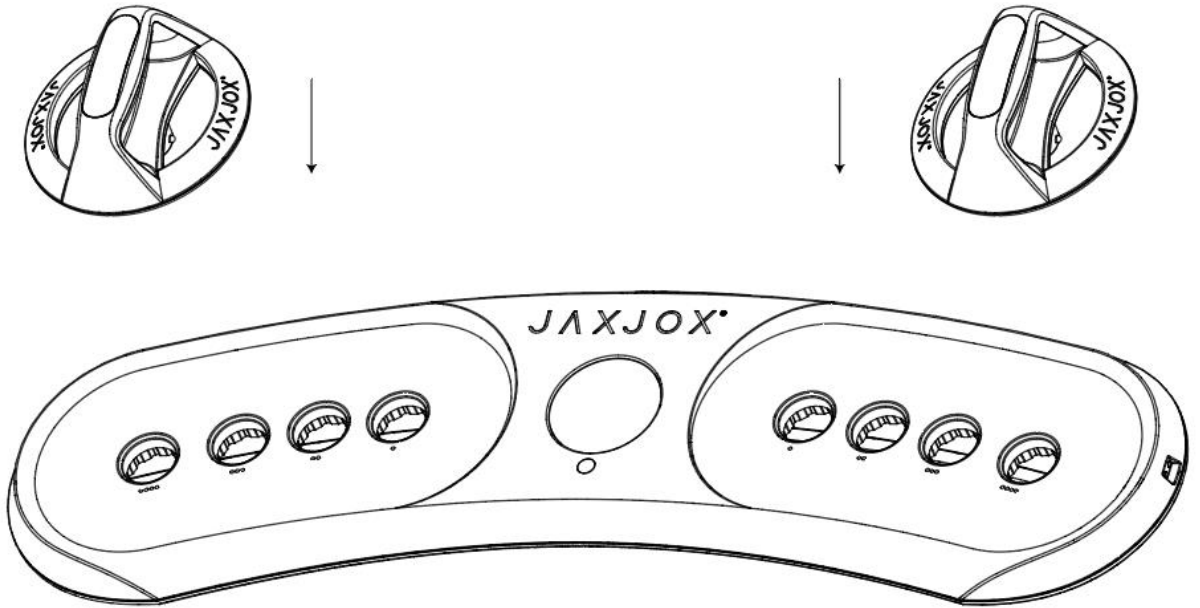
More than 75 per cent
Below 25%

Over 50 per cent

Over 25 per cent

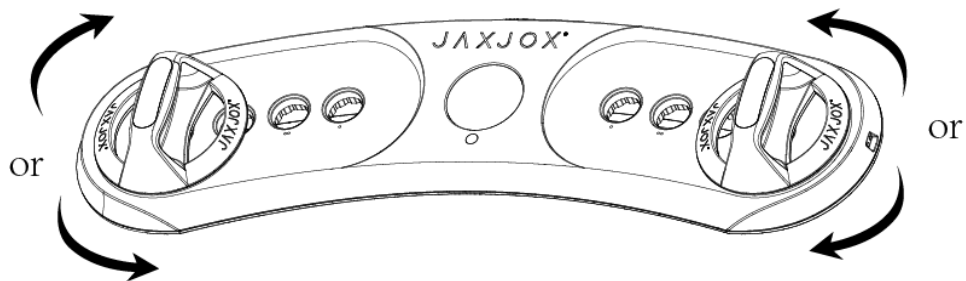
4-3.How to install the handle to the base.

1. Hold a handle in each hand and place the push-up handle vertically downward on the base. It is recommended that the handles can be installed symmetrically on both sides with any two holes on the left and right sides. Ensure that there has a handle on each side. The spacing between the handles can be adjusted according to your needs.
2. Put the push-up handle vertically down on the base. If you hear a click sound, it proves that the handle has been locked. If there is no click sound, turn left and right to make a click sound, which proves that the handle has been installed.



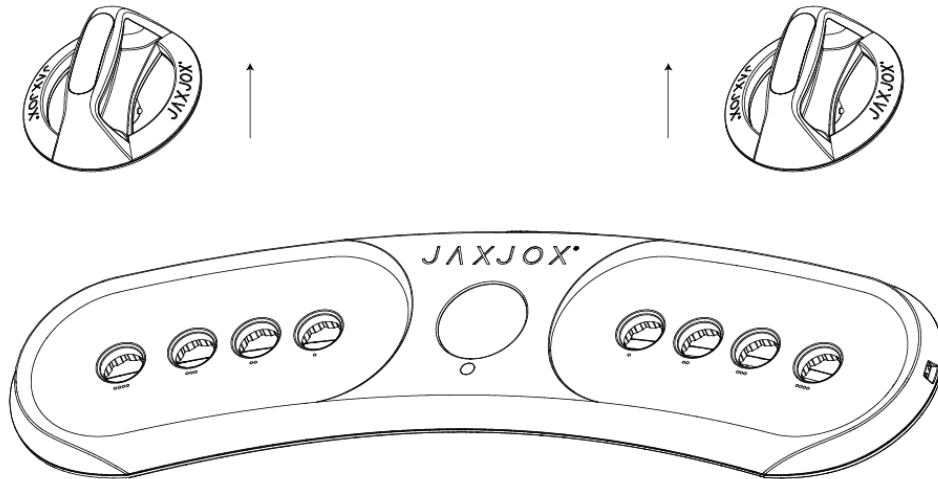
4-4. Adjust the handle.

Lift the handle up, and then install it vertically down to the hole suitable for your fitness. If there is a click sound during the operation, the handle will be stuck. If there is no click sound, turn left and right of the handle before you hear the sound.



4-5. Remove the handle.

1. The handle can be lifted up vertically to remove the handle.



五、Download the installation APP

You can search " JAXJOX " in the apple store. And then click and install it.

六、Bluetooth Connection

Turn on the bluetooth.

Open the APP

Connect the device, check the data from the app.

Note: The screen displays the Bluetooth connection status. The Bluetooth symbol flashes to indicate that the Pushup bar is not connected, and the Bluetooth symbol stays on the screen to indicate that the Pushup bar is connected successfully.

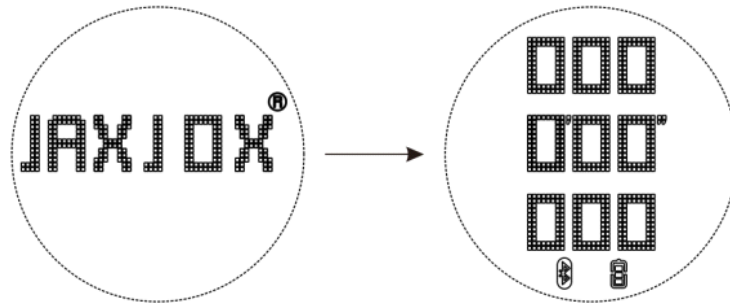


34

七、Method of use

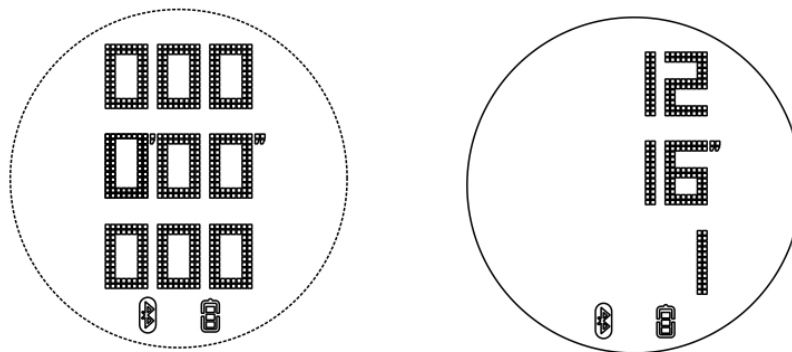
7-1. Start Push-up.

Pushup Bar You can wake up the Pushup Bar by touching or shaking. The LCD will enter the main interface display after showing the word "JAXJOX[®]" for 2 seconds.



7-2. Timing, Counting, Sets.

The current set is ended after 6S without doing exercise, and the displayed data will be automatically cleared if there is no operation for 2 minutes. The new set will update the related display from the second push-up.



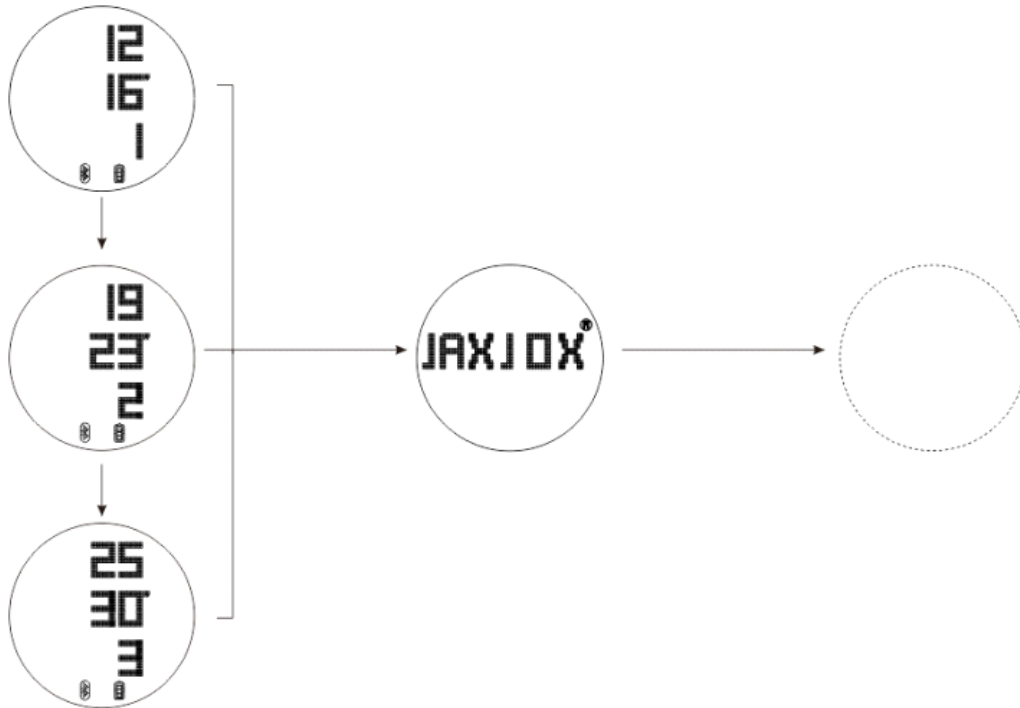
Note:

Before doing exercise, the following condition may affect the counts. Pls pay more attention for the following status;

- Please tear off the screen protector so that the device can count more accurately
- Is push-up standard
- Whether the screen is blocked by foreign objects

7-4. Enter into sleep mode:

If the device is not operated for more than 20 seconds, the screen backlight is off, the LCD displays the "JAXJOX" LOGO interface, and enters into sleep mode, waiting for the next wake-up.



八、Reset the Pushup Bar

After 2 minutes without any operation, the device will automatically reset.

- **Disclaimers**
- The products are subject to change due to the manufacturer's ongoing research and development plans without prior notice
- Our Company makes no representations or warranties as to this user manual or the product we described
- Our Company shall not be liable for any direct or indirect, accidental or special damages, losses or expenses arising out of or in connection with this user manual or the product we described

Routine maintenance and attention

- This product is not waterproof. Do not use our product outdoors on rainy days
- Wiping handle with dry cloth. Please do not make the Pushup bar touch water
- Assessing your condition carefully before exercising, Warm up first.

If it does not work properly, try the methods as following:

- It should be charged in time, and whether the mobile phone Bluetooth is on or not

- Turn off and restart your mobile phone's Bluetooth
- Reboot your mobile phone
- Reset the Pushup bar and reconnect Bluetooth

Product Parameter

- Bluetooth 5.0, transmission distance range is over 30m.
- Using rechargeable lithium batteries
- Backlight LED
- The LCD will automatically turn off in 20 seconds when no one touches it. (Moving the product or holding two handles or moving the base can wake up the LCD display)
- It can keep the detailed exercise data for 14 days, including start and end times, number of push-ups, energy expenditure, etc
- Type C charging port
- APP can display the number of push-ups;
- It can automatic storage of coverage history exercise data. Historical exercise data can be checked by user and time

Product model:

Handle size: 163.2*163.2*90.5mm

Base size: 220.6*876.3*31.4mm

Product Net Weight: 2kg

Wireless connection: Bluetooth

APP: **iOS 13.0+; Android 4.4+;**

EU-DECLARATION OF CONFORMITY

Hereby, We, declares that **Push upConnect™ (model: JJ15002)** 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.

