

User Manual for the Smart Rope

Thank You for Buying this Smart Rope. Model No.: LS-T20NA

This manual shows you how to use the smart rope. Please read this manual carefully before using the product and keep it properly.

I . Download Health PAI APP

Scan the QR code below to install the APP.



II . Device Binding

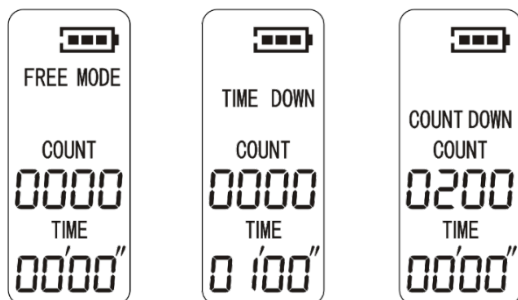
1. Turn on Bluetooth on your cellphone;
2. Open the Health PAI APP to register/login, and then add “Smart Rope” in “Device-Add Device”.

III. Buttons & Charging

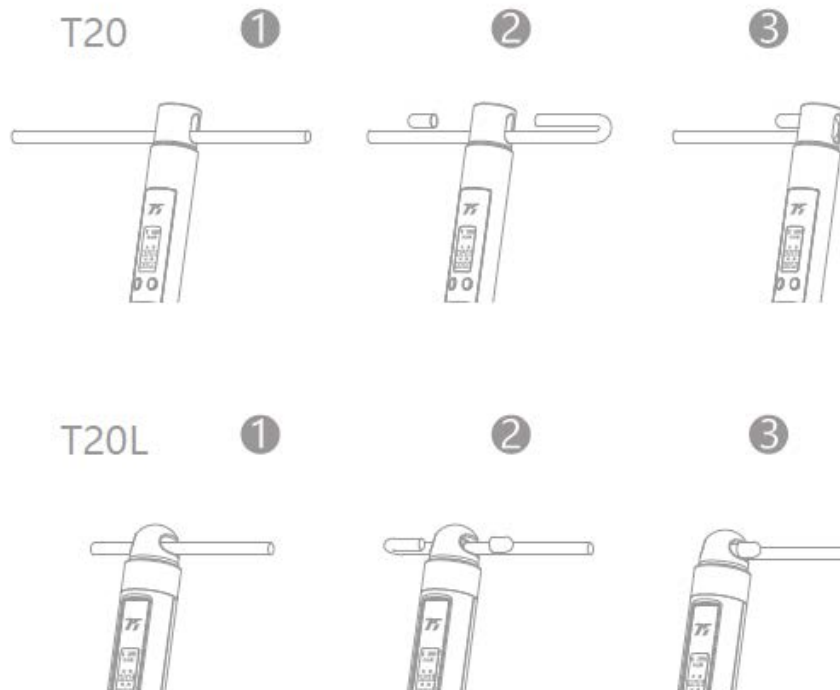
1. Activate the Device: a short press on the left/right button to activate the device.
2. Switch the Mode: a long press on the left button for 2 seconds to switch the mode.
3. Reset the Mode: a long press on the right button for 2 seconds to reset the mode.
4. Restart the Device: a long press on the right button for 8 seconds to restart the device.
5. Charge the Device: the charging port is located at the end of the main handle (if it's T20NA or T20EU, you need to unplug the silica gel plug). Please charge the device with a standard 5V charger and a standard Micro USB charging cable.

IV. Display

1. Battery icon: it shows the current battery status; when the icon flashes, please charge the device.
2. Exercise mode: it shows the current exercise mode, which includes free mode, time down (skipping time) and count down (skipping count).
3. Time: it shows the skipping time or remaining time.
4. Count: it shows the count of skips done or the count of remaining skips.



V. Installation



Daily maintenance and matters need attention:

1. This product is not waterproof, so do not use it outdoors in rainy days.
2. When charging, please plug and unplug gently to avoid any damage.
3. Please use a piece of dry cloth when wiping the handles. Don't use a wet one.
4. Please carefully evaluate your fitness condition and have a warm-up before you start rope skipping.

If the device doesn't work, please try the following:

1. Please charge the device to ensure sufficient power.
2. Check your cellphone to make sure the Bluetooth is on.
3. Turn off the Bluetooth and turn it on again on your cellphone.
4. Restart your cellphone.
5. Restart the device and rebind it to your phone.

FCC ID: 2ATWS2019A6

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

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 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 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