

User Manual for the Smart Rope

Thank You for Buying the 75PAI Smart Rope.

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 Paiactive APP

Search and install the APP.

II . Device Binding

1. Turn on Bluetooth on your cellphone;
2. Open the Paiactive 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. Main interface: Press the left key "mode" to enter the mode interface, and press the right key "record" to enter Data recording interface;
3. Mode interface: Long press the left key "switch" to switch the mode, and press the right button to "return" to return to the main interface;
4. Motion interface: Long press the right button "end" to end the current movement and enter the data details interface;
5. Data detail interface: Simply press the left key "previous" and "next" to view the data details, Right click return to return to the previous interface, and long press return to return to the main interface;
6. Data recording interface: Press the left button to select the data to be viewed, and press the right button to Return to the main interface, select the data to be viewed, and long press the left key "select" to view the data details affection;
7. Data manual saving: Long press "end" in the motion interface to save the data manually;
8. Automatic data saving: 5 minutes after the device stops moving, the device will automatically save the current data and sleep automatically
9. Screen rest screen: When the device screen is lit for 15 seconds, the screen will automatically stop and light up by pressing the left and right keys;
10. Device restart: Right click on any interface and press for 8 seconds to restart the device;
11. Device shutdown: The device does not need to be shut down manually. It will automatically sleep 5 minutes after stopping movement;
12. Charging interface: When charging, the screen displays the "charging" interface for 2 seconds, and when fully charged, the "charging completed" interface is displayed,

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.
5. Main interface: display handle time and date
6. Rope mixing times: displays the times of rope skipping and tripping this time;
7. BPM: displays the beats per minute of this rope skipping.

V. Installation

Daily maintenance and matters need attention:

1. This product is not waterproof, so do not use it outdoors in rainy days.
2. Please use a piece of dry cloth when wiping the handles. Don't use a wet one.
3. 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 make sure the device has enough 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.

Product model:LS-F20L

Handle size: 170*23*23mm

Weight: About 170g

Material: ABS.

Rope length: 2.8 meters

Connectivity: Bluetooth

Battery capacity:300mAh

OS support: Android5.1 , iOS 11.0 and above

Manufacturer: Shanghai Laisi Information Technology Co., Ltd.

Address: No. 1158, Zhongxin Road, Songjiang District, Shanghai

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 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. Warning: changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment The device has been evaluated to meet general RF exposure requirements, the device can be used in portable exposure condition without restriction