



Product Information & Operating Specification					
Product Name	Rally X	Water Proof	IP54	Dimensions	179x113x124mm
Resistance	Maximal 180kg Minimal 15-100kg Reset	Display/Port	MicroUSB	Max Speed	12km/h
Max Load Weight	180kg	Control	5V	Weight	1100g
Battery	Lithium ION 800mAh	Charge Time (0-100%)	2.5H	Ambient Temperature	-10°C - 40°C
		Maximum Velocity	18.6km/h	Frequency	1.2MHz
		Maximum Physical Range	500m	Connectivity	Android/IOS

**What is Rally X?**  
Rally X is an innovative, portable and effective gym and personal trainer. Owned by Wocym.

The Rally X system consists of two elastic bands with two sensors that record your workout data. suspension training strap, can be used for sit ups and other body fitness exercises. Elastic resistance strap is a very easy to take, and it is easy to pack tightly to take with you anywhere, anytime.

Never miss a workout, no matter where your mission takes you.



**How to Setup Your Rally X**

**1. Open Rally X with the power button.**  
a. Turn on Rally X and hold down the power button.  
b. Connect the Rally X to the charging cable to power the device and fully charge the battery.

**2. Install the Rally X app on your smartphone.**  
a. Open the App Store or Google Play Store.  
b. Search for Rally X.  
c. Tap Get or Install.  
d. Tap Open.  
e. Tap Allow.  
f. Tap OK.

**3. Connect the Rally X to your smartphone.**  
a. Open the Rally X app.  
b. Tap Connect Device.  
c. Tap OK.

**LED Indications/Sensor State**

**LED Indications:**  

- Green: Full Charge
- Yellow: Low Battery
- Red: Error
- Blue: Start
- White: Stop
- Red: Error
- White: Stop

**Sensor State:**  

- Green: Start
- Yellow: Low Battery
- Red: Error
- Blue: Start
- White: Stop
- Red: Error
- White: Stop

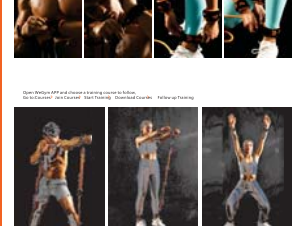
Use the Rally X device to track your workout and keep track of your progress. It will provide you with real-time feedback on your performance and help you stay motivated to reach your goals.

**Rally X Free Training**

1. Attach the Rally X to your smartphone and use the Rally X app to track your workout.

2. Adjust the Rally X resistance band to your desired level.

3. Perform the following exercises:



**Rally X Suspension Training**

1. Attach the Rally X to your smartphone and use the Rally X app to track your workout.

2. Perform the following exercises:

3. Repeat the exercises for 10-15 minutes.

**Safety Dos and Don'ts:**

**Do's:**

- Use only the Rally X device for suspension training.
- Check the Rally X device for damage before use.
- Use the Rally X device on a flat, stable surface.
- Use the Rally X device with proper form.
- Use the Rally X device with proper breathing techniques.
- Use the Rally X device with proper warm-up and cool-down.
- Use the Rally X device with proper hydration.
- Use the Rally X device with proper rest and recovery.
- Use the Rally X device with proper motivation.
- Use the Rally X device with proper focus.
- Use the Rally X device with proper discipline.
- Use the Rally X device with proper consistency.
- Use the Rally X device with proper dedication.
- Use the Rally X device with proper determination.
- Use the Rally X device with proper perseverance.
- Use the Rally X device with proper resilience.
- Use the Rally X device with proper strength.
- Use the Rally X device with proper endurance.
- Use the Rally X device with proper stamina.
- Use the Rally X device with proper toughness.
- Use the Rally X device with proper grit.
- Use the Rally X device with proper determination.
- Use the Rally X device with proper focus.

**Don'ts:**

- Do not use the Rally X device if you are injured or have a medical condition.
- Do not use the Rally X device if you are pregnant or breastfeeding.
- Do not use the Rally X device if you are under the influence of alcohol or drugs.
- Do not use the Rally X device if you are wearing a hat or sunglasses.
- Do not use the Rally X device if you are wearing loose clothing.
- Do not use the Rally X device if you are wearing jewelry.
- Do not use the Rally X device if you are wearing shoes that are not suitable for exercise.
- Do not use the Rally X device if you are wearing anything that could get in the way of your movement.
- Do not use the Rally X device if you are wearing anything that could get in the way of your breathing.
- Do not use the Rally X device if you are wearing anything that could get in the way of your vision.
- Do not use the Rally X device if you are wearing anything that could get in the way of your hearing.
- Do not use the Rally X device if you are wearing anything that could get in the way of your taste.
- Do not use the Rally X device if you are wearing anything that could get in the way of your smell.
- Do not use the Rally X device if you are wearing anything that could get in the way of your touch.
- Do not use the Rally X device if you are wearing anything that could get in the way of your pain.
- Do not use the Rally X device if you are wearing anything that could get in the way of your anger.
- Do not use the Rally X device if you are wearing anything that could get in the way of your pride.
- Do not use the Rally X device if you are wearing anything that could get in the way of your ego.
- Do not use the Rally X device if you are wearing anything that could get in the way of your vanity.
- Do not use the Rally X device if you are wearing anything that could get in the way of your honor.
- Do not use the Rally X device if you are wearing anything that could get in the way of your dignity.
- Do not use the Rally X device if you are wearing anything that could get in the way of your respect.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-esteem.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-worth.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-respect.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-love.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-care.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-preservation.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-defense.
- Do not use the Rally X device if you are wearing anything that could get in the way of your self-protection.
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**FCC Caution:**

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's warranty for safety.

**Warranty:**

The Rally X device is covered by a 1-year warranty. For more information, please contact the manufacturer.

