Start Guide
SMART JUMP ROPE
IF-SR-D01/02

Version 1.0

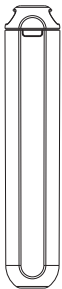Model No.:IF-SR-D01

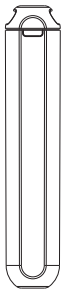
Model No.:IF-SR-D02

Product List

1 x Functional
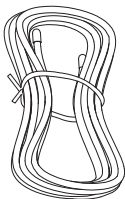Handle

1 x Normal
Handle

1 x Charging
Cable

2 x Rope Lock

1 x Rope

Start Guide
Move It Smart Skipping Rope

1 x Manual

1.How to activate product

When using the product for the first time, ensure you charge for the product at least 20 minutes and there is at least 20% remaining power left in the product.(Please see the chapter 10 about battery status checking.)

Connect one the end of the providing charge cable to the handle charging port and the other to a 5V adapter to safely charge the device.

When Charging, the LED Light will light red continuously.

When fully charged, the LED light will turn blue.

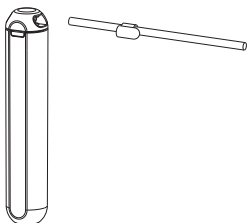To prolong the battery lifespan of your device, kindly avoid overcharging the battery.
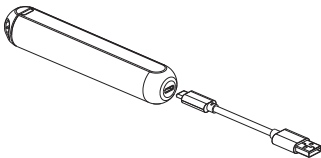
2. Assembling

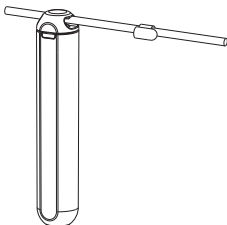Follow the steps below to assemble the skipping rope.
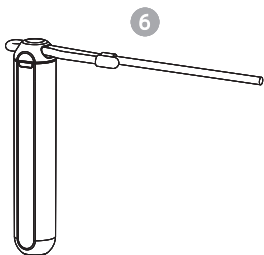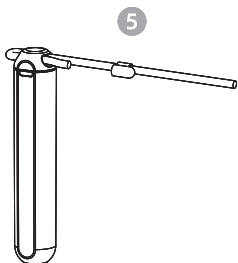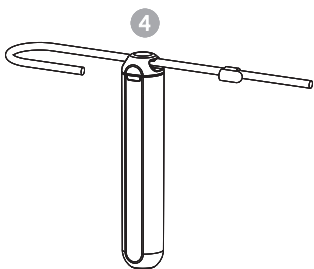
3. Download Move it APP

To download the "Move It" app, you can either scan the QR code below or search "Move It" in your mobile app store.

*Move It app is only compatible for Android 4.4 or iOS 9.0 higher.

4.Registered Account

For new members
Follow the instructions in the app to complete the setup.
For existing members
Login to your account accordingly.

5. Initiating Bluetooth

Turn on Bluetooth on your mobile, ensure that your mobile is made discoverable.

⚠️

With Googles's updated system requirements, Android users may be prompted to turn their Location Service on in order to ensure a stable connection on Bluetooth.

6. Pairing the device

Login to your account and pair the device to your mobile by clicking: Me > Device Management > Move It Smart Rope (AG).
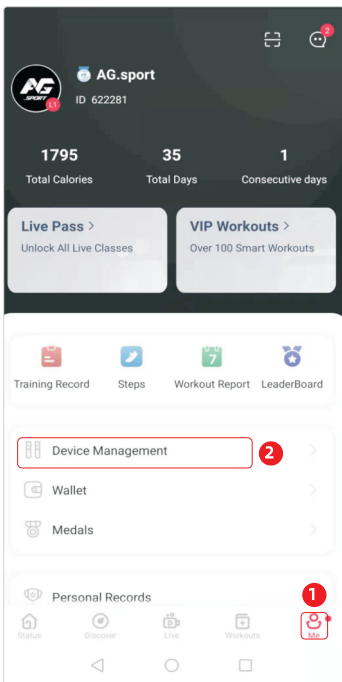
Choose the device "Move It Smart Rope (AG)".

‹   Device Management

Move It Smart Dumbbell
No Device Paired

Move It Smart Punch
No Device Paired

Move It Smart Hula Hoop
MoveIt_ba6829

Move It Power Dumbbells
MoveIt_15ae8d

Move It Smart Rope V2
No Device Paired

Move It Smart Rope (AG) ❸
No Device Paired

Move It Smart Swing Hoop
No Device Paired

Scale

Click "Pair" to bond the device smart jump rope(AG).

<

Move It Smart Rope (AG)

Smooth Bearings · Accurate · Track Kcal

BUY NOW | **4** PAIR
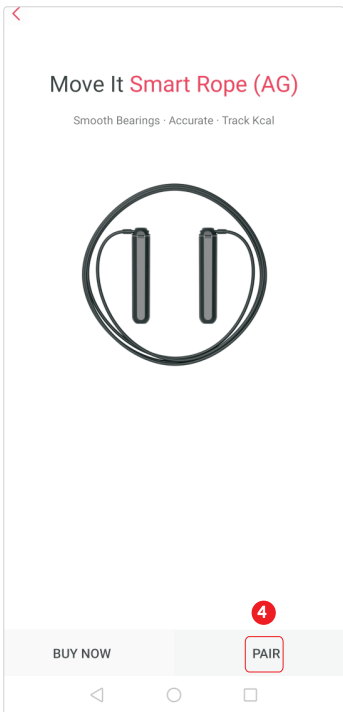
Scan for the skipping rope and select your skipping rope to pair to your mobile.

< Scanning

M20L-A
39:A3:0A:6C:14:18   **5**

6

Stop Scan
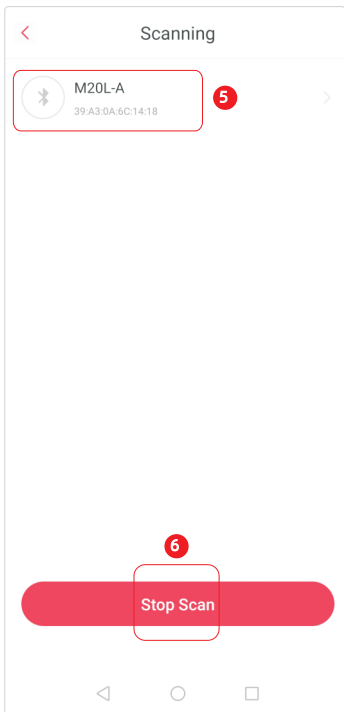
It will show "Device Has Bound" when it is paired successfully, and then click "MOVE IT" to return homepage.

Device Has Bound

6

Move It
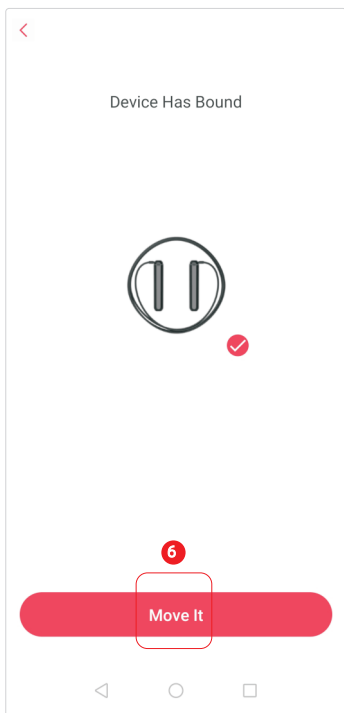
7. Start Workout

At the main menu, click by Workouts > Jump Rope V2, and select any the mode of "Free Account", "Rep Countdown" or "Time Attack" to start your workout.

2

| ell | Hula Hoop | **Jump Rope V2** | Punch Bag | P |

⏸ Jump Rope VIP Expires 2030-09-13 Subscriptions

8-12 Min

😊 joe recently finished

Jump Rope HIIT Training
Smart Interval Fat Burn Training

Challenge ›
10 Stages from beginner to intermediate

Free Count ›
Free Training

Rep Countdown ›
Select rep-based goal

Time Attack ›
Select time-based goal

All Programs ›

Status Discover Live **Workouts** Me

1

Mode 1: Free Count

Select the mode "Free Count", the device will be connected automatically to start workout.

| ell | Hula Hoop | **Jump Rope V2** | Punch Bag | P |

⏸ Jump Rope VIP Expires 2030-09-13 Subscriptions

8-12 Min

joe recently finished

Jump Rope HIIT Training
Smart Interval Fat Burn Training

Challenge
10 Stages from beginner to intermediate

Free Count
Free Training

Rep Countdown
Select rep-based goal

Time Attack
Select time-based goal

All Programs

Status   Discover   Live   Workouts   Me
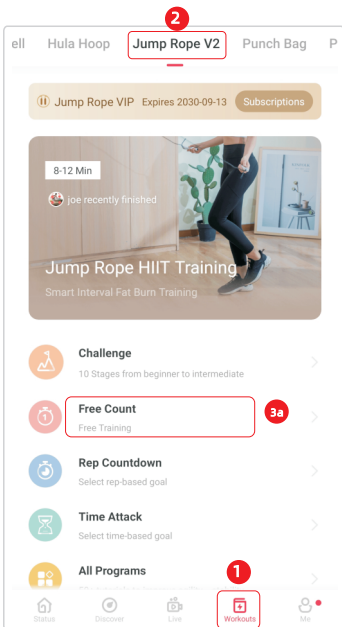
Mode 2: Rep Countdown

Select the mode "Rep Countdown", the device will be connected automatically to start workout.

2

| ell | Hula Hoop | **Jump Rope V2** | Punch Bag | P |

⏸ Jump Rope VIP Expires 2030-09-13 Subscriptions

8-12 Min

👤 joe recently finished

Jump Rope HIIT Training
Smart Interval Fat Burn Training

Challenge
10 Stages from beginner to intermediate >

Free Count
Free Training >

Rep Countdown **3b**
Select rep-based goal >

Time Attack
Select time-based goal >

All Programs **1**
 >

Status Discover Live **Workouts** Me
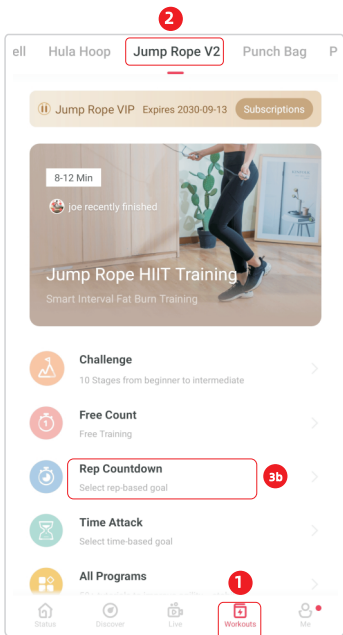
Regarding custom setting of "Rep Countdown", please follow step below, and input numbers of reps as you want, confirm and start to workout.

<   Custom Rep Target

Input Rep Target (50-9999rep)

150 reps

Confirm

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	⌫

Mode 3: Time Attack

Select the mode "Track Attack", input duration number of 00:30(sec), 01:00(min), 05:00(mins), 10:00(mins) or Custom to start workout.
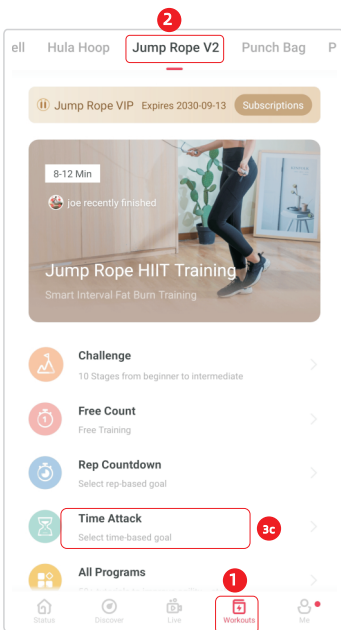
Regarding custom setting of "Time Track", please follow step below, and input time target as you want, confirm and start to workout.

‹	Custom Time Target

Input Time Target　(01:00 - 99:59)

35 Min	**30** Sec

Confirm

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	⌫

7a. Join a Challenge

At the main menu, please select the mode "Challenge" to Join a challenge.

2

ell   Hula Hoop   **Jump Rope V2**   Punch Bag   P

⏸ Jump Rope VIP   Expires 2030-09-13   Subscriptions

8-12 Min

joe recently finished

Jump Rope HIIT Training
Smart Interval Fat Burn Training

Challenge
10 Stages from beginner to intermediate   **3**   ›

Free Count
Free Training   ›

Rep Countdown
Select rep-based goal   ›

Time Attack
Select time-based goal   ›

All Programs
  ›

Status   Discover   Live   **Workouts**   **1**   Me

For new challenge participants, select the icon "M1" or tap the challenge box to begin the challenge! If your jump rope has not been paired successfully, it will prompt you to initiate Bluetooth pairing with your mobile phone. Otherwise, you will begin the challenge!

Challenge

4

M1

Time limit 01 min 00 sec

35/80

Jump count 80 rep

Learn effective skills for fat loss
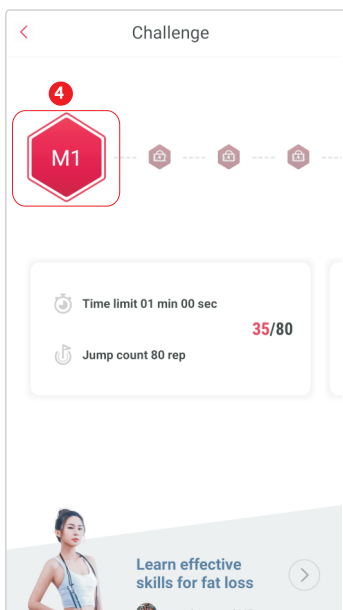
8. Learn to jumping

At the main menu, please select the mode " All programs " to learn to jumping.

2

| ell | Hula Hoop | Jump Rope V2 | Punch Bag | P |

⏸ Jump Rope VIP Expires 2030-09-13   Subscriptions

8-12 Min

😊 joe recently finished

Jump Rope HIIT Training
Smart Interval Fat Burn Training

Challenge
10 Stages from beginner to intermediate ›

Free Count
Free Training ›

Rep Countdown
Select rep-based goal ›

Time Attack
Select time-based goal ›

All Programs **3** ›

Status   Discover   Live   Workouts   Me

1

Learn to jump following programs guidance. You need to pay for it to unlock the training course.

Premium **Front Skip Fundamentals**

Total 3 Programs

Progress: 0/3

Premium **Front Skip Endurance**

Total 7 Programs

Progress: 0/7

Premium **Front Skip Agility**

Total 6 Programs

Progress: 0/6

Premium **Cycling Step Fundamentals**

Total 2 Programs

9.Instruction

On the handle LED screen, the "Rep" and "Time" will display alternately when you are jumping.

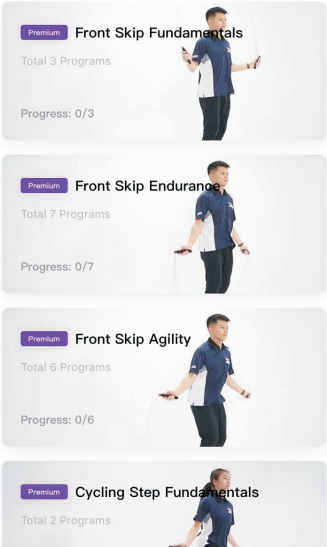COUNT   TIME

PS:
*The LED display is only compatible for Model No. IF-SR-D01. For the model IF-SR-D02, it is no LED display.

Bluetooth Indicator:
When the skipping rope and mobile are connected, the LED light will be light up and handle will be vibrated.

Stand By
The device will enter standby mode after 30 seconds of inactivity..

*The smart skipping rope does not support offline data saving, it needs to connect with mobile phone APP to save motion data.

10. Battery

You can check battery status in the APP. It shows the remaining power left in the product.

When the handle LED light turn red, the product is in need of a charge.
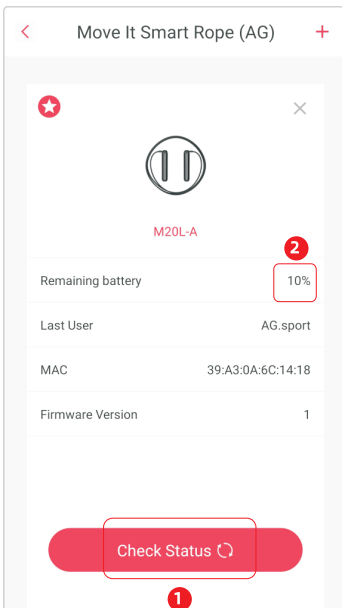
11. Charging

1.Connect the Type C cable to the bottom of the handle to charge with 5V adapter.

2.A full charge takes approximately 1 hour.

3. The LED light will light red continually, and it will be turn blue when it is full charging.

4. To prolong the battery liftspan, it is recommended to charge the device at least once a month.

12. Specification

Product Name	Smart Jump Rope
Model No.:	IF-SR-D01/02
Handle Size:	L144*D28mm
Rope Length:	2.8 Adjustable
Rope Material:	PVC+ Steel
Color: Model No.:	Black
Build-in Sensor:	Double Hall Sensor
Battery:	60mAh(3.7v) Li-Ion
Charging Port:	Type C
Input :	5V $=$ 1A
Connect:	Bluetooth 4.0
Operation System:	Apple iOS 9.0 or Android 5.0
Evolving Contents:	Yes

Android   IPhone

13. FAQ

When you can't use the device properly, try the following:

1. Charge the device to make sure there is sufficient power.

2. Ensure Bluetooth is turned on.

3. Turn off and re-open Bluetooth.

4. Restart your phone.

5. Unpair and re-connect the product to your mobile.

*Attention:
For Android users, turn on your mobile's GPS to boost connectivity with the product.

Warranty

Thank you very much for choosing our products.

According to the prescription, the period for protecting to fix our company's product is one year. (From the day when you have the invoice) During this period, any belongs to under normal usage circumstance cause because of the product quality's problem of breakdown, our company will be responsible for giving free replacing.

Free replace won't be given under the following circumstance,
* Without a warranty card.
(It is Included in the manual.)
* The breakdown caused by the manipulation that has not follow the requests of the manual.
*The damage caused by the dismantle movement of a non-our company authorized maintainer.
* The breakdown, row harm or damaged because of the move or drop
* The damage caused by customer inappropriate preservation, maintain, or usage.
* Easy damaged pieces and present accessories are not concerned.
* The breakdown and the damage caused by the force majeure.

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www.agsport29.com

Brand: AG.sport

Manufacturer:
Shenzhen AG Sport Equipment Co.,Ltd

Address:
Building 5, Yuantou Lane, No.1155
Xueyuan Avenue, Tanglang
Community, Taoyuan Street, Nanshan
District, Shenzhen City, Guangdong
Province, China

Email: ag@agsport29.com

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.

Caution: 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:

--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.

Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.