

**WOLONOW Smart Dual-Mode Jumping Rope**

User Guide

**Product Description**

Thank you for choosing WOLONOW Smart Dual-Mode Jumping Rope.

Jumping Rope      3-meter TPU Wear-Resistant Steel Rope      Air Jump Pendulum Kit

Portable Storage Bag      Type-C Cable      Silicon Rope Locker

**Function**

Note: When a user jumps with the rope moving in the clockwise (forward) direction, the reading starts from the left side of the display screen; when a user jumps with the rope moving in the counterclockwise (backward) direction, the reading starts in the opposite way.

**How to Use**

1. Press “@” and hold for 2 seconds. The device is on when “8888” is displayed. When “0” is displayed, you may begin to jump freely.  
2. Press “@” and hold for 4 seconds. The device is off when “0FF” is displayed.  
3. Time Countdown mode: When the device is on, press “@” one time to enter into the time countdown mode. “0000” flashes at default.  
4. Number Countdown mode: When the device is on, press “@” twice to enter into the number countdown mode. “0” flashes at default.  
5. Under the Time/Number Countdown mode, press “@” one time again to choose and switch mode. Start using the device under the chosen mode when the flash stops.  
6. Press “@” twice to reset. Under the Time/Number Countdown mode, press “@” twice to return to the previous step.

Patented Self-Adapted Device  
On/Off/Return Button  
Countdown/Number Selection Button  
Hidden LED Screen  
Bluetooth Indicator  
Power Indicator  
Type-C Charging Port

Press and hold to switch on/off the device, Press to reset/return.  
Press one time for time countdown, Press twice for number countdown.

**How to Charge**

Open the lid of the charging port on the handle with the “On/Off” button. Insert the Type-C cable to the charging port. Connect to power supply to begin charging.

Open the lid and connect with the Type-C cable for charging.

**How to fit in TPU steel rope**

1. Use your finger to flip the rotor device at the tip of the jumping rope in the direction and to the position as shown in the figure.  
2. Put the steel rope through the silicon rope locker and the hole at the tip of the jumping rope, the second hole and the silicon rope locker, in the arrow direction step by step as shown in the above figure.  
3. Adjust the length to be fit for the user, and put the rope through the tip of the jumping rope, the second hole and the silicon rope locker, in the arrow direction step by step as shown in the above figure.  
4. Pull to tighten the steel rope until it is fully locked inside the rotor (as shown in the above figure). It indicates that the steel rope is fit in successfully and the jumping rope can self-adapt to the angle during use.  
5. Turn the steel rope. If the steel rope can naturally move in the arrow direction for the angle as shown in the above figure, it indicates that the steel rope is fit in successfully and the jumping rope can self-adapt to the angle during use.

**How to fit in the air jump pendulum rope**

1. Use your finger to flip the rotor device at the tip of the jumping rope in the direction as shown in the figure.  
2. Put the pendulum rope through the silicon rope locker and the hole at the tip of the jumping rope in the arrow direction step by step as shown in the above figure (Please note that it is fit in the opposite way of the steel rope).  
3. Adjust the length to be fit for the user, and put the rope through the tip of the jumping rope, the second hole and the silicon rope locker, in the arrow direction step by step as shown in the above figure, and pull to tighten the rope.  
4. Pull to tighten the pendulum rope until it is fully locked outside the rotor (as shown in the above figure).  
5. Please note that the air jumping rope is fit in the opposite way of the steel rope. The inner rotor is restricted by the air jumping rope to allow a limited angle for air rope jumping, so as to provide a better experience.

**How to adjust the rope to the appropriate length**

After the jumping rope is well connected to both handles, step the middle part of the rope with your foot and pull the handles to above chest. If you are a beginner, the rope should have the length that allows the handles to just reach under armpits. If you are very good at jumping rope, it is recommend to lock the rope position to the length as shown in the figure below.

Beginner  
Veteran  
Challenger

**How to adjust the rope length**

When you feel it necessary to adjust the rope length to meet with the different height of your family members, please adjust as shown in the figure below.

1. Hold one end of the two ropes between your fingers to withdraw in the arrow direction.  
2. Adjust to the appropriate length. Make sure to straighten the steel rope and avoid any raised part that may affect rope jumping.  
3. Try to keep the part of the rope that comes out from the left handle and the right handle at the same length, so as to achieve balance and the best rope jumping result.

**Correct posture for rope jumping**

Stand with the body in a natural upright position. Keep both legs slightly apart at the ankle position. Keep upper arms closely against the body, with the forearms reaching out toward both sides. Use the wrist strength to roll the jumping rope handles and jump, with the legs slightly bent. When jumping, avoid landing with both the heel and complete sole of the foot.

**Warm tips:**

1. When jumping rope, please wear shock-absorbing sneakers that can better protect your ankles and soles.  
2. Please do some warm-up prior to jumping rope, in order to speed up blood circulation in the body, make tendons more nimble and avoid injury in the joint, ligament or muscle.  
3. Please do some stretches after exercise, especially leg stretch, to relieve tension or sore in the muscle.  
4. Please try to choose an exercise site with the ground surface of an appropriate level of softness, such as lawn, rubber sports ground and gym room. Rough ground surface adds resistance to the rope and speeds up abrasion of the rope.  
5. Please try your best to choose an empty site to avoid hurting others due to movement of the rope when jumping.

**How to start use**

Scan the QR code below to download and install “WOLO App”.

Scan QR Code to download the official App

**Bluetooth pairing and connection**

① Enable Bluetooth function of the phone. Keep the jumping rope device on and close to the phone.  
② Open “WOLO App”, click “Sports” and choose “Connect Now”.

1. Enable Bluetooth function of the phone. Keep the jumping rope device on and close to the phone.  
2. Open “WOLO App”, click “Sports” and choose “Connect Now”.

**Name and Content of Harmful Substances in the Product**

Component Name	Toxic and Harmful Substance or Element					
	Lead (Pb)	Mercury (Hg)	Cadmium (Cd)	Chromium VI (Cr+6)	Polybrominated biphenyl (PBB)	Poly Brominated Diphenyl Ethers (PBDE)
Handle ABS + PC Material	○	○	○	○	○	○
Display Cover Acrylic Material	○	○	○	○	○	○
Steel Rope TPU Material	○	○	○	○	○	○
Rope Locker Silicon Material	○	○	○	○	○	○
Packaging Material	○	○	○	○	○	○
Chip	○	○	○	○	○	○
PCBA	○	○	○	○	○	○

This table is compiled pursuant to Rules SJ/T 11363-2006.  
O: means the content of harmful substance in all homogenous material of the components is below the required limit under Rules GB/T 26572.  
X: means the content of harmful substance in at least one certain homogenous material of the components exceeds the required limit under Rules GB/T 26572.

**FCC Requirement**

**FCC ID: 2A2S7-SMS-3**

This equipment does 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.

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.

**Warranty Clauses**

Thank you for purchasing our products. The product is well-designed to provide high quality and safety. The product is manufactured with high-quality hardware and components. Please use and maintain it properly following the User Guide so that the product can work in its best condition. If any quality problem occurs to the product within one year from the date of purchase, please contact the dealer.  
1. The warranty period is one year from the date of your purchase.  
During the warranty period, if there is any defect or quality issue related to the material or workmanship of the product, we will provide you with free service. After the warranty period expires, we will provide quality and inexpensive paid repair services.  
2. The following cases are not covered by our warranty service and free repair service will not be provided.  
- The 1-year product warranty period has expired.  
- The malfunction or defect is not caused by our company's reason.  
- No man-made damage will be covered (For example, the device is disassembled or modified by the consumer; the device is damaged due to transportation or other accidents; the damage is caused due to use, maintenance or service not in accordance with the User Guide.)  
- Damage is caused due to repair or modification not provided by the company, or is caused due to force majeure (such as natural disasters or voltage abnormalities).

**Product Information**

Product Name: WOLONOW Smart Dual-Mode Jumping Rope  
Model: SRS-3.0  
Dimensions of Main Body: 163 x 24 x 27 mm  
Main Material: Main Body Handle PC + ABS Engineering Plastic, TPU Steel Rope Execution Standard: GB4706.1-2005; GB/T 19851.20-2007  
Type of Interface: Type-C  
Charging Specification: DC 5V 0.5A  
Battery Type: 500mAh Lithium Battery  
Manufacturer's Address: Shenzhen, Guangdong  
Manufacturer: Xingfen Technology (Shenzhen) Co., Ltd.  
Customer Service Hotline: 400-999-0509  
Packing List: Jumping Rope Handle Main Body x 2, 3m TPU Steel Rope x 1, Portable Storage Bag x 1, Air Jump Pendulum x 2, User Guide x 1, USB Type-C Cable x 1, Silicon Rope Locker x 4

More detailed information is available from www.wolonow.cn. Or call WOLONOW's customer service hotline 400-999-0509 for more inquiries.

Manufacturer: Star Atmosphere Technology (Shenzhen) Co., LTD  
Address: Room 2706A, Block A, Sunshine TDI Building, Nanshan District, Shenzhen 518000, China  
User Guide | V 1.0

材料:128g哑粉/覆亚膜 工艺:风琴折页 尺寸:单页90\*90mm 字体印刷:单色k值80

切刀 压线 齿刀 开槽 半穿 粘合

Scale 1:1      Unit: mm

材料：128g哑粉/覆亚膜      工艺：风琴折页      尺寸：      印刷颜色：CMYK      设计：XXX      版本：V 1.0