

WOLONOW Smart Dual-Mode Jumping Rope User Guide

MCW

Product Description

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

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

- Press "O" and hold for 2 seconds. The device is on when "8888" is displayed.
- Press "O" and hold for 4 seconds. The device is off when "0000" is displayed.
- Time Countdown mode: When the device is on, press "O" one time to enter into the time countdown mode.
- Number Countdown mode: When the device is on, press "O" twice to enter into the number countdown mode.
- Under the Time/Number Countdown mode, "0000" flashes at default.
- Under the Time/Number Countdown mode, press "O" one time again to choose and switch mode. Start using the device under the chosen mode when the flash stops.
- Press "O" twice to reset. Under the Time/Number Countdown mode, press "O" twice to return to the previous step.

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.

How to fit in TPU steel rope

How to fit in the air jump pendulum rope

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 recommended to lock the rope position to the length as shown in the figure below.

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.

How to adjust the rope length

1. Hold one end of the two ropes between your fingers to withdraw in the arrow direction.

How to adjust the rope length

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.

How to start use

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

Bluetooth pairing and connection

- Enable Bluetooth function of the phone. Keep the jumping rope device on and close to the phone.
- Open "WOLO App", click "Sports" and choose "Connect Now".
- Choose WOLONOW Smart Dual-Mode Jumping Rope from the pull-down menu to enter the connection status. The Bluetooth indicator is always on in the display area of the handle, indicating that the device is connected.

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 (Cr6+)	Polybrominated biphenyl (PBB)	Polybrominated diphenyl ethers (PBDE)
Handle ABS + PC Material	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Display Cover Acrylic Material	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Steel Rope TPU Material	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rope Locker Silicon Material	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Packaging Material	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chip	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PCBA	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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: 2A5Z-SRS-3

changes or modifications not expressly approved by the party responsible for compliance may 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.

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 product or parts of the product, we will provide you with free services. 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.
- The product is damaged when transported. (For example, the device is damaged due to or modified by the consumer; the damage is caused 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 the product: 163 x 24 x 27 mm
Material: ABS + PC + TPU
Handle: Reinforced Handle PC + ABS Engineering Plastic, TPU Steel Rope
Execution Standard: GB/T 26572-2005; 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: Xingfei 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

WOLONOW

More detailed information is available from www.wolow.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 TD Building, Nanshan District, Shenzhen 518000, China
User Guide : V1.0

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: V1.0