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Wearing

1. Carefully aligning the band across your wrist about one finger width away from your pulse point.
2. To achieve the optimal performance of the heart rate sensor, press on the back of the watch until you feel your pulse. After wearing your watch, keep a steady pulse for two to three minutes. When you stop the pulse for any reason, tighten the wristband (before you put it on) and properly measure it again.



Correct

The heart rate sensor must be placed on the back of the wrist, aligned with the pulse point.



Wrong

The heart rate sensor must be placed on the back of the wrist, aligned with the pulse point.

Connecting with ADO

1. Scan the QR code to download and install the app. (Note: Make sure you have a QR code reader before you start using it.)



Available for download

2. Log into your ADO account on the app, authorize the application to read and write to your phone. (Once you have done this and a pop-up screen is displayed on your phone, you can complete the pairing process.)

Note: Make sure you have your phone powered on and that the phone will be able to connect to your phone. If not, find the phone and use the button below.



How to Use

After successful pairing with your ADO, the hand will start moving and indicating when the vehicle is moving. (Note: The hand movement is light to dark.)

3. When the hand starts to move, the ADO will start to indicate when the vehicle is moving. (Note: The hand movement is light to dark.)

4. When the hand starts to move, the ADO will start to indicate when the vehicle is moving. (Note: The hand movement is light to dark.)

5. When the hand starts to move, the ADO will start to indicate when the vehicle is moving. (Note: The hand movement is light to dark.)



6. When the hand starts to move, the ADO will start to indicate when the vehicle is moving. (Note: The hand movement is light to dark.)



7. When the hand starts to move, the ADO will start to indicate when the vehicle is moving. (Note: The hand movement is light to dark.)



Disassembling

Remove the head from your seat, hold it to the wall and put an air hose and pump on it, along with the hose for the front tractor and the rear wheel. Use your finger to pop the tractors and wheels off of the frame from the rear of the seat/wheel.



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Charging

When using the hand for the first time, connect it to the charging cable in your car.

Then plug your hand into the wall where the battery would be.



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FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this 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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.