HYGEAR

Watch:
Getting started
with Hygear

GEAR 1
USER MANUAL

Product Information & Operating Specification

Function	Smart workout gear
Resistance	1 band 13lbs-22lbs 2 bands 26lbs-44lbs
Max user weight	330 lbs
Capacity	300mAh Li-ion 3.7V
Safeguards	Over discharge protection Overheat protection Over current protection Overcharge protection Short circuit protection Auto power protection

Water Proof No.	IPX4
Input port	Micro USB
DC input	5V
Charge Time (0-100%)	2 hours
MTBF	More than 500 times
Bluetooth version	BLE 4.2
Bluetooth Physical Range	26 feet

Connectivity	Android, iOS
Dimensions	~45 x 3.9 x 1.9 inches
Playtime	60 hours
Weight	3.3 lbs
Ambient temperature	Charge (59-113 °F) Discharge (14-140°F)
Frequency	2.4GHz

What is Gear 1?

GEAR 1

The Gear 1 is a portable, wearable gym and personal trainer in one. Developed by childhood friends, Guy Bar, Dan Strik and Elad Elkalai, Gear 1 was born out of a need for smart, motivational fitness gear that was easy to transport and use anywhere. By harnessing the scientifically proven benefits of resistance training and cutting-edge technology, the team created the world's first true smart resistance training system.

Gear 1 consists of two elastic bands with smart sensors that record workout data to an Android or iOS mobile phone, smartwatch or tablet. Gear 1 bands can be used as a suspension training system or strapped to the ankles to track nearly any form of exercise. From strength, to cardio, to core, the possibilities are endless.
Gear app supports both iOS and Android OS. It is compatible with iOS 7 and higher, Android Jelly Bean 4.1 and higher. The app is available for download free of charge from App Store and Google Play.

Gear 1 Mission:

- To create versatile fitness solutions that adapt to any fitness goal or health journey
- To continuously innovate new technological solutions to achieve better health
- To connect with the Gear 1 community to create solutions tailored to its needs
- To make fitness accessible with affordable, portable solutions that anyone can use

Product Map

Features

- Securely anchors to a doorway or sturdy object for suspension training
- Comfortable bands strap to your ankles for freestyle training
- App tracks and records 25 parameters, including resistance, rep count, calorie burn, exercise time and more
- Lightweight and portable, making it easy to work out anywhere
- Adjustable bands offer 13-22 lbs of resistance each (44 lbs combined)
- Charges in 2 hours for 60 hours of exercise time
- Connects to Android and iOS devices

A: Band 1

- **1:** Carabiner
- **2:** Pulley
- **3:** Band Holder
- **4:** Resistance Adjuster
- **5:** Resistance Band
- **6:** Smart Sensor Unit
- **7:** Carabiner

B: Band 2

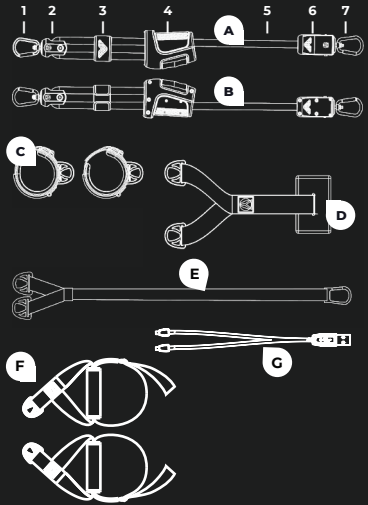
C: 2 ankle band

D: Door anchor

E: Foreign anchor

F: Handles

G: Double USB cable



How to Set Up Your Gear 1

1. Open the Gear 1 Package
   You should see:
   a: band 1
   b: band 2
   c: handles
   d: foreign anchor
   e: door anchor
   f: ankle bands
   g: carrying bag
   h: door hanger:
   Workout in Progress

2. Read the User Manual & Pairing Guide

3. Download the Gear 1 app

4. Make sure Bluetooth and location services are enabled

5. Open the app and follow the instructions to create your Gear 1 account

6. Take one band and press the button once to wake the sensor. Red-blue lights will start blinking.

7. The app will connect automatically to your first band. Press 'Connect another' to connect the second band.

8. Once device is connected, the blue light will blink slowly.

9. If you did not manage to connect your bands, shut down the app, re-open, and try again

LED indications/
Sensor State

LED indications

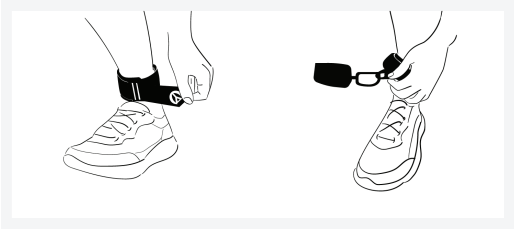
- Red-blue blinking – not paired, not connected (never used)
- Slow blue blinking – connected
- Fast blue blinking – not connected by was already paired to the app
- Red fast –blinking – low battery
- Green – red blinking – charging
- Green steady – fully charged

Sensor States

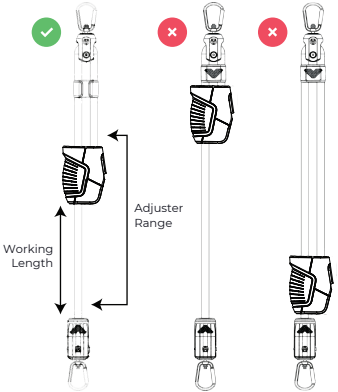
- **Active:** While the app is connected
- **Standby:** For 3 minutes after the app is closed
- **Sleep:** When the app is not in use for 20 minutes, or after the app has been closed for more than 3 minutes.

How to Use Gear 1: Body-Anchored

- Attach the bands to your ankles.
- Press the button on the band to adjust the resistance
- **Open the Gear 1 app and choose a workout:**
  Go to: Program > Workout > Exercise > Play workout and start



Hygear adjuster



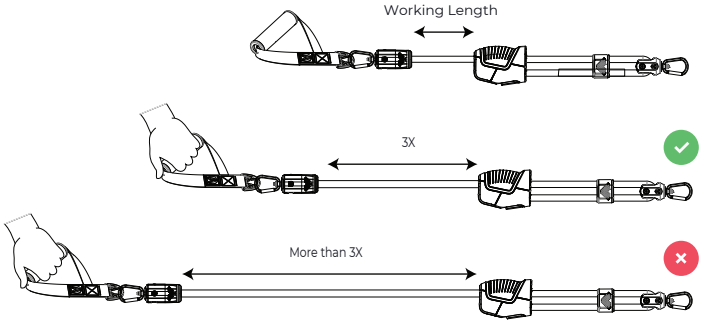
The adjuster changes the **Working Length** of the Gear 1 bands.

By moving the adjuster, you can:

1. Increase or decrease the band's tension (shorter for more tension, longer for less tension).
2. Change the length of the bands to suit your workout space and your exercise needs.

** Do not place the adjuster too close to the sensor unit or tip cover, to prevent snapping and damaging the bands.

Hygear adjuster

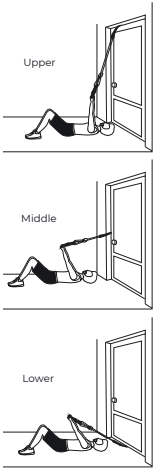


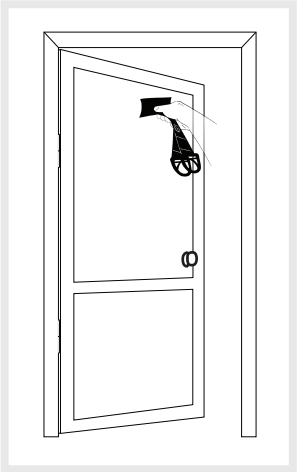
Make sure not to stretch the bands more than 3 times their original length to prevent snapping and damaging them.

How to use Gear 1 with the Door Anchor

- Secure the bands to the door anchor, with the handles or ankle attachments at the end

- For a high anchor, place the Door Anchor inside the top of the door,
- For a middle anchor, place the Door Anchor above the door lock,
- For a low anchor, place the Door Anchor under the door,
- Always close the door securely.





Important Safety Information for Door Anchoring

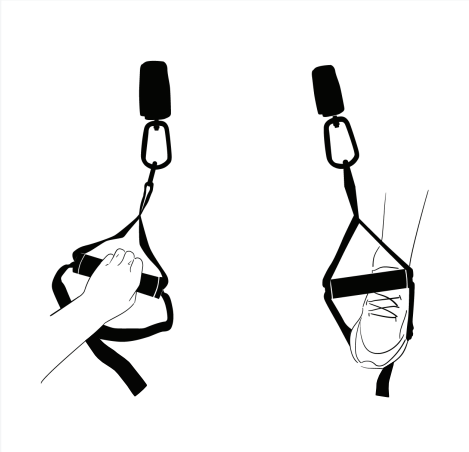
- Only use the Gear 1 Door Mount with professionally constructed doors that can fully support your body weight
- A door that opens away from your body will be the safest and most secure. Your body weight will pull the door closed.
- When using any hinge-style door, always ensure it is completely closed before using.
- Test that the door is fully closed secured by pushing or pulling it before using.
- For additional safety, use a door that locks, if one is available.

Safety Tip:

- To prevent getting injured by someone opening the door unexpectedly during a workout, always place the sign showing 'Workout in Progress — Do Not Open' on the opposite side of the door before starting your workout.
- WARNING: DO NOT use Gear 1 on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets.

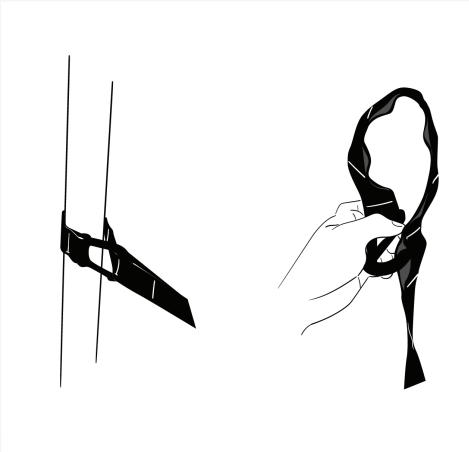
How to use the handles

- Attach the handles D-ring to the band's carabiner. Please follow the safety guidelines outlined further in this User Manual.
- Grab the handle or step on the loop as illustrated, based on the exercise you plan to do.
- You may adjust the size of the loop as needed.



How to use Gear 1 with the Foreign Anchor

- Attach the foreign anchor to a sturdy object that can support your weight
- Secure the bands to the foreign anchor with the handle attachments at the end

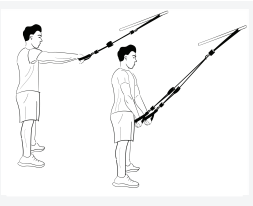


Important Safety Information for Foreign Anchoring

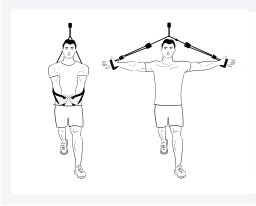
- Only use the Gear 1 Foreign Anchor attachment with professionally constructed support structures that can fully support your body weight.
- The foreign anchor attachments are safest when properly secured to sturdy, permanent structures. Use outdoors on swing sets or playground bars. Use indoors on professionally manufactured fitness facility cable machines, ceiling mounts, smith machines or ceiling beams and posts.
- For higher anchor points, wrap around the anchor point once and clip the carabiner into the chosen intermediate loop.
- For lower anchor points, wrap around the anchor point as many times as needed to shorten it, and then clip the carabiner into the selected intermediate loop to achieve the correct height.
- Ensure that the carabiner is securely attached to the intermediate loop on the foreign anchor before attaching the main straps.
- Test that the foreign anchor is safely secured by firmly pulling the bottom D-ring downward.
- IMPORTANT: Never clip the carabiner of the main straps into the intermediate loops of the foreign anchor attachment. Always clip the main straps into the D-ring on the foreign anchor attachments.

Workout Examples Using Gear 1

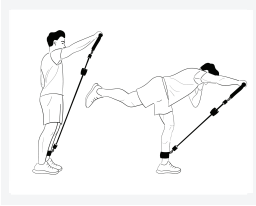
Straight Body Pullover



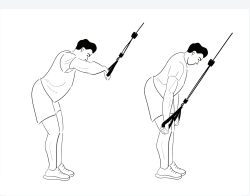
Gear 1 butterfly



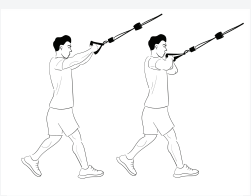
1 Leg deadlift



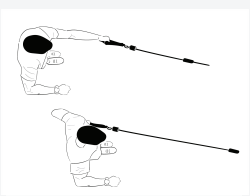
Gear 1 Pull Over

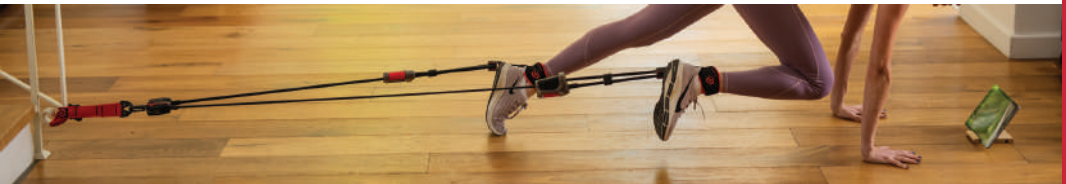


Bicep Curls to Chest



Side Plank L Row





Safety: Do's and Don'ts

As with any exercise equipment, it is essential to be mindful of your personal safety.

- DO start slowly and take it easy before progressing to a more challenging or more intense workout.
- DO set your own limits and be responsible for your own safely.
- DO choose the right workout program for your fitness level and stay in control.
- DO check that you have attached the product properly and the bands are secure.
- DO use a strong and secure anchoring point that can fully support your body weight.
- DO always perform a weight test by pulling hard on the anchoring point and main straps when using any of the anchoring attachments
- DON'T continue exercising you feel pain or discomfort.
- DON'T use Gear 1 if your hands are greasy, wet or overly sweaty.
- DON'T push yourself too far beyond your comfort zone.
- DON'T use Gear 1 if a band or any other element is damaged.
- DON'T allow children under the age of 13 to use Gear 1.
- DON'T expose Gear 1 to direct sunlight, rain or snow.
- DON'T leave Gear 1 exposed outdoors for an extended period of time.
- DON'T use strong chemical agents or cleaners, which may discolor or damage your Gear 1.

- DO pull hard on the handles to ensure they are secure before using.
- DO maintain a secure grip when performing exercises using the handles
- DO ensure the carabiners are correctly attached to the D-Rings on the main straps.
- DO make sure the floor is not wet or slippery to avoid minor or even severe injuries.
- DO use Gear1 only for its intended use, as described in this manual.
- DO inspect your Gear 1 and all its components before each use
- DO replace any damaged or worn components immediately.
- DON'T touch Gear 1 or the power plug with wet hands.
- DON'T bend or yank the plug or power cord from the electrical outlet.
- DON'T download and install firmware from an unauthorized provider. This may cause Gear 1 to malfunction or become incompatible, voiding the product warranty.
- DON'T use Gear 1 if any of the components are worn or damaged.
- DON'T use an anchoring point that causes excessive friction or wear to the Gear 1
- DON'T expose your Gear 1 to high temperature
- Failure to adhere to Gear 1 safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and all liability resulting from the use of Gear 1 and all of its components.

FCC Caution:

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's 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 device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

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. The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction
FCC ID:2AV6I-L1A0HF20

IC Caution:

EN

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:
This device may not cause interference.
This device must accept any interference, including interference that may cause undesired operation of the device.

FR

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :
L'appareil ne doit pas produire de brouillage;
L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est
susceptible d'en compromettre le fonctionnement.
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