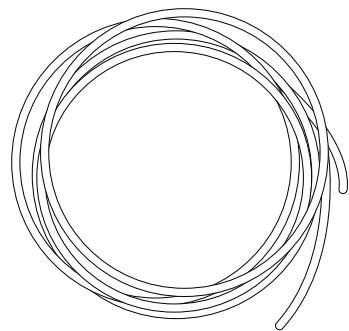
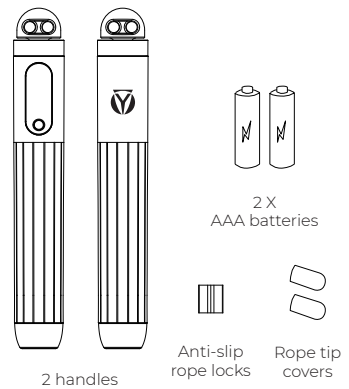


Content



3 meters of PVC-covered steel rope



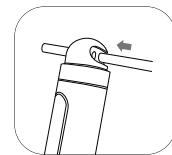
2 handles

2 X
AAA batteries

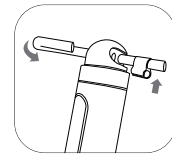
Anti-slip
rope locks

Rope tip
covers

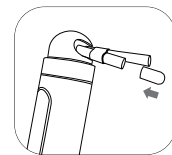
Get Started



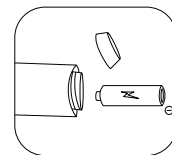
1. Thread the rope through the holes in the handles.



2. Adjust the length of the rope to suit your height.



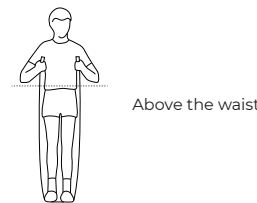
3. Tighten the rope on both sides, and secure with the anti-slip rope locks. Cap the ends of the rope with the tip covers.



4. Install the battery. Open the back cover and insert the battery with the positive end facing inward. Close the cover and you're ready to go!

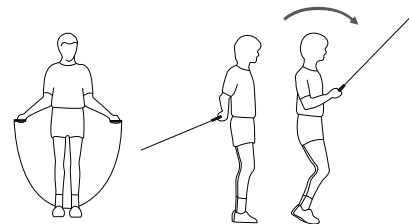
Adjust Rope Length

Hold both of the handle with your hands , and put your feet on the rope ,then keep your hands at 90 degree angle as shown in the illustration (you can also adjust the length based on your personal skipping habits).



Current skipping posture

Please stand naturally with your ankles slightly apart , put your upper arms close to your body and your forearms extended to your sides ,use your wrist swing the handle and bent your legs , then start to jump (Do not land your heel and sole of the foot at the same time when skipping !)



How to set up your HYROPE

1. Scan the QR code to download Hyfit App



2. Make sure Bluetooth and location service are enable
3. Turn on the Jump rope by a long press on the button.
4. Open the App and follow the instructions to create your Hyfit account.
5. The smart rope will power off automatically if you are not using after 2 minutes or by a long press the button.

Safety

1. Please wear soft sneaker when skipping to protect your heel and leg.
2. Please do some warm-up exercise before skipping, it will help you increasing body blood circulation and avoid damage your joints ,ligaments and muscles.
3. Please do some leg stretching after skipping, it will help you relieve your muscles tension and soreness.
4. Please do skipping in right places like lawn, rubber playground or gym, rough ground will increase the resistance during skipping and damage the rope faster.
5. Use in open area to avoid hurting other people.

FCC Statement

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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.



HYROPE
USER GUIDE