

Multifun SM01

Multifun Smart Jump Rope SM01 User Manual

Model: SM01

INTRODUCTION

Thank you for choosing the Multifun Smart Jump Rope SM01. This manual provides detailed instructions for the proper setup, operation, and maintenance of your jump rope to ensure optimal performance and a fulfilling exercise experience. This smart jump rope features a built-in calorie counter, adjustable length, and durable construction, designed for various fitness activities.

SAFETY INFORMATION

- Always consult with a healthcare professional before starting any new exercise program.
- Ensure sufficient clear space around you before using the jump rope to avoid injury or damage to property.
- Wear appropriate athletic footwear to prevent foot injuries.
- Inspect the rope and handles for any signs of wear or damage before each use. Do not use if damaged.
- Keep out of reach of small children due to potential choking hazards from small parts or entanglement risk from the rope.

PRODUCT OVERVIEW

The Multifun Smart Jump Rope SM01 is designed with user comfort and data tracking in mind. Key components include:

- **Smart Handle:** Contains the LED display, intelligent chip, and control buttons (ON, SET, UP, DN).
- **Durable Steel Rope:** PVC-coated steel wire for longevity and smooth rotation.
- **Ergonomic Foam Grips:** Non-slip, sweat-absorbent handles for comfortable and secure holding.
- **High-Quality Ball Bearings:** Integrated into the handles for tangle-free, fast, and stable rotation.
- **Adjustable Length Mechanism:** Allows customization of rope length for various user heights.

QUALITY FOAM EXCELLENT GRIP



Perfectly dense, incredibly breathable,
and super sweat-absorbent for the
ultimate workout experience.

Image: The ergonomic handle of the Multifun Smart Jump Rope, featuring quality foam for an excellent grip. The handle is designed to be breathable and sweat-absorbent for a comfortable workout.

SETUP INSTRUCTIONS

1. Adjusting Rope Length

The jump rope is 280 cm long and can be adjusted to suit your height. For optimal length, stand on the middle of the rope and pull the handles up. The handles should reach your armpits.

Basic Rope Setup (for warm-ups & regular jumping)

1. Thread the rope through one of the holes in the handle.
2. Reverse the rope and thread it back through the second hole.
3. Secure the excess rope with the provided Velcro strap or cut the excess length if desired.

Advanced Rope Setup (for speed jumps & professionals)

1. Use the clips as a tool to fix the rope length.
2. Install one clip on each side between the connector and the handle to secure the rope.

BASIC ROPE SETUP For warm-ups & regular jumping



Thread the rope through the one of the holes.



Then, reverse the rope through the 2nd hole.

ADVANCED ROPE SETUP For speed jumps & professionals



Use the clips as tool to fix the rope.



Install one on each side between the connector.

Image: Visual guide for adjusting the jump rope length. The top section illustrates the basic method of threading the rope through the handle holes, while the bottom section shows the advanced method using clips for a more secure and precise setup.

2. Battery Installation

The smart handle requires 1 CR2 battery (not included). Open the battery compartment on the smart handle, insert the battery with the correct polarity, and close the compartment securely.

OPERATING INSTRUCTIONS

Smart Counter Functions

The Multifun Smart Jump Rope features an HD LED display that tracks your workout metrics. The display shows:

- **TIMER (T):** Duration of your jumping session.

- **WEIGHT (W/LB/KG):** Your set body weight, used for calorie calculation.
- **JUMPS:** Total number of jumps completed.
- **CALORIES BURNED (C):** Estimated calories burned during the session.



Image: Detailed view of the smart counter's LED display, highlighting the timer, weight setting, jump count, and calories burned. An intelligent chip and magnetic sensors are responsible for accurate tracking.

Setting Up the Counter

1. **Turn On:** Press the **ON** button to activate the display.
2. **Set Weight:** Press and hold the **SET** button for 3 seconds. The weight display will flash. Use the **UP** and **DN** buttons to adjust your weight (in kilograms). Press **SET** to confirm.
3. **Set Timer (Optional):** After setting weight, the timer setting may flash. Use **UP** and **DN** to set a target time, or press **SET** to skip.
4. **Set Jump Count (Optional):** After setting the timer, the jump count setting may flash. Use **UP** and **DN** to set a target jump count, or press **SET** to skip.
5. **Start Jumping:** Once settings are confirmed, the counter is ready. Begin jumping, and the display will automatically track your

- metrics.
6. **Reset:** To reset the current session's data, press and hold the **ON** button.
7. **Auto Shut-off:** The device will automatically shut off after 5 minutes of inactivity to conserve battery. Your settings will be saved.

MAINTENANCE

- **Cleaning:** Wipe the handles and rope with a damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the jump rope in a cool, dry place, away from direct sunlight and extreme temperatures. Use the provided pouch (if applicable) for protection.
- **Rope Inspection:** Regularly check the PVC coating and steel rope for any signs of fraying, cracks, or damage. Replace the rope if significant wear is observed.
- **Battery Replacement:** If the display becomes dim or unresponsive, replace the CR2 battery.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead battery. Incorrect battery installation.	Replace the CR2 battery. Ensure battery is inserted with correct polarity.
Jump count is inaccurate.	Rope not rotating freely. Magnetic sensor obstruction.	Check for any obstructions in the handle or rope. Ensure smooth rotation. Recalibrate by resetting the counter.
Rope tangles frequently.	Incorrect rope length. Improper jumping technique.	Adjust rope length according to your height. Practice proper jumping form.
Calories burned data seems incorrect.	Incorrect weight setting.	Ensure your weight is accurately entered in the settings. Calorie calculations are estimates.

SPECIFICATIONS

Brand	Multifun
Model Number	SM01
Main Material	Polyvinyl Chloride (PVC)
Handle Material	Polyvinyl Chloride (PVC)
Rope Length	280 cm (Adjustable)
Product Dimensions (L x W x H)	3.48 x 3.48 x 19 cm
Item Weight	220 Grams
Battery Required	1 x CR2 (not included)
UPC	842480102115

WARRANTY AND SUPPORT

For warranty information or customer support, please refer to the product packaging or contact your retailer. Keep your purchase receipt as proof of purchase.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question