

Gritin G3282

Gritin Jump Rope with Calorie Counter and Timer

Model: G3282

User Manual

INTRODUCTION

Thank you for choosing the Gritin Jump Rope with Calorie Counter and Timer. This versatile fitness tool is designed to help you track your workouts effectively, whether you prefer traditional skipping or a cordless option. Please read this manual carefully before use to ensure proper operation and maintenance.

SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure sufficient clear space around you when using the jump rope to avoid injury or damage to property.
- Check 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 small parts and the rope itself.
- Use appropriate footwear to prevent slipping and provide support.

PACKAGE CONTENTS

Please verify that all items are present in your package:

- Gritin Jump Rope Handles (2) with Digital Counter
- Adjustable PVC Coated Steel Wire Rope (2.8m)
- Cordless Balls (2)
- Removable Weight Bars (2)
- CR2032 Batteries (2, pre-installed or included)
- Small Screwdriver (for battery compartment)
- Storage Pouch



Image: All components of the Gritin Jump Rope package, including the handles with display, the long rope, cordless balls, weight bars, screwdriver, and storage pouch.

PRODUCT OVERVIEW

The Gritin Jump Rope features a digital counter, ergonomic handles, and a dual-mode design for both traditional and cordless skipping.

Key Components:

- **Digital Counter Handle:** Displays weight, jumps, timer, and calories. Equipped with ON/RESET, SET, UP, and DOWN buttons.
- **Ergonomic Foam Handles:** Non-slip and sweat-absorbing for comfortable grip.
- **Removable Weight Bar:** Located inside the handle for optional wrist strengthening.
- **Adjustable Steel Wire Rope:** Durable PVC-coated steel cable, 2.8 meters long.

- **Cordless Balls:** Attach to handles for indoor or limited-space workouts.
- **High-Performance Ball Bearings:** Ensure smooth and tangle-free rotation.

Gritin

Corde à Sauter sans Fil Numérique



Compteur d'affichage LCD



Roulement à Billes 360°



Longueur de Corde Réglable



Image: Detailed view of the digital counter on the handle, indicating displays for weight, number of jumps, workout time, and burned calories.

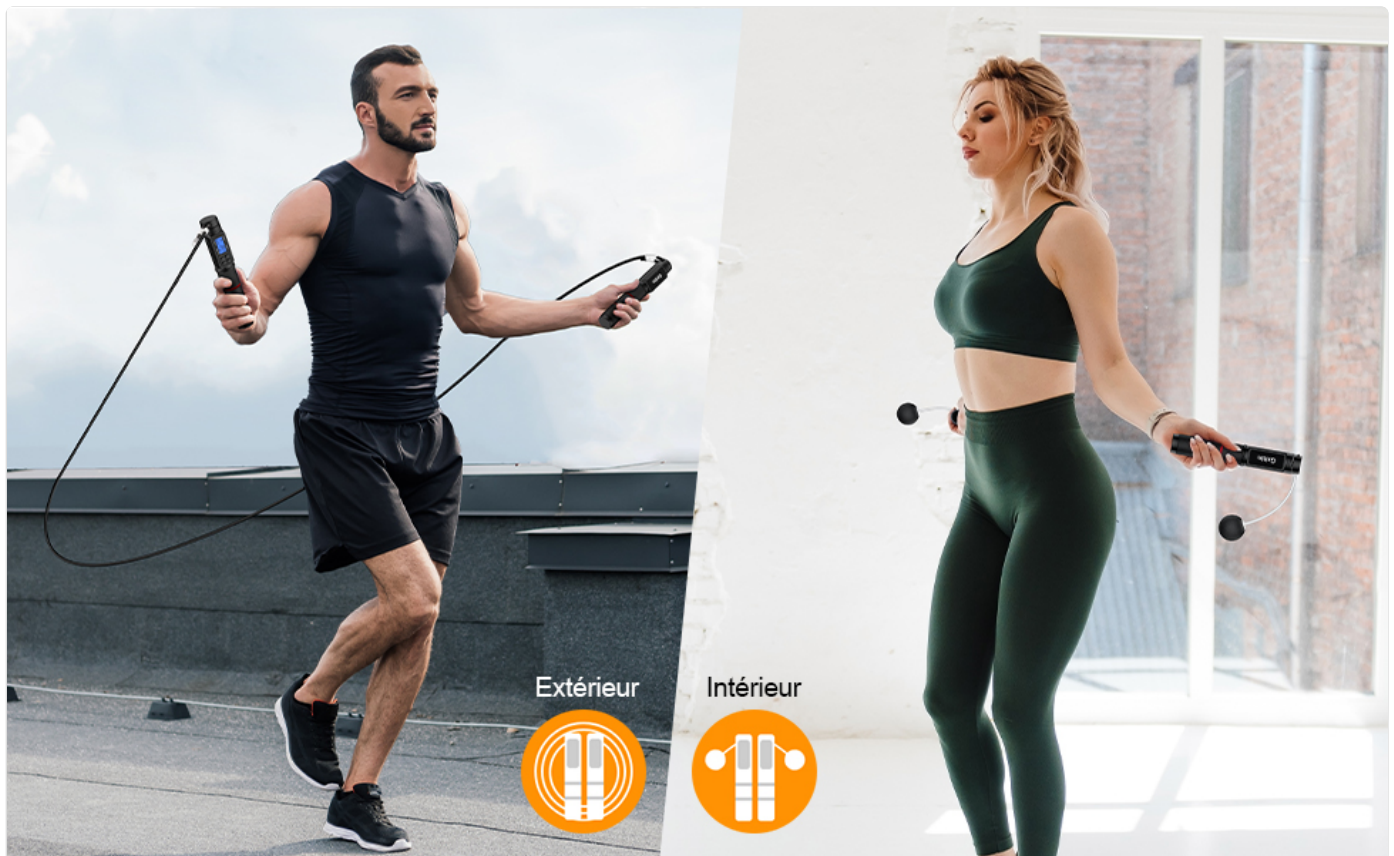


Image: Illustration of the non-slip and breathable foam handle, showing the removable weight bar being inserted into the handle base.

1. Battery Installation

The jump rope requires two CR2032 batteries. These may be pre-installed. If not, or if replacement is needed:

1. Locate the battery compartment on the digital counter handle.
2. Use the provided small screwdriver to open the battery cover.
3. Insert two CR2032 batteries, ensuring correct polarity (+/-).
4. Close the battery cover securely.

2. Adjusting Rope Length (for Traditional Skipping)

The 2.8-meter rope can be adjusted to your desired length.

1. Unscrew the cap at the bottom of the handle.
2. Thread the rope through the handle and adjust to your preferred length. A common method is to stand on the middle of the rope and pull the handles up to your armpits.
3. Secure the rope by tightening the cap. You may cut off excess rope if desired, but ensure enough length for future adjustments.

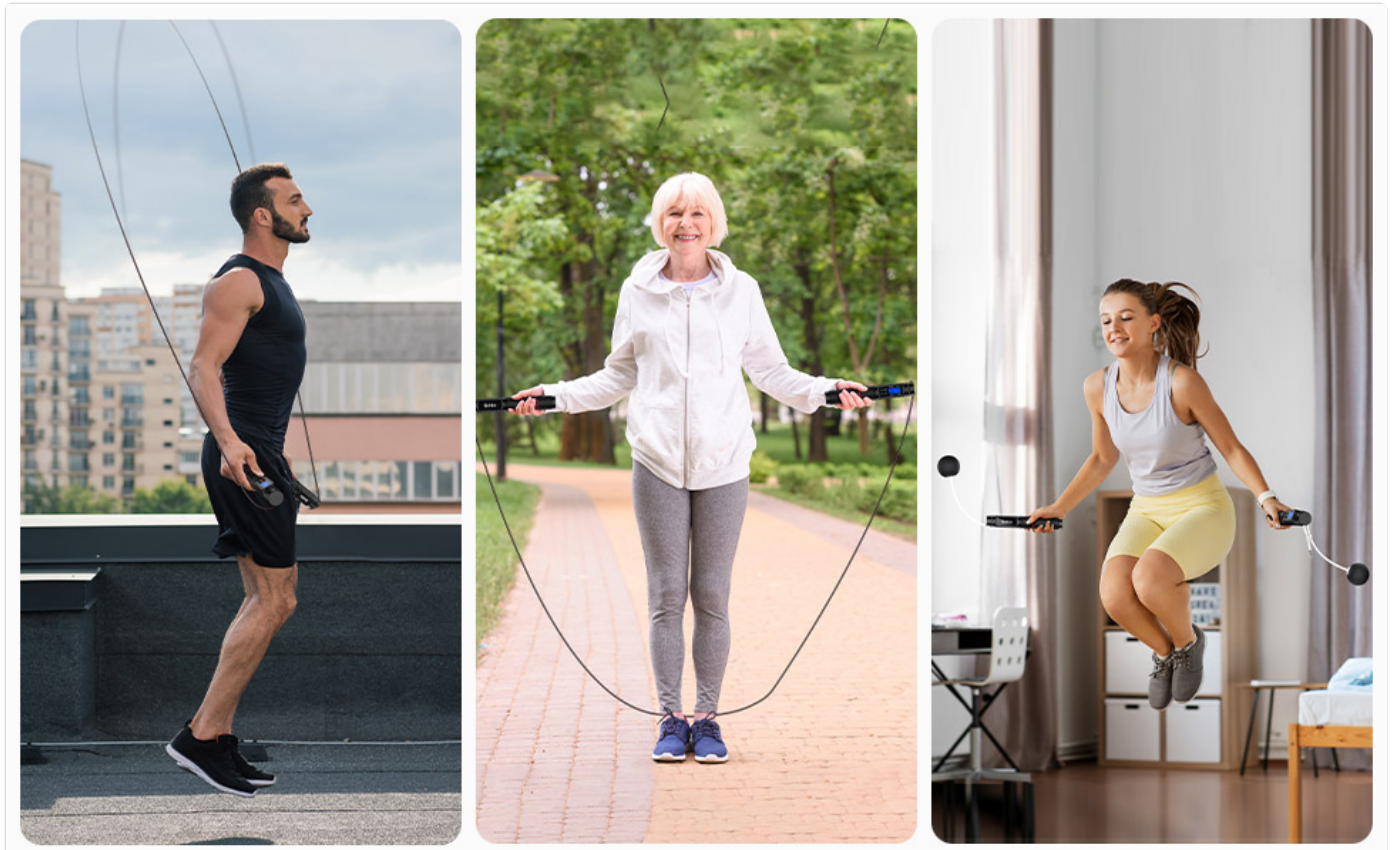


Image: Step-by-step guide on how to adjust the length of the PVC rope by threading it through the handle and securing it.

3. Switching Between Corded and Cordless Modes

The jump rope offers both traditional (corded) and cordless modes.

- **For Corded Mode:** Attach the long steel wire rope to both handles. Ensure it is securely fastened.
- **For Cordless Mode:** Detach the long rope. Attach the two cordless balls to the bottom of each handle. These balls simulate the weight and motion of a rope without the actual cord, ideal for indoor use or limited spaces.



Image: Visual comparison of the jump rope in regular (corded) mode and cordless mode, demonstrating its versatility for different environments.

4. Installing/Removing Weight Bars

Each handle contains a removable metal weight bar for added resistance.

- To install, unscrew the bottom cap of the handle and insert the weight bar. Screw the cap back on.
- To remove, unscrew the bottom cap and slide out the weight bar. Screw the cap back on.

OPERATING INSTRUCTIONS

1. Power On/Off

- Press the **ON/RESET** button to power on the device.
- The device will automatically power off after a period of inactivity to save battery.

2. Setting Personal Weight

Accurate calorie calculation requires setting your personal weight.

1. Press the **SET** button to enter setting mode.
2. Use the **UP** and **DOWN** buttons to adjust the weight value.
3. Press **SET** again to confirm and move to the next setting, or wait for the display to exit setting mode automatically.

3. Using the Digital Counter

The LCD display provides real-time workout data:

- **WEIGHT:** Your set personal weight (used for calorie calculation).
- **JUMPS:** Counts the number of jumps.
- **TIMER:** Tracks your workout duration.
- **CALORIES:** Estimates calories burned based on your weight and jump activity.

To reset the jump count, timer, and calorie count, press and hold the **ON/RESET** button.

MAINTENANCE

- **Cleaning:** Wipe the handles and rope with a soft, damp cloth. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the jump rope in the provided storage pouch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery Replacement:** Replace batteries when the display becomes dim or unresponsive. Follow the battery installation steps in the Setup section. Dispose of used batteries responsibly.
- **Rope Inspection:** Regularly check the PVC-coated steel wire rope for any fraying, kinks, or damage. Replace if necessary to ensure safety and optimal performance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low or dead batteries.	Replace the CR2032 batteries. Ensure correct polarity.
Counter is not registering jumps.	Magnetic sensor issue or incorrect handle orientation.	Ensure the handle with the counter is held correctly. Check if the magnetic sensor is obstructed. Try resetting the device.
Rope tangles frequently.	Rope length is incorrect or ball bearings are obstructed.	Adjust the rope length to suit your height. Check the ball bearings for any debris and ensure they rotate freely.
Calorie count seems inaccurate.	Incorrect personal weight setting.	Verify and adjust your personal weight setting in the device. Calorie counts are estimates and can vary.

SPECIFICATIONS

- **Model:** G3282
- **Rope Length:** 2.8 meters (adjustable)
- **Main Material:** PVC (rope coating), Steel (rope core, weight bars), Sponge (handle material)
- **Handle Material:** Sponge
- **Special Features:** Calorie Counter, Timer, Weighted Handle (removable), Adjustable Rope, Corded/Cordless modes
- **Battery Type:** 2 x CR2032 (included)
- **Product Dimensions (Package):** 19.1 x 12.1 x 5.7 cm
- **Product Weight (Package):** 470 grams
- **Color:** Black

WARRANTY AND SUPPORT

Gritin products are designed for durability and performance. For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official Gritin website. Please retain your proof of purchase for

warranty claims.

For further assistance, you may contact Gritin customer service via their official website:[Gritin Official Store](#)