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› YEGASS Smart Jump Rope Model JUMP2 Instruction Manual

YEGASS JUMP2

YEGASS Smart Jump Rope Model JUMP2 Instruction Manual

Your guide to effective and convenient fitness.

1. INTRODUCTION

Thank you for choosing the YEGASS Smart Jump Rope Model JUMP2. This innovative fitness tool is designed to enhance your cardio workouts with its intelligent counting features and versatile corded and cordless modes. This manual provides detailed instructions to help you set up, operate, and maintain your smart jump rope for optimal performance and a rewarding exercise experience.



Image 1.1: The YEGASS Smart Jump Rope Model JUMP2, showcasing its handles, traditional rope, and weighted cordless balls.

2. PACKAGE CONTENTS

Please verify that all items listed below are included in your package:

- Smart Jump Rope Handles (2)
- Adjustable Rope (1)
- Weighted Cordless Balls (2)
- CR2032 Battery (1, pre-installed or separate)
- Mini Screwdriver (1)
- Storage Pouch (1)
- Instruction Manual (this document)



Image 2.1: All components included in the YEGASS Smart Jump Rope package.

3. PRODUCT FEATURES

- **Digital Display:** An HD LED display on one handle shows Timer, Weight, Circles (jump count), and Calories burned.
- **Dual Modes:** Easily switch between traditional rope jumping and cordless jumping with weighted balls.
- **Adjustable Length:** The traditional rope can be adjusted to suit various heights and ages.
- **Ergonomic Handles:** Lightweight handles with a comfortable, non-slip grip for extended use.
- **360-Degree Rotation:** Ensures smooth and tangle-free operation in both modes.
- **Durable Construction:** Built-in multi-wound steel wire in the rope prevents breakage.

USER-FRIENDLY DIGITAL COUNTER

Track progress and keep you motivated to achieve your fitness goals.

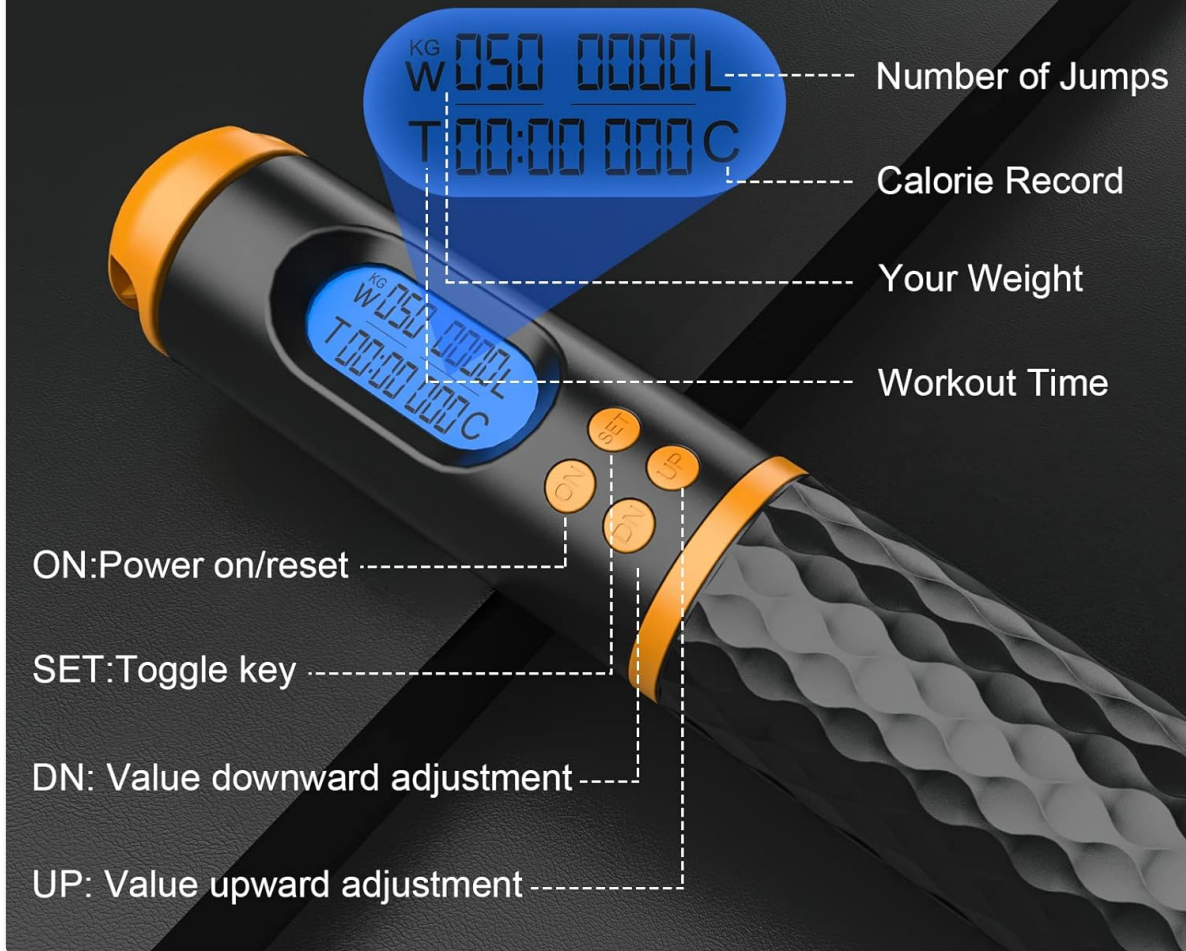


Image 3.1: Digital display showing workout metrics.



Image 3.2: Anti-skid handle texture.

4. SETUP

4.1 Battery Installation

The smart jump rope requires one CR2032 battery. If not pre-installed, follow these steps:

1. Using the provided mini screwdriver, open the battery compartment located on the side of the handle with the display.
2. Insert the CR2032 battery with the positive (+) side facing up.
3. Close the battery compartment securely with the screwdriver.



Image 4.1: Battery replacement steps.

4.2 Assembling the Rope (Traditional Mode)

To use the jump rope in traditional mode:

1. Pass one end of the rope through the buckle on the handle.
2. Thread the rope through the handle and out through the other hole in the buckle.
3. Secure the rope by closing the cover or tightening the mechanism.
4. Repeat for the second handle.



Image 4.2: Steps to assemble the traditional rope.

4.3 Adjusting Rope Length

The rope length can be adjusted to your height. Ensure the rope is long enough to reach your armpits when standing on its center.

SUITABLE FOR DIFFERENT SCENARIOS

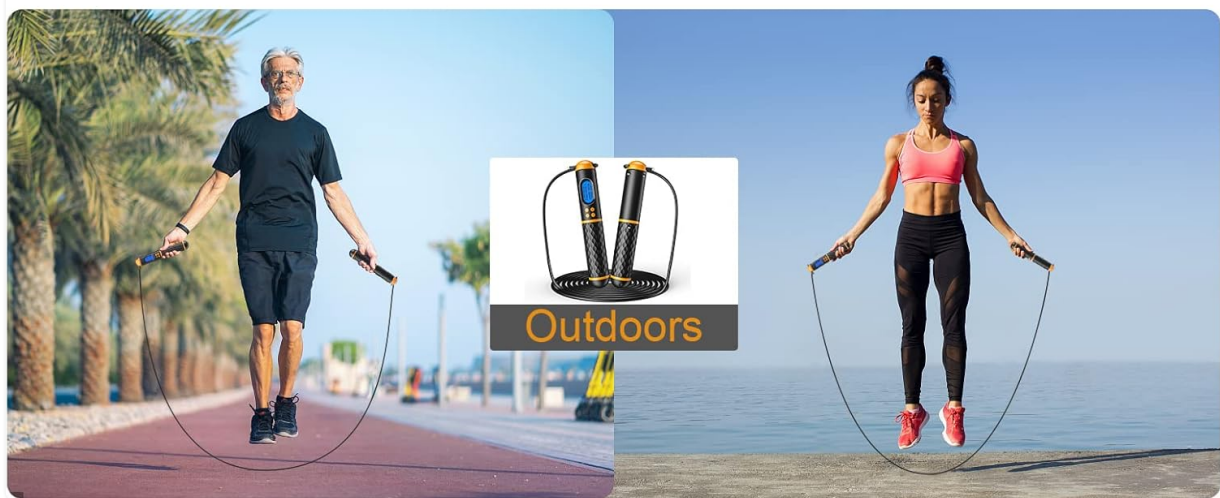


Image 4.3: Rope length adjustment mechanism.

4.4 Attaching Cordless Balls (Cordless Mode)

For cordless jumping, simply attach the weighted balls to the handles where the rope would normally connect. Ensure they are securely fastened.

30 MINS ROPE JUMPING RANKS TOP AMONG MOST CALORIE-BURNING ACTIVITIES

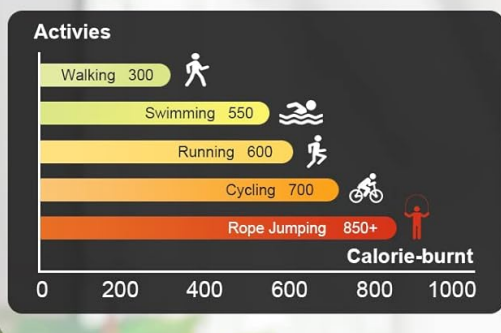


Image 4.4: Weighted cordless balls.

5. OPERATING INSTRUCTIONS

5.1 Power On/Off and Reset

- Press the "ON" button to power on the device.
- Long press and hold the "ON" button to reset all data to zero.
- The device will automatically power off after a period of inactivity to conserve battery.

5.2 Setting User Data (Weight)

To ensure accurate calorie calculation, set your weight:

1. Long press and hold the "SET" button until the weight (W) value starts flashing.
2. Use the "UP" and "DN" buttons to adjust your weight.
3. Press "SET" again to confirm and move to the next setting (if any), or short press "ON" to exit setting mode.

5.3 Understanding the Display

The HD LED display shows the following metrics:

- **W (Weight):** Your set body weight for calorie calculation.
- **C (Circles/Jumps):** The total number of jumps completed.
- **L (Laps/Time):** The duration of your workout.
- **T (Calories):** Estimated calories burned during the workout.

5.4 Starting a Workout

Once your preferred mode (corded or cordless) is set and user data is configured, simply begin jumping. The smart counter will automatically track your activity.

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Video 5.1: Demonstration of the YEGASS Smart Jump Rope in use, highlighting its counting feature.

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Video 5.2: Overview of the smart jump rope's features and functionality during a workout.

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Video 5.3: A user demonstrating the smart jump rope, showcasing its ease of use and tracking capabilities.

5.5 Usage Scenarios

The YEGASS Smart Jump Rope is versatile and can be used in various environments:

- **Indoor:** Ideal for home gyms, living rooms, or offices, especially with the cordless mode to avoid space constraints.
- **Outdoor:** Suitable for parks, beaches, or any open space with the traditional rope.

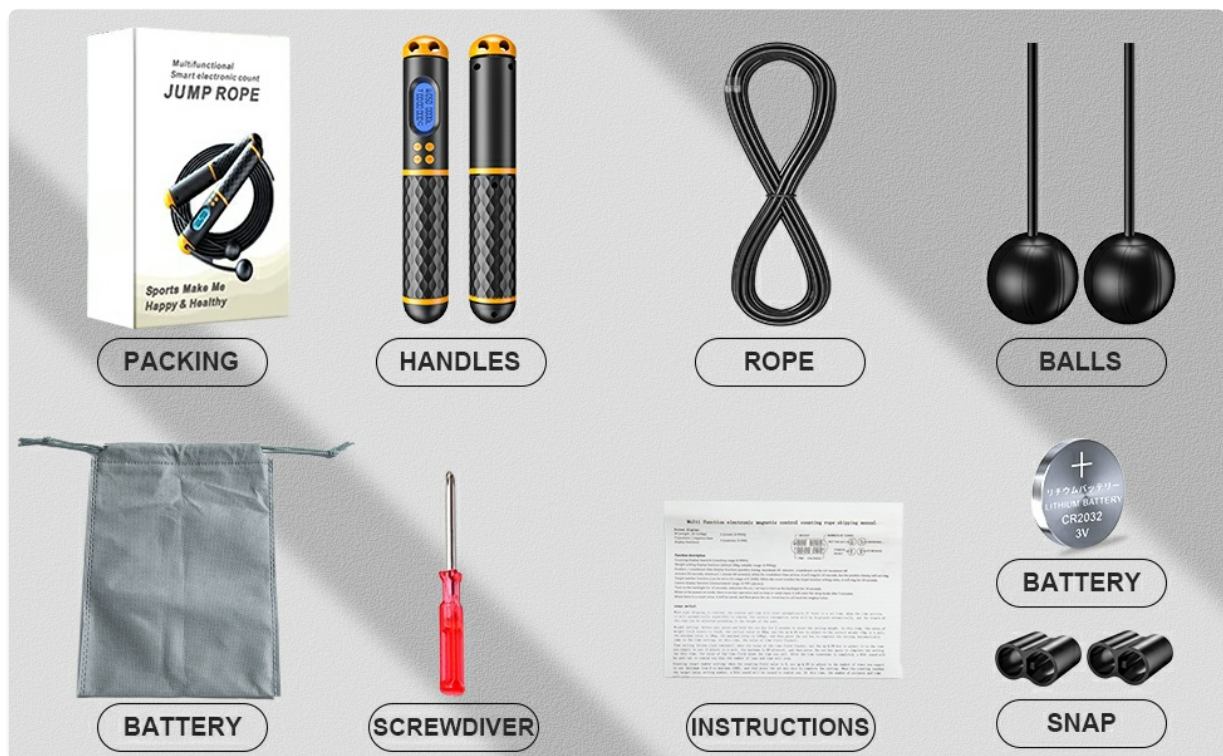


Image 5.1: Examples of using the smart jump rope indoors and outdoors.

6. MAINTENANCE

6.1 Cleaning

Wipe the handles and rope with a soft, damp cloth after each use. Do not use harsh chemicals or abrasive cleaners. Ensure the device is dry before storing.

6.2 Battery Replacement

Refer to Section 4.1 for detailed instructions on replacing the CR2032 battery when the display becomes dim or unresponsive.

6.3 Storage

Store the jump rope in the provided storage pouch in a cool, dry place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery or incorrect battery installation.	Replace the CR2032 battery (refer to Section 4.1). Ensure it's inserted correctly.
Jump count is inaccurate.	Improper technique or sensor obstruction.	Ensure smooth, consistent rotations. Check for any debris near the sensor.
Rope gets tangled frequently.	Rope length is incorrect or improper technique.	Adjust rope length (refer to Section 4.3). Practice consistent arm rotation.
Weighted balls detach during use.	Balls not securely fastened.	Ensure weighted balls are firmly attached to the handles (refer to Section 4.4).

8. SPECIFICATIONS

- **Brand:** YEGASS
- **Model:** JUMP2
- **Material:** Acrylonitrile Butadiene Styrene (ABS)
- **Item Length (Rope):** 9.84 Feet (3 meters)
- **Item Weight:** 0.1 Kilograms (approximately 3.52 ounces)
- **Battery:** 1 x CR2032 (included)
- **Features:** Digital Display, Adjustable Length, Kink Resistant, Lightweight, Cordless Option
- **Target Audience:** Adult, Kid

9. WARRANTY AND SUPPORT

The YEGASS Smart Jump Rope Model JUMP2 comes with a standard manufacturer's warranty. For specific warranty details, please refer to the product packaging or contact your retailer. If you encounter any issues or require technical assistance, please reach out to YEGASS customer support through the contact information provided with your purchase or on the official YEGASS website.

