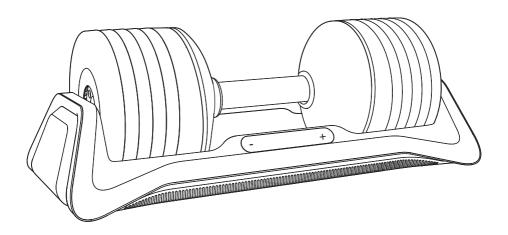# SMART DUMBBELL
User Manual

Please read this manual carefully before use and keep it for future reference

Table of Contents

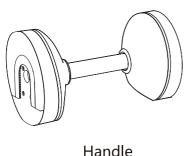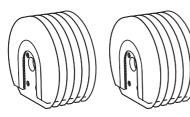## Product Introduction

Thank you for choosing our Bluetooth smart dumbbell. This product is a new type of training tool manufactured by our company as part of our sports series. It allows for automated settings and real-time monitoring of scientific exercise data. The dumbbell can be adjusted from a single weight of 6 LB (3 kg) to 36 LB (18 kg).
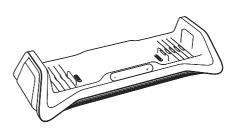
The dumbbell connects to The smartphone app via Bluetooth, allowing you to set goals and scientifically manage your exercise intensity and fitness quality.
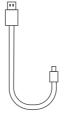
Product Accessories

Handle

Base

Weight

TYPE-C

① Handel*1
② Base*1
③ Weight*10
④ TYPE-C Cable*1
⑤ User Manual*1
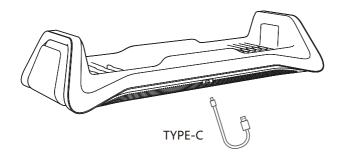
1. Placement of Dumbbell

Place your dumbbell on a solid, level surface to minimize the risk of injury during usage and storage.
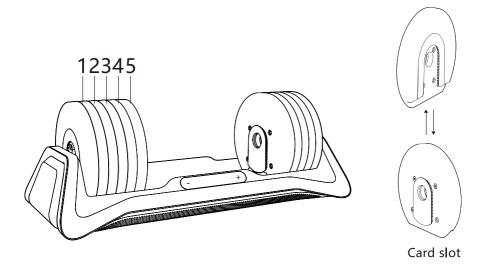
2. Charging the Dumbbell

Insert one end of the USB cable into the base of the dumbbell and the other end into the charger. Plug the charger into a power outlet. The product is in a shut-down state upon arrival; please insert the power source to activate the device.

TYPE-C
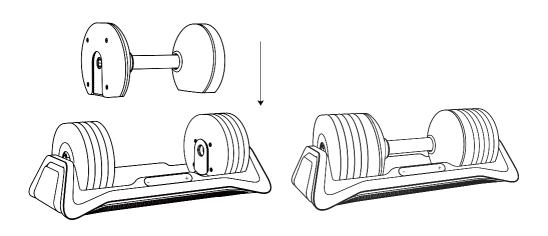
3. Weight Placement
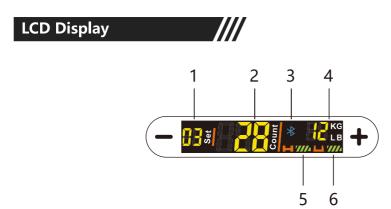
Facing the display screen, stack the weights on the base in numerical order from 1 to 5, ensuring no gaps between the weights.

12345

Card slot

4. Handle Installation

Align the dumbbell handle with the rails on both sides of the base. The base will display a handle icon, indicating correct contact. Ensure all weights are stacked in the correct order to avoid damage or injury.

LCD Display

1. Exercise Sets
2. Total Exercise Count
3. Bluetooth Connection Status
4. Weight Units (LB/KG)
5. Dumbbell Handle Battery/Connection Indicator
6. Dumbbell Base Battery/Connection Indicator

Installing and Downloading the App ///

Android

iPhone

1. For Android Users: Please scan the QR code located on the left above, or search for "JLSPORT" in the Google Play Store to download the app.
2. For iOS Users: Please scan the QR code on the left above, or search for "JLSPORT" in the Apple App Store to download the app.
3. Alternatively, scan the QR code directly on the device to initiate the download.
4. Once downloaded, sign up for a new account using your phone number or email, or log in with an existing account. We recommend registering with an email address to facilitate password recovery if needed.
5. Add your device; nearby devices will appear on your phone.
6. Once connected, start using it right away.

Bluetooth Connection ///

1. Turn on Bluetooth on your phone.
2. Open the app.
3. Click "Connect" and select the device. The Bluetooth icon will stay lit once connected.
4. Exercise data will be uploaded to the app in real time.

Bluetooth connection

Bluetooth not Connected

⚠**Note: If connection issues arise, ensure the dumbbell is binded to the app and your mobile device's Bluetooth is on**

How to Use the Dumbbell ///

1. Starting the Dumbbell
(1) For the first use, plug in the Type-C cable to activate the device.
(2) Touch the [+] or [-] button once to wake up the screen.
(3) Touch again to adjust the weight setting.

2. Counting Sets
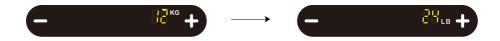Each lift counts as one set. If the dumbbell is idle for over 6 seconds, the set count increases automatically.

3. Resetting the Dumbbell Values
Press and hold the [-] button for 5 seconds until the values flash, to reset the exercise data.

4. Weight Setting
(1) Press the [+] or [-] button to make the weight value flash.
(2) Press both the [+] and [-] buttons simultaneously to switch between KG and LB.
(3) During weight adjustment, the dumbbell will emit a series of "dip" sounds. Please wait until the sound stops before lifting the dumbbell.
(4) If the dumbbell produces continuous beeping sounds, it indicates that internal adjustments are in progress. Do not attempt to lift the dumbbell during this time, as doing so may prevent proper weight addition and could result in malfunction or dropped weights.
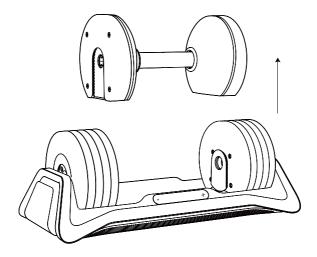
5. Pre-Exercise Precautions

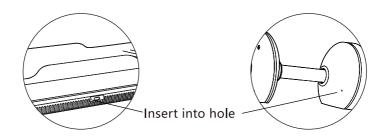Ensure a safe environment for exercise. Avoid forceful movements to prevent dropping the dumbbell.

Resolving Issues with Abnormal Lifting of Smart Adjustable Dumbbells
 (1) Remove the handle and all weight plates from the base.
 (2) Place the handle back into the base.
 (3) Set the handle to the lowest weight and remove the weight plates.
 (4) Adjust the handle to the highest weight, then back to the lowest, and remove the handle from the base.
 (5) Insert all weight plates, then the handle. The dumbbell is now ready for use.

6. System Reset

Insert a round pin into the designated hole and hold for 5 seconds to reset to factory settings.

Insert into hole

1.Login

Login   Create Account   Change Password

1-1   1-2   1-3

2.Home 🏠

Unbound Device   Device Found   Add Device

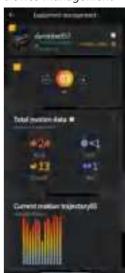2-1   2-2   2-3

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Bound Device
Not Connected

2-4

Reconnecting
Bound Device

2-5

Device Management

2-6

3.Exercise Data

Exercise Data 1

3-1

Exercise Data 2

3-2

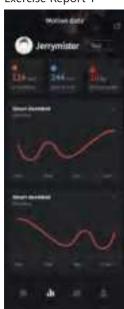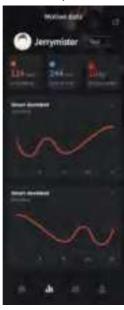Exercise Data 3

3-3

Exercise Report 1

3-4

Exercise Report 2

3-5

Share Popup

3-6

4. Video 📹

Course Selection
Dumbbell

4-1

Video Play 1

4-2

Video Play 2

4-3

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5. Personal Center ⛟

Personal Center

5-1

Edit Profile

5-2

Device Management

5-3

Suggestion

5-4

Privacy Policy

5-5

Logout

5-6

1.Login

Login   Create Account   Change Password

1-1	1-2	1-3

2.Home 🏠

Unbound Device   Device Found   Add Device

2-1	2-2	2-3

11

Bound Device
Not Connected

2-4

Reconnecting
Bound Device

2-5

Device Management

2-6

3.Exercise Data

Exercise Data 1

3-1

Exercise Data 2

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Exercise Data 3

3-3

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Exercise Report 1

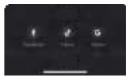
3-4

Exercise Report 2

3-5

Share Popup

3-6

4. Video

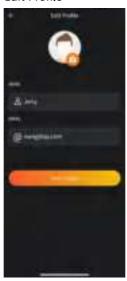Course Selection
Dumbbell

4-1

Video Play 1

4-2

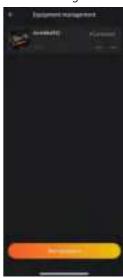Video Play 2

4-3

5. Personal Center 🏆

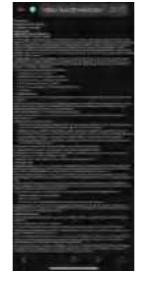Personal Center

5-1

Edit Profile

5-2

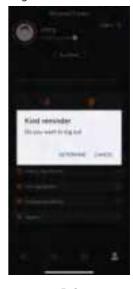Device Management

5-3

Suggestion

5-4

Privacy Policy

5-5

Logout

5-6

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Product Specifications

Base: L* W* H:	540*226*108 mm
Dumbbell handle: L* W* H:	280*174(Dia)*158.5 mm
Dumbbell handle Weight:	≈ 5.6 LB
Base Weight:	≈ 5.5 LB
Total Dumbbell Weight:	≈ 36.6 LB
Single Dumbbell Piece Weight:	≈ 3.2 LB
Handle Shell Material:	Engineering Plastic
Rubber-Coated Dumbbell Plates:	Engineering Plastic
Base Material:	Engineering Plastic
Charging Port:	Type-C
Handle and Base Battery Capacity:	1800 mAh
Charging Current:	5V ⎓ 2A
LCD Specs:	Colour Screen

*Due to manufacturing tolerances, there may be a slight difference between the actual weight and the specified theoretical weight.

Disclaimer of Liability

1. The information in this manual is for reference only and is subject to change without prior notice.
2. Our company makes no representations or warranties regarding this manual or the products described herein.
3. We are not liable for any direct, indirect, or special damages arising from the use of this manual or the products described.

Daily Maintenance and Precautions

1. This product is not waterproof. Avoid using it outdoors in rainy conditions or in high humidity areas like saunas or steam rooms.
2. Disconnect the power before cleaning. Use a dry or slightly damp cloth for cleaning the handle and avoid using detergents.
3. Evaluate your physical condition before exercising and warm up properly.
4. If you experience dizziness, pain, or discomfort, stop exercising immediately and consult a doctor.
5. The dumbbell is not a toy. Keep it away from children and pets. Supervise individuals under 18 when using the device.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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 transmitter 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

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