

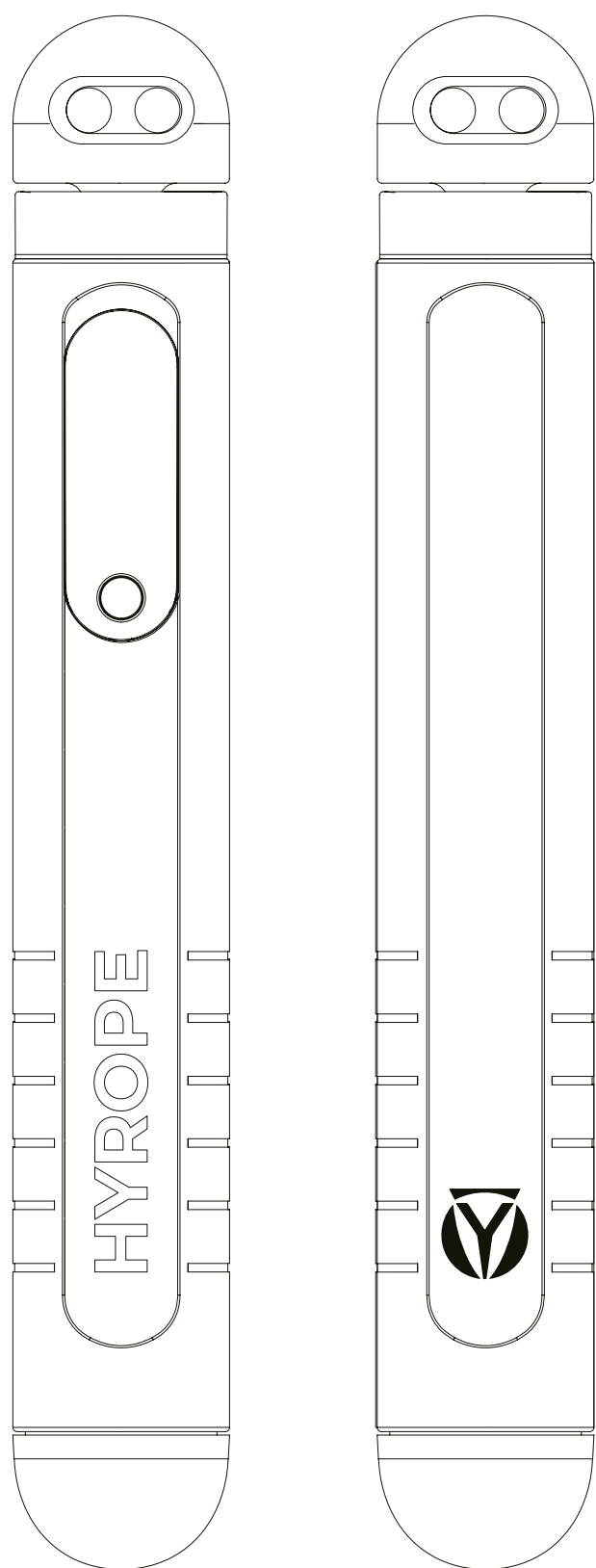


HYROPE

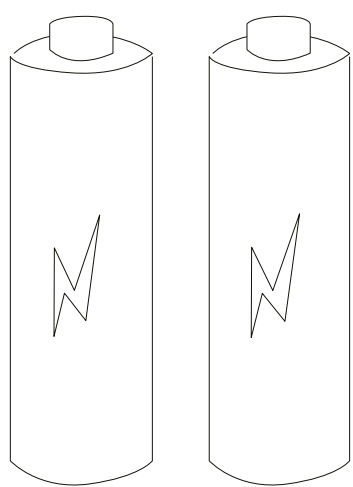
User manual



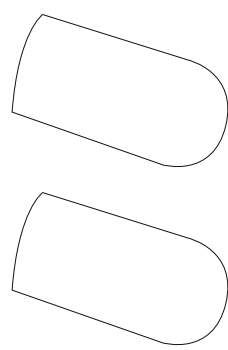
What's in the Box



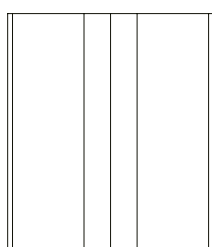
2 handles



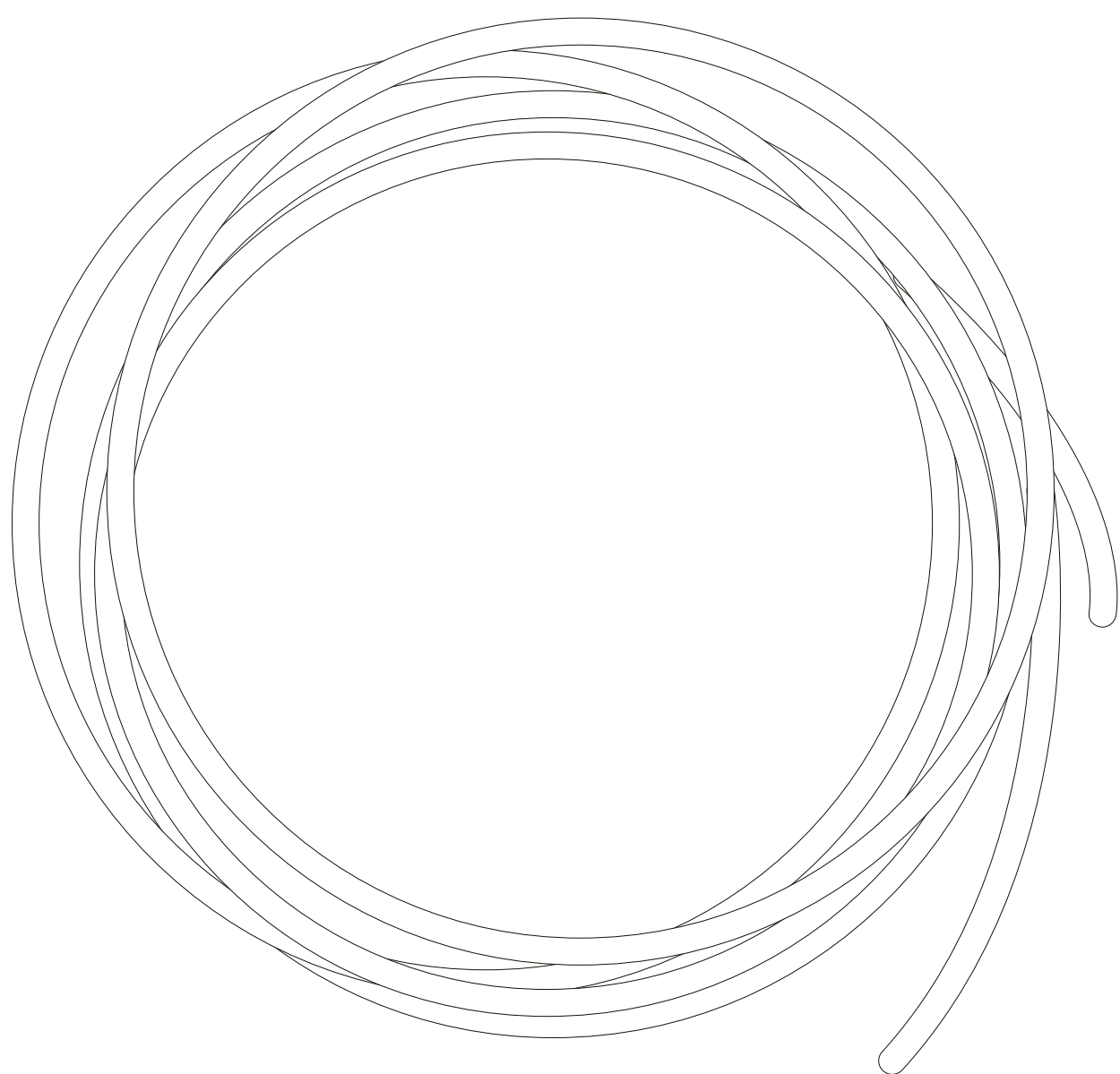
2 X AAA
batteries



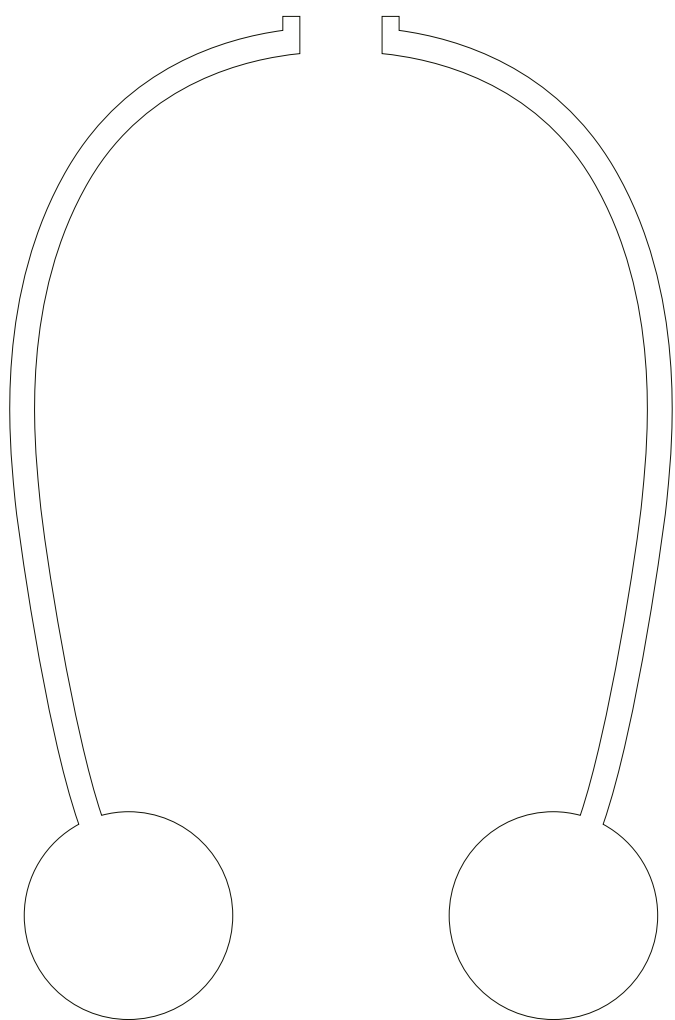
2 rope tip
covers



2 anti-slip rope
locks

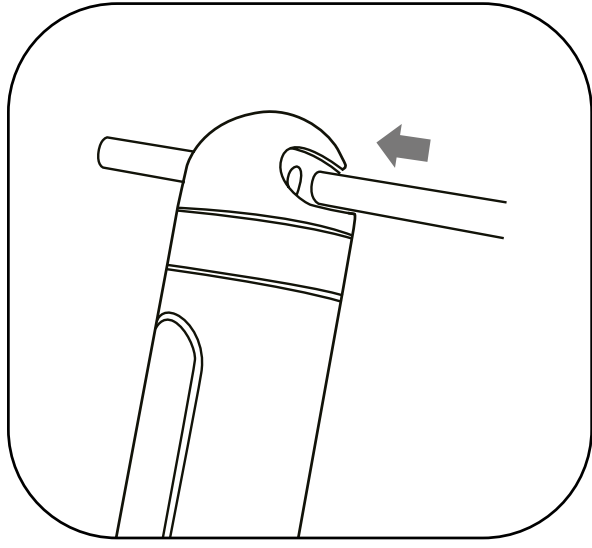


3 meters of PVC-
covered steel rope



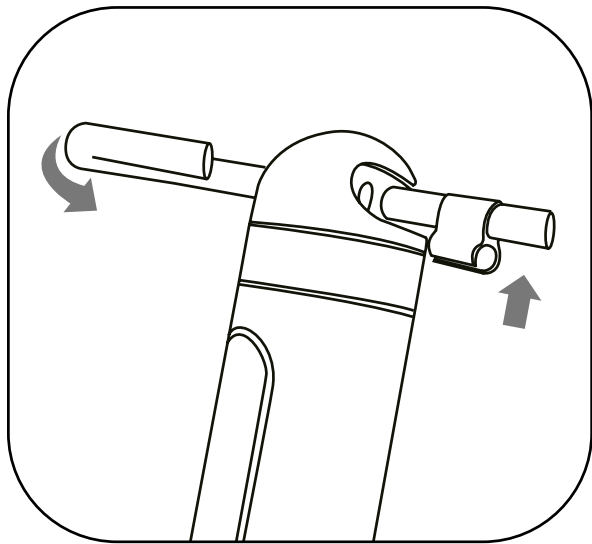
2 Cordless
skipping balls

Getting Started



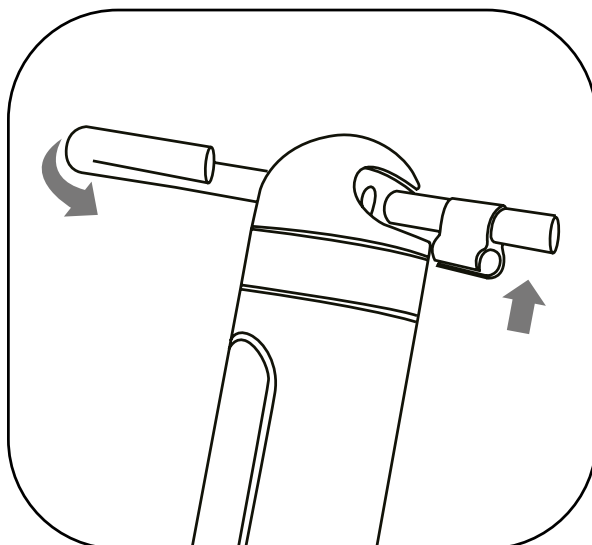
1.

Thread the rope through the holes in the handles.



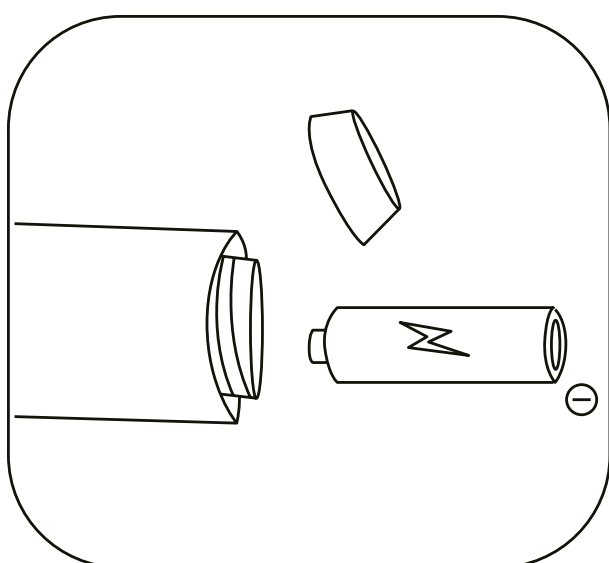
2.

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.

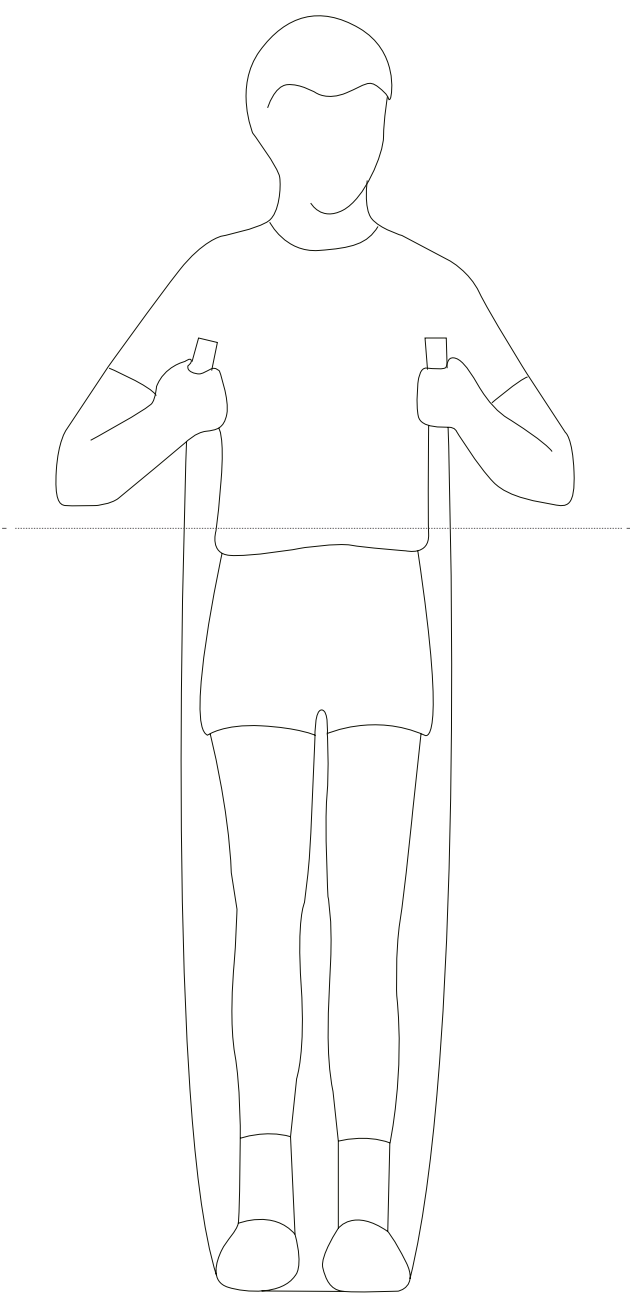


4.

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!

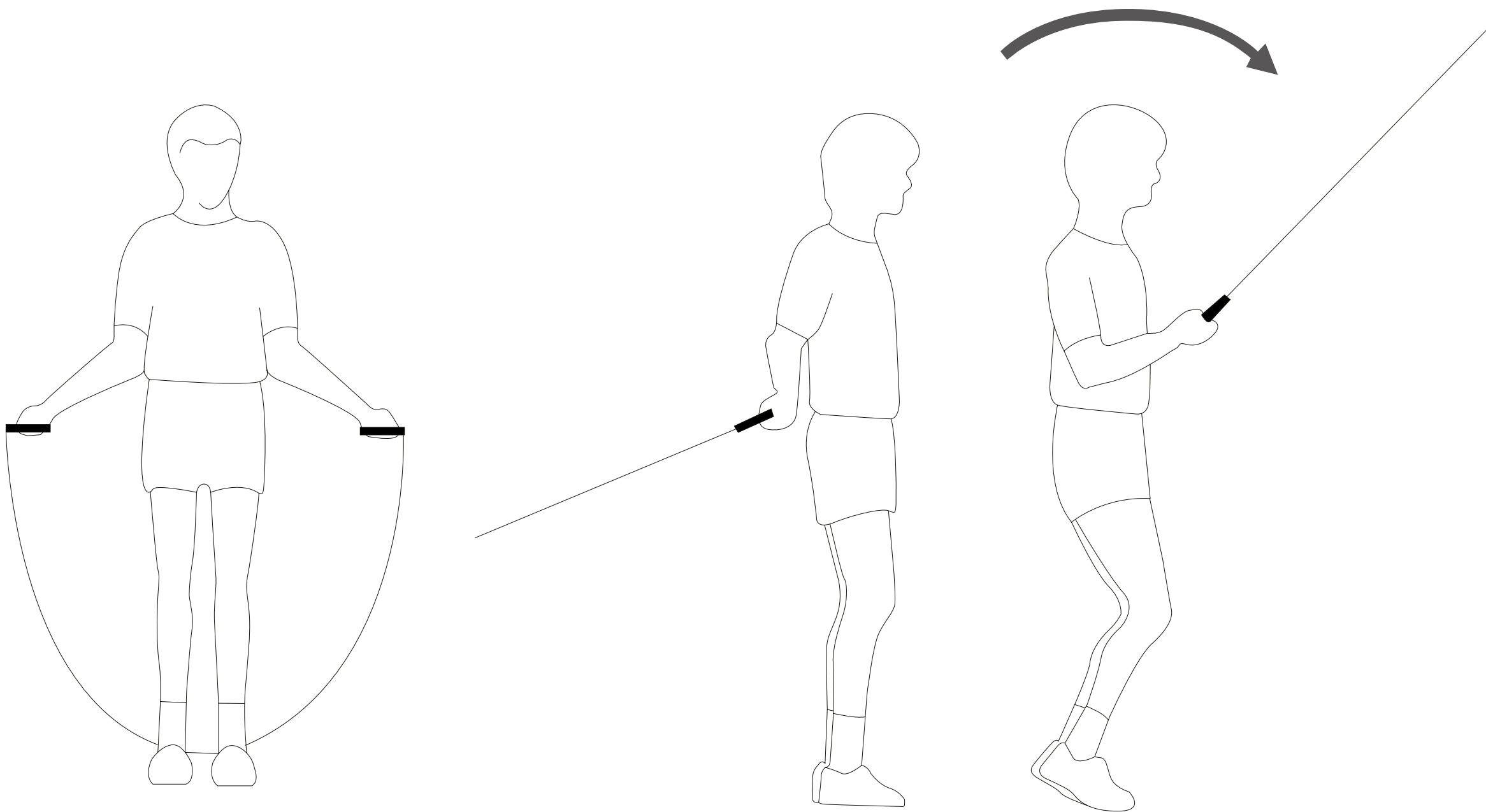
Adjusting Rope Length

Hold both handles and stand on the rope. Keep your arms at a 90-degree angle at waist height, as shown in the illustration. You can also adjust the length as desired based on your own skipping habits.



Proper Skipping Technique

Stand naturally with your feet slightly apart. Hold your upper arms close to your body and your forearms extended to your sides. Using your wrists, rotate the handles, bend your legs, and start jumping. Be sure not to land on the heel and sole of your foot at the same time.



How to set up your HYROPE

1. Scan the QR code to download the HYGEAR App.



2. Make sure Bluetooth and location services are enabled.

3. Press the button on the HYROPE to turn it on.

4. Create your HYGEAR account as instructed in the app.

5. Check that your HYROPE is connected to the app, with the Bluetooth symbol showing on the handle.

6. Reset Jump Count: Press the button for 2 seconds to zero your jump count.

7. Power Saving Mode: The HYROPE light will turn off after 30 seconds of inactivity. Press the button to turn the light back on.

8. The HYROPE will turn off automatically after 20 minutes of inactivity.

Safety

1. Wear comfortable, supportive training shoes to protect your heels and legs while skipping.

2. Always start with some warm-up exercises to improve blood circulation and protect your joints, ligaments and muscles.

3. Be sure to stretch after skipping to relieve muscle tension and reduce soreness.

4. Choose a proper surface to skip on, such as a grassy lawn, a rubber playground, or in a gym. Rough ground will increase resistance during skipping and may damage the rope.

5. Always skip in an open space 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.

EN Caution! 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.

DE Achtung! Dieses Gerät entspricht Abschnitt 15 der FCC-Regulierungen. Der Betrieb unterliegt den folgenden zwei Bedingungen: (1) Dieses Gerät darf keine schädlichen Interferenzen verursachen, und (2) dieses Gerät muss jede empfangene Interferenz akzeptieren, einschließlich Interferenzen, die einen unerwünschten Betrieb verursachen können.

FR Caution! Cet appareil est conforme à l'article 15 de la réglementation de la FCC. Son utilisation est soumise aux deux conditions suivantes : (1) cet appareil ne doit pas causer d'interférences nuisibles, et (2) cet appareil doit accepter toute interférence reçue, y compris les interférences pouvant causer un fonctionnement indésirable.

RU Внимание! Данное изделие соответствует требованиям части 15 Правил Федеральной комиссии по связи. Эксплуатация допускается при соблюдении следующих двух условий: (1) данное изделие не должно создавать вредных помех; (2) данное изделие должно принимать все помехи, включая помехи, которые могут вызывать отклонения в его работе.

ES¡ Advertencia! Este dispositivo cumple con el apartado 15 de las normas de la FCC. Su funcionamiento está sujeto a las siguientes dos condiciones: (1) que este dispositivo no ocasione interferencias dañinas; y (2) que dicho dispositivo acepte cualquier interferencia recibida, incluidas aquellas que puedan provocar un funcionamiento no deseado.