



PROZIS PULSE DUO 2.0 Smart Dots Training Pod System User Manual

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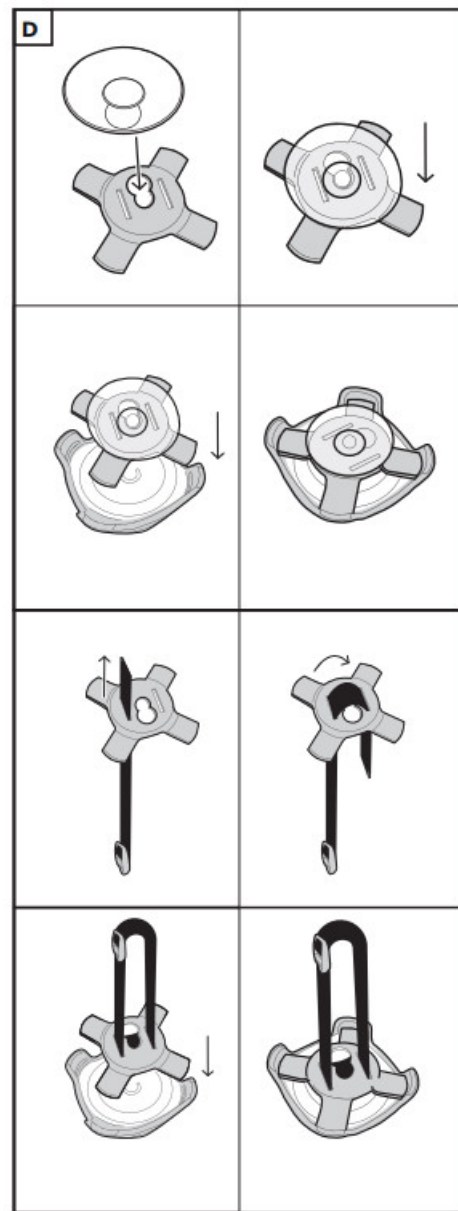
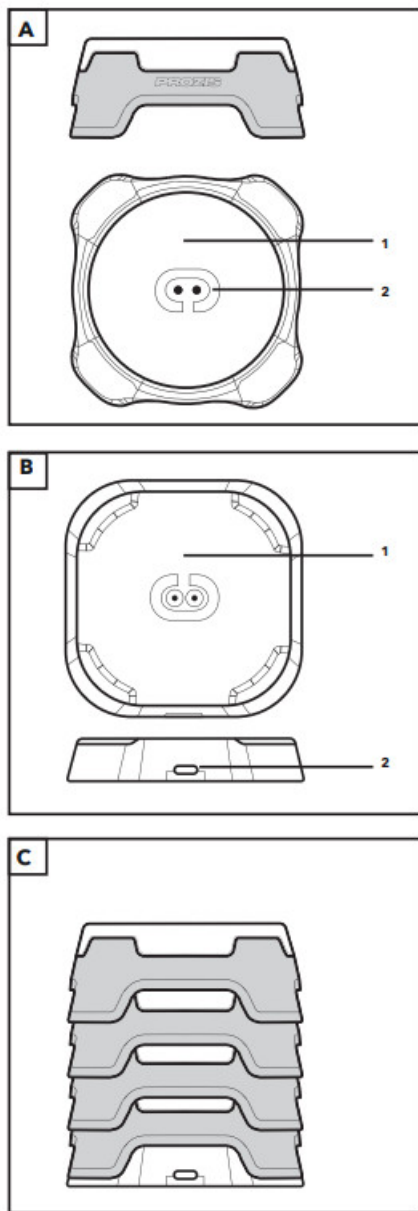
Smart Dots
Traing Pod System

Quick Guide
V.1 06/2023

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PULSE DUO 2.0 Smart Dots Training Pod System



Instructions

Product description:

Pod: see page 2, figure A

1. Interactive tap zone
2. Charging Pogo pins

Charging base: see page 2, figure B

1. Pod stack charging area
2. USB-C charging port

How to install: see page 2, figure D

How to charge:

- To charge de Pods, plug a USB charging cable into a USB power adapter (not included) and into the product's

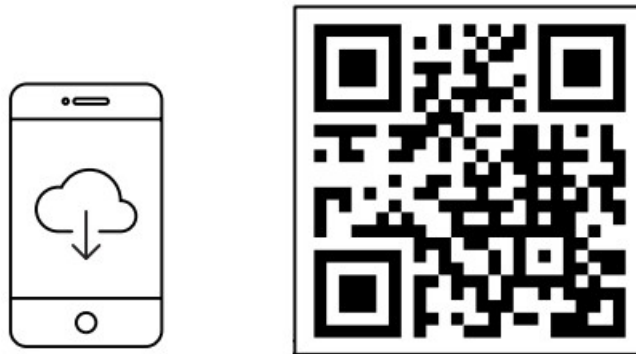
charging port.

- Stack the 4 Pods on the charger (see page 2, figure C).
- The Pods will blink red to indicate that they are charging and will gradually turn green until the battery gets fully charged. When they are all charged, the Pods will all blink green.

How to use:

This product is App-controlled.

Scan the QR code to download the App from the Apple App Store or the Google Play Store. You can also download the app from our website: www.prozis.com/fitnesstracker



Sign in to the App.

Pairing product and mobile device:

- Your Pods are in suspend mode. Prior to first use, place the Pods on the base until they blink with 3 colors.
- Remove them from the base. Your Pods are now in pairing mode.
- Open the ProzisGo App, press the device button displayed at the bottom of your dashboard screen, and then press “+” to add a device. Select the intended device and follow the instructions.
- Once a connection is established, each Pod will blink blue 3 times. If you take more than 2 minutes establishing a connection, they will blink white, which means they returned to suspend mode.
- On the App you can choose different workout activities according to your own fitness goals or preferences.

NOTE: The Pods must be paired to your smartphone using the ProzisGo App, each time you use them. These will enter suspend mode after 5 minutes of inactivity.

Reset

Once you pair the Smart Dots with your smartphone, they will be locked to that device.

To perform a reset place each Pod on the charger for about 10 seconds and shake them (up and down) until they blink with 3 colors.

Your Pods are now in pairing mode.

Check the digital user manual for more information about the workout activities.

Read the complete manual at www.prozis.com/user-manuals

PROZIS is a registered trademark of PROZIS.COM, S.A.

PROZIS reserves the right to adjust or modify the product or any of the associated documentation in order to ensure its suitability for use, at any time and without prior notice.

Legal compliance statement



By means of this document, PROZIS declares that the Smart Dots are fully compliant with all the standards specified in the applicable legislation as well as other relevant clauses.

Prozis will always be available for any additional clarification through our customer support communication channels, available at www.prozis.com/support



To avoid any impact on the environment or human health due to dangerous substances present in electrical and electronic devices, the end users of such devices are expected to understand the meaning of the symbol consisting of a crossed-out waste container.

Do not dispose of electrical and electronic equipment along with unsorted household waste. Dispose of it separately and properly instead.



The product and packaging materials are recyclable, dispose of it separately for better waste treatment. The Triman logo is valid in France only.



The packaging that protects the device against transport damage is made from non-polluting materials that can be disposed of via local recycling bins. The recycling code is used to identify various materials for recycling. The code consists of the recycling symbol – which is meant to reflect the recycling – and a number which identifies the material.



FCC INFORMATION TO THE USER

FCC ID: 2AW22-PRZ2101002

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 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.

Caution: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: The most recent version of this user manual can be found at www.prozis.com/user-manuals

Safety warnings

Make sure to familiarize yourself with the product before preparing it for use and using it for the first time. To do so, please carefully read the following instructions for use and the important safety notes. Use the product only as described and for its intended purposes. Keep these instructions in a safe place. Make sure to include all documentation when passing the product on to others.

INTENDED USE

This product is suitable for cognitive training combined with physical training. It will help you improve your agility, speed, reaction time, stability, stamina, and strength. This product is intended for personal use only. Do not use it for medical or commercial purposes.



DANGER! This symbol, when combined with the note Danger, means high risk. Failure to observe this warning may lead to injury to life and limb.



DANGER FOR CHILDREN AND PEOPLE WITH DISABILITIES

- This product may be used by children 8 years and up as well as by persons with physical, sensory or mental impairments or lacking experience and knowledge, when supervised or instructed in the safe use of the product and understanding the associated risks.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children without supervision.
- This product is not a toy.
- Keep the product out of the reach of children.
- Packing materials are not toys. Children must not play with the packing materials. There is a suffocation risk.



DANGER! RISK OF ELECTRIC SHOCK!

- Never operate this appliance and its charger in the vicinity of a bathtub, a shower, a liquid-filled hand basin or anything similar.
- Do not immerse the appliance in water or any other liquids.
- Never touch the appliance with wet hands.
- Make sure the charging cable cannot be damaged by sharp edges or hot points. Do not wrap the charging cable around the appliance.
- Never make any modifications to the product yourself. In case of malfunction, repairs are to be conducted by qualified personnel only.
- Do not attempt to connect the device to an outdoor outlet. Use only indoor AC/DC adapters to charge the device.
- Do not attempt to charge more than 4 Pods at a time using a single Pod charger.



DANGER! BUILT-IN BATTERY

The product is powered by a lithium-ion rechargeable battery.

There is a risk of explosion if batteries are not handled appropriately.

- The batteries are not designed to be replaced.
- Do not expose it to temperatures exceeding 40°C.
- Damage to the battery could cause an explosion and/or fire.
- Do not dismantle, open, or shred the battery.
- Do not expose the battery to heat or fire. Store the device protected from direct sunlight.
- Do not short-circuit the battery.



DANGER! RISK OF INJURY

- Only use this product for its intended purpose. Misuse may lead to injury. Use this product according to these instructions only. Do not attempt to modify the product in any way.
- Do not use the device if there is visible damage to it or to the charging cable.
- Always consult your physician before beginning your workout program. Make sure you are physically fit to use it.
- Always remember to warm up before exercising and train according to your current fitness level. Overexertion and overtraining may lead to serious injuries.

If you find yourself experiencing any discomfort, pain, weakness, or fatigue, stop training immediately and contact a physician.

- Safe training requires ample room. Perform the exercises away from objects and other people to ensure everyone's safety.
- Pregnant women should only use the equipment after consulting their physician.
- Always use the product on flat, nonslip surfaces.
- Do not use the equipment near stairs or steps.



DANGER TO AND FROM PETS AND LIVESTOCK

Electrical devices can represent hazard to pets and livestock. In addition, animals can also cause damage to the device. For this reason, you should keep animals away from electrical devices at all times.



CAUTION! This symbol highlights dangerous situations that can lead to minor to moderate injuries, damage, malfunction, and/or destruction of the device.

TO PREVENT HARM OR DAMAGE FROM HAPPENING TO USERS OR OTHERS, MAKE SURE TO COMPLY WITH THE FOLLOWING REQUIREMENTS.



CAUTION! RISK OF MATERIAL DAMAGE

- Protect the product from dirt, moisture, and overheating, and only use it in dry environments.
- Do not expose the equipment to temperatures above 40°C or below -20°C.

- Only use the product's original accessories.
- The appliance and its parts are not dishwasher-safe.
- Do not use aggressive or abrasive cleaning agents.
- Do not overload the product. It may cause permanent damage to the product.
- The appliance should not be subjected to big falls.

Warranty statement

This device is covered by a limited warranty found in the corresponding instruction manual, available for reference at the following URL: www.prozis.com/user-manuals

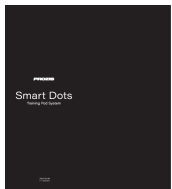
CONTACTS

Prozis is always available for additional clarification through their customer service communication channel at www.prozis.com/support

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Documents / Resources



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PULSE DUO 2.0 Smart Dots Training Pod System, PULSE DUO 2.0, Smart Dots Training Pod System, Dots Training Pod System, Training Pod System, Pod System

References

- [User Manual](#)