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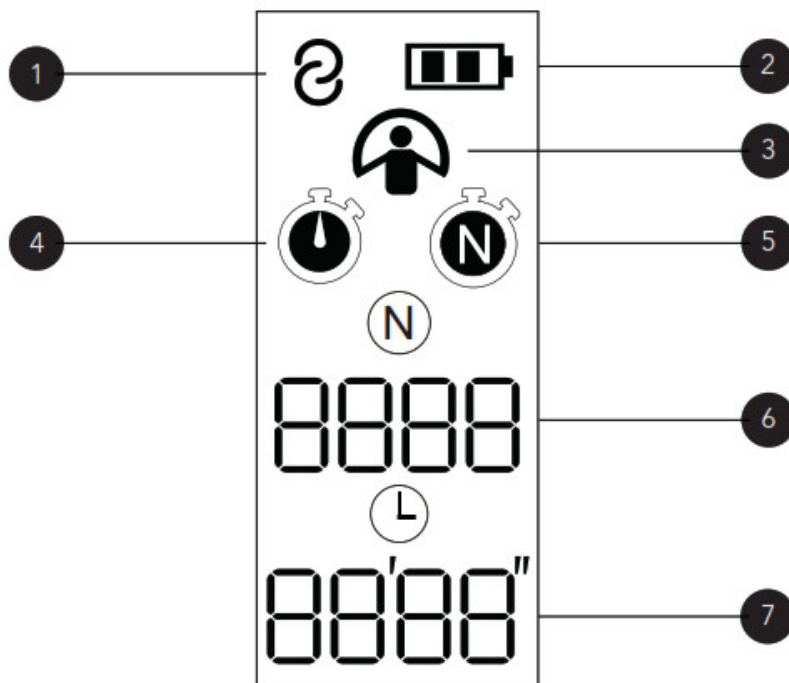
# PROZIS X-Speed Smart Jump Rope User Manual

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# PROZIS



X-Speed Smart Jump Rope



User Manual

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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.

The most recent version of this document, which may contain such adjustments or modifications, is available for reference at [www.prozis.com/user-manuals](http://www.prozis.com/user-manuals)

## Legal compliance declaration

**CE** By means of this document, PROZIS declares that the **Prozis X-Speed – Smart Jump Rope** – is 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](http://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 the unsorted household waste. Instead, dispose of it separately and properly.



The packaging that protects the device against transport damage is made from non-polluting materials that can be disposed of via local recycle bins.



**FCC ID: 2AP3Q-RS32ULB**

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.

#### **Safety warnings**



**Danger!** This symbol, when combined with the note **Danger** highlights a dangerous situation. Failure to observe this warning may lead to injury to life and limb.



#### **DANGER! RISK OF INJURY TO INFANTS AND CHILDREN**

- This device can be used by children 8 years old and over, and by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge provided their use is supervised or they have been given instructions concerning the use of the device in a safe way and understand the hazards involved.
- Children must not play with this device.
- Cleaning and maintenance must not be handled by unsupervised children.
- Do not leave unsupervised children with the product.
- Children may become entangled in the product, may trip over it, or be strangled by it. There is a danger of life-threatening strangulation and also a risk of injury and property damage.

**If you have a history of health problems, allergic reactions, or any injuries, please consult your physician before using this product. Don't exercise at all if you are feeling sick or unwell or if any other complaints arise.**



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

**To prevent harm or injury to users or others, make sure to comply with the below requirements.**

- Do not use the device if it, or parts of it, are visibly damaged. If it is damaged, you must have it repaired or replaced by Prozis, by a service center authorized by Prozis or similarly qualified persons in order to avoid a hazard.
- Do not alter or modify the device in any way.
- Protect the product from the elements – rain, moisture, direct sunlight, extreme temperatures, or dirt. It should be used and stored in sheltered areas.
- When exercising, keep a safe distance of at least 2 meters from objects and persons to avoid injuries and property damage.
- Jump on a flat, non-slip surface.

- Do not use the product near stairs or steps.
- Do not forget to include warm-up and cool-down periods.

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## **PACKAGE CONTENTS**

- 1 x Prozis X-Speed – Smart Jump Rope
- 1 x USB Charging Cable
- 1 x Quick Guide

## **MAINTENANCE AND CLEANING**

- Switch off the device and remove all plugs before cleaning.
- Never submerge the device in water and protect it from water drops and spray. To prevent possible damage, make sure no moisture enters the device while cleaning.
- Do not use chemical or abrasive cleaning agents.
- Clean the device regularly using a clean, dry cloth. Use a slightly damp cloth and mild cleaning agent to remove stubborn dirt.

## **STORAGE**

- Store the appliance in a cool, dry place, away from direct sunlight and dust.
- Recharge the device on a regular basis if not to be used for a long period of time.

Please use the old packaging to repack the device to prevent dust and dirt build-up.

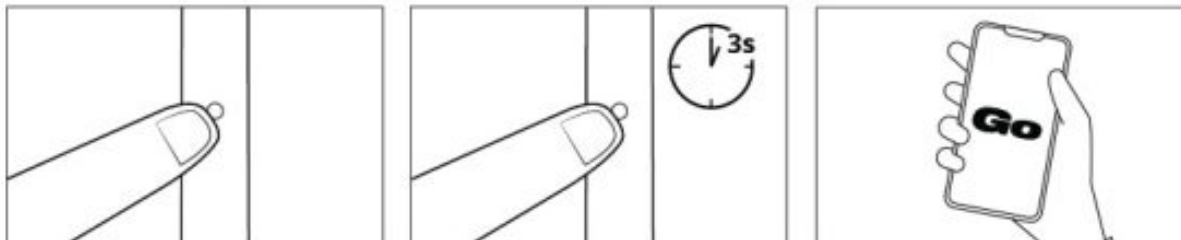
## **OPERATING INSTRUCTIONS**

### **Product Description (see page 2)**

1. BT icon
2. Battery indicator
3. Free jump mode: jump without time or repetition limit.

4. Time countdown mode: jump with a time limit. You can choose 30 seconds, 1 minute, 5 minutes, 10 minutes, and customized time on the Prozis Go App. Without the app, the device will save the last period of time selected.
5. Jump countdown mode: set a limit of jump reps. You can choose 50, 100, 500, 1000, and customized jump reps on the Prozis Go App. Without the app, the rope will save the last set of reps completed.
6. Number of jumps
7. Jumping time

## Mode selection



- Press the button on the back of the display to switch on the jump rope.
- Press and hold the same button for about 3 seconds to choose between the three different modes.
- You can also select the mode on the Prozis Go App.

**Note:** For accurate tracking of your jumps, grab the handle with the display of your right hand.

## Resetting jump count and time

Quickly double-press the button on the back of the LCD display until the counter resets.

## Offline storage function

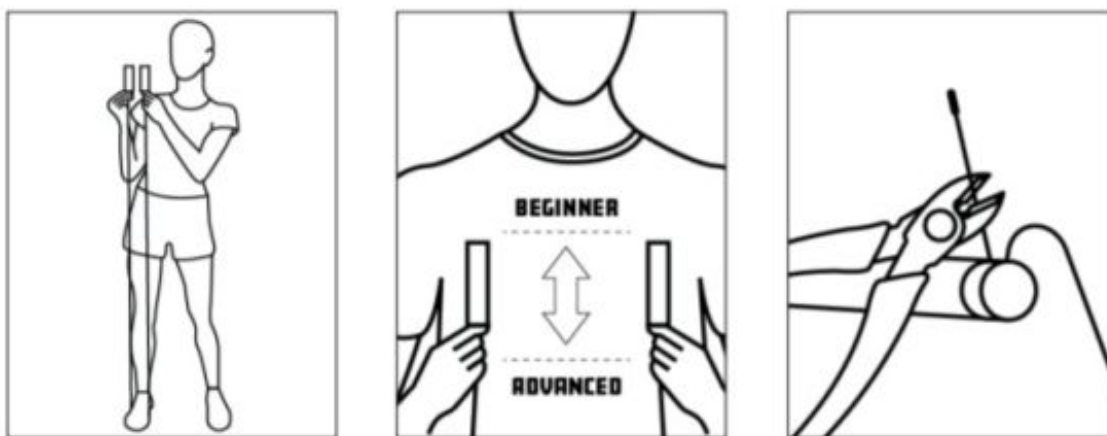
Without a smartphone, your workout data will be stored in the memory. Later, when the Prozis Go App, your past workout data will be available on the app.

## Battery charging

Charging the battery before using the device for the first time is recommended.

1. Connect the USB charging cable to any USB power source. The LCD light will switch on.
2. You can see how long until your battery will be fully charged while charging it by checking the battery indicator bars.
3. Three full bars mean it is fully charged. The product is now ready for use. Disconnect the USB charging cable from the power source.

## Adjust the length



- Place both your feet 2.5–5 cm apart on the midpoint of the rope. Each end of the rope should be an equal length from the midpoint in order for the rope length to be accurate.
- Pull the rope up so it is taut and hold the handles steady. Look down and check where the handles come up to.
- For jump rope beginners, the top of the handles should reach under your armpit. If you're a pro then your jump rope handles should reach your nipple line.
- Adjust the length of your rope by pulling it through one of the handles. Loosen the holding screw and move it along so

it holds the rope at the correct length. Tighten the screw and check that the rope is now at the right length. You may need to repeat this step a couple of times until you're happy with the jump rope length.

## CONNECTION PROCESS

### The Prozis Go App

The Prozis Go App will be available for free download on the Apple App Store® for iOS and Google Play Store® for Android.



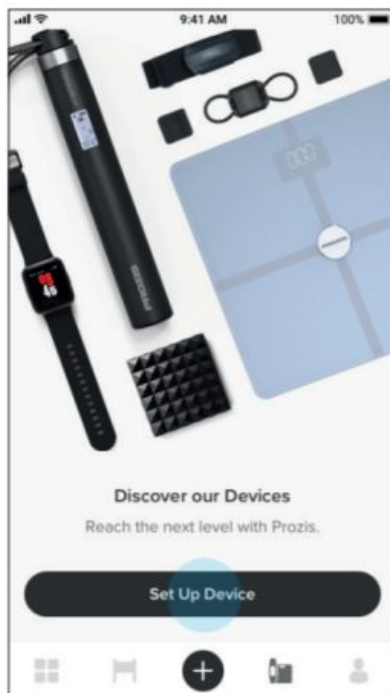
<https://www.prozis.com/go>

1. Use the QR code scanner to scan the following QR code or download the Prozis Go App through your smartphone's App Store or Google Play Store.
2. From our website: [www.prozis.com/fitnesstracker](https://www.prozis.com/fitnesstracker)

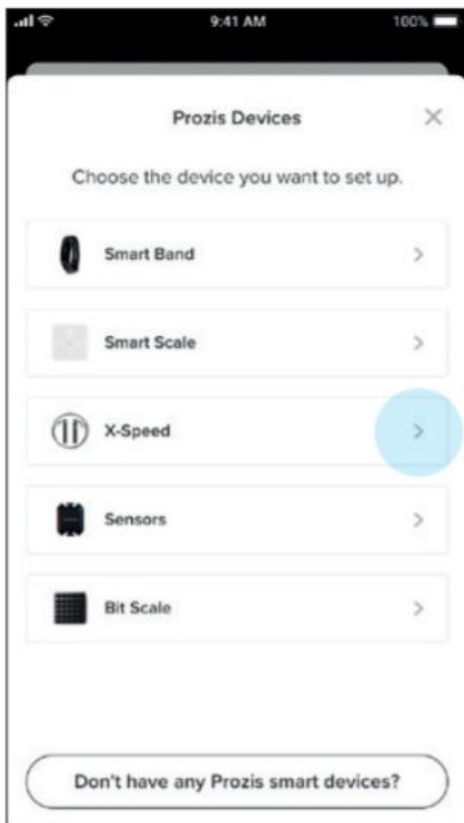
**Note:** The jump rope will not connect with the Prozis Go App while charging. Wait until it finishes charging before starting the connection process.

### Jump Rope Activation

1. Add the device to the Prozis Go app by going to the "Devices" screen and touching the button at the bottom of the screen.



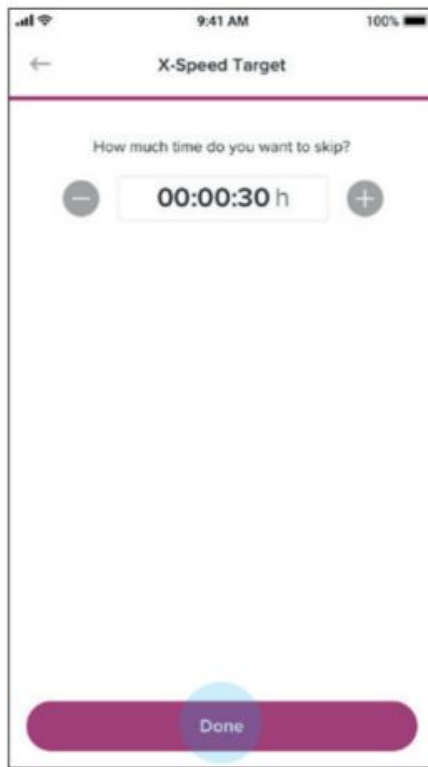
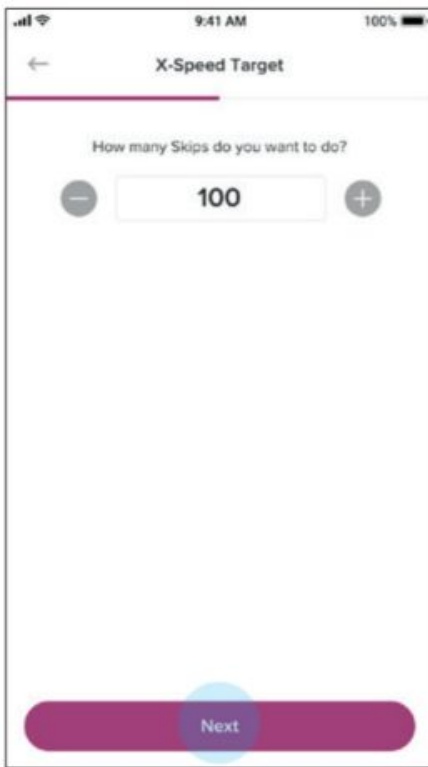
2. Choose the smart rope from the list of Prozis devices.



3. . Follow the instructions for pairing with your jump rope.



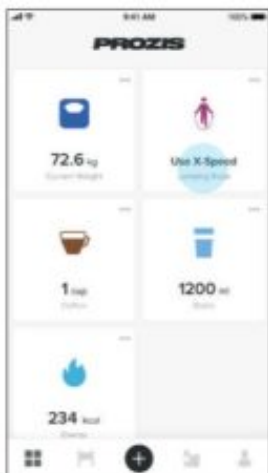
4. Set a limit of jump reps and time.



## Onboarding

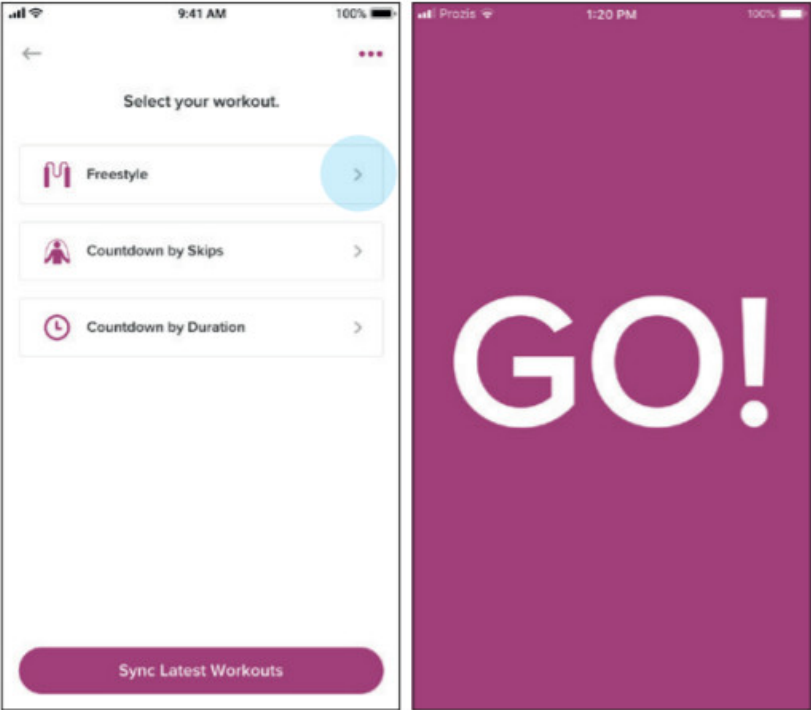
**Fitness data:** jump count tracking, time spent exercising, and calories burned.

**3 types of workouts:** freestyle, jump countdown, and time countdown.

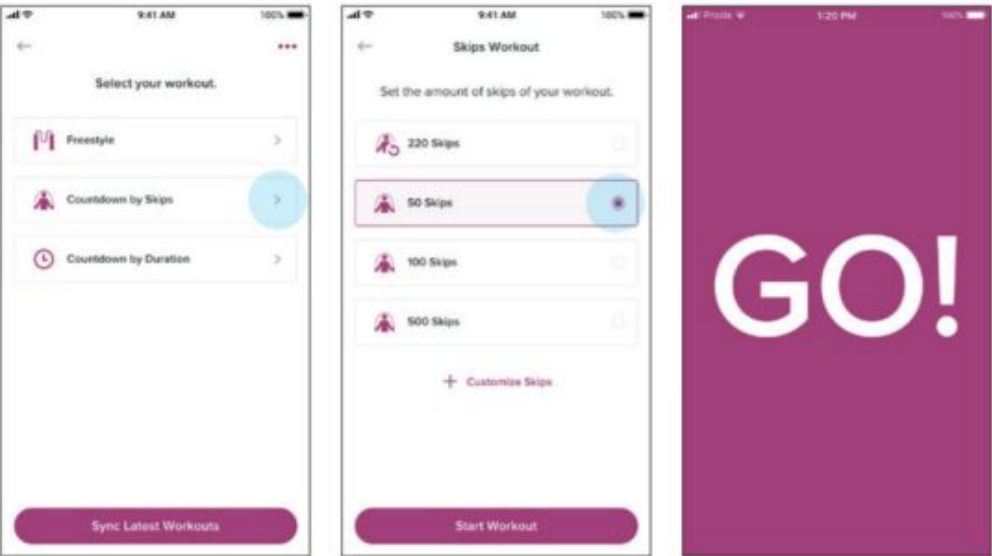


Select and customize your workout

Freestyle

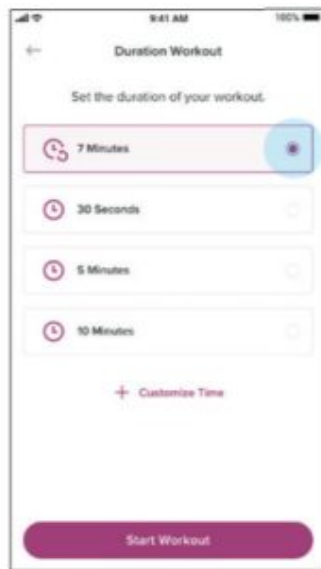
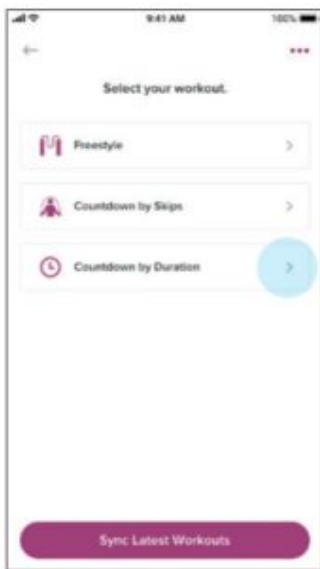


Jump countdown



Time countdown



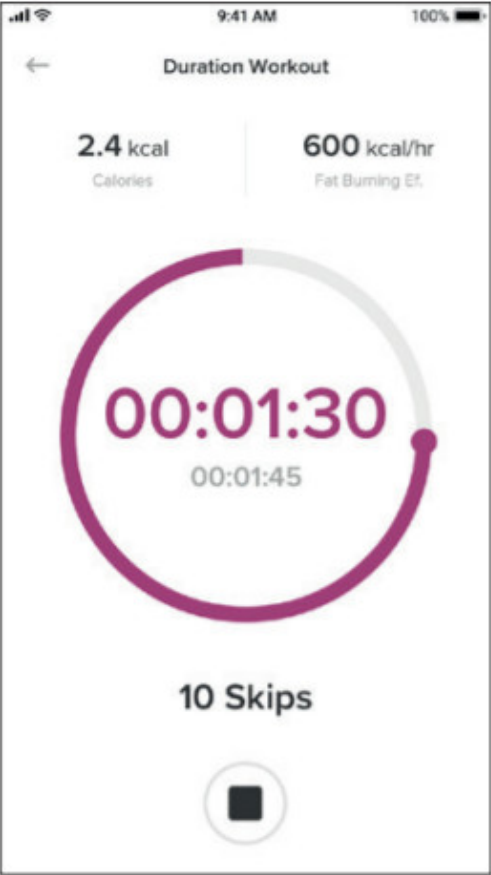


## Workout in progress

### Freestyle mode



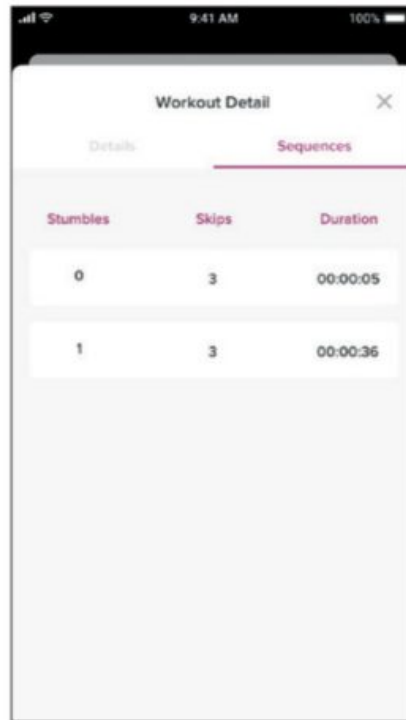
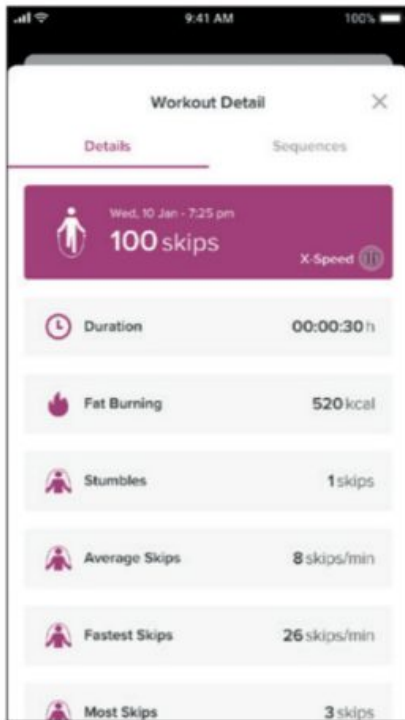
### Time countdown mode



Jump countdown mode



Workout details



## Troubleshooting

Some issues that may arise can be solved by the user. If the problem persists after having tried the following solutions, please contact Prozis customer service.

PROBLEM	CAUSE	SOLUTION
The device does not switch on.	Battery is empty.	Charge the battery.

## Warranty statement

All electrical and electronic items commercialized by Prozis, via [www.prozis.com](http://www.prozis.com), are covered by the warranty applicable to the purchase and sale of consumer goods.

## GENERAL CONSIDERATIONS

This document contains the terms and conditions of Prozis' warranty for final consumers. The warranty is valid exclusively for the consumer who purchase the product for non-professional purposes.

## WARRANTY PERIOD

Prozis guarantees that the product is to remain free from material and production defects for a 2-year period, counting from the date of initial purchase by a consumer and the respective delivery, or for longer if legally established by the applicable national law.

In the event that repair is required, this 2-year period is suspended during repair time.

## CONSUMABLES

The gradual performance decrease caused by prolonged use of the product's consumable components, such as batteries, is not covered by this warranty unless the malfunction is caused by faulty design, materials, or production.

## HOW TO MAKE A CLAIM

If the need rises to exercise the rights conceded to you through this warranty, contact the Prozis customer service via the communication channels provided on the Prozis website, and follow the provided instructions or recommendations. Contact and technical assistance information is also provided at the end of this warranty.

Any claims made regarding this warranty will only be valid if proof of purchase is presented by the original customer. This proof of purchase may be an original invoice or receipt, as long as it includes information regarding the date of purchase and the product's model name.

## **WARRANTY REPAIRS**

Any repairs made under this warranty cannot be made by third parties. This warranty does not apply to any repairs, or damage caused directly by such repairs, that have impacted or caused the damage that is the subject of the respective warranty claim.

## **EXCLUSIONS**

The following situations are not covered by this warranty:

1. Any wear and tear of parts and components resulting from normal product use.
2. Cracks, dents, scratches, and other types of surface damage only affect the product's appearance.
3. Any malfunction caused by inappropriate use of the product that does not comply with user manual instructions.
4. Use and storage of the product not complying with user manual instructions.
5. Opening of the product by a third party who is not authorized to proceed to its repair.
6. Altering or changing parts or components, whether internal or external.
7. Damage caused by battery leakage resulting from the breaking of any of its components, or from product misuse.
8. Malfunction or damage due to reasons that cannot be ascribed to the production or design of the product.
9. Use of the product in the context of a business, occupation, or commerce.
10. Malfunction due to use that does not comply with the technical or security norms in force, or with user manual instructions.

The services provided by Prozis in order to repair or fix any fault or malfunction resulting from the verification of any of the aforementioned excluded situations will be subject to payment of labor, transport, and component costs.

The customer shall bear all risks of loss and damage to the product during transportation to Prozis. This warranty will be void if the returned product arrives with labels or stickers that have been removed, damaged, tampered with, or modified in any way.

## **LIMITED RESPONSIBILITY**

Prozis cannot be held responsible for indirect damage or loss due to usage of the product.

## **WHAT TO DO?**

To request warranty service, you must first contact Prozis customer service via the communication channels provided on the Prozis website, and follow the provided instructions and recommendations.

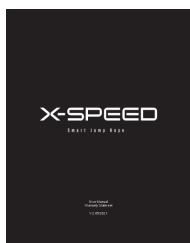
Send back the product inside its original packaging, including all accessories and documentation, to the following address:

PROZIS  
Rua do Cais nº 198  
4830-345 Póvoa de Lanhoso  
Braga – Portugal

## **CONTACTS**

Prozis is always available for additional clarification through their customer service communication channel at [www.prozis.com/support](http://www.prozis.com/support)

## **Documents / Resources**



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X-Speed, Smart Jump Rope, X-Speed Smart Jump Rope, Jump Rope

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