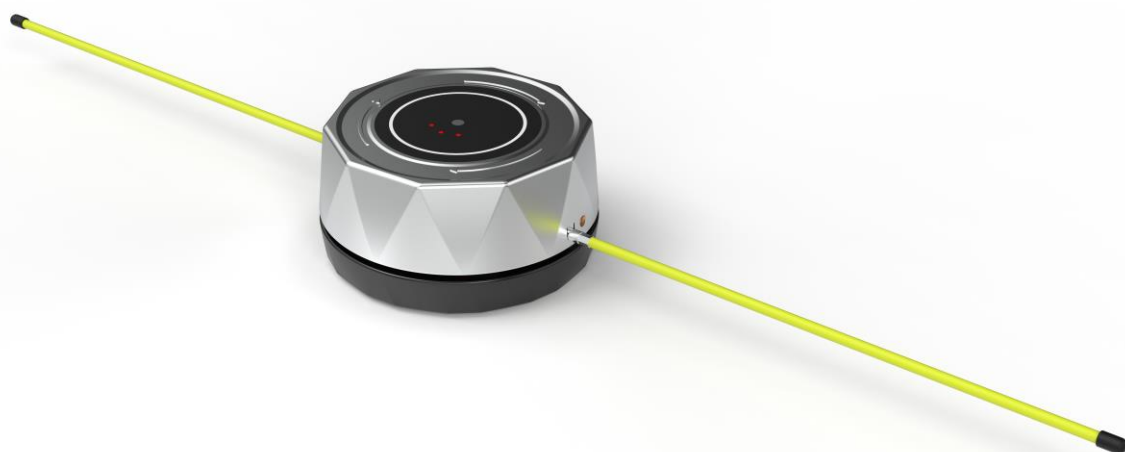




Smart Jump Rope Workout Machine

Bluetooth Enabled | Cordless | Remote Control



Instruction manual
Model: KH345

*** Keep this manual for future reference ***

READ AND SAVE IMPORTANT SAFETY INSTRUCTION

Read the following safety information carefully before using this product. If you have any medical conditions (such as pacemaker and pregnant) or are undergoing medical treatment or surgery, we advise that you should consult with your doctor before use.

SAFETY NOTE:



Warning: This product does NOT have water-proof, do not immerse water. Only use this product in open area with enough free room in your exercise field. This is NOT a toy.



Attention: This product is designed for private use, not intended for medical or commercial purpose. Children should be supervised to ensure that they do not use this product as a toy.

PRECAUTION:

- Make sure feet are free of ornamentation (belts, bands, etc.) before using this product.
- For safety, make sure there is enough free room around your exercise field.
- This is not a toy, not a tool.
- Do not carry the product with the ropes or the USB cable.
- Do not step on or sit on the product.
- Do not let children remove the ropes from machine and play it as a toy.
- This product is not for children without adult supervision.

CAUTION:

- Do not immerse water in any circumstances.
- Do not use the product if you are hungry, right after meal, drunk, or right after extreme exercise.
- Do not use the product if you have wound or are after surgery and not yet fully recovered.
- Do not use this product continuously for more than 60 minutes at a time. It is recommended that you should take 10 to 15 minutes break for every 15 to 20 minutes of use.
- Always check and make sure the ropes are securely connected before use.
- Never use the product too close to any subjects such as people, appliances, furniture, etc.
- Always escort and pay attention while children, patients, disabled and elderly people are around when using this product. This product is not for children without adult supervision.
- Never use the product if the machine, connection part, or rope is damaged, if it is not in a smooth operation as it should be, or if it immerses water.
- Unauthorized person is not allowed to reconstruct or replace the component of this product.
- Do not use this product in the area with wet or slippery floor.
- Close supervision is necessary when this product is used by, close or next to children, invalids, or disabled person.

- Never let children, mental retarded and people with difficulty in action to operate this product.
- If the product has not been used for a long time, check it before use again.
- Excessive use can lead to overwhelming; should this occur, take 15 to 30 minutes of break before use again.
- Do not use this product as a substitute for medical treatment.
- This product is designed for household use only.

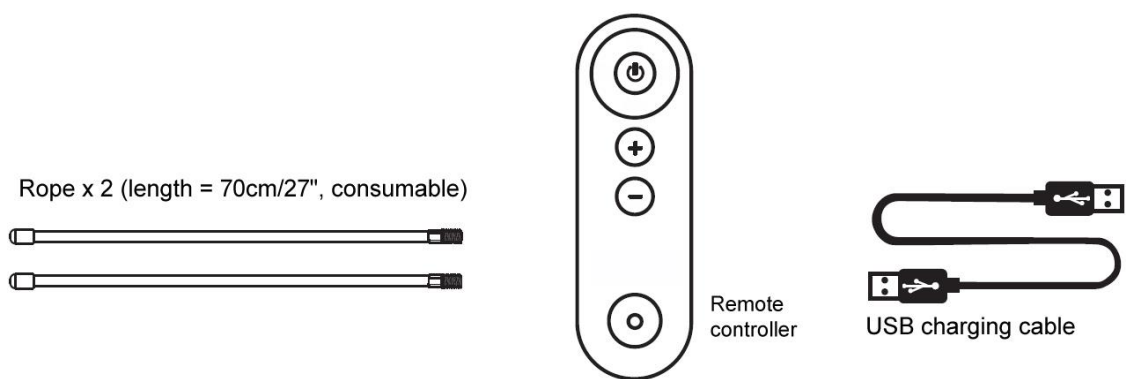
MEDICAL NOTES:

1. Jumping exercise will put a lot of pressure on knees. To avoid excessive stimulation of knees, the exercise should not exceed the recommended minutes at a time or more than what you can handle with your current health condition.
2. If you are under medical treatment and your doctor or orthopedist does not particularly forbid jumping workout, you can enjoy the exercise following your doctor's instruction.
3. A jumping workout should never feel unpleasant. Should pain or discomfort result, discontinue use and consult with your doctor.
4. Excessive exercise can also have harm to body.
5. People who are undergoing medical treatment and children should not use this product. If in doubt, talk to your doctor in advance.
6. Never use this product if there is wound or injury on targeted area.

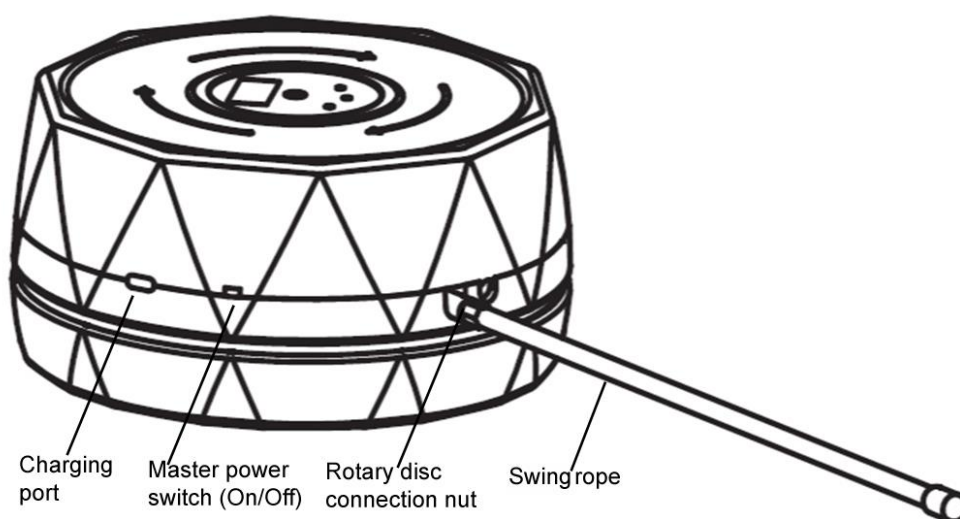
WARNING — TO REDUCE RISK OF INJURY TO USERS:

1. Close supervision is necessary when this product is used by or close to children, invalids, or disabled persons. **THIS PRODUCT IS NOT A TOY.**
2. Use this product only for its intended use as described in this manual.
3. Never operate this product if it has damage on machine or rotating rope, if it is not working properly, if it has been damaged on shell or immersed water. Return the product to service center for examination and repair. Never try to take apart or repair this product by yourselves.
4. Do not carry this product with its rope or use the rope as a handle.
5. Do not use attachments that are not recommended by manufacturer for this product.
6. Do not use this product after taking pain relief medications, sedatives or alcohol. Consult with your doctor if you are under these circumstances.
7. Do not use this product when you are in the environment with poor air circulation.
8. It is recommended not to use this product 60 minutes before or after your meal.

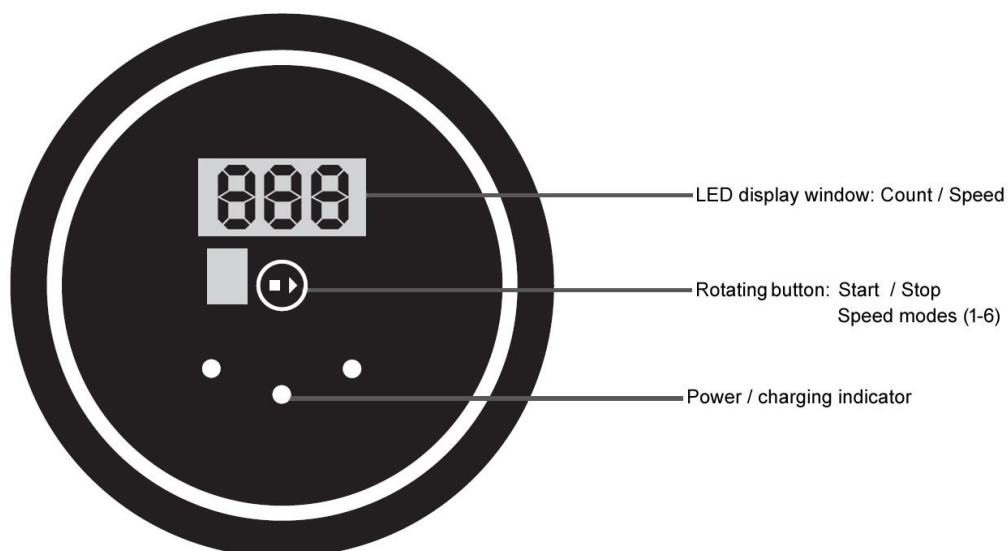
Parts included: Figure 1



Jump rope machine: Figure 2



Jump rope machine screen: Figure 3



Charging the battery:

1. The machine has built in rechargeable battery.
2. For the first time use, always charge the battery for 2 to 2.5 hours or until it is fully charged.
3. The machine comes with USB charging cable (compatible with smart phone USB AC adaptor).
4. Connect the USB cable to the machine charging port for charging (Figure 2).
5. During charging, the charging indicator lights flashing.
6. When it is fully charged, the three indicator lights are all solid blue.

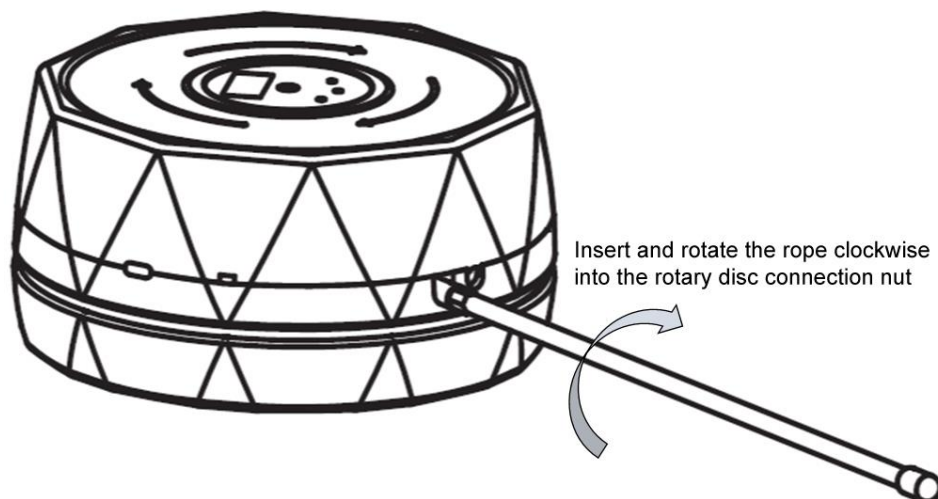
Bluetooth function:

1. The machine is Bluetooth enabled. It has built in speaker for you to play music while working out.
2. Open the Bluetooth on your smartphone.
3. Check the Bluetooth list, find the Bluetooth name (**TSJ-88**) to have the Bluetooth connected.
4. Once the machine power is on and starts rotating, it'll play the music you set up on your smartphone.

Assemble the rope on the machine:

1. The machine comes with two swinging ropes. You can either use one or all two of them.
2. Refer to Figure 4, insert and rotate the rope clockwise into the rotary disc connection nut.
3. The swinging rope is flexible and bendable.

Figure 4:



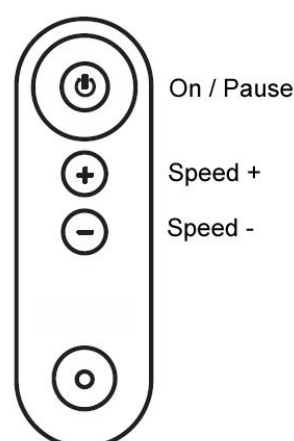
OPERATION GUIDE:

1. There are 6 selective rotating speed levels. It is recommended to start with speed level 1 (default).
2. **Turn On** the power by moving the **Master Power Switch** to ON position (to left) on the machine (refer to Figure 2).
3. The power indicators on screen are on solid in blue (refer to Figure 3).
4. The LED window displays 000 (will display the Count or Speed levels).
5. Press the **Rotating Button** once on screen to START rotating under speed level 1 (Figure 3).

- a. The LED window displays 001 (speed 1) and 001 disappears after 3 seconds.
 - b. The LED window then displays the Count instantly and constantly (rotating count).
 - c. Once the rotating starts, the music is also on (if you already set up the Bluetooth on your smartphone).
6. Press the **Rotating Button** again and again to choose rotating speed from level 1 to level 6.
 7. Press the **Rotating Button** again to STOP the rotating.
 8. **Turn Off** the power by moving the **Master Power Switch** to OFF position (to right) on the machine.

How to use the remote control:

1. After the machine is power on, hold and point the remote controller to the center of the machine screen.
2. press the **On/Pause** button once on remote control to START rotating.
3. Press the **On/Pause** button once again to STOP rotating.
4. During rotating, press the **+/- button** to increase or decrease the rotating speed (from level 1 to 6).
5. Note: the remote signal works better within range of 1 meter between the machine and remote controller. Try to point the remote to the center of the machine screen as much as you can.



How to replace the remote controller battery:

1. Gently rotate the battery cover anti-clockwise with a penny or screwdriver to open the battery cover. Remove and keep note of the battery +/- side and replace it with a new battery with the same +/- direction in the battery compartment.
2. The remote controller uses one CR2025 3V cell button battery. The + side on battery should be facing up in the battery compartment.

Read the following instruction carefully before exercise:

1. Do not force yourself to jump too fast.
2. You can walk a little bit or exercise your knees before jumping.
3. It is recommended to exercise from twice every week to once every 1 or 2 days, so as to generate enough heat consumption in order to achieve the effect of burning fat.
4. Do not exercise at least 30 minutes before meal or 60 minutes after meal.

5. Do not use this product if you have pregnancy.
6. Make sure all connecting sections are connected and secured firmly and safely before each use.
7. Make sure there is enough free room around your exercise field.

Put the Smart Jump Rope Machine on floor and start exercising:



Care and Maintenance

- This product has no waterproof. Do not immerse water.
- Clean the product with a soft, damp towel. Never use strong abrasives, detergents or cleaning agents for cleaning.
- This product has built-in rechargeable battery. Never try to repair or take apart of it, always contact the reseller or manufacturer if needed.

Storage:

- Disassemble rotating ropes and put them back in the unit box if it is not in use for a long time.
- Place it in a clean, dry location.
- Do not drag or hang the unit with its rope or USB cable.
- This product is designed for household use only.
- Never put the product close to fireplace or other heating sources.



Correct Disposal of this product:

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used product, please use the return and collection system or contact the retailer where the product was purchased from.

Features:

- Smart jump rope workout machine with Bluetooth enabled and remote controlled.
- Aerobic exercise to get you back in shape, make your lower body sturdy, slim and strong.
- Loosen up lumbar, buttock, thigh, and improve body and muscle to be more elastic and flexible.
- Cutting-edged innovative design with party lights turns your exercise field into a party room and makes jumping workout much more joyful at home or on the go.
- Rechargeable with built in lithium battery makes outdoor workout possible, in your backyard, patio, living room and more.
- LED window displays Count (jumping laps) or speed levels, let you track on your exercise with ease.
- Six selective speed levels.

Specifications:

- Lithium battery: 2400mAh
- Charging method: USB charging cable - 5V-1A Type-C (included).
- Charging time: 2.5 hours
- Estimated use time: 2 hours
- Speed levels: 1 to 6
- Remote control battery: CR2025 cell button battery x 1 (included).
- Two rotating ropes with 27 inches in length.
- Product size: 6 x 3.25 inches
- Product weight: 2.4 lbs

Troubleshooting:

Why the power indicators on machine are off:

- Power is low, need to recharge the battery for at least 2.5 hours for the first-time use.
- Master Power Switch is not turn on. Refer to Figure 2 to turn on the power.
- Make sure correct type-C USB charging cable is used.

How to replace the cell button battery on remote:

- It uses one universal CR2025 cell button battery.
- Gently press the battery compartment from left and pull out the battery slot.
- Make sure the +side on battery is facing down when slide in the battery compartment.

Why the remote is not working:

- Out of battery, replace it ASAP.
- Point the remote to the center of the machine screen within range of 1 meter.

Why the machine is on and off while it is running:

- Battery is nearly depleted or the machine is damaged.
- Make sure the battery is fully charged before use.
- The machine is overheated, turn it off and wait for hour and turn it back on again.

Note: This product is not intended to diagnose, treat, cure, or prevent any disease.

Limited warranty:

Contact seller for warranty. Limited warranty from manufacturer only for original purchaser against manufacturing or workmanship defect under normal use. Due to hygiene or rehabilitation nature of this personal care product, it is non-returnable.

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