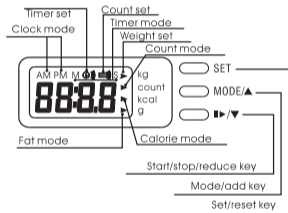


DIGITAL SPEED ROPE

Keycode: 42763789

Base function

This rope has five modes, each mode has an icon to show. Press the [MODE/▲] key to change the mode.



Clock mode: Display the time.

Timer mode: If you set exercise time, LCD display the time remained (M:minutes, S:seconds).

Count mode: Shows how many times you have jumped.

Calorie mode: Display the calorie burned (Kcal).

Fat mode: Display the fat used (g).

How to use

1. Prior to use, adjust the length of the rope.
2. Use timer (select **Timer mode**).

Press [set] and the digit begins to flash.



Set minute: Press [MODE/▲] to add and press [▶/▼] to reduce.



Set second: press [MODE/▲] to add and Press [▶/▼] to reduce.



Press [SET] to finish setting and press [▶/▼] to start the timer.



3. Set count to jump (select **Count mode**). Like step 2, a four digit number can be set, then the count plan will begin without pressing.

Note: You can only set one plan, that is time or count. When you finish your plan, the jump rope will sound alert. Press any key to stop alert.

Note: count plan will repeat. For instance, a plan is 400 count, you will hear alert ring when you jump 400, 800, 1200 and so on. While once time plan is finished, you should press [▶/▼] again.

4. Initialize weight (Select **Calorie mode** or **Fat mode**).

Press [SET] to set.



Press [MODE/▲] to add and press [▶/▼] to reduce.



Press [SET] to finish.



Note: the weight range is from 15Kg to 150Kg.

5. Initialize clock (in **Clock mode**). Like step 2, you can set hour and minute.

6. Notes: Press and hold [SET] for 3 seconds to reset count, calorie and fat.

At set state, press and hold [MODE/▲] or [▶/▼] for 3 seconds, the number will add or reduce at 4HZ rate.

Precautions:

Be aware of your breathing coordination. Stop immediately if you are gasping for air or feel tired.

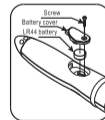
Rope jumping is not suitable for a person with heart disease or high blood pressure. You are highly recommended not to jump too high or on hard surface.

To minimize any shock to your knees, you are highly recommended to wear athletic shoes when jumping.

Please keep the battery away from children.

In the event the battery needs changing, please take out battery and wait 5 minutes before putting in new battery.

If LCD display is dim, please replace battery (not included). Refer to below diagram.



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