


智能蓝牙跳绳说明书

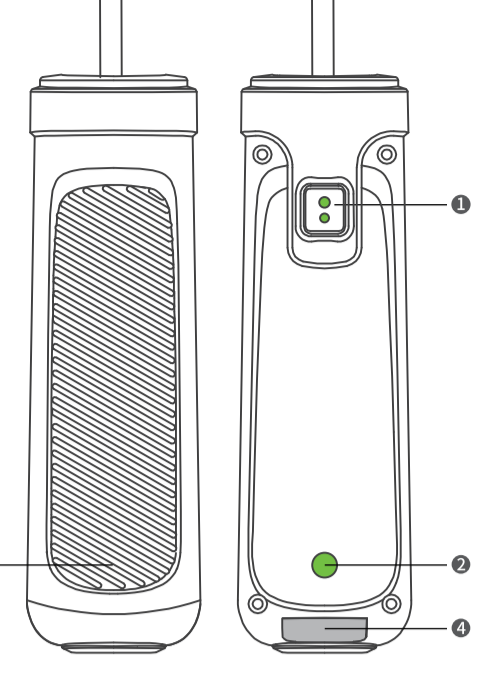
80 x 6 =480 mm

125

USER MANUAL

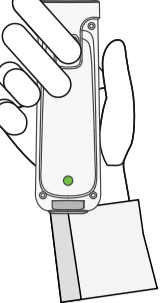


Know about Smart Jump Rope



Heart rate sensor area

When you turn on the power of handle, the green light will flash all the time. Please push your finger or skin in area for heart rate detection. Make sure your finger or skin is closely touch with the heart rate detection area.



Power status / Indicator light

Press button for 3 sec.
Power ON (the LED light show green and flash)
When Power ON status, Press button for 3 sec
Power OFF (the Green LED OFF)

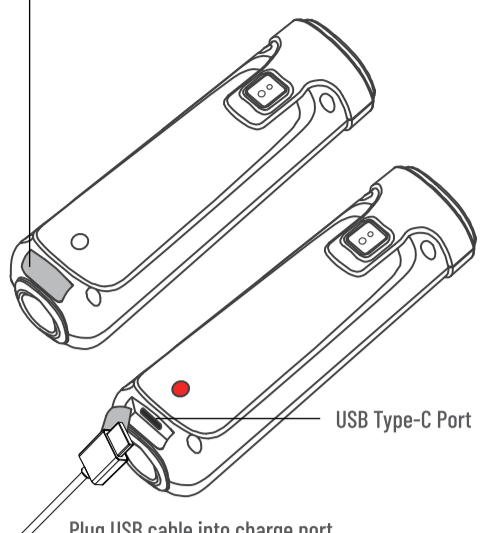
Indicator light

Working Status	Indicator Light
Power ON	Green light Flashing
Power OFF	Green light goes out
Device Connected	Green light ON
Battery Low	Red light Flashing
Battery Charging	Red LED ON
Battery Full	Red LED OFF

Non-Slip Rubber Material

USB Charging

Gently pull open the cover at the end of the main handle, connect the power supply with USB cable for charging, the full charge time is 90 minutes, the battery life is 20 hours, and the standby time is 30 days.

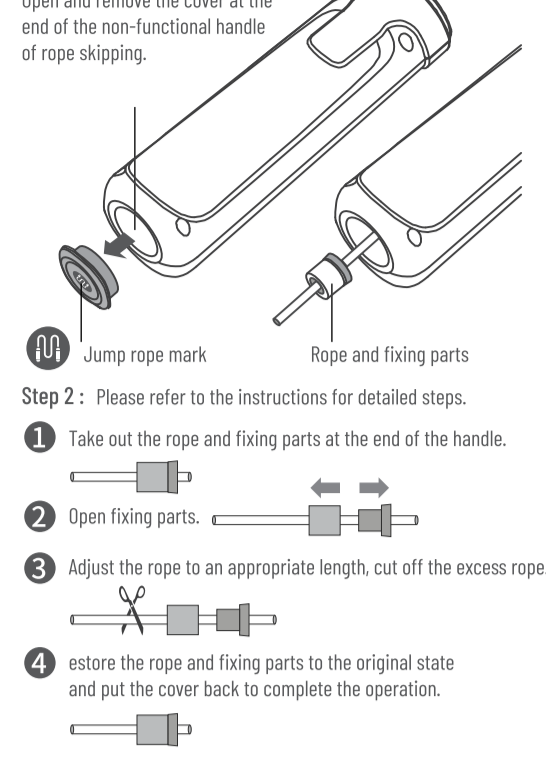


Plug USB cable into charge port

The red light will always be on charging. When the red light goes out, it means that fully charged.

Rope adjustment steps

Step 1:
Open and remove the cover at the end of the non-functional handle of rope skipping.



Step 2: Please refer to the instructions for detailed steps.

1 Take out the rope and fixing parts at the end of the handle.

2 Open fixing parts

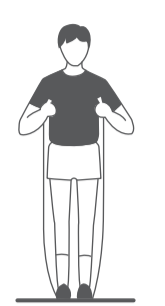
3 Adjust the rope to an appropriate length, cut off the excess rope.

4 Restore the rope and fixing parts to the original state and put the cover back to complete the operation.

Adjust the rope length

Adjust the length of the rope according to the height of the user, the specific method is as follows:

Stand up straight, step on the middle of the rope, hold the handles with both hands and straighten up, the height of the rope at the elbow is the right height for you.
Beginners can choose a longer length, about to the height of the chest. As the skipping ability improves, the rope is gradually shortened. After you adjust the length to fit, it is recommended to cut off the excess rope.



The cap at the end of the secondary handle is printed with the symbol of the rope.

Rope length adjustment table

Height (CM)	140	150	155	160	165	170	175	180	185
Rope length (FT)	2.4	2.5	2.6	2.7	2.75	2.8	2.85	2.9	2.95

Bluetooth 5.0

Address: 48076176 8-Square Room 8-Mingde Tai
Darenhuanhang 917Thousand 117Pachuan 917 Pz.,
Wangchenggang, Bengshan 10201Thailand

Install T3 Smart APP

For APPLE iOS:
Use an iPhone or higher version mobile phone, update iOS to the latest version. Scan the QR code below or search for "T3 Smart" in the APP store and download or update.

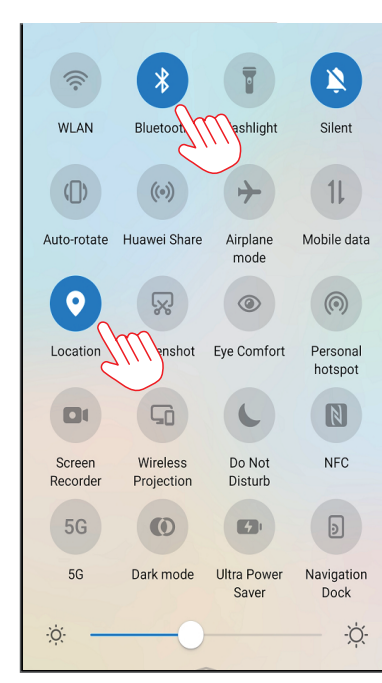
For Android:
Use Android 6.0 and above mobile phones, magic UI2.0 or EMUI8.0 and above mobile phones. Scan the QR code below or search "T3 Smart" in the APP store application market and download or update.

Download on the App Store

GET IT ON Google Play

For APPLE iOS

For Android

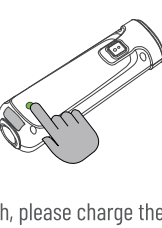


Please turn on the Bluetooth icon and GPS location information.

Start Use Device

On-Line and Off-Line modes:
1. On-Line mode:
Turn on Bluetooth and connect the product and APP by Bluetooth, so that APP can record the exercise data online.
2. Off-Line mode:
The product can be used independently without opening the connected mobile APP. The exercise data will be stored in the memory of the handle.

Attention
1. The number of data stored in the offline mode is about 40 times. It is recommended to connect with the APP after about 20 times of exercise. The historical data of exercise will be stored automatically and synchronously with the APP.
2. Please press the power button of device handle for 3 seconds to turn on.
3. Open Tergasy Smart Fitness APP.
4. Auto connect to device (please enable mobile phone bluetooth)
5. It means low battery when the red light flash, please charge the handle in time.



Product Specification

Model No.: T3 Smart-402
Product Desc.: Smart Jump Rope
Power & Battery
Power Input: DC3.7V Lithium Battery
Battery Capacity: 50mAh
Run Time: Approximately 6 hours
USB Charging Input: 5V
Charging Time: Approximately 1.5 hours
Bluetooth Version: BLE 5.0
Range: 10 meters
Rope Length: 3m
Rope Diameter: 6.3mm
Net weight: 260g

Announcements

Do not place the device near high temperature places or fires, such as ovens, stoves, candles, or other places that may generate high temperatures.

Do not allow children or pets to eat this product or its accessories to avoid injury to their bodies, otherwise it may cause damage to the equipment.

Please be careful not to use the product during the charging process to avoid damage to the plug.

Please do some warm-up exercises before exercise to help blood circulation.

Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.


Choose turf, wood or plastic grounds. Don't jump on rough concrete, it will reduce the life of the rope.

Please wear soft and lightweight high-top sneakers when you are skipping rope to avoid ankle injury.

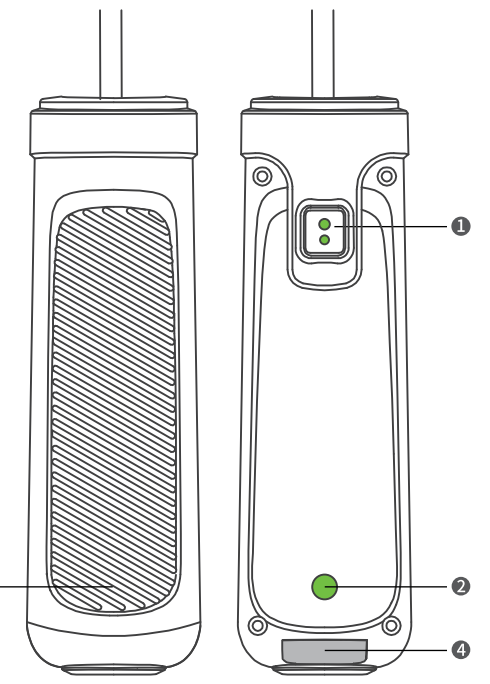
After exercise, you can do some stretching exercises on your feet, which can relieve muscle tension or soreness.

智能蓝牙健腹轮说明书

USER MANUAL

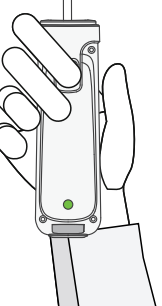


Know about Smart AB Wheel



Heart rate sensor area

When you turn on the power of handle, the green light will flash all the time. Please push your finger or skin in area for heart rate detection. Make sure your finger or skin is closely touch with the heart rate detection area.



Power status / Indicator light

Press button for 3 sec.
Power ON (the LED light show green and flash)
When Power ON status, Press button for 3 sec
Power OFF (the Green LED OFF)

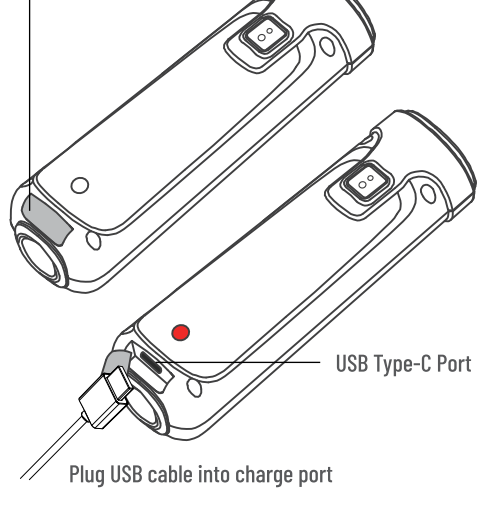
Indicator light

Working Status	Indicator Light
Power ON	Green light Flashing
Power OFF	Green light goes out
Device Connected	Green light ON
Battery Low	Red light Flashing
Battery Charging	Red LED ON
Battery Full	Red LED OFF

Non-Slip Rubber Material

USB Charging

Gently pull open the cover at the end of the main handle, connect the power supply with USB cable for charging, the full charge time is 90 minutes, the battery life is 20 hours, and the standby time is 30 days.

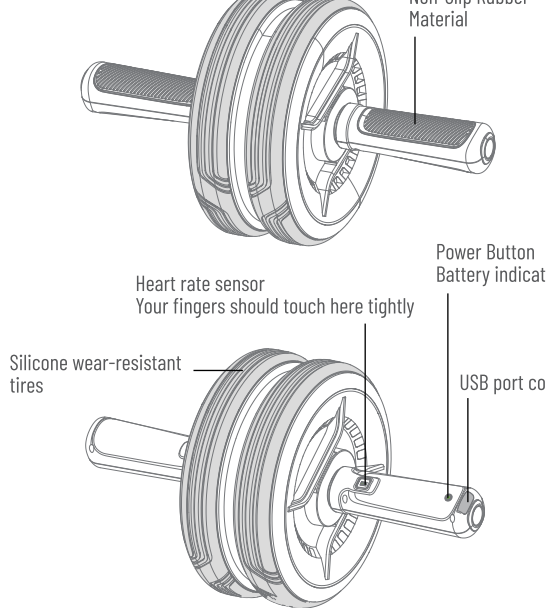


Plug USB cable into charge port

The red light will always be on charging. When the red light goes out, it means that fully charged.

Instructions for use AB Wheel

Warming up before exercise is always recommended and preferred, which helps to avoid muscle damage. If no warm up, please start with easy position and continue for a few sets before go to intermediate or advanced position.



AB wheel exercise posture
Posture 1: Kneeling
Kneel knees on the mat, hold the handles with both hands, push the AB wheel to move forward to the level of the body, return to the original state, repeat this action.

Posture 2: Standing
Spread your feet apart, hold the handles with both hands, push the AB wheel to move forward to the level of your body, return to the original state, and repeat this action.

Warm reminder, don't push the AB wheel to move too far. According to your own situation, choose a safe range that suits you. You can set a reference for the movement distance to ensure that you train in the correct posture.

Do 10-20 times with standard movements each time, a 30-40 seconds a day, and rest for 60-90 seconds in each group.

Bluetooth 5.0

Address: 48076176 8-Square Room 8-Mingde Tai
Darenhuanhang 917Thousand 117Pachuan 917 Pz.,
Wangchenggang, Bengshan 10201Thailand

Install T3 Smart APP

For APPLE iOS:
Use an iPhone or higher version mobile phone, update iOS to the latest version. Scan the QR code below or search for "T3 Smart" in the APP store and download or update.

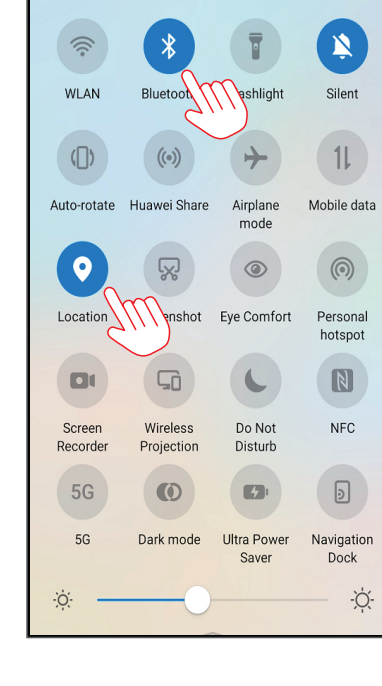
For Android:
Use Android 6.0 and above mobile phones, magic UI2.0 or EMUI8.0 and above mobile phones. Scan the QR code below or search "T3 Smart" in the APP store application market and download or update.

Download on the App Store

GET IT ON Google Play

For APPLE iOS

For Android

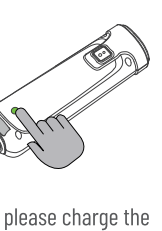


Please turn on the Bluetooth icon and GPS location information.

Start Use Device

On-Line and Off-Line modes:
1. On-Line mode:
Turn on Bluetooth and connect the product and APP by Bluetooth, so that APP can record the exercise data online.
2. Off-Line mode:
The product can be used independently without opening the connected mobile APP. The exercise data will be stored in the memory of the handle.

Attention
1. The number of data stored in the offline mode is about 40 times. It is recommended to connect with the APP after about 20 times of exercise. The historical data of exercise will be stored automatically and synchronously with the APP.
2. Please press the power button of device handle for 3 seconds to turn on.
3. Open Tergasy Smart Fitness APP.
4. Auto connect to device (please enable mobile phone bluetooth)
5. It means low battery when the red light flash, please charge the handle in time.



Product Specification

Model No.: T3 Smart-403
Product Desc.: Smart AB Wheel
Power Input: DC3.7V Lithium Battery
Battery Capacity: 50mAh
Run Time: Approximately 6 hours
USB Charging Input: 5V
Charging Time: Approximately 1.5 hours
Bluetooth Version: BLE 5.0
Range: 10 meters
Dimensions: 335 x 90 x 200mm
Net weight: 672g

Announcements

Do not place the device near high temperature places or fires, such as ovens, stoves, candles, or other places that may generate high temperatures.

Do not allow children or pets to eat this product or its accessories to avoid injury to their bodies, otherwise it may cause damage to the equipment.

Please be careful not to use the product during the charging process to avoid damage to the plug.

Please do some warm-up exercises before exercise to help blood circulation.

Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.


Choose turf, wood or plastic grounds. Don't jump on rough concrete, it will reduce the life of the rope.

Please wear soft and lightweight high-top sneakers when you are skipping rope to avoid ankle injury.

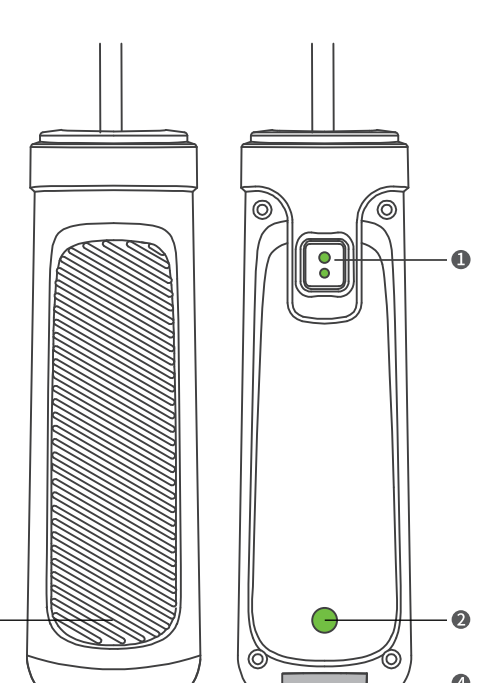
After exercise, you can do some stretching exercises on your feet, which can relieve muscle tension or soreness.

智能蓝牙拉力绳说明书

USER MANUAL

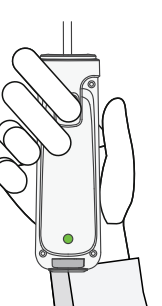


Know about Smart Multi Resistance Band Set



Heart rate sensor area

When you turn on the power of handle, the green light will flash all the time. Please push your finger or skin in area for heart rate detection. Make sure your finger or skin is closely touch with the heart rate detection area.



Power status / Indicator light

Press button for 3 sec.
Power ON (the LED light show green and flash)
When Power ON status, Press button for 3 sec
Power OFF (the Green LED OFF)

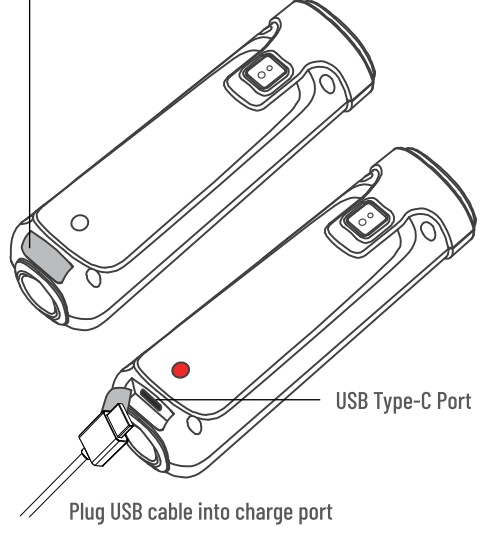
Indicator light

Working Status	Indicator Light
Power ON	Green light Flashing
Power OFF	Green light goes out
Device Connected	Green light ON
Battery Low	Red light Flashing
Battery Charging	Red LED ON
Battery Full	Red LED OFF

Non-Slip Rubber Material

USB Charging

Gently pull open the cover at the end of the main handle, connect the power supply with USB cable for charging, the full charge time is 90 minutes, the battery life is 20 hours, and the standby time is 30 days.

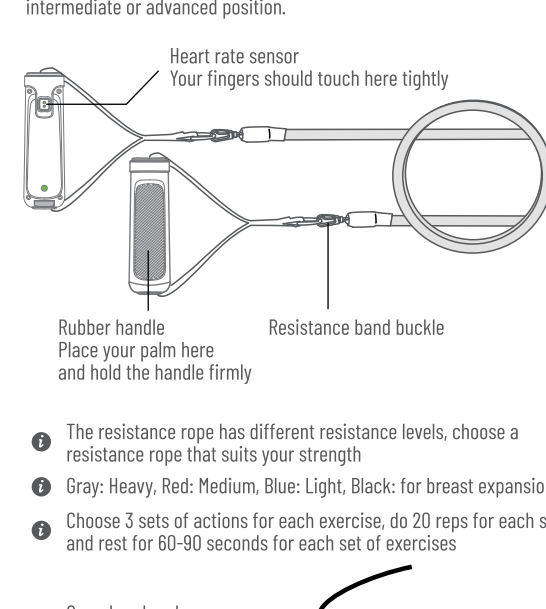


Plug USB cable into charge port

The red light will always be on charging. When the red light goes out, it means that fully charged.

Instructions for Use Resistance Band

Warming up before exercise is always recommended and preferred, which helps to avoid muscle damage. If no warm up, please start with easy position and continue for a few sets before go to intermediate or advanced position.



Resistance Band Exercise Posture
1. Pull the band apart with both hands, then pull it back to the original position.
2. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.
3. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.
4. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.
5. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.
6. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.
7. Stand with feet apart, pull the band forward to the level of the body, then return to the original position.

Please be careful not to use the product during the charging process to avoid damage to the plug.

Please do some warm-up exercises before exercise to help blood circulation.

Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.

Choose turf, wood or plastic grounds. Don't jump on rough concrete, it will reduce the life of the rope.

Please wear soft and lightweight high-top sneakers when you are skipping rope to avoid ankle injury.

After exercise, you can do some stretching exercises on your feet, which can relieve muscle tension or soreness.

Bluetooth 5.0

Address: 48076176 8-Square Room 8-Mingde Tai
Darenhuanhang 917Thousand 117Pachuan 917 Pz.,
Wangchenggang, Bengshan 10201Thailand

Install T3 Smart APP

For APPLE iOS:
Use an iPhone or higher version mobile phone, update iOS to the latest version. Scan the QR code below or search for "T3 Smart" in the APP store and download or update.

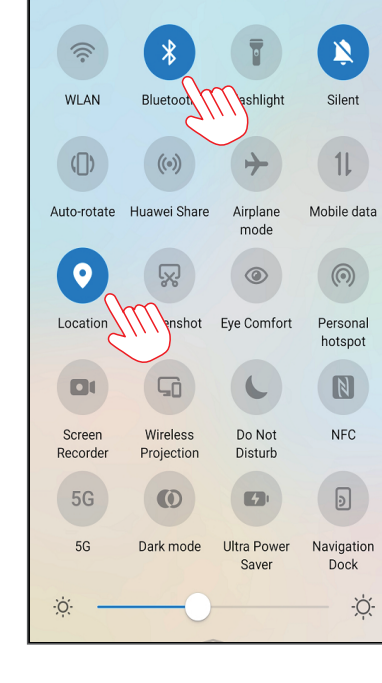
For Android:
Use Android 6.0 and above mobile phones, magic UI2.0 or EMUI8.0 and above mobile phones. Scan the QR code below or search "T3 Smart" in the APP store application market and download or update.

Download on the App Store

GET IT ON Google Play

For APPLE iOS

For Android

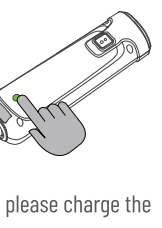


Please turn on the Bluetooth icon and GPS location information.

Start Use Device

On-Line and Off-Line modes:
1. On-Line mode:
Turn on Bluetooth and connect the product and APP by Bluetooth, so that APP can record the exercise data online.
2. Off-Line mode:
The product can be used independently without opening the connected mobile APP. The exercise data will be stored in the memory of the handle.

Attention
1. The number of data stored in the offline mode is about 40 times. It is recommended to connect with the APP after about 20 times of exercise. The historical data of exercise will be stored automatically and synchronously with the APP.
2. Please press the power button of device handle for 3 seconds to turn on.
3. Open Tergasy Smart Fitness APP.
4. Auto connect to device (please enable mobile phone bluetooth)
5. It means low battery when the red light flash, please charge the handle in time.



Product Specification

Model No.: T3 Smart-404
Product Desc.: Smart Multi Resistance Band Set
Power Input: DC3.7V Lithium Battery
Battery Capacity: 50mAh
Run Time: Approximately 6 hours
USB Charging Input: 5V
Charging Time: Approximately 1.5 hours
Bluetooth Version: BLE 5.0
Range: 10 meters
Blue Band: 1100N x 11mm / 16kg
Red Band: 1100N x 10mm / 13kg
Blue Band: 1100N x 9mm / 14g
Grey Band: 1100N x 12mm / 15kg
Net weight: 373g

Announcements

Do not place the device near high temperature places or fires, such as ovens, stoves, candles, or other places that may generate high temperatures.

Do not allow children or pets to eat this product or its accessories to avoid injury to their bodies, otherwise it may cause damage to the equipment.

Please be careful not to use the product during the charging process to avoid damage to the plug.

Please do some warm-up exercises before exercise to help blood circulation.

Warm-up exercises can make the tendons more flexible and avoid injuries to joints, ligaments and muscles.

Choose turf, wood or plastic grounds. Don't jump on rough concrete, it will reduce the life of the rope.

Please wear soft and lightweight high-top sneakers when you are skipping rope to avoid ankle injury.

After exercise, you can do some stretching exercises on your feet, which can relieve muscle tension or soreness.