

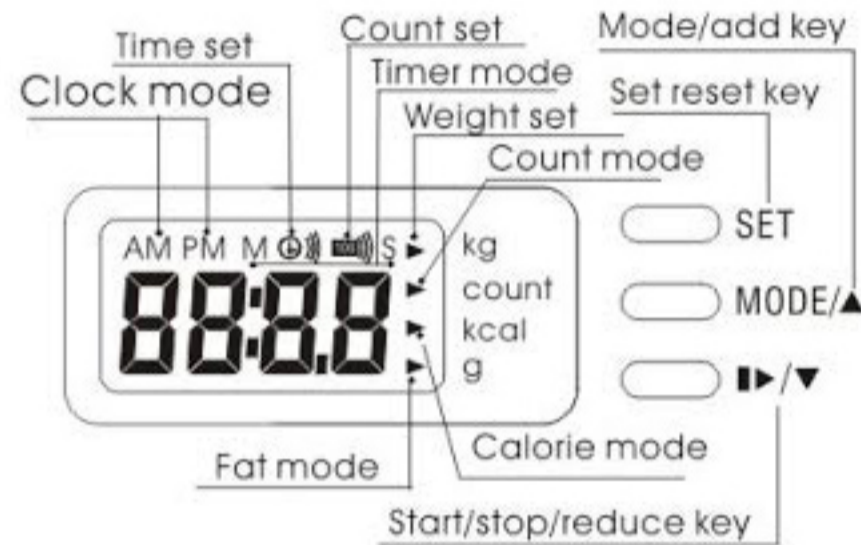
Instruction Manual

Thank you for purchasing intelligent jump.
Please read this manual before using the product and keep it for future reference.

Main Feature

- ① Rope Jumping is an intense cardiovascular sport, which burns about as many calories as running.
- ② It provides excellent benefits to your heart and also improves your coordination with time.
- ③ With its elegant shape, our calorie Jump rope measures your energy expenditure as well as degrees depend on your exercise intensity level.

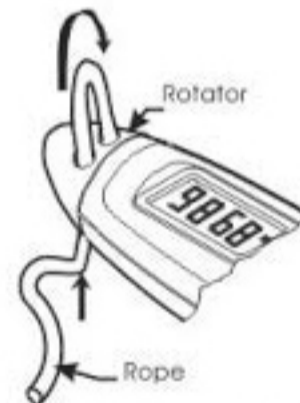
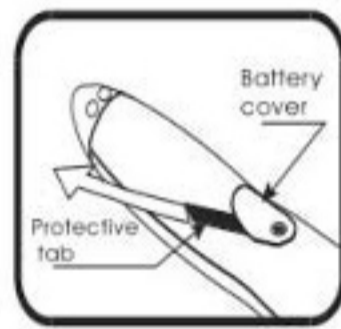
Main FUNCTION



Intelligent jump has five modes, each mode has an icon to show:
 Clock mode: Display the time;
 Timer mode: If you set exercise time, LCD display the time remained;
 Count mode: Shows how many times you have jumped;
 Calorie mode: Display the calorie burned (Kcal);
 Fat mode: Display the fat reduced (g);
 Press the [MODE/▲] key to change the mode.

HOW TO USE

1. Wipe off the protective tab and adjust the length of the rope as the picture.



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
 Press [▶/▼] to start

3. set count to jump(select Count mode)

Like the step 2, a four digit number can be set, then the count plan will begin without pressing anymore.

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 or Fat mode)

Press [SET] and the digit begins to flash
 Press [SET] to finish
 Set weight
 Press [MODE/▲] to add and press [▶/▼] to reduce

Note: the weight range is from 15Kg to 150Kg or from 50Lb to 250Lb.

5. Initialize clock (in clock mode)

Like the step 2, you can set hour and minute.

6. Notes:

Press and hold [set] for 3 seconds to set count, calorie and fat to zero.

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 person with heart disease or high blood pressure.

You are highly recommended not to jump too high or on hard ground.

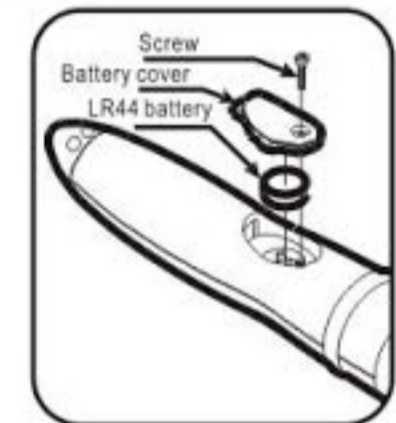
To minimize any shock to your knees, you are high recommended to wear athletic shoes when jumping.

Over shocking to products are prohibited in order to avoid glass split. Please keep the battery far away from kids.

Please keep the battery far away from kids.

In battery of changing or tear insulating block, if it's appear irregularly working condition, please take out the battery, and put the Battery 5 minutes later.

Please replace the exhausted battery when reading



Basic jumping technique:

Lightly grip the handles.

Keep your shoulders relaxed and your elbows close to your body.

Your knee should be straight when jumping, and slightly bent after landing.

Turn the rope from the wrist and aim to keep smooth art when the rope passing over your head.

Never hunch over, keep your back straight and ankles to a minimum. Don't jump too high, in case of your knee and ankle joint injury.

It is highly recommend using supporter or exercise mat to protect your knee.

Specifications

Model
Calorie jump (JPR-2103)

Display result
Jump count: 1-9999
calorie display: 1-4108
fat display: 99.9

Dimensions:
Handle: 184.5X30mm
Rope :3M(length)

Battery:
1XLR44