PORODO
LIFESTYLE

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Porodo Lifestyle

Smart Skipping Rope
with Forward and Reverse Counts,
Battery Display, and Set Time

SKU: PD-JMPROP

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Before installing and using the product, please carefully read this User Manual to guarantee correct usage and keep it secure for future reference.

Overview

The electronic counting jump rope is an innovative product designed for ease of use and is unaffected by climatic conditions, allowing for use at any time. Jumping rope is not only an effective aerobic exercise that enhances overall fitness but also promotes the development of symmetrical and robust body muscles.

Features

1. The digital display clearly shows real-time data, facilitating an effective tracking of your workout progress.

2. The handles are designed with an ergonomic grip to ensure comfort and prevent slipping, allowing for prolonged exercise sessions without hand fatigue.

3. Tracks and displays the total number of jumps made from the start of the session, helping you meet your fitness goals.

4. Measures the time elapsed since the beginning of your workout session, enabling you to maintain pace and intensity.

5. Set a goal for the number of jumps and counts down to zero, giving you a target to work towards.

6. Provides audible cues for different functions or workout phases, such as starting, reaching set targets, or ending the session, making it easier to follow your workout plan without constant visual checks.

Warning

1. Please read this manual thoroughly before using this product.

2. Children, elderly individuals, or those with physical disabilities should use this equipment under the supervision of a guardian or as directed by a healthcare professional.

3. Exercise caution if you have pre-existing injuries to the waist, elbow, shoulder, or other joints and muscles.

4. Avoid wearing overly loose clothing to prevent it from catching on equipment components. Please make any necessary adjustments if you notice any abnormalities before use.

5. Prior to each use, inspect the equipment to ensure that no components are loose, detached, or damaged. Do not use the equipment if any damage is found.

6. Before using, verify that the surrounding area is clear and has at least 9 square meters (3 meters by 3 meters) of accessible space.

7. Perform warm-up exercises before using this equipment. Start with exercises suitable for your current physical condition and gradually increase the intensity. If you experience any discomfort, cease exercising immediately.

8. This equipment is designed for non-competitive fitness activities only.

9. Overuse of this product may lead to physical injuries.

10. Use this equipment only as specified by the manufacturer.

11. Do not modify the equipment or use accessories that are not recommended by the manufacturer.

12. Adhere to warning guide provided as violating the instructions will cause personal injuries.
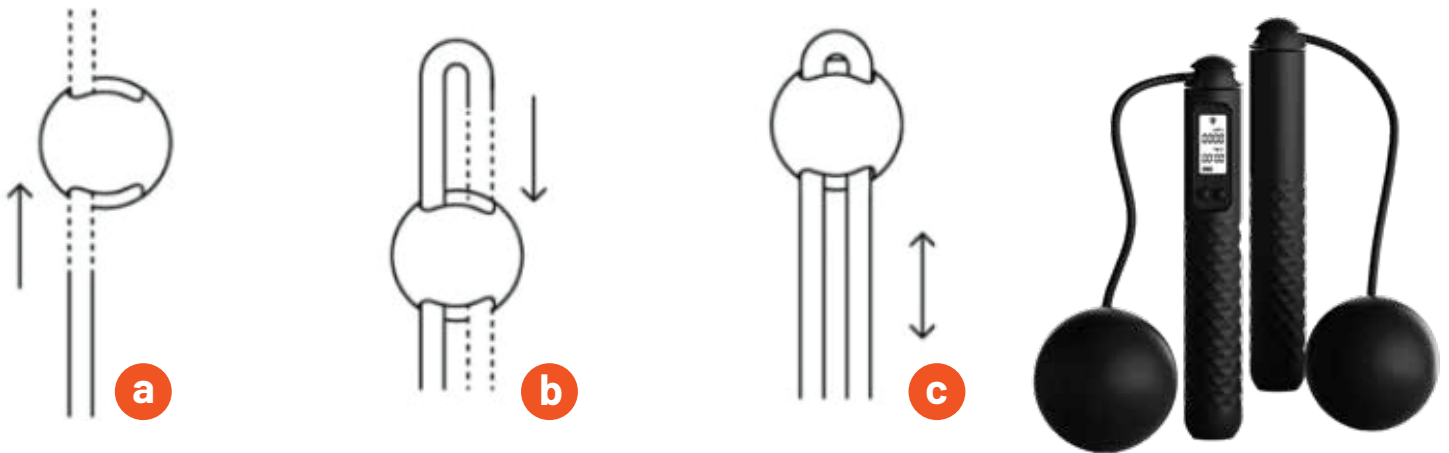
Specifications

Product Name	Porodo Lifestyle Smart Skipping Rope with Forward and Reverse Counts, Battery Display, and Set Time
SKU	PD-JMPROP
Material	ABS+TPE+PVC
Battery Type	CR1632 Replaceable
Battery Voltage	1.5V
Usage Duration	Approximately 140 Days (30 minutes daily usage)
Rope Length	3 meters
Product Net Weight	352 grams
Product Size	168 x 26 mm

Safety Precautions

1. When utilizing this equipment for training, please ensure there is sufficient space available.

2. Maintain a distance of at least 3 meters from children, pets, furniture, and other potential obstacles to avoid any unnecessary direct contact.

3. Always use this equipment on a flat surface.

Installing a Cordless Ball

a. Thread the rope through the designated hole at the top of the handle.

b. Guide the rope through the subsequent hole to ensure proper alignment.

c. Adjust the rope to the desired length based on your personal requirements and secure it to complete the installation.

Instructions for Use

1. Press the RESET button to activate the device, which will emit a beep as a reminder. For turning off the device, press and hold the RESET button for 3 seconds. If no activity is detected (such as skipping rope), a short press will reset the function.

2. To set the countdown timer after powering on the device, press the MODE key. The countdown will then flash on the display. Use the RESET key to adjust the time; a short press increases the time incrementally, while a long press speeds up the adjustment within a range of 30 to 60 minutes. Confirm your settings by pressing the MODE key again or allow the device to automatically save the settings if no actions are taken within 6 seconds.

3. If there is no countdown setting active, press the MODE key again to enter the "countdown mode". The display will flash, signaling you to adjust the count using the RESET key. A short press increases the count incrementally, while a long press accelerates the adjustment within the range of 10 to 9999. Confirm the settings by pressing the MODE key again or allow the device to automatically confirm after 6 seconds of inactivity.

4. If no countdown is set, press the MODE key again to return to the "free jump mode".

5. In countdown mode, when the countdown or count up concludes, an alarm will sound for 12 seconds.

6. The device will automatically power down after 8 minutes of inactivity.

7. After the countdown or count up ends, press the RESET key to reset the counter before resuming your activity.

8. During rope skipping, the device will stop counting if no skipping is detected within 2 seconds. If activity resumes, counting will continue.

9. Activate the device with the backlight on; the backlight will remain on for 12 seconds after any pause or stop in activity, after which it will turn off if no further operation is detected.

10. The device cannot be set during counting. Likewise, it will not count during setting adjustments.

Display Guide

1. The screen displays four key pieces of information: battery level, free jump mode, countdown, and time (T) along with lap count (L).

2. Upon initial startup, the display shows the battery level, free jump mode, time (T), and number of turns (L), with time displayed as 0.

3. Pressing the "RESET" button will emit a beep sound. Subsequently, the screen will briefly show all 8 digits, followed by the original display content as described earlier, and the backlight will activate.

4. The backlight will automatically turn off after 12 seconds of inactivity but will reactivate during active use with a 3-second delay after movement starts or stops.

5. Upon activation, the jump rope directly records each rotation. The number of rotations (L) and time (T) accumulate continuously based on the actual number of jumps. Once you stop jumping, the count of rotations halts, and there is a 2-second delay before the time count stops accumulating.

6. The device will automatically power down after eight minutes of inactivity.

7. If you pause and then resume jumping before the device shuts down, it will continue to accumulate the number of laps (L) and the time (T) until you stop again. There is a 2-second delay before the time stops accumulating once you cease jumping.

8. To restart the count of turns (L), press the "RESET" button. This resets the count to zero and resumes tracking immediately once the timer (T) restarts.

9. Upon pressing the "RESET" button, a beep will sound, the screen will briefly display all 8s, show the information as outlined in the second item, and the backlight will activate.

Storage and Maintenance

1. Proper use of the product can significantly extend its service life.

2. Prolonged usage may inevitably cause parts to loosen. Please inspect the equipment regularly to avoid damage to accessories and prevent personal injury.

3. Before and after use, ensure the equipment is kept clean. It should be wiped with clean water and dried in a cool place.

4. Ensure the equipment is stored out of the reach of children to prevent accidents.

Warranty

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
porodo.net/warranty

Contact Us

If you have any questions about this Privacy Policy, please contact us at:
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