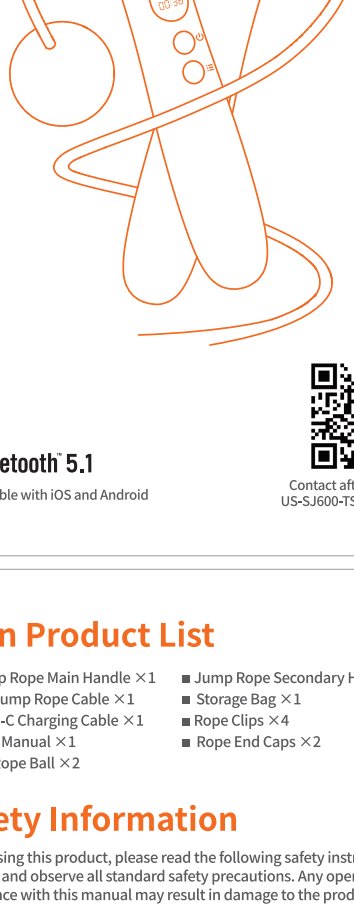
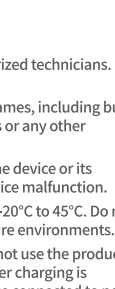


Smart Bluetooth Jump Rope

SJ100X



Bluetooth™ 5.1
Compatible with iOS and Android



Contact after-sales email
US-SJ600-TS@outlook.com

Main Product List

- Jump Rope Main Handle ×1
- 3m Jump Rope Cable ×1
- Type-C Charging Cable ×1
- User Manual ×1
- No-Rope Ball ×2
- Jump Rope Secondary Handle ×1
- Storage Bag ×1
- Rope Clips ×4
- Rope End Caps ×2

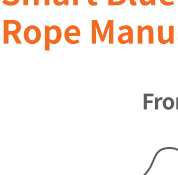
Safety Information

Before using this product, please read the following safety instructions carefully and observe all standard safety precautions. Any operation not in accordance with this manual may result in damage to the product.

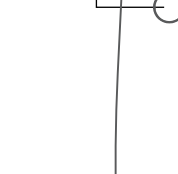
Notice

- This product should only be disassembled by authorized technicians. Self-disassembly by users is not recommended.
- Do not place the device near heat sources or open flames, including but not limited to electric heaters, ovens, stoves, candles or any other high-temperature environments.
- Prevent children or pets from biting or swallowing the device or its accessories, as this may cause personal injury or device malfunction.
- The operating temperature range for this product is -20°C to 45°C. Do not use the product in excessively high or low temperature environments.
- When charging, handle the connector with care. Do not use the product while charging to avoid damaging the connector. After charging is complete, unplug the charger. Do not leave the device connected to power continuously as this may cause damage.
- Before exercise, be sure to properly warm up all parts of your body, with particular attention to your ankles, wrists, shoulders and elbows. This helps improve blood circulation and prevents joint, ligament and muscle injuries.
- After exercise, perform stretching exercises, especially for your legs, to help relieve muscle tension and soreness.

Rope Installation Steps



Step 1
Pass the rope through the closed round hole (large hole) on the buckle first, then through the hole on the top of the handle.



Step 2
Loop the rope back and pass it through the hole on the opposite side of the handle's rotating head.



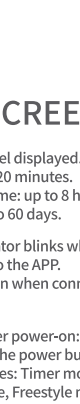
Step 3
Insert the rope into or through the open hole (small hole) on the buckle (small hole) to complete the assembly of one handle and rope. Adjust the buckle position according to your preference. Repeat the same steps for the other handle.

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 this 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(M)	2.4	2.5	2.6	2.7	2.75	2.8	2.85	2.9	2.95

Basic Parameters

Product Name: Smart Bluetooth Jump Rope
Model: SJ-100X
Handle Dimensions: 156mm × 26mm
Handle Net Weight: 74.5g (pair) ± 3g
Input Voltage: 5V
Battery Capacity: 200mAh
Battery Type: Lithium Polymer Battery
Rated Power: 0.6W
Supported Systems: iOS 12.0 or Android 10.0 and above
Connection: Bluetooth 5.1
Sensors: Hall Sensor × 2
Charging Port: Type-C

Smart Bluetooth Jump Rope Manual

Front Reverse

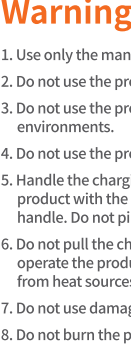


Smart Bluetooth Jump Rope Manual

1 HEAD PIVOT

Used to secure the jump rope body

2 ANTI-GLARE DISPLAY SCREEN



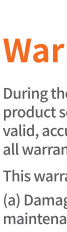
- Battery:** Current battery level displayed.
Full charge time: 120 minutes.
Maximum usage time: up to 8 hours.
Standby time: up to 60 days.
- Bluetooth:** Bluetooth indicator blinks when not connected to the APP. Indicator stays on when connected.

Mode Selection: Default mode after power-on:
Freestyle mode. Press the power button once to cycle through modes: Timer mode, Count mode, Interval mode, Freestyle mode.

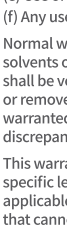
Freestyle Mode: Displays jump count and workout duration.

Timer Mode: Displays 1-minute countdown and records jump count during that minute.

Count Mode: Displays default 3000 jumps, shows remaining count and records jumping time when started.



Interval Mode: Displays completed exercise sets, remaining time for current set/rest period, and jump count for current set.



Smart Bluetooth Jump Rope Manual

3 Button Instructions

- Power On/Off & Mode Switch Button**
1. When the device is off, press and hold the button for 2 seconds to turn on the jump rope.
2. When the device is on but inactive, press and hold the button for 2 seconds to turn off the jump rope.
3. Switch jump rope modes: Press the button once to cycle through Timer Mode, Count Mode, Interval Mode, and Freestyle Mode in sequence.
4. Pause: When jumping is interrupted, press the button once to pause the workout.
5. End: When the workout is paused, press the button once to end the workout.
6. Reset device: When the device is on, press the button 5 times quickly. The screen will flash twice and turn off, indicating a successful reset.
- Menu Button**
Clear current workout data: After ending the jump rope session, press and hold the button to clear the data.

4 USB Type-C Charging Port

Charge the device by connecting to a power source via a USB cable. Input voltage: 5V

5 Built-in Vibration Motor Functions:

Exercise start: Two short vibrations (0.2 seconds each)
Exercise end: One long vibration (1.5 seconds)
For Freestyle/Count/Timer modes: Two short vibrations (0.2 seconds each) every 100 times
For Interval mode: One short vibration when next exercise set starts
Two short vibrations (0.2 seconds each) when rest period begins

Download Flyoor APP

Using an Apple iPhone and update to iOS 12 or higher, scan the QR code above Or search for "Flyoor" in the Apple App Store app market to download and install the app or update to the latest version.

Using an Android phone with Android 10 or above, Scan the QR code above and install the app or update the existing app on your phone to the latest version.

Online mode: Open the jump rope connection app and engage in online exercise. The instant linkage online mode requires the Bluetooth device of the phone to be turned on first.

Offline mode: The device can be used independently (without opening a connected mobile app) Sports data is stored in the memory of the jump rope controller.

The amount of data stored in offline mode is about 40 times. It is recommended to connect to your phone and open the APP program described above after exercising for about 20 times.

Game Interaction

Only supports one interactive game. Before experiencing the game, please enable Bluetooth first to ensure successful connection between the device and your smartphone.

Frequently Asked Questions

Troubleshooting	Solutions
Unable to power on	Check device battery level, try charging the product.
Failed to connect to mobile APP	Mobile Bluetooth or GPS is turned off - needs to be enabled.
Failed to connect to mobile APP	Handle is not powered on - needs to be turned on first.
Rope loosens during use	Check if rope is properly seated in the groove when threading through the rotating head.
Rope buckle falls off during use	Verify installation sequence: first through the buckle's large hole, then the small hole.
Rope buckle falls off during use	Check if rope caps are installed.

Note: Powering off and restarting may resolve some abnormalities. If the issue persists after following the above steps, please contact after-sales service email.

Warning

- Use only the manufacturer-provided original charging cable.
- Do not use the product in environments with open flames or fragile items.
- Do not use the product in extremely hot (above 45°C) or cold (below -20°C) environments.
- Do not use the product on wet or water-covered surfaces.
- Handle the charging cable carefully to avoid damage. Do not pull or lift the product with the charging cable. Do not use the charging cable as a handle. Do not pinch the charging cable in door gaps.
- Do not pull the charging cable around sharp edges or corners. Do not operate the product while charging, and keep the charging cable away from heat sources.
- Do not use damaged charging cables.
- Do not burn the product even if severely damaged, as the battery may explode.

Product Warranty Information

Product name	Warranty coverage	Part Name	Warranty Period (month)	Warranty Service Type	Remarks
Smart rope skipping	Main components	Handle	12	Send for repair	
	Peripheral components	Instructions, etc	0	Not applicable	
	Consumables	Rope	0	Not applicable	

Notes and instructions

- This table is not a description of product specifications and configurations. Product specifications and configurations are subject to the actual products.
- When you return the product, you should pack it properly and cooperate with the logistics provider for inspection. It is recommended to use the original packaging of the product. If the returned product is not covered by the warranty, we will contact you and deal with it according to your confirmation. Please make sure that the contact information is accurate and the communication is smooth. If the repaired or replaced product is not returned to you for more than two (2) months due to your reasons, it is deemed that you agree to be disposed of by us in an appropriate manner.

Warranty Statement

During the warranty period, To claim warranty service, please contact the product seller or our after-sales service email and follow our instructions. A valid, accurately and completely filled sales voucher must be provided for all warranty claims.

This warranty does not cover:

- Damage resulting from misuse, abuse, improper transportation, maintenance or storage (including but not limited to use in improper temperature, humidity or other unsuitable environmental conditions);
 - Damage caused by force majeure, accidents, network/power outages or other circumstances beyond our reasonable control;
 - Unauthorized repairs or modifications by non-authorized personnel;
 - Any third-party products or services;
 - Use of the product for non-intended purposes;
 - Any use that violates the product instructions.
- Normal wear and tear, scratches, abrasions, or damage caused by paints, solvents or other chemicals are excluded from this warranty. This warranty shall be void if the product's original identification labels have been altered or removed. Product completeness and accessory conditions are not warranted - you should inspect the product upon receipt and raise any discrepancies immediately.

This warranty represents our sole obligation. This warranty gives you specific legal rights, and you may also have other rights which vary under applicable laws. Nothing herein shall affect your statutory consumer rights that cannot be excluded or limited by law.

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Caution: Changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

RF Exposure Information

The highest SAR value reported under this standard during product certification for use next to the head with the minimum separation distance of 0 mm. This transmitter must not be collocated or operating in conjunction with any other antenna or transmitter.