

SJ200



Bluetooth 5.1

Security Information Before using this product, please read the following safety instructions and follow all regular safety precautions. Any operation that does not comply with this manual may result in damage to this product.

Pay attention to

Compatible with iOS and Android

Main Product List

Grip strength ring Bluetooth module

Charging cable USB TYPE-C

Silicone arip rina

Pouch

Instructions

recommended for users to disassemble it themselves. 2. Do not place the device near heat sources or exposed sources of fire, such as electric heaters, ovens, stoves, or wax Candles or other places that may generate high temperatures. 3. Do not let children or pets bite the equipment or its accessories to avoid injury or equipment malfunction 4. This product is suitable for working temperatures ranging from -20 °C to 45 °C. Do

1. Only authorized technicians are allowed to disassemble this product, and it is not

not use this product in environments with excessively high or low temperatures 5. Please be careful when plugging and unplugging during charging. Do not use this product while charging to avoid damaging the plug. After charging is complete, unplug the charger and do not continue to use direct charging to avoid device

Please make sure to prepare and move all parts of your body before exercising. Especially the ankle, wrist, shoulder joint, and elbow joint must be moved to help accelerate blood circulation and avoid joint, ligament, and muscle damage. 7. After exercising, please do some stretching exercises, especially for the legs, which can relieve muscle tension or soreness.

- Introduction to Intelligent Grip Ring
- Grip ring press times display Bluetooth connection When the three white lines flash, it indicates that the power is
- On / off button Power on: Press and hold button

Power off: Press and hold button for two second

talling, the small triangle logo on the Bluetooth movement faces the inner ring. The button is located on the

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USB Type-C

DC5V = 60mAh

Long press for 2 seconds: Power on/off Click: Reset to zero (screen on) On screen (off screen state) Double click: Mode Switching

Bluetooth BLE mode (default mode) Bluetooth HID mode

Installation method of Bluetooth movement

right side.

Power button

Display the percentage of battery

se use it in the right direction according to the diagram to count correctly.

Operation

Training mode

When the smart sensor's battery power is low, the LED display shows"---",

USB power source

Press the bottom of the smart grip outwards to remove the smart sensor.

Correctly install the machine, otherwise it cannot be used normally!

Smart Grip Strength Trainer

USB Type-C • Charging hole

Silicone grip ring

*158

How to Use

Basic Parameters Product Name:

Product Model

Charging Port:

Input Voltage:

Battery Capacity Product Size:

Bluetooth Version

Bluetooth connection indicator

didn't connected to mobile phone Bluetooth light constantly on: connected to mobile phone Bluetooth Middle number: number of grip ring presses Bluetooth BLE Mode(Default): 8t E Flyoor APP Bluetooth HID Mode: Simulates a joystick via Bluetooth pairing with your phone. Devices with Bluetooth names starting with "FM-GRIP-" can be used to scroll through apps like TikTok, Video Channels, etc. Display three white lines: indicating low battery, please charge

light flashing:

level during charging Smart Grip Ring Squeeze Usage Guide

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Type C charging port

Charging the Smart Sensor

indicating that you should charge the smart sensor.

Installing the APP Double-click the button to switch to BLE mode

Ensure your Phone runs iOS 12 or later, then scan the QR code above or search for "Flyoor APP" in the Apple App Store to download/update the app to the latest version. For Android devices running Android 10 or later, scan the QR code above or search for

When using the grip ring, pair and connect it with the mobile app to view workout data in real time. Bluetooth must be enabled on the phone first for online mode.

The device can be used independently (no need to connect to the mobile app). Workout data is stored in the grip ring's internal memory. The offline mode can store approximately 40 workout records. It is recommended to connect to the mobile app after about 20 workouts-historical data will automatically sync and save with the app.

Grip Strength Circle Video Scrolling

function

8 H 19 O

Turn on the 'Assistive Touch'

Select the device with a Bluetooth name starting with "FM-GRIP_" to pair it. After successful pairing, you can open the video software

After power on, press the grip twice to switch to "HID" mode

2 Open 'Settings' and click 3 Click on the 'Touch'

"Flyoor APP" to download,or update to the latest version.

This product supports both online and offline modes.

When fully charged, the LED display will show the digital number "100"

The offline mode feature is exclusively available for Flyoor APP

Settings (Apple iOS)

(Scroll through Tiktok video mode)

on' Accessibility '

Offline Mode:

Wallet & Apple Play 6 Go to your phone's Bluetooth and search for devices 6 Set the 'Tracking Sensitivity' to the that have been enabled. 1/3 position Stuetooth

Grip Strength Circle Video Scrolling

Bluetooth

Bluetooth keyboard AVAILABLE DEVICES 4A:D8:40:E4:FE:7C ■ FM-GRIP-2B48C2

2 Go to your phone's Bluetooth to search for devices that are already enabled, select devices with Bluetooth names starting with "FM-GRIP_" for pairing, and after successful pairing, you can open the video software to watch videos.

Settings (Android System)

(Scroll through Tiktok video mode)

Warranty Statement

Press the grip twice after starting up to switch to "HID" mode

it has malfunctioned or been damaged due to quality defects under normal use, we will repair, replace or return it to you free of charge depending on the situation. Unless otherwise specified by relevant laws, the product or component used for replacement may not be new, but will have good performance and at least be functionally equivalent to the original product or component. To apply for warranty, please contact the product seller or after-sales email and follow our instructions. The above guarantee does not apply to malfunctions or damag (1) Misuse, abuse, or improper transportation, maintenance, or storage, such as but not limited to use under inappropriate temperature, humidity, or other inappropriate environmental conditions: (2) Force majeure or unexpected events, network or power outages, and other reasons beyond our reasonable control; (3) Unauthorized repair or modification by non authorized personnel; (4) Any third-party product or service; (5) Using the product for purposes other than those specified or intended; (6) Use in other ways that violate the product instructions. Normal wear and tear, scratches, abrasions, and problems caused by the use of coatings, solvents, or other chemicals during product use are not covered by the warranty. If the original identification label of the product is changed or damaged, this guarantee will become invalid. The integrity and completeness of the product and accompanying materials are not covered by the warranty. You should inspect the product on site upon receipt and raise any objections to any discrepancies. The above are all the guarantees we make regarding the product. This guarantee grants you specific legal rights, and you may also have other rights under the law. Nothing in this document affects your consumer rights that cannot be excluded or restricted by law.

Solution

Check the device's battery level and try charging the product to solve the problem

Double click the switch button to switch

Enable Bluetooth function on the phone and scan for device connections

Check if the Bluetooth module of the grip ring is installed incorrectly

The auxiliary function of mobile phone settings, turn on the auxiliary touch switch

Check if the Bluetooth module of the grip ring is installed incorrectly

Please turn on Bluetooth or GPS

Double click the switch button to switch to HID mode

to BI F mode

on your phone

If the product is within the warranty period from the date of purchase, and we confirm that

Trouble Shooting

Problem

Unable to power on

Unable to connect to mobile app

Unable to connect to Bluetooth on mobile phone

Unable to press the grip ring to brush Tiktok (HID Model)

Pressing the grip ring does not display the number of times (HID Model)

nced radio/TV technician for help. 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.

-- Increase the separation between the equipment and rec · Connect the equipment into an outlet on a circuit different from that to which the RF Exposure Information

Warning 1. Only use the manufacturer's original charging cable. 2. It is prohibited to use the product in extremely hot (above 45 $^{\circ}\text{C})$ or extremely cold (below -20 °C) environments. 3. It is prohibited to use the product on damp or waterlogged ground. or pull products

FCC Warning 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 install 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 me - Reorient or relocate the receiving antenna.

4. Use the charging cable carefully to avoid damage. Do not use charging cables to drag 5. It is prohibited to use the charging cable as a handle or dip it into the door crack. 6. Do not pull the charging cable at sharp corners or corners. Prohibit the product from running on the charging line Charging wires should be kept away from heat sources. 8. Even if the product has been severely damaged, burning the product is prohibited as it may cause an explosion in the battery.

7. Do not use damaged charging cables After-Sale Service: feel free to contact us: Email: US-SJ600-TS@outlook.com