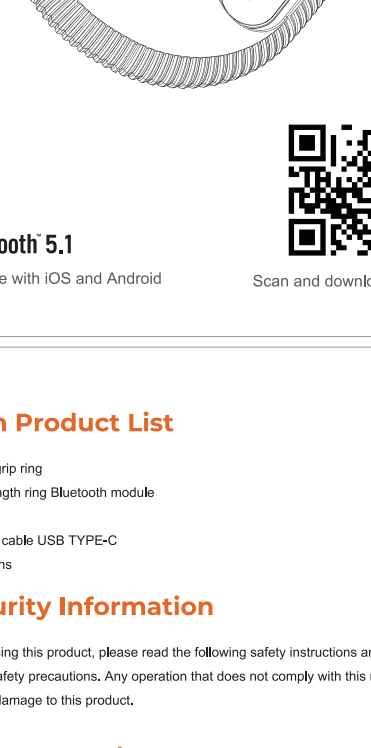


SJ200

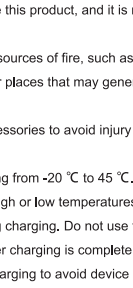


Smart Grip Strength Trainer



Bluetooth 5.1

Compatible with iOS and Android



Scan and download the APP

Main Product List

- Silicone grip ring
- Grip strength ring Bluetooth module
- Pouch
- Charging cable USB TYPE-C
- Instructions

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

- Only authorized technicians are allowed to disassemble this product, and it is not recommended for users to disassemble it themselves.
- 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.
- Do not let children or pets bite the equipment or its accessories to avoid injury or equipment malfunction.
- This product is suitable for working temperatures ranging from -20 °C to 45 °C. Do not use this product in environments with excessively high or low temperatures.
- 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 damage.
- 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.
- After exercising, please do some stretching exercises, especially for the legs, which can relieve muscle tension or soreness.

Introduction to Intelligent Grip Ring

Bluetooth connection Indicator

Bluetooth movement

USB Type-C

Charging hole

Silicone grip ring

Grip ring press times display

When the three white lines flash, it indicates that the power is insufficient

On / off button

Power on: Press and hold button for one second

Power off: Press and hold button for two second

Installation method of Bluetooth movement

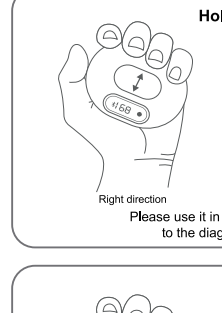
When installing, the small triangle logo on the Bluetooth movement faces the inner ring. The button is located on the right side.

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

Basic Parameters

Product Name:	Smart Grip Strength Trainer
Product Model:	SJ200
Bluetooth Version:	Bluetooth 5.1
Charging Port:	USB Type-C
Input Voltage:	DC5V == 2A
Battery Capacity:	60mAh
Product Size:	83x69x22mm

How to Use



Power button

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

Bluetooth connection indicator

light flashing: 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): Flyoor APP

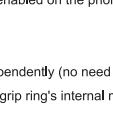
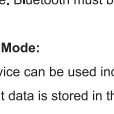
Bluetooth HID Mode: Simulates a joystick via Bluetooth pairing with your phone. Devices with Bluetooth names starting with "FM-GRIP-" can be used to scroll through apps like TikTok, Video Channels, etc.

Display three white lines: indicating low battery, please charge

Display the percentage of battery level during charging

Smart Grip Ring Squeeze Usage Guide

Holding posture



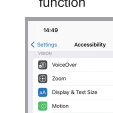
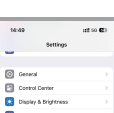
Right direction Wrong direction
Please use it in the right direction according to the diagram to count correctly.

Operation



Grip Hold

Training mode



Full grip training

Finger training

Charging the Smart Sensor

When the smart sensor's battery power is low, the LED display shows "--", indicating that you should charge the smart sensor.

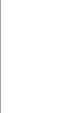
- Press the bottom of the smart grip outwards to remove the smart sensor.



-



Type C charging cable



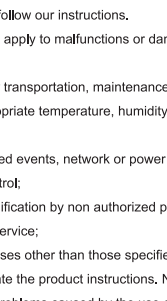
Type C charging port

USB power source

The LED display will illuminate to indicate the percentage of smart sensor battery life. When fully charged, the LED display will show the digital number "100"

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

This product supports both online and offline modes.

Online Mode:

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.

Offline 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.

Note:

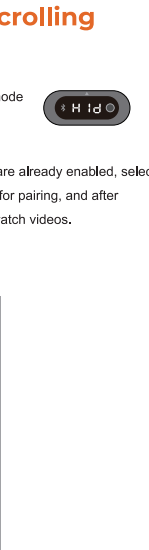
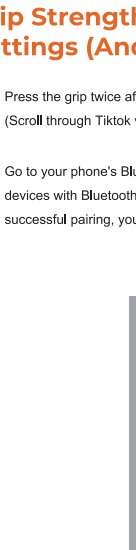
The offline mode feature is exclusively available for Flyoor APP

Grip Strength Circle Video Scrolling Settings (Apple iOS)

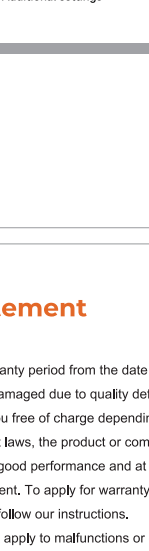
- After power on, press the grip twice to switch to "HID" mode (Scroll through Tiktok video mode)



- Open 'Settings' and click on 'Accessibility'
- Click on the 'Touch' button for the auxiliary function
- Turn on the 'Assistive Touch'



- Set the 'Tracking Sensitivity' to the 1/3 position
- Go to your phone's Bluetooth and search for devices that have been enabled.



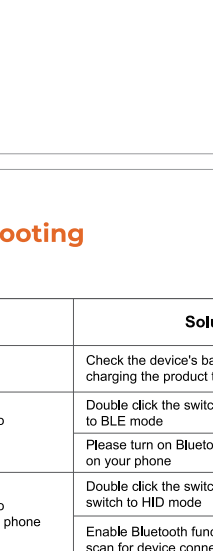
Select the device with a Bluetooth name starting with "FM-GRIP_" to pair it. After successful pairing, you can open the video software to watch videos

Grip Strength Circle Video Scrolling Settings (Android System)

- Press the grip twice after starting up to switch to "HID" mode (Scroll through Tiktok video mode)



- 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.



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 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.

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.

Trouble Shooting

Problem	Solution
Unable to power on	Check the device's battery level and try charging the product to solve the problem
Unable to connect to mobile app	Double click the switch button to switch to BLE mode Please turn on Bluetooth or GPS on your phone
Unable to connect to Bluetooth on mobile phone	Double click the switch button to switch to HID mode Enable Bluetooth function on the phone and scan for device connections
Unable to press the grip ring to brush Tiktok (HID Model)	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
Pressing the grip ring does not display the number of times (HID Model)	Check if the Bluetooth module of the grip ring is installed incorrectly

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After-Sale Service:

Please contact us if you have a question or experience a problem our purchase, please feel free to contact us: Email: US-SJ600-TS@outlook.com

