

Smart Hula Hoop User Manual

成品尺寸：140 x 85 mm（折叠尺寸）

成品结构：风琴褶

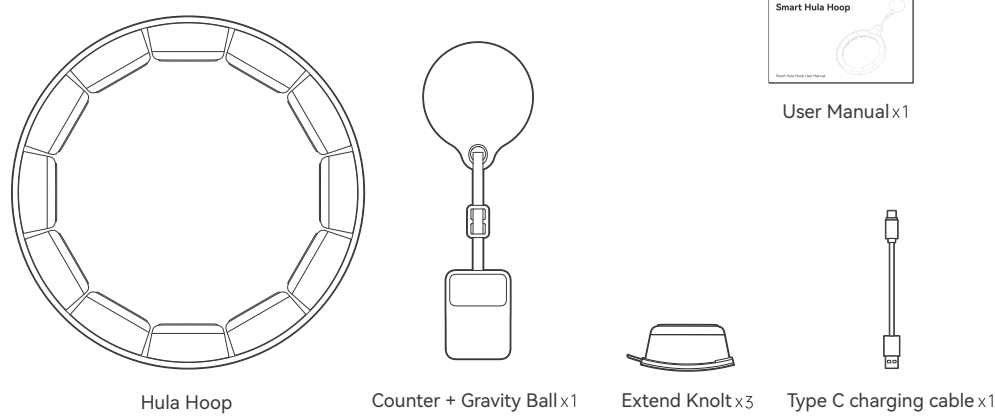
印刷颜色：四色印刷

Smart Hula Hoop

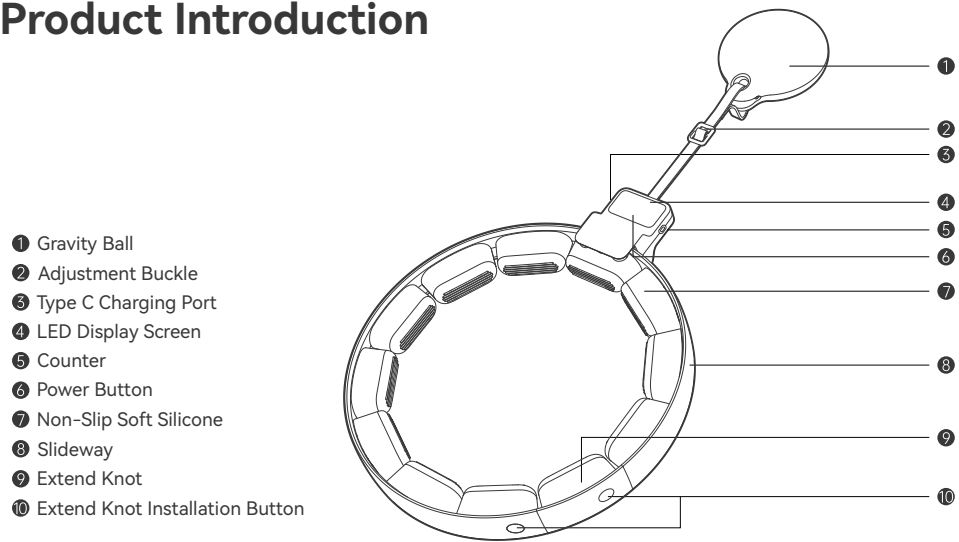


Smart Hula Hoop User Manual

Packing List



Product Introduction



Operation Instruction

Power On

Press and hold the power button for 3 seconds to turn on the hula hoop.
*If it cannot be turned on, please charge it for 5 minutes.

Power Off

Press and hold the power button for 3 seconds to turn off the hula hoop.
In standby mode, if there is no operation for 5 minutes, it will automatically power off.
After exercise, if there is no operation for 5 minutes, it will automatically save data and power off.

Install Smart Life App

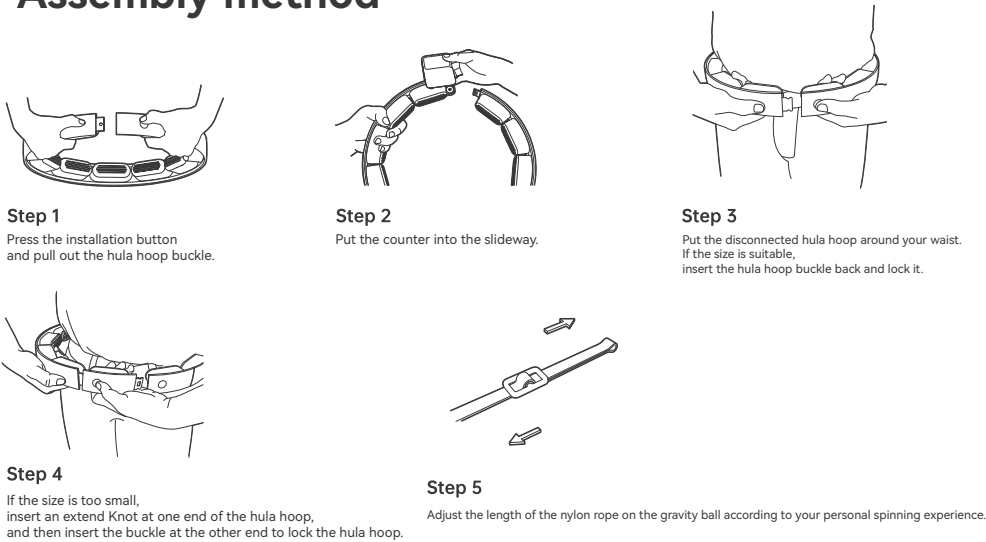
Scan the QR code with your mobile phone,
or search for Smart Life in the app market, download and install the App
*If your mobile phone has downloaded Smart Life App,
please make sure that the App version is the latest.

Connect Device

- 1 Connect your mobile phone to home wireless network.
- 2 After hula hoop power on, it enter Bluetooth pairing connection mode by default.
- 3 Click Smart Life App on your phone, when using it for the first time, please register/log in to your account according to the app guidelines.
- 4 Go to the home page of the App, click "+" and select "Add Device", the App will search for the smart device to be configured, and add the device according to the App interface prompts.
*If the device is not found, click "Manually Add" on the page, and manually add the device according to the interface prompts.



Assembly method



Operating Instructions

Free Spin

Start Spinning

When the hula hoop is turned on, exercise is detected, the free mode will start, and the number of spinning and duration data will be recorded at the same time.

Stop Spinning

When spinning stop, short press the power button to end the exercise and automatically save the exercise data.

Basic Specifications

Product: Smart Hula Hoop
Product Material:
Ring outside material: PP+ABS
Ring inside material: Silicone (soft)
Gravity ball: Silicone bag + sandbag
Gravity ball cable: 40cm adjustable nylon rope
Hula Hoop Net Weight(14 hoop) : 850g
Gravity ball weight: 280±10g
Counter weight: 80g
Product Diameter:222mm(11 knots); 248mm(12 knots); 268mm(14 knots)
Input Voltage: 5V, 1A
Interface Type: Type C
Battery Capacity: 300mAh
Power Supply: Rechargeable Lithium Battery
Temperature: 0°C ~40°C

Basic Specifications

1. Please confirm your state and do warm-up exercises before using the hula hoop.
2. Make sure that there is no foreign matter stuck between the bearing and the track during use.
3. This product is suitable for adults, please use it by children under adult supervision.
4. This product is suitable for home use and not for commercial use.
5. This product is not waterproof, please do not use it outdoors on rainy days.
6. Please keep the user manual properly when using, in case of emergency.
7. Wipe the hula hoop with a dry cloth, do not get wet.
8. Keep it in a dry and ventilated place when not in use, and keep away from heat sources or liquid areas.

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FCC regulatory conformance :

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.
(2) This device must accept any interference received, including interference that may cause undesired operation.
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.
NOTE: The manufacturer is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user's authority to operate the equipment.

RF Exposure

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.