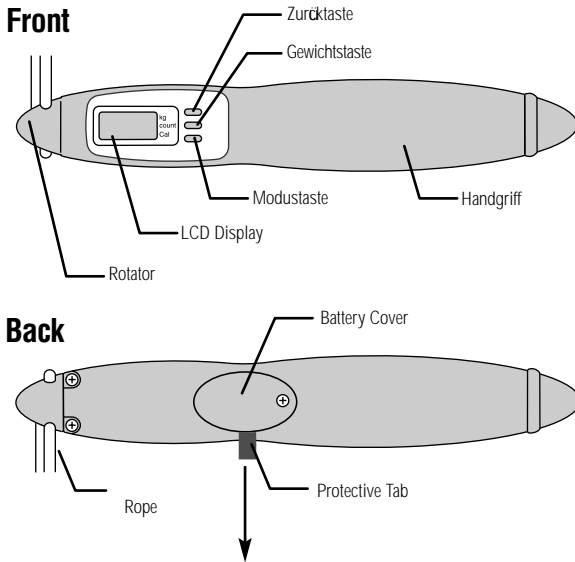


# Instruction Manual

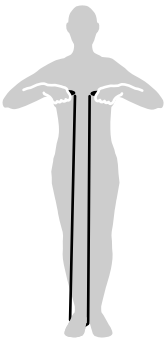
Lesen Sie sich die Bedienungsanleitung bitte sorgfältig durch und bewahren Sie zum späteren Nachschlagen auf.

## Display Handle Components



**Note:** Before first use, pull the Protective Tab from the Battery Cover.

## Adjusting Rope Length



To measure the best length for you to skip, step on the middle of the rope with one foot and pull the handles up towards your body. The handles should reach to your chest.

To adjust the rope length, hold the Rotator in place. Push the longer end of the rope through the hole on the Rotator. Pull the shorter (loose) end of the rope away from the Rotator.

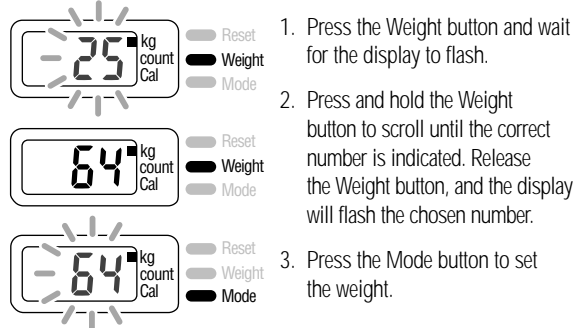
**Note:** If the rope is too long or too short, you will not be able to skip with good posture.

**Note:** If you cut the end of the rope, leave at least 5cm hanging from the Rotator.

## Calorie-Counting Feature

CalorieJump calculates the amount of calories burned according to the data you input. To use the Calorie-Counting feature you will need to programme CalorieJump.

### Programming



**Note:** The weight range is from 25 to 150 kg. After scrolling up to 150, the number will return to 25.

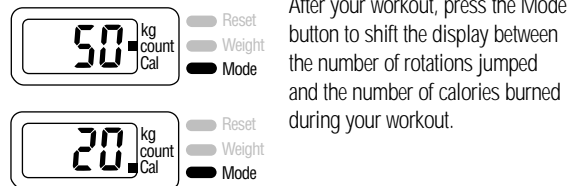
**Note:** If you release the weight button and do not press anything for 4 seconds, CalorieJump will accept the current (flashing) number as your weight.

### Before Your Workout



**Note:** Be careful not to touch any of the buttons while jumping.

### Obtain Readings



**Note:** If the indicator is beside "count" the number of rotations (jumps) is being displayed. If the indicator is beside "Cal" the number of calories burned is being displayed.

**Note:** CalorieJump can count up to 9,999 rotations (jumps) and 4,108 calories.

## Helpful Tips When Skipping

- Look straight ahead
- Keep your back straight
- Keep your feet close together
- Keep your hands to your side while rotating the rope with your wrists and forearms

## Replacing Batteries

If the display is blank or difficult to read, replace the batteries.

1. Use a screwdriver to remove the battery cover. Remove the old battery.
2. Insert the new battery positive (+) side up (facing you).
3. Replace cover and screw into place.

**Note:** *Keep batteries out of reach of children.*

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## Important Notes for Users

- Consult your doctor before starting any new exercise routine.
- Make sure that you have enough vertical space to skip before using CalorieJump.
- Do not use if the rope is damaged.
- CalorieJump is intended for skipping—do not use the rope for other purposes.
- The rope may be covered in a fine powder to prevent it from sticking to itself or to the package while in transit. This powder is completely safe and will quickly wear off the rope.

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## Product Maintenance

- Clean occasionally by wiping with a soft, dry cloth (do not use water, thinner, etc.).
- Do not disassemble.
- Using CalorieJump on concrete or asphalt may damage the rope.
- Store in a temperate place free of dust, and away from direct sunlight, high temperatures or excessive humidity.

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## Specifications

### Model

CalorieJump (CJ-688-TB)

### Weight Range

25-150 kg

### Display Results

Jump Counter: 1-9,999

Calorie Display: 1-4,108

### Dimensions

Handle: 185 x 30 x 26mm (Height/Width/Depth)

Rope: 2.7m (Length)

### Battery

1 x LR44 (included)

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