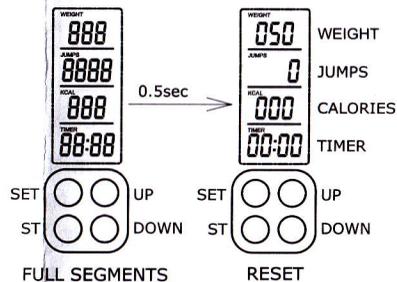


*** GENERAL FEATURES:**

1. TIMER: Timer and Chronograph.
2. Calorie burned and number of jumps can be tracked.
3. Sleeping mode for saving.

Timer: 60m:00s (MAX)
 Chronograph: 59m:59s (MAX)
 Weight range: 20 ~ 110 kg
 Jumping count range: 0 ~ 9999
 Calorie count range: 0 ~ 999



*** KEYS:**

SET	For setting (timer or weight)
UP	Increase value (timer or weight)
DOWN (DN)	Decrease value (timer or weight)
ST	Power on or clear value

*** HOW TO POWER ON AND SET VALUE?**

1. Battery placement:

Holding one end with battery door of the unit, to open or close the battery door along the indicator of battery door through the plastic pin (accessory). 2pcs AAA batteries once placed to the unit and close the battery door, full segments will show on the LCD for 0.5 second, the same time, beep once.

2. Power on:

Press "ST" key to power on, reset or clear value.

3. WEIGHT setting:

After power on, press "SET" key once, WEIGHT digit is flashing for setting, "UP" key for increase the value, "DN" for decrease, hold the key is for fast value setting. Press "SET" key again is for saving the setting and enter to the TIMER setting mode. Press "SET" key once again to exit all settings.

4. TIMER setting:

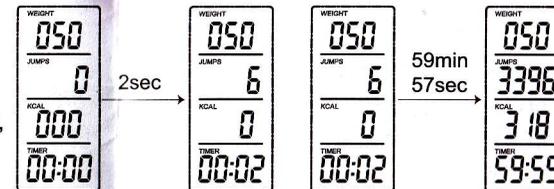
After power on, press "SET" key twice, enter to TIMER setting. the Minute digit is flashing for setting, "UP" key for increase the value, "DN" for decrease, hold the key is for fast value setting. Press "SET" key again is for saving the setting and exit the TIMER setting mode.

5. Chronograph mode:

After entered to JUMPS mode, default TIMER is Chronograph mode, count from 00:00. Jumped 5 times or less in a low, will regard it as a mistake, JUMPS value display still is default 0. JUMPS



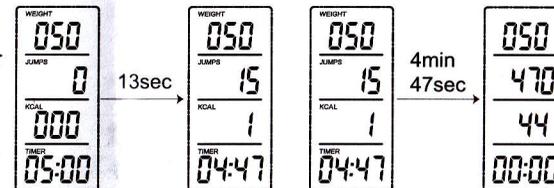
count value display is from 6, if user jumped 5 times in a low, then stop, JUMPS value is unchanged; but if user jumped 6 times or more in a low, JUMPS value is 6 or more. TIMER value is also display from 6 JUMPS,



once count, will display the total jumped time automatically. JUMPS stop, TIMER stop too. Chronograph value is 59:59 (MAX.), if value is more than it, TIMER value display will be unchanged. But JUMPS and KCAL (calorie) value display are added continually, this time, if press "SET" key will enter to WEIGHT setting, press "ST" key will clear the value of TIMER, KCAL, JUMPS, reset the value of WEIGHT to 050 (50kg).

6. Timer mode:

After entered to JUMPS mode, if user wants to Timer mode, set it firstly (refer to "TIMER setting"), count from setting value. Jumped 5 times or less in a low, will regard it as a mistake, JUMPS value display still is default 0. JUMPS count value display is from 6, if user jumped 5



times in a low, then stop, JUMPS value is unchanged; but if user jumped 6 times or more in a low, JUMPS value is 6 or more. TIMER value is also display from 6 JUMPS, display value is the result of setting value minus jumped time. JUMPS stop, TIMER stop too. Once Timer value is over, will alarm around 10 seconds, and if this time press "SET" key will enter to WEIGHT setting, press "ST" key will clear the value of TIMER, KCAL, JUMPS, reset the value of WEIGHT to 050 (50kg).

7. After TIMER, WEIGHT are set and mode is chosen, hold rope body with each hand, go JUMP! (The main body is with LCD, which hand holds which body, no difference.)

*** OPERATIONS:**

1. Once press "ST" key to reset the value, only after user jumped 6 times in a low, the value will display JUMPS again. Once pause, the unit will calculate and display the calorie values, and in 8 Mins, if user jumps again, the jump values will be added, then the calorie values will calculate again.
2. Timer will work only under the unit is using.
3. Once stop, the LCD will display the calorie value. If the calorie value is less than 1, then the value is "0".
4. Press "ST" key, to clear the values (including: JUMPS, TIMER, CALORIE) and reset WEIGHT.
5. In 8 Mins no any actions, the unit will enter to standby mode, automatically turn off LCD, no display.
6. Battery size: AAA (2pcs)

CAUTION: During the setting mode or the WEIGHT and TIMER are set, don't press "ST" key, or the display value will be reset to default value. Then user must set the value again.