Thank you for purchasing the Valore Digital Cordless Jump Rope.

Cordless technology now lets you use less space to skip without tripping on messy cables or ropes. Train like a pro and keep track of your number of skips, effective workout time and calories burnt by viewing the digital panel.

**Important:** Please read the user manual thoroughly before using your Digital Cordless Jump Rope.

**Specifications:**
- Automatic jump count: up to 9,999
- Calorie consumption count display: Up to 999
- Weight Setting: 20 - 110kgs
- Alarm Setting: 1 - 60 min
- Battery: CR2032 battery (included)
- Material: ABS + Rubber + PVC
- Dimensions (L x W x H): 175 x 26 x 26mm
- Weight: 157g

**Package Contents:**
- Digital jump rope handles
- Cordless cable
- Screwdriver

**UNDERSTANDING THE PRODUCT**

1. Weight (W)
2. Time (T)
3. Lap (L)
4. Calories count (C)
5. Set
6. Up
7. Reset/ON
8. Down
9. Cord attachment
START USING DIGITAL CORDLESS JUMP ROPE

1) Weight Set
Press ‘Reset/ON’ to start. An initial of 50kg will show, press ‘Set’ and you will see the W (weight) column start to flicker. Press ‘Up’ or ‘Down’ to adjust till your weight show is accurate. Press ‘Set’ again to complete input process. The T (time) column will begin to flicker, proceed to set workout alarm.

Note: The weight must be entered before use. Maximum set number is 110kg. Minimum set number is 20kg.

2) Workout Alarm Set
After entering your weight, the T (time) column will flicker. Press ‘Up’ or ‘Down’ to adjust your target time. Press ‘Set’ to complete input process. When time is up, a Zero followed by a beep sound will appear.

Note: Maximum alarm is 60 minutes. Minimum alarm is 1 minute.

3) Get started
The counter and time will start automatically when you begin to jump for 2 - 3 seconds. After the alarm is up, the calories count will show. If you want to start over, press “Reset/ON’ and input your weight and workout alarm again.

Note: The jumping rope will automatically shut down if you do not activate function within 8 minutes. To resume, press ‘Reset/ON’.

4) Battery Replacement
Use screw driver to open battery lid at the back of the handle, replace with new CR2032 cell properly.
TECHNICAL SUPPORT & WARRANTY

• For Technical Support, email us at v.info@valore.sg.
• For Warranty Registration, visit www.valore.sg.

Cautions:

Read all the instructions and warnings carefully prior to using this product.
• Do not store the skipping robe in a high temperature environment.
• Do not place the skipping robe near a fire or other excessively hot environments.
• Do not expose this skipping robe to moisture or submerge it in liquid. Keep skipping robe dry at all times.
• Do not disassemble this skipping robe or attempt to repair or modify it in any manner.
• Be cautious of excessive drops, bumps, abrasions or other impacts to this skipping robe. If there is any damage to the skipping robe such as dents, punctures, tears, deformities or corrosion, stop using the skipping robe and contact us immediately via email at v.info@valore.sg, or return this product to the store where you have purchased it from.
• If the product produces an abnormal smell, high temperature (low temperature during normal use), discolours or changes shape abnormally, stop using the product and contact us immediately via email at v.info@valore.sg.

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