Hit Fitness Skipping Rope With Inbuilt Counter Manual

Specifications:

- LCD backlit display
- Single CR2032 battery operated
- Adjustable rope length making it suitable for all heights
- Loop counter that counts to 999 before resetting
- Calories burned display
- Countdown timer for rep work
- Cordless jump rope and full rope included

Key Functions:

L: Loop counter, counts to 999 before resetting to 0. This rope also comes with a Target Loop Function that is settable from $10 – 1000$. When you reach your set loops, an alarm will sound for 10 seconds.

W: Weight setting begins at default 50kg but can be set between $20 – 110$kg.

T: Timer/ Count down timer. The timer has a maximum of 59 minutes and 59 seconds and can be set to count down from 60 minutes to 1-minute. When countdown time expires, the alarm will sound for 10 seconds.

C: Calorie display function that measures between $0 – 999$ calories.

Backlights: When the rope is on, press the ON or SET button to turn the backlight on. The backlight will turn on for 10 seconds.
The backlight will turn on for 10 seconds when a change of battery is needed. Changing the battery when you see a blurred display is advised. Use a screwdriver to open the battery cover and change the CR2032 battery.

Auto Sleep: Display will enter sleep mode after 5 minutes of inactivity.

AutoSave: When you have finished a session, and there is a count value, it will be automatically displayed. To clear, long-press the ON key.

Button Functions:

[ON]: Press the **[ON]** key to turn on the counter. Press and hold for 2 seconds to clear any saved data. All settings will reset except for the weight amount.
[SET]: Press and hold for 2 seconds to enter and save weight setting. Press **[SET]** key twice to enter count down setting, and then press **[SET]** key three times to enter the target loop number setting.
[UP]: Increase target or time when in setting mode.
[DN]: Decrease target or time when in setting mode.

Instructions:

To start the automatic counter, simply use the jump rope, and it will record the number of skips. If you have chosen the countdown timer, you will hear a double beep when the time is up. The calorie burned will be automatically displayed, and you can adjust the length of the rope based on your height.

Cordless Jump Rope:

Allows users to enjoy using the skipping rope wherever desired even if space is limited, it is also ideal for children as this cordless functionality reduces the risk of tripping.

In order to change from rope jump to cordless please remove the small white aglets, run the rope through the circular hole from bottom to upper side then run the rope through the other circular hole from upper to bottom side, tighten and reapply the aglet.

Weight settings: Before use, press and hold the SET button for 2 seconds to enter to set weight. The weight value will start to flash, and the pre-set 50kg will show up. Use the UP & DN button to adjust to your correct weight. The minimum input weight is 20kg, and the maximum is 110kg. Then press the SET button once more to complete the setting. By pressing the SET button, you will automatically jump to the time setting.

Time setting with alarm reminder: When the time setting is flashing, use the UP & DN key to adjust to your desired time. You can set a timer from 1 minute up to 60 minutes. Press the SET button to confirm your setting. The time displayed will then show the pre-set time. When you start skipping, the timer will begin, and when you reach the set time, you will hear a double beep. Once you hear the double beep, the loop count and timer will be stopped.

Target number settings:

Press the SET button three times to get to the target number settings.

Use the Up & DN buttons to adjust to the number of loops you want to input, with the minimum being 10 and maximum 1000.

Press the SET key again to save your input. When the loop counter reaches your target number, a double beep will remind you that the loop is completed, and the time will stop. If you want to reset your jump rope, press, and hold the ON button for 2 seconds. All settings will clear besides the weight input.

Warning:

Avoid rough handling or throwing of the jump rope.

Avoid heavy pressure on the LCD and buttons.

Avoid storing in humid temperatures.

Avoid placing in water.