Digital Skipping Rope - Calorie and Jump Counter

Quick Start Guide
KASKPRPBLKA

Our Digital Skipping Rope gives you all the benefits of a normal skipping rope, while also tracking your workout data and helping you through your session. The Digital Skipping Rope tracks both your jumps taken and calories burned. The timer can be programmed to countdown a set workout time or track your elapsed time.

Product Checklist

The following items are included:

- Digital Skipping Rope – Calorie and Jump Counter

Features

1. **Voice Announcement** – announces calorie consumption, no. of jumps, workout time and remaining time
2. **Auto/Manual Voice Announcement** – makes announcements manually or automatically according to presets
3. **Target Setting** - sets timer, up to 99 minutes.
4. **Multiple Display Modes** - Number of jumps, Calories, Elapsed time and Countdown timer.
5. **Adjustable rope length**
Getting Started

The Digital Skipping Rope comes with the rope and handle separated. Please assemble the rope in accordance with the following diagram.

The Digital Skipping Rope uses 2 x AAA batteries for power. Please follow these steps to install the batteries:

1. Open the battery compartment cap at the end of the handle by turning the cap counter-clockwise.
2. Remove the battery compartment cap and install two new AAA batteries with the ‘+’ polarity facing outwards as indicated by the polarity symbols (+ and -) marked on the unit.
3. Replace the cap by turning clockwise until it snaps into place. The rope will beep twice.
   Note: If the sound weakens, distorts, or the display dims, please replace the batteries.

Setting Weight

In order to calculate calorie consumption, the rope requires your weight. Follow these steps to enter your weight:

1. Repeatedly press MODE until you are NOT within the COUNTDOWN TIMER mode.
2. Press and hold down SET until you hear “Enter your weight”. Repeatedly press (or hold) UP and DOWN to set your weight between 25kg and 150 Kg.
3. Press SET once to confirm and return to the normal display mode.

Setting Countdown Timer

You can set up your target workout time by following these steps:

1. Repeatedly press MODE until you hear “Countdown Timer”
2. Press and hold down SET until you hear “Set Timer”. Repeatedly press (or hold) UP and/or DOWN to set the target workout time, up to 99 minutes.
3. Press SET once to confirm and return to normal display mode.
Announcing calories, number of jumps, workout time and countdown timer

Press **TALK**. The rope will announce the numbers displayed on the LCD. To announce another function, press **MODE** repeatedly until you hear the one you want, then press **TALK** to hear the announcement - eg. if you want to hear the calories announcement, repeatedly press **MODE** until you hear “Calories”, then press **TALK**.
To hear the entire announcement, within any mode, press and hold down **TALK** for over 2 seconds.

Using Automatic Voice Announcement

You can set the unit so it announces the current displayed function automatically, according to the following table. eg. if the unit is displaying 'Calorie' on the LCD, you will hear the calories announcement automatically for every 20 calories you have burned.

<table>
<thead>
<tr>
<th>Function</th>
<th>Auto Voice Announcement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Jumps</td>
<td>Every 50 Jumps</td>
</tr>
<tr>
<td>Calories</td>
<td>Every 20 Calories</td>
</tr>
<tr>
<td>Workout Time</td>
<td>Every 1 minute</td>
</tr>
<tr>
<td>Countdown Timer</td>
<td>Every 1 minute</td>
</tr>
</tbody>
</table>

To turn on the automatic announcements, press and hold down **AUTO (UP)** until you hear “Auto report is on” and **AUTO** appears on the display. To turn off the automatic announcement, press and hold down **AUTO (UP)** until you hear “Auto report is off” and **AUTO** disappears.

Using the Talking Jump Rope

Press and hold **CLEAR (DOWN)** until you hear “Reset and Ready” to reset calories, No. of jumps and workout time to 0, and the countdown timer to its previous settings. Start jumping as you would normally do and the rope will automatically start the counting.

Resetting the Unit

When your rope shows abnormal function - such as a frozen display, broken display, no response to button pressing etc. - you will need to re-initialize the unit by pressing **RESET** using a pointed object, such as paper clip. The **RESET** button is located on the back of the unit.

Warnings/Disclaimers

- Do not expose this device to moisture or sunlight. Doing so will affect normal operation and, in some extreme cases, endanger the user.
- Do not disassemble the product.
- Any misuse of the product will void warranty. In the event of product misuse, Kogan will not be responsible for damage or injury if applicable.
- If you believe the product has malfunctioned or requires repair, please refrain from attempting to repair it yourself. Refer all servicing matters to qualified personnel, or contact the Kogan Customer Support Team.