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1. Short press ${\bf \textcircled{O}}$ to turn on the device. The lights will turn on and music will sound.

2.Press and hold . The device will turn off in 2 to 3 seconds.

3.If there is no operation for about 3 minutes after successful startup, the device will

automatically shut down.

4.Turn on the phone and set up a Bluetooth connection device to play music on the phone. *Bluetooth device name: device name starting with "GDBX"

5."Shift" on the monitor "Keys: Counting, timing, calorie switching keys.

"Gears" keys: 1-8 gears, gear increase and decrease.

NO.	Symptoms	Cause Analysis	Method of exclusion
1	No lights and no sound	The product is not powered on	Short press the switch
2	No lights and no sound	Battery drain	Charge
3	Lights flicker	Low battery	Charge
4	Short press the switch can not turn on	The main chip capacitor is short of power due to long-term non- startup	Repeatedly short press the swith
5	Banging sound inside the device	Issued by the internal active stress structure	Normal phenomenon

FCC Statement

This device complies with Part 15 of the FCC rules. Operation is subject to the following two conditions: 1) this device may not cause harmful interference, and 2) this device must accept any interference received, including interference that may cause undesired operation. Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

--Reorient or relocate the receiving antenna.

--Increase the separation between the equipment and receiver.

--Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

--Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.