

How to use: This product is app-controlled.
Scan the QR code to download the app from the Apple App Store or the Google Play Store.

You can also download the app from our website: www.prozis.com/fitnesstracker



Sign in to the app.

Pairing the product with a mobile device:

- Your ProHook+ is in suspension mode. Long-press the control button for a few seconds to switch it on.
- The LED should be blinking red and green, indicating it has entered pairing mode.
- Open the Prozis Go app, press the device button displayed at the bottom of your dashboard screen, and then press "+" to add a device. Select the intended device and follow the instructions.
- Once a connection is established, the light will stay solid blue.
- On the app, you can choose different workout activities according to your fitness goals or preferences.

Reset:

Once you pair the ProHook+ with your smartphone, it will be locked to that

will not occur in a 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.

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

NOTE: The most recent version of this user manual can be found at www.prozis.com/user-manuals

Safety warnings

Make sure to familiarize yourself with the product before preparing it for use and using it for the first time. To do so, carefully read the following instructions for use and the important safety notes. Use the product only as described and for its intended purposes. Keep these instructions in a safe place. Make sure to include all documentation when passing the product on to others.

DESIGNED TO ELEVATE YOUR PROHOOK EXPERIENCE PROHOOK+

Quick Guide

V1 07/2024

device. To reset, long-press the center of the smart sensor for about 10 seconds. While doing so, the LED should be blinking blue, and when it's over, the LED should blink in red/green/blue.

Pairing two ProHooks:

You can use two ProHooks simultaneously by pairing them through the dedicated app. Follow the steps below to pair and use your ProHooks:

1. Open the app:

- Launch the dedicated app on your mobile device.

2. Prepare the ProHooks:

- Ensure both ProHooks are charged and ready to pair.
- Press the power button on each ProHook until the LED indicator starts flashing.

3. Pair the ProHooks simultaneously:

- In the app, select "Add Device."
- When searching for Bluetooth devices, select both ProHooks simultaneously to pair them together, similar to how you would pair smart dots.
- Follow the on-screen instructions to complete the simultaneous pairing.
- Once paired, the LED indicators on both ProHooks will turn **blue**.

4. Distinguishing between left and right:

- During use, the ProHook with the **blue** LED indicator will be designated as the right device.
- The ProHook with the **yellow** LED indicator will be designated as the left device.

Intended Use

This product is ideal for resistance band training and enhancing specific exercises. The device is intended for personal use only. Do not use it for medical or commercial purposes.



DANGER! This symbol, when combined with the note **Danger**, means high risk. Failure to observe this warning may lead to injury to life and limb.



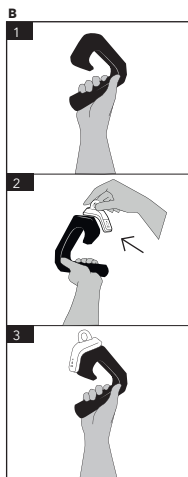
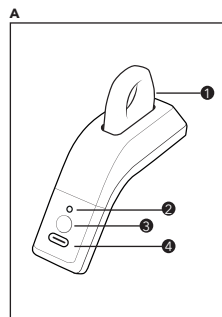
DANGER FOR CHILDREN AND PEOPLE WITH DISABILITIES

- Packing materials are not toys. Children must not play with the packing material. There is a risk of suffocation.
- This product may be used by children 8 years and up as well as by persons with physical, sensory or mental impairments or lacking experience and knowledge, when supervised or instructed in the safe use of the product and understanding the associated risks.
- Children must not play with the device.
- Cleaning and user maintenance must not be performed by children without supervision.
- Keep the device out of the reach of children.



DANGER! RISK OF ELECTRIC SHOCK

- Make sure the charging cable cannot be damaged by sharp edges or hot points. Do not wrap the charging cable around the appliance.
- Never make any modifications to the product. In case of malfunction, repairs are to be carried out by qualified personnel only.
- Do not attempt to connect the device to an outdoor outlet. Use only indoor AC/DC adapters to charge the device.



Attaching the ProHook+:

- Hold the ProHook in your hand (see page 2, figure B1).
- Take the sensor and align it with the designated slot on the ProHook. Slide the sensor into place (see page 2, figure B2).
- Push the sensor until it clicks into place, confirming it is securely attached (see page 2, figure B3).

Types of exercise: see page 3, figure C

Check the online user manual for exercises.

Read the complete manual at www.prozis.com/user-manuals

PROZIS is a registered trademark of PROZIS.COM, S.A.
PROZIS reserves the right to adjust or modify the product or any of the associated documentation in order to ensure its suitability for use, at any time and without prior notice.

Legal compliance statement



By means of this document, PROZIS declares that the Prozis ProHook+ is fully compliant with all the standards specified in the applicable legislation as well as other relevant clauses.



To avoid any impact on the environment or human health due to dangerous substances present in electrical and electronic devices, the end users of such devices are expected to understand the meaning of the symbol consisting of a crossed-out waste container. Do not dispose of electrical and electronic equipment along with unsorted household waste.



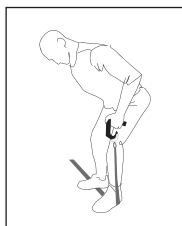
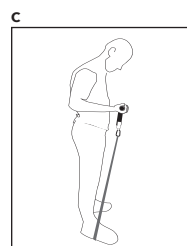
DANGER! BUILT-IN BATTERY

- The product is powered by a lithium-ion rechargeable battery.
- There is a risk of explosion if batteries are not handled properly.
- The batteries are not designed to be replaced.
- When using the device, do not expose it to temperatures over 40°C/104°F.
- Damage to the battery could cause an explosion and/or fire.
- Do not dismantle, open, or shred the battery.
- Do not expose the battery to heat or fire. Store the device away from direct sunlight.
- Do not short-circuit the battery.



DANGER! RISK OF INJURY

- Only use this product for its intended purpose. Misuse may lead to injury. Use this product according to these instructions only. Do not attempt to modify the product in any way.
- Do not use the device if there is visible damage to it or to the charging cable.
- Do not use the device with damaged resistance bands.
- Always consult your physician before beginning your workout program. Make sure you are physically fit to use it.
- Always remember to warm up before exercising and train according to your current fitness level. Overexertion and overtraining may lead to serious injuries. If you find yourself experiencing any discomfort, pain, weakness, or fatigue, stop training immediately and contact a physician.
- Safe training requires ample room. Perform the exercises away from objects and other people to ensure everyone's safety. Before using the



EN

Instructions

Product description: see page 2, figure A

1. Hanging hook
2. LED to indicate its activity and battery status
3. Control Button
4. USB-C charging port

Charging: To charge the device, plug a USB charging cable into a USB power adapter (not included) and into the product's charging port. The device's LED will remain steadily red to indicate that it is charging and will light up green once fully charged. When the battery is low, it will blink red.

Dispose of it separately and properly instead.



The packaging that protects the device against transport damage is made from non-polluting materials that can be disposed of via local recycling bins. The recycling code is used to identify various materials for recycling. The code consists of the recycling logo, which is meant to reflect the recycling type, and a number that identifies the material.



The product and packaging materials are recyclable, dispose of it separately for better waste treatment. The Triman logo is valid in France only.



CC INFORMATION TO THE USER

FCC ID: 2AW22-PR22201006

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.

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

equipment, make sure your surroundings are free from any potential interference.

- Pregnant women should only use the equipment after consulting their physician.



DANGER TO AND FROM PETS AND LIVESTOCK

Electrical devices can represent hazard to pets and livestock. In addition, animals can also cause damage to the device. For this reason, you should keep animals away from electrical devices at all times.



CAUTION! This symbol highlights dangerous situations that can lead to minor to moderate injuries, damage, malfunction, and/or destruction of the device.

To prevent harm or damage from happening to users or others, make sure to comply with the following requirements.



CAUTION! RISK OF MATERIAL DAMAGE

- Protect the product from dirt, moisture, and overheating, and only use it in dry environments.
- Do not expose the equipment to temperatures over 40°C/104°F or below -20°C/-4°F.
- Only use the original accessories.
- Do not use aggressive or abrasive cleaning agents.

- The appliance should not be dropped.

Warranty statement

This product is covered by a limited warranty found in the corresponding user manual, available for reference at the following URL: www.prozis.com/user-manuals

CONTACTS

Prozis is always available for additional clarification through their customer service communication channel at www.prozis.com/support

12

16

20

13

17

21

14

18

22

15

19

23