SmartHoop
Instruction manual

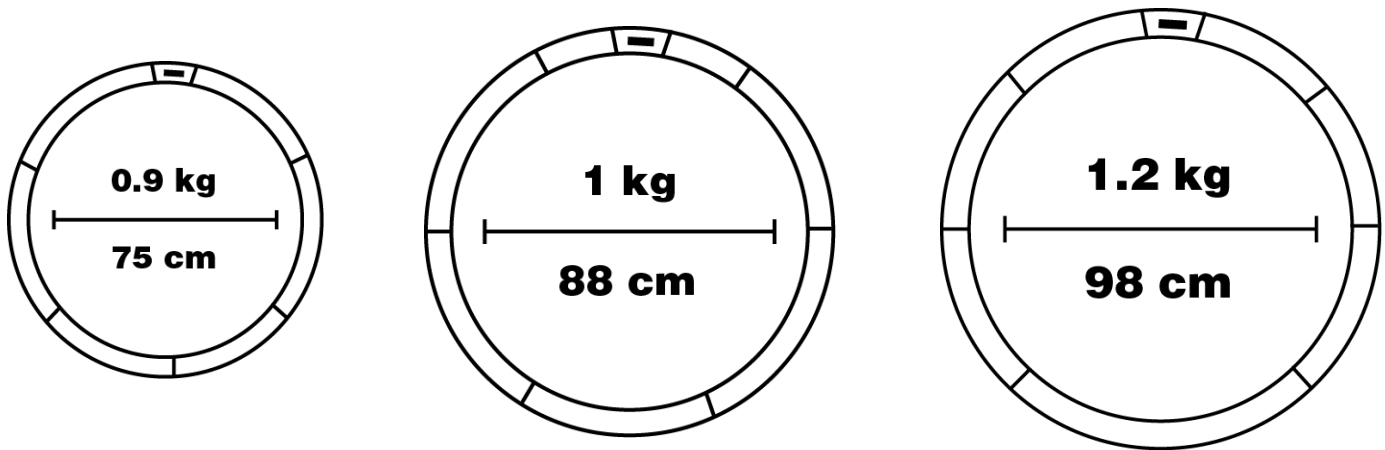## Table of Contents

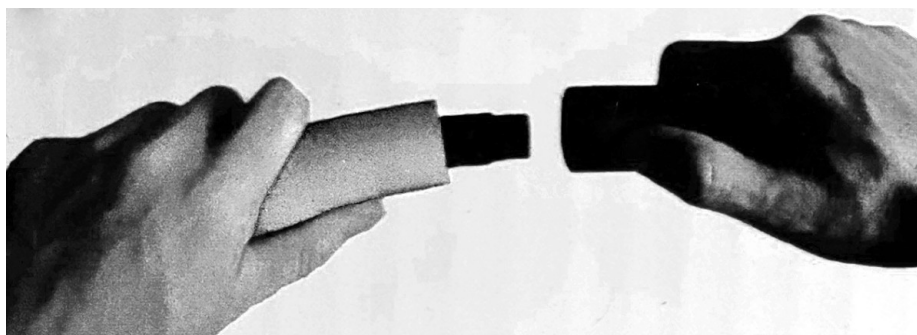# A quick overview of package contents

- 1 weighted segment ring with display and charging port
- 8 weighted pure segment rings
- 1 carry bag
- 1 USB-C cable with an adapter
- 1 instruction manual

Assemble and diassemble your SmartHoop

0.9 kg
75 cm

1 kg
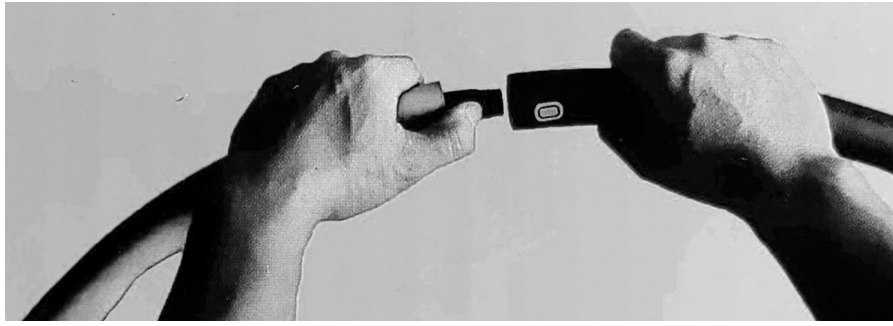**88 cm**

1.2 kg
98 cm

Attach adjustable segment rings together

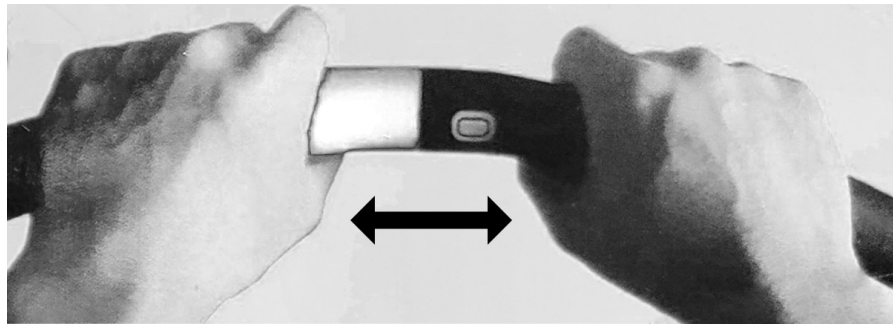1. Hold the ends of two segment rings with your hands.

2. Press the click-system button with your thumb and slide the two parts together until they click into each other (providing a click sound).

3. You can check if the segment ring parts are connected correctly, by slightly pulling them apart.

Deattach the segment rings

Press down the button with the white symbol on it and pull the segments apart.

Charging the smart segment ring

ⓘ Before turning on, charge it fully.
For best result, use the power adapter that comes with your SmartHoop.

Plug one end of USB-C lead to your SmartHoop and the other end into the power adapter. Plug the power adapter into a power outlet.
Without power adapter, connect your SmartHoop to your desktop's or laptop's USB-C port.

After successful connection a lighting icon appears on the top-right side of the display.

After successful charging the display turns on automatically.

Install the SmartHoop application

For direct installation scan the below QR codes or find the »**Smart Hoop**« application in Google Play store or AppStore.

Google Play

App Store

# Connect the »smart segment ring« with your smartphone

1. Enable the Bluetooth connection on your smartphone.
2. Launch the SmartHoop application.
3. Scan for available bluetooth devices starts automatically.
4. Choose from the list your SmartHoop device name and tap on it.

Basic use of SmartHoop smart segment ring

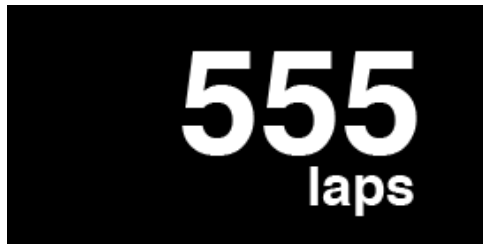By tapping on the touch screen, you can access to four different kind of information.

One tap
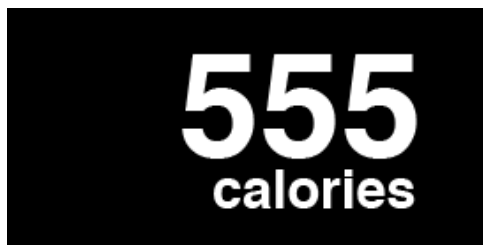You can see the current date, time, battery level and the bluetooth icon
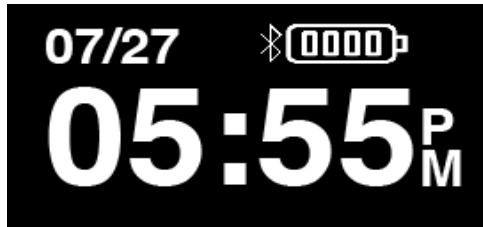
Two taps
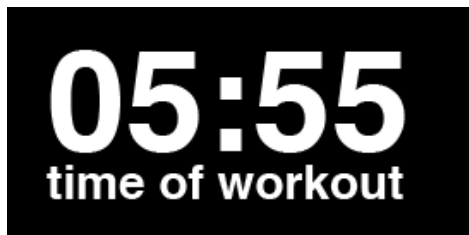Number of laps you have made in your current training session

Three taps
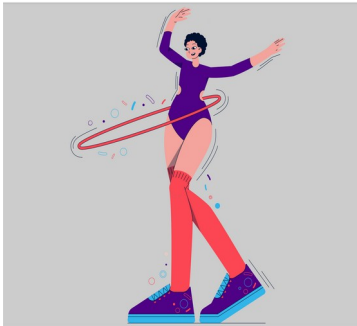Number of kalories you have burned

Four taps
Time of your current workout
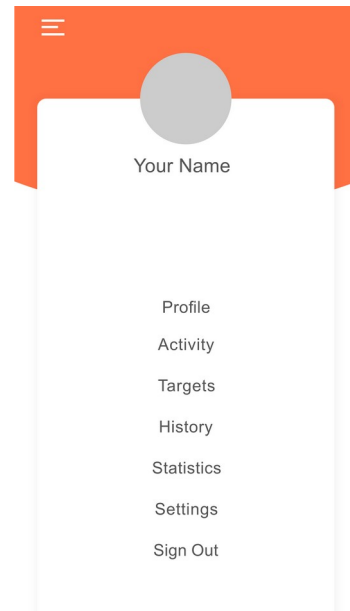
Use your SmartHoop application

SmartHoop

Log In

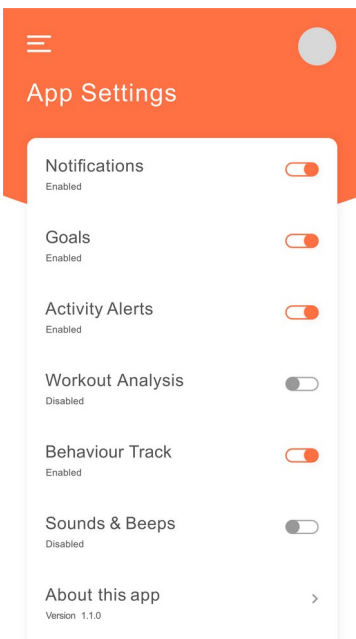Register

Sign in to your SmartHoop account or create a new one

Your Name

Profile

Activity

Targets

History

Statistics

Settings

Sign Out

Tap on the menu to check your activity, statistics or to change your settings.

App Settings

Notifications
Enabled

Goals
Enabled

Activity Alerts
Enabled

Workout Analysis
Disabled

Behaviour Track
Enabled

Sounds & Beeps
Disabled

About this app
Version 1.1.0

Tap on the slider button(s) to enable or disable function(s)

Workout history

Your name
Hulla Hooper

Physical fitness is a state of health and well being and, more specifically, the ability to perform aspects of sports and activities.

Targets
67%Achieved

Activity
5555 laps

Burn
5555 calories

Workout
555 min 55 sec
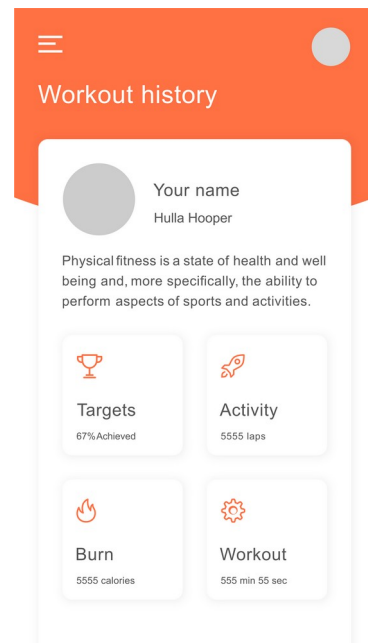
By tapping on the »History« option you will see your current achievement

Maintain and clean your SmartHoop

Do not use acid or abrasive cleaners. It's enough to wipe the segment rings with a slightly damp cloth. Let all the segment ring completely dry.