

Exercise 2

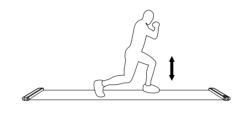


Exercise 3

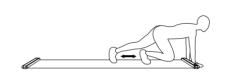




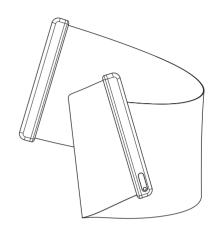
Exercise 5



Exercise 6



# **Feier**



Feier Smart Slideboard

Product Manual

### Precautions

1.Before use, please carefully check whether all parts of the device are firmly connected.

Feier DESIGN

2. This product is a sports equipment, and all children and elderly people must use it under the supervision of a guardian. 3. Beginners are advised to wear protective gear during exercise to

prevent injuries

4.Before use, it is recommended to do 5-10 minutes of stretching warm-up exercises.

5.Before use, please make sure to remove valuable and fragile items such as mobile phones and jewelry from your body to avoid damage. 6. Patients with high blood pressure, heart disease, or other illnesses should exercise under the guidance of a doctor. If there is any discomfort during use, stop immediately.

7. This product is made of plastic material, please keep it away from heat sources and open flames to prevent deformation of the product

8. The battery can be fully charged in approximately 3 hours, providing about 3 hours of operating time.

9. Please avoid using the device while it's charging.
10. The generation of static electricity and the attraction of fine hair and small debris is a normal phenomenon resulting from the smooth friction between the product's surface, made of PE and nylon.

### APP Download

This product requires downloading the "Feier" app for connection and use. Download method: Scan the QR code below to download; or search for "Feier" app in the app store to download.





Android Scan the QR code below to download "Feier" APP

## Product description

1.A slideboard is a training product that allows people who play ice skating, ice hockey, roller skating, fitness, and rehabilitation exercises to exercise in fitness centers or at home. Slideboards have gradually become popular due to their ease of use, portability, and excellent training effects!

2.Athletes who participate in speed skating, roller skating, roller hockey, ice hockey, skiing, figure skating, or fitness have training facilities available throughout the year. However, during certain seasons, they may lack opportunities for training. An effective way to maintain their optimal physical condition is to train on artificial ice surfaces or on land.

3. You can consider using a slideboard to assist you with exercises that focus on movements, strength, agility, and coordination on land. Slideboarding can increase lower body muscle strength and stabilize the legs and waist. After strengthening the muscles around the lower body, it becomes more stable, and upper body movements become

4.In addition, there are many ways to use the slideboard to enhance the strength and agility of various parts of the body.

#### Maintenance:

1. This product must be used with professional shoe covers. 2. Avoid contact between the slideboard surface and rough or sharp objects, Avoid contact between the slideboard surface and rough or sharp objects. You can clean the slide board with a soft, damp cloth. 3.If the surface lubrication decreases significantly, it is recommended to use transparent shoe oil, lubricating spray, or wax for maintenance. 4. Please store it in a cool, well-ventilated area and shield it from direct sunlight.

#### Instructions 1 Power on

Place the product on a flat surface, press and hold the power button  $\bigcirc$  to turn it on, and it will automatically enter the count exercise mode.

#### 2.Display switching

Short press the power button  $\bigcirc$  to adjust the display switching of "times," "time," and "calories."

# 3.Light switching

Under the power-on state, double-click the power button  $\bigcirc$  to switch the display light.

# 4.Standby

After power-on, the product will automatically enter the standby state, and the light bar on the display end will light up every 5 seconds

# 5.Sleep mode

If there is no exercise for 2 minutes, the device will enter sleep mode. All displays of the product will be turned off until the next exercise, at which point it will enter standby mode.

In the power-on state of the device, press and hold the power button O for 2 seconds to clear all display data.

7.Bluetooth Connection
After powering on, the Bluetooth symbol will appear and blink on the display screen. Open the "Feier" APP, click on the Bluetooth icon in the upper right corner of the interface, and automatically search for the Bluetooth name "Feier-HXB". After displaying the device information, click "Connect" to complete the connection.

### 8.Power off

In the power-on state of the device, press and hold the power button O for 4 seconds to turn it off. If there is no operation for 10 minutes in the power-on state of the device, it will automatically shut down.

## Product information

Name	Feier Smart Slideboard		
Brand	Feier		
Model No.	FED-HXB-05		
Color	Starry Gray/Misty White		
Specification	55*20 inches / 71*20 inches / 87*20 inches		
Battery Type	18650		
Operating Voltage	3.7V		
Battery Capacity	2000mAh		
Input Voltage	5V	Input Current	1A
Operating Voltage	2A	Charging Current	1A
Material	Ultra-Smooth Thick Composite PE Board Surface+ Thick Rubber Cushion Anti-Slip Bottom + Silicone /ABS/PC Shock-Resistant Guard Plate + EVA Anti-Slip Sponge		
Quality Inspection	Qualified Product		
Inspector ID	021		
Manufacturer	Zhejiang Feier Smart Technology Co., Ltd.		
Address	6-602, No. 501, No. 2 Street, Baiyang Street, Qiantang New District, Hangzhou City, Zhejiang Province, China		
Tel	+86 400-926-5575		





