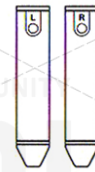
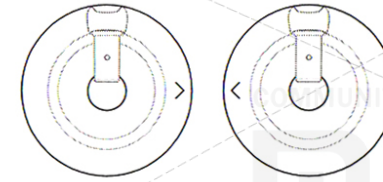


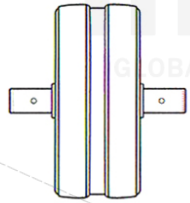
Equipment



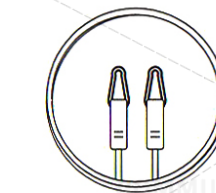
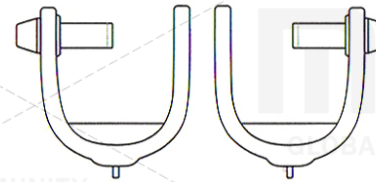
X1 R & L Handles



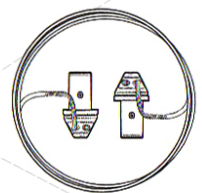
X1 R & L Supports for rack and push-ups from the floor



X1 Roller for pumping the press



X1 Functional Gum



X1 Skipping rope

Accessories



X1 Battery Charger



X1 Adapter



X1 Charging cable



X1 Coil for rope



X1 Stand for device



Instruction Manual

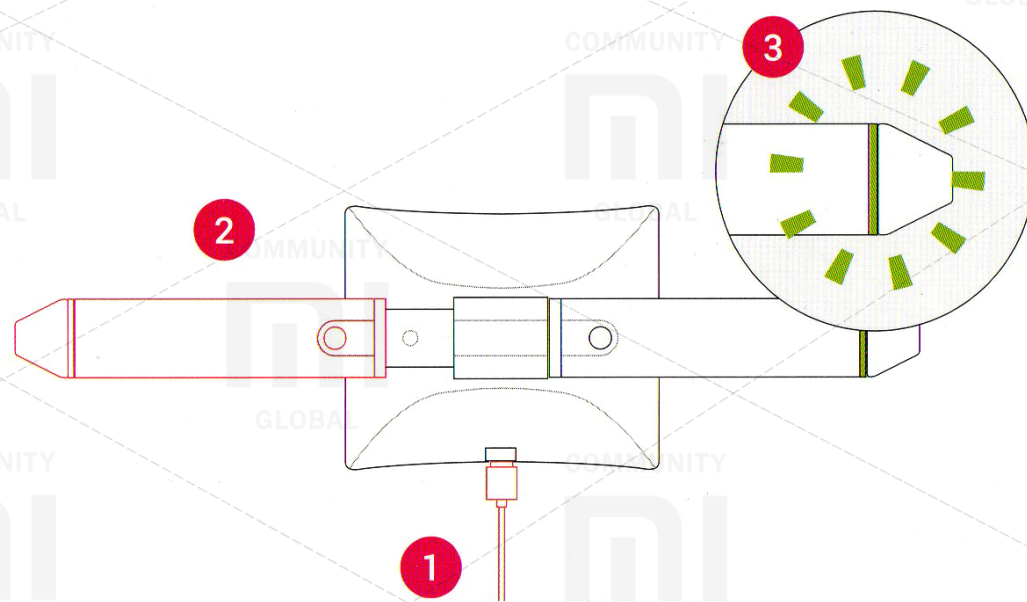
Beginning of work

Set the «Move it» APP (support for iOS 8.0 or Android 4.3 and higher)



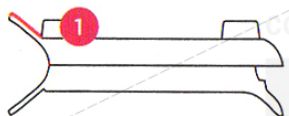
To install the application, scan the QR code
You can also install the application using the APP Store or the Google Play Store

Connecting handles

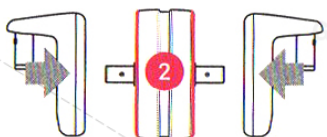


1. Connect the charger to the power source using the cable and the power adapter.
2. Connect the handles to the charger.
3. The knobs are on when the LED indicators light up.

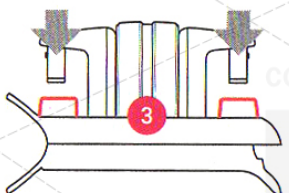
Standard assembly (A)



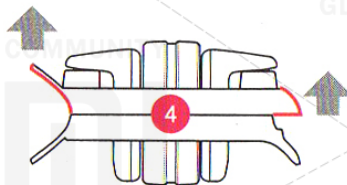
1. Set the stand for the devices with the logo upwards.



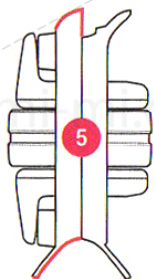
2. Insert the stops for the rack and push-ups from the floor into the roller for pumping the press on both sides.



3. Align the devices connected together and insert them into the corresponding holes in the device stand.

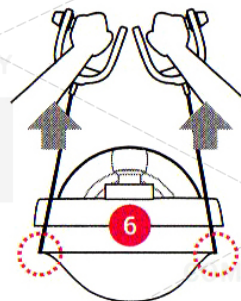


4. Lift the device stand up, holding the side handles to fix the position of the stop for the stand and the push-ups from the floor and the roller for pumping the press.

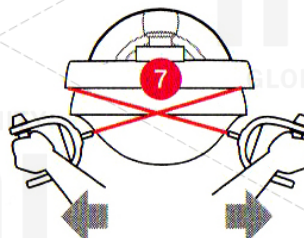


5. Place the device vertically on the special feet, with the back side facing you.

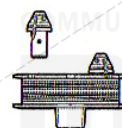
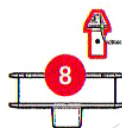
Standard assembly (B)



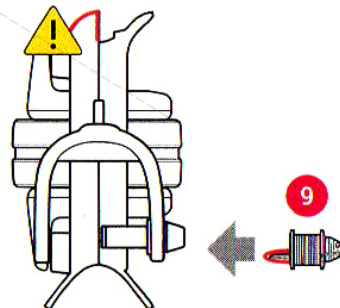
6. While holding the functional band on the same length with both hands, thread it into the appropriate trough at the base of the delivery for the device, slightly pulling the elastic band.



7. Cross the elastic band, then gently circle it around the back groove.



8. Insert one end of the rope into a special socket. Wind the cable around the special coil, and then insert the other end into the remaining connector.



9. Place the device with the protruding part down on the special feet, then insert the coil into the corresponding hole.



When transporting the device in its assembled state, always hold the device holder with a special handle.

Status of LED indicators

Status of the handle connected to the charger:



Slowly flashing green - charging the battery.



Constantly lit green - the battery is fully charged.



Slow flashing blue - firmware update.



Fast flashing of the indicator - it is impossible to detect one of the pens. Please make sure that the handle is next to it and there is a battery in it.

Состояние ручки:



Constantly lit green - the battery is charged and the handles are ready for use.



Constantly lit blue - the battery is charged and is currently mated with the Move it APP.



Constantly lit red - low level of charge. It is recommended that you charge the battery before using the device.



Fast flashing of the indicator - it is impossible to detect one of the pens. Please make sure that the handle is next to it and there is a battery in it.



Fast blinking blue x5 - handles are successfully paired with the Move it APP.



Fast flashing of the x2 indicator - the pens are successfully paired with the device.



Fast flashing of indicators - the reset is successful or the device is ready to update the firmware.

Move It™

www.move-it.club

Developed in Hong Kong. Assembled in China.

XIAOMI-MI.COM