



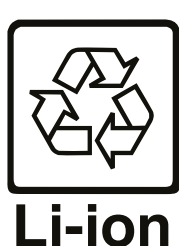
GEAR GO User Manual



Product Specification

Function	Connected Home Gym
Resistance	18 lbs
Capacity	3.7V
Safeguards	Over-discharge protection Overheat protection Over-current protection Overcharge protection Short circuit protection
Water resistance	IP54
Input port	
DC Input	Micro USB
Charge time* (0-100%)	5V
Battery life*	2 hours Up to 60 hours
Bluetooth version	BLE 4.2
Frequency	2.4GHz
Bluetooth physical range	26 feet
Product weight	2.64lbs

*Depending on the type of charger used

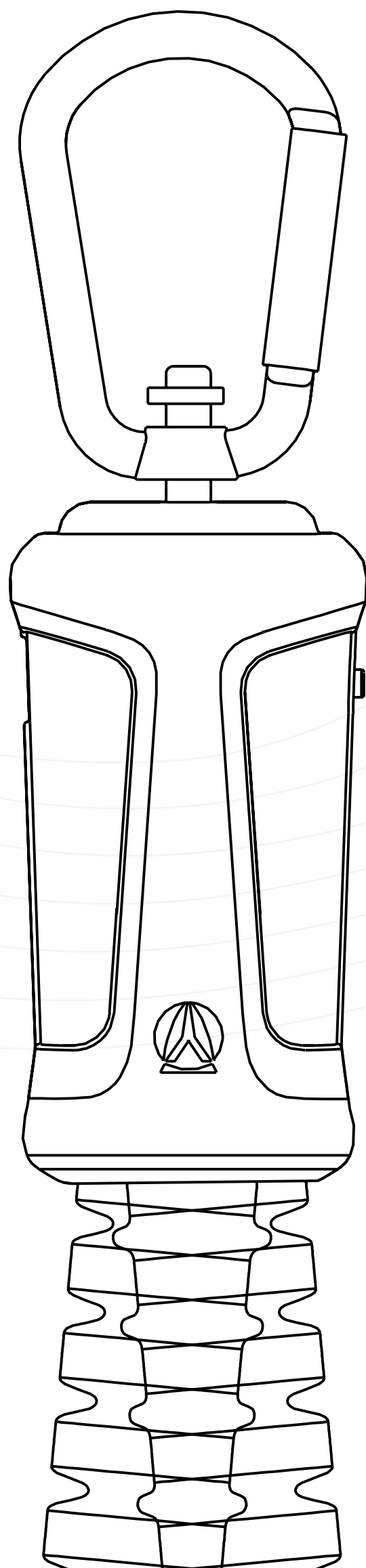


What is the GEAR GO? _____

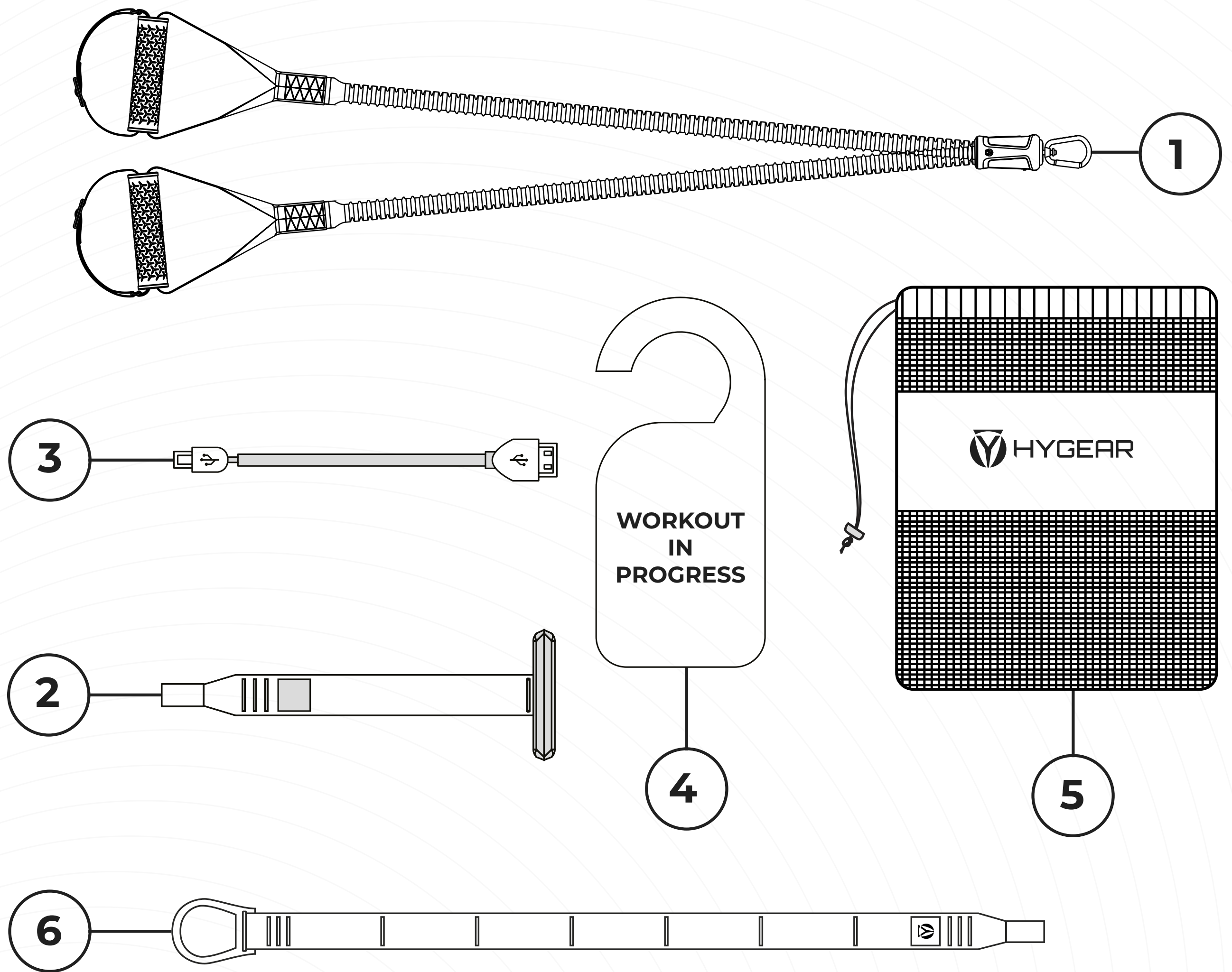
Build Strength, Fast.

The GEAR GO is a lightweight, portable, and easy-to-use connected fitness experience. It's easy to set up and anchor to any door. Get a full body workout, anytime, anywhere.

- Build lean muscle
- Develop full body strength
- Improve endurance
- Follow personalized workouts
- Use indoors or outdoors



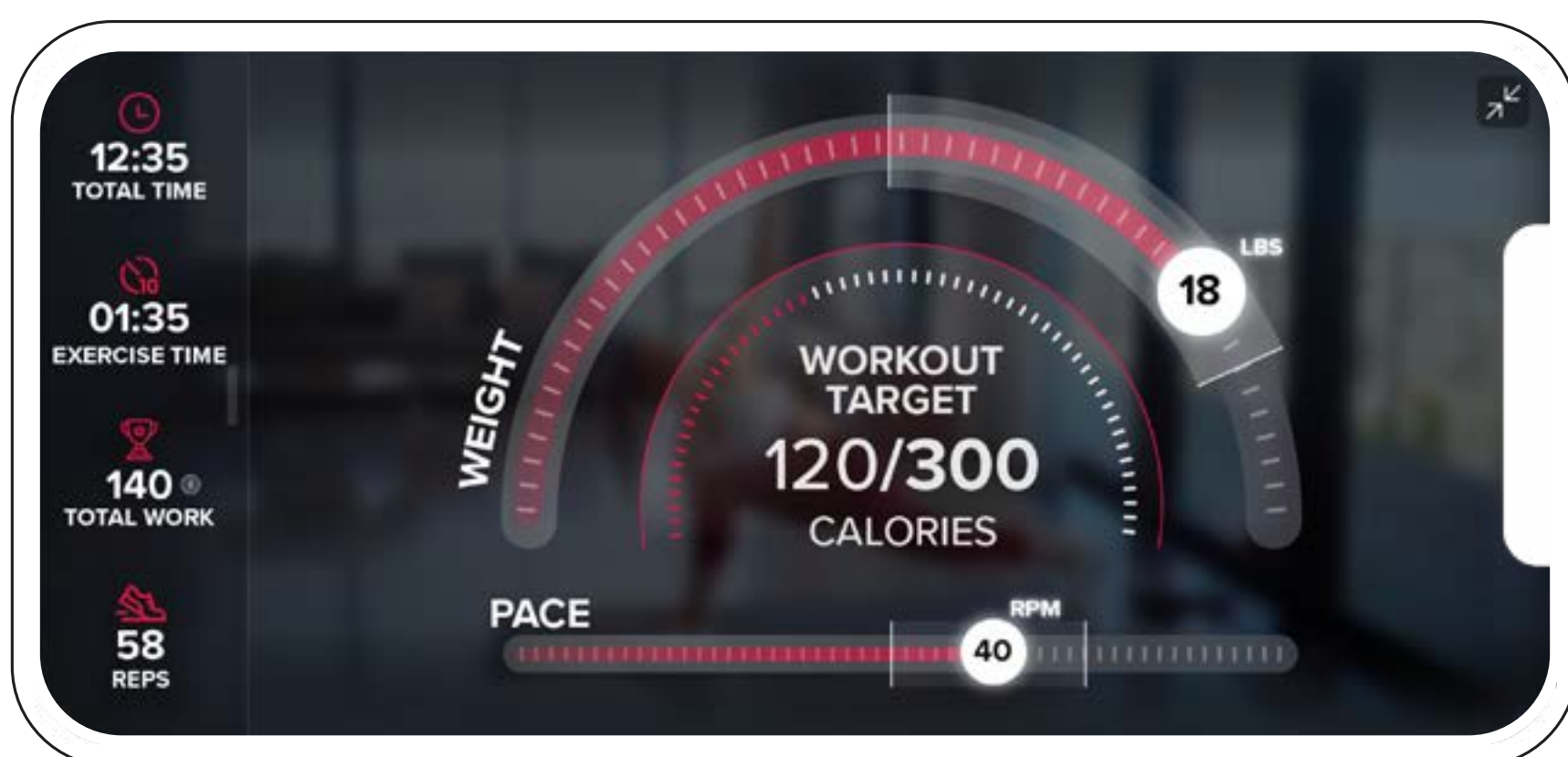
What's in the GEAR GO box



1. Resistance bands with sensor and handle
2. Door Anchor
3. USB Cable
4. Door Hanger - "Workout in Progress"
5. Carrying bag
6. Object Anchor

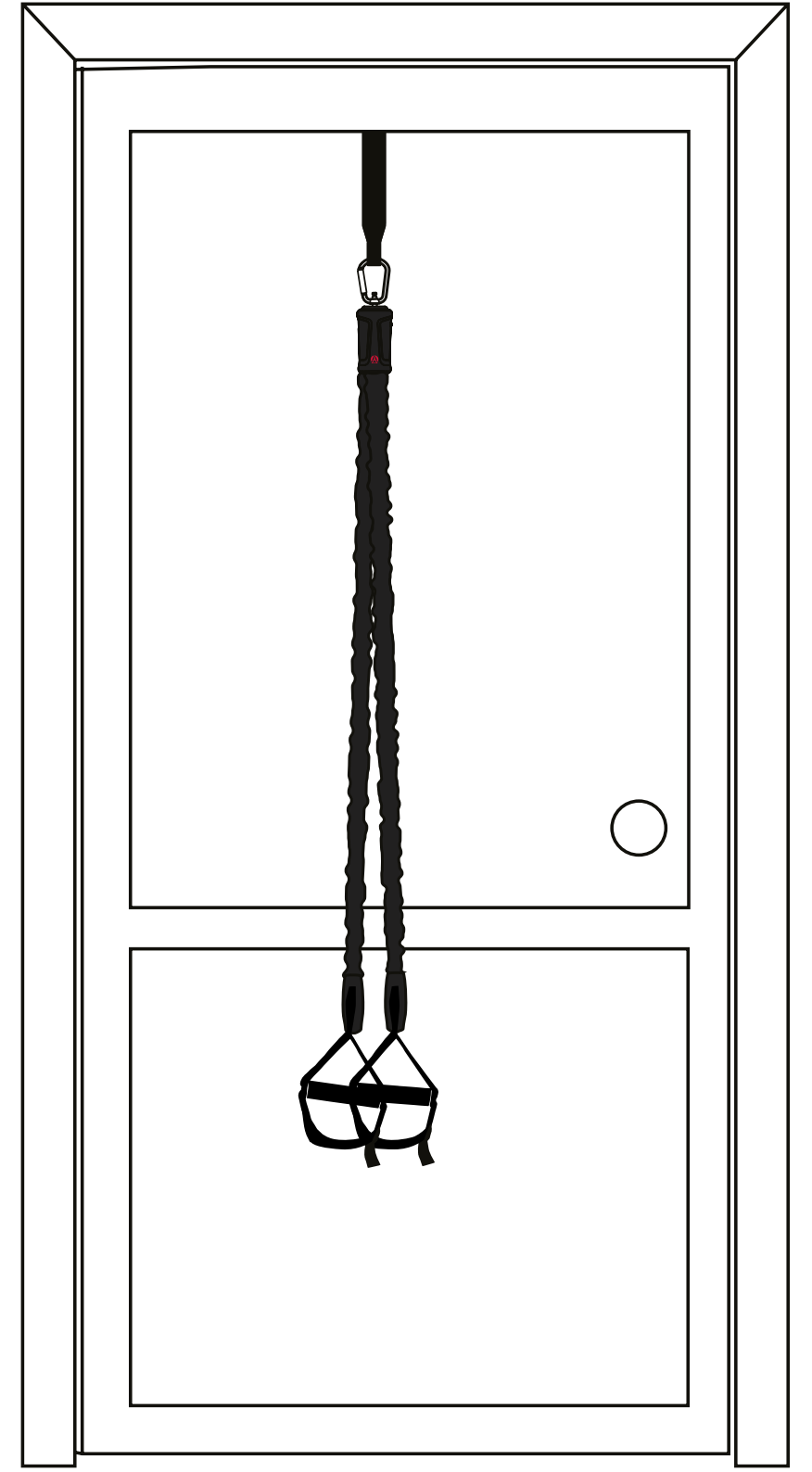
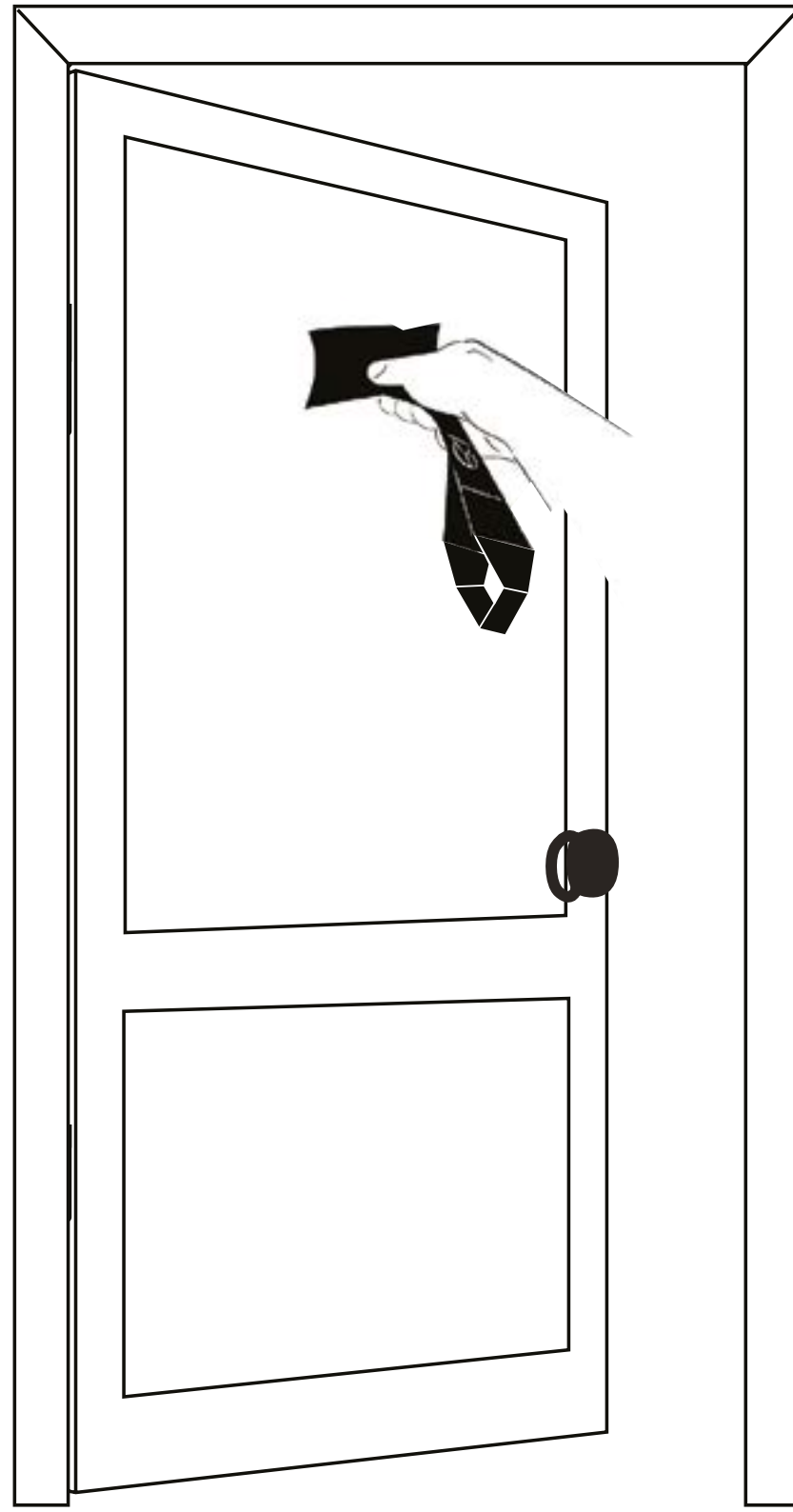
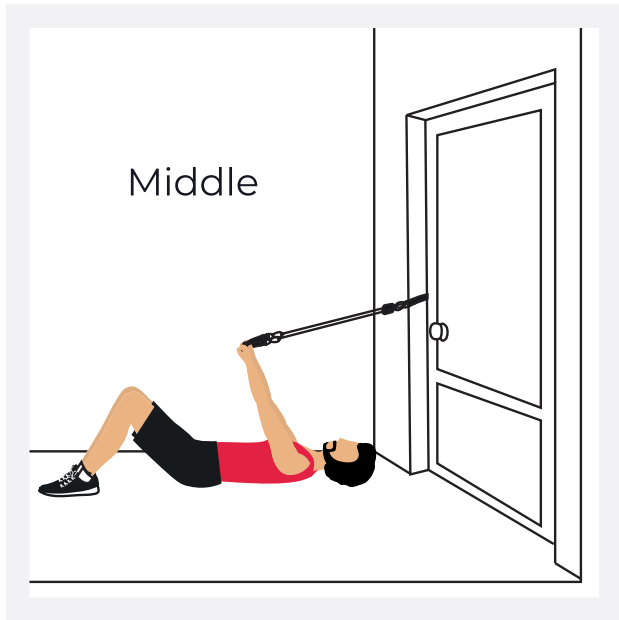
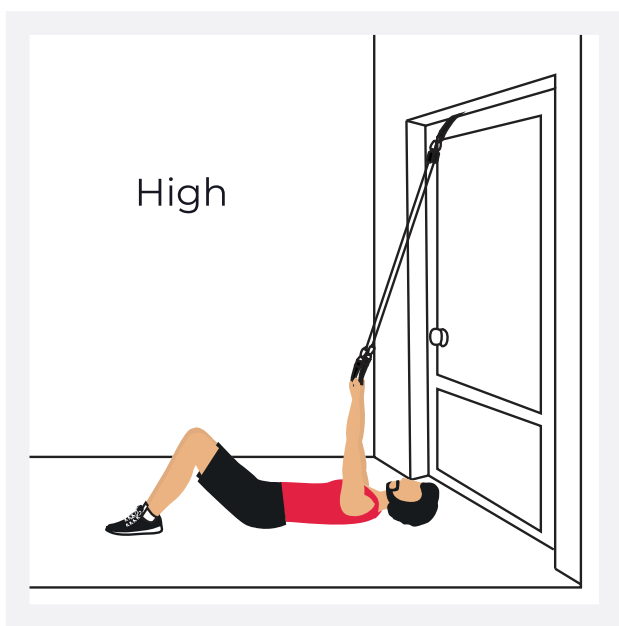
How to Connect to the HYGEAR App

1. Scan the QR code to download the HYGEAR App
2. Make sure Bluetooth and location services are enabled
3. Open the HYGEAR app and follow the instructions to connect your GEAR GO and create your HYGEAR account
4. To turn on the GEAR GO, press the button on the sensor unit once to activate the sensor. Red and blue lights will start flashing.
5. The app will connect automatically. If your band does not connect successfully, shut down the app, re-open, and try again.



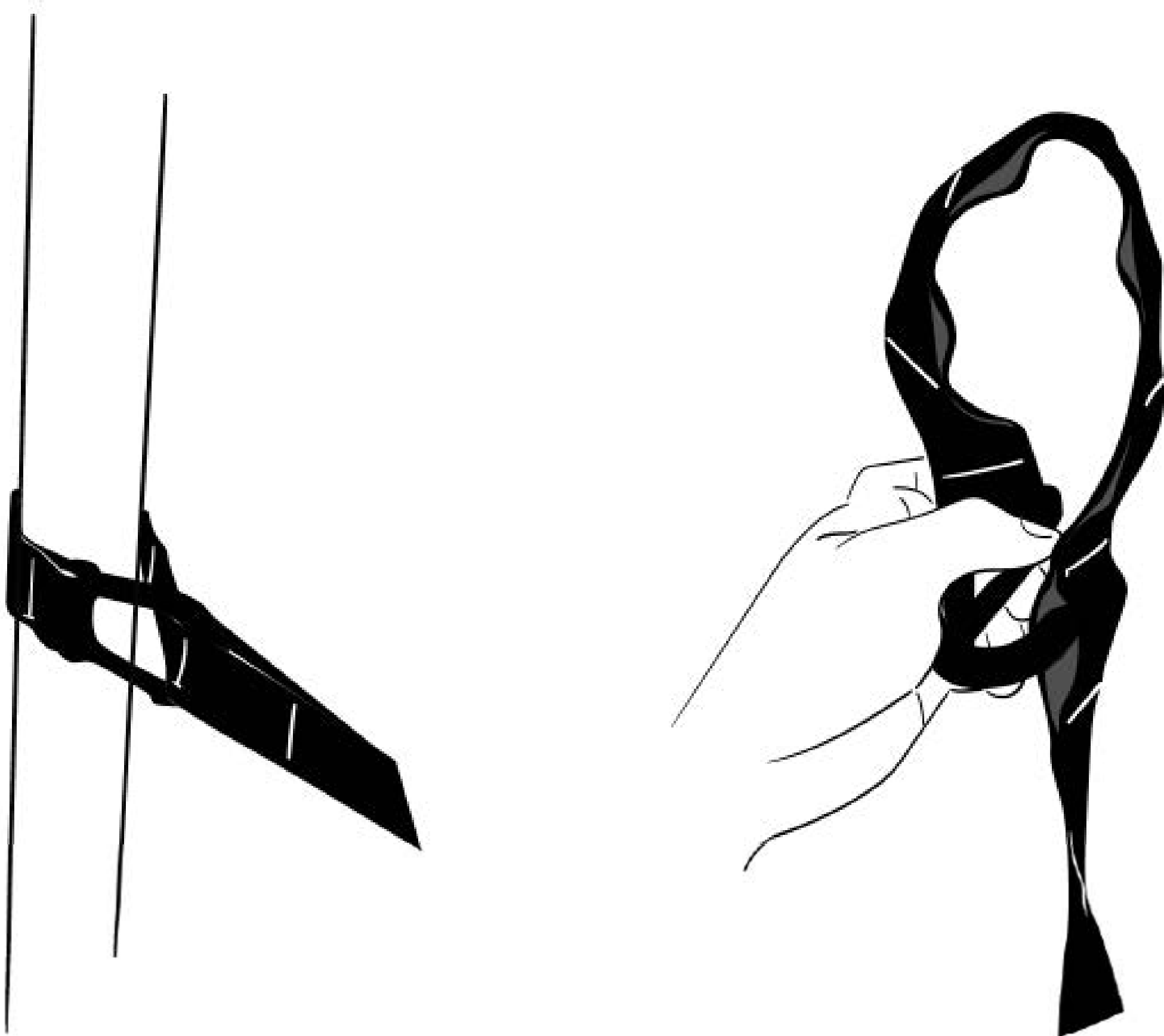
See
HYGEAR
in action

Door Anchor Setup



- For a high anchor, place the Door Anchor inside the top of the door.
- For a middle anchor, place the Door Anchor above the door lock.
- For a low anchor, place the Door Anchor under the door.
- Clip the carabiner on the GEAR GO to the Door Anchor.
- Place the Door Anchor on the door so that the door remains closed as you pull the resistance bands. For your safety, place the door hanger on the handle on the opposite side of the door.

How to use GEAR GO with the Object Anchor



- Wrap the Object Anchor strap around a sturdy object that can support the weight.
- Clip the carabiner on the anchor through the tightest loop on the strap so that it's secure. You may need to wrap the anchor strap around the object a number of times before clipping the carabiner through to ensure that it's secure.
- Please follow all the safety guidelines outlined further in the User Manual.

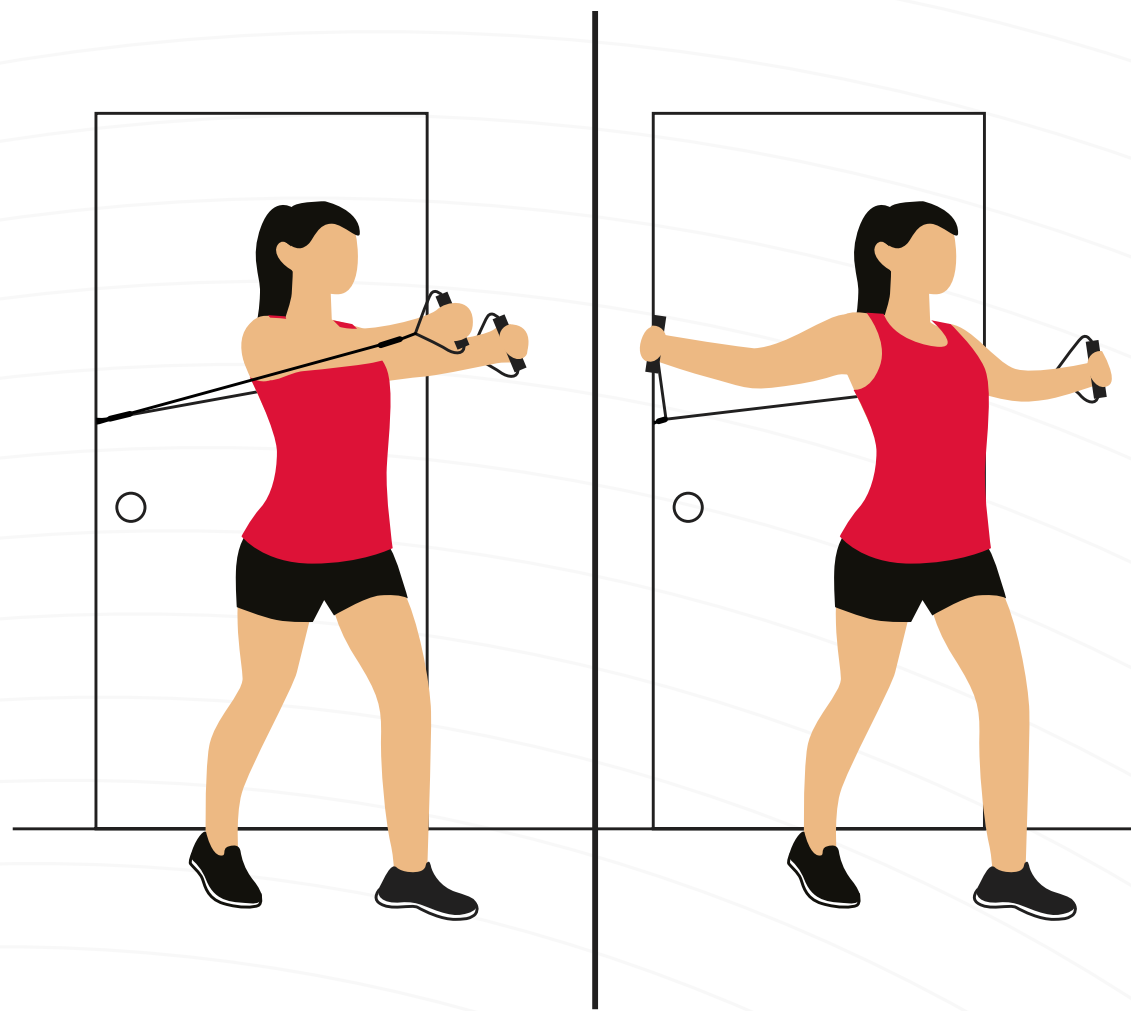
Important Safety Information for Door Anchoring

- Only use the GEAR GO Door Anchor with professionally constructed doors that can fully support your body weight.
- To safely attach the Door Anchor, place it on the door so that you pull the door shut.
- When using any hinge-style door, always ensure that it's completely closed before starting your workout.
- Check that the door is fully closed and secured by pushing or pulling on it before starting your workout.
- For additional safety, use a door that locks.

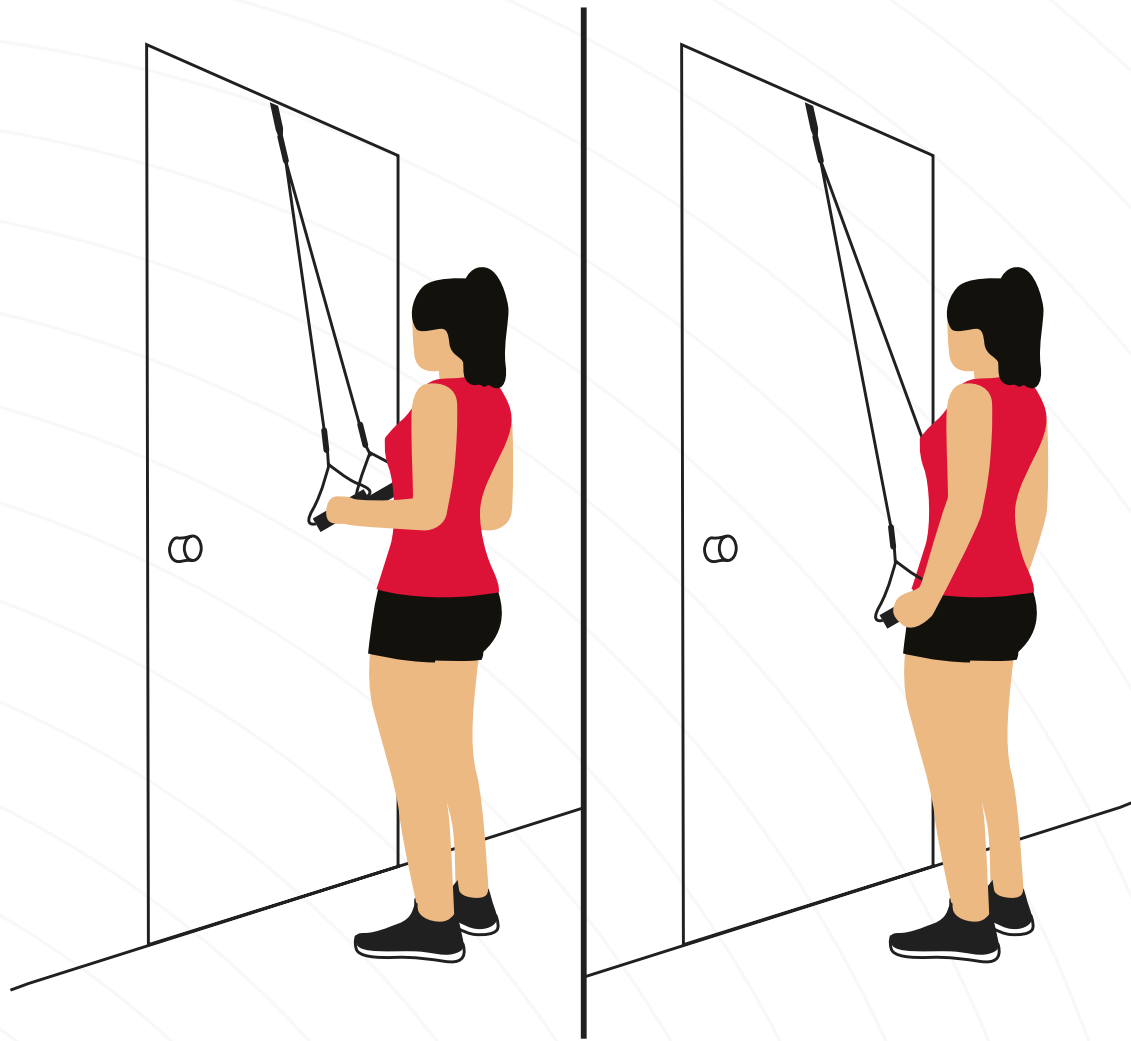
Safety Tips

- To avoid injury, always place the door sign, 'Workout in Progress - Do Not Open' on the opposite side of the door before starting your workout.
- DO NOT anchor the GEAR GO on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets.

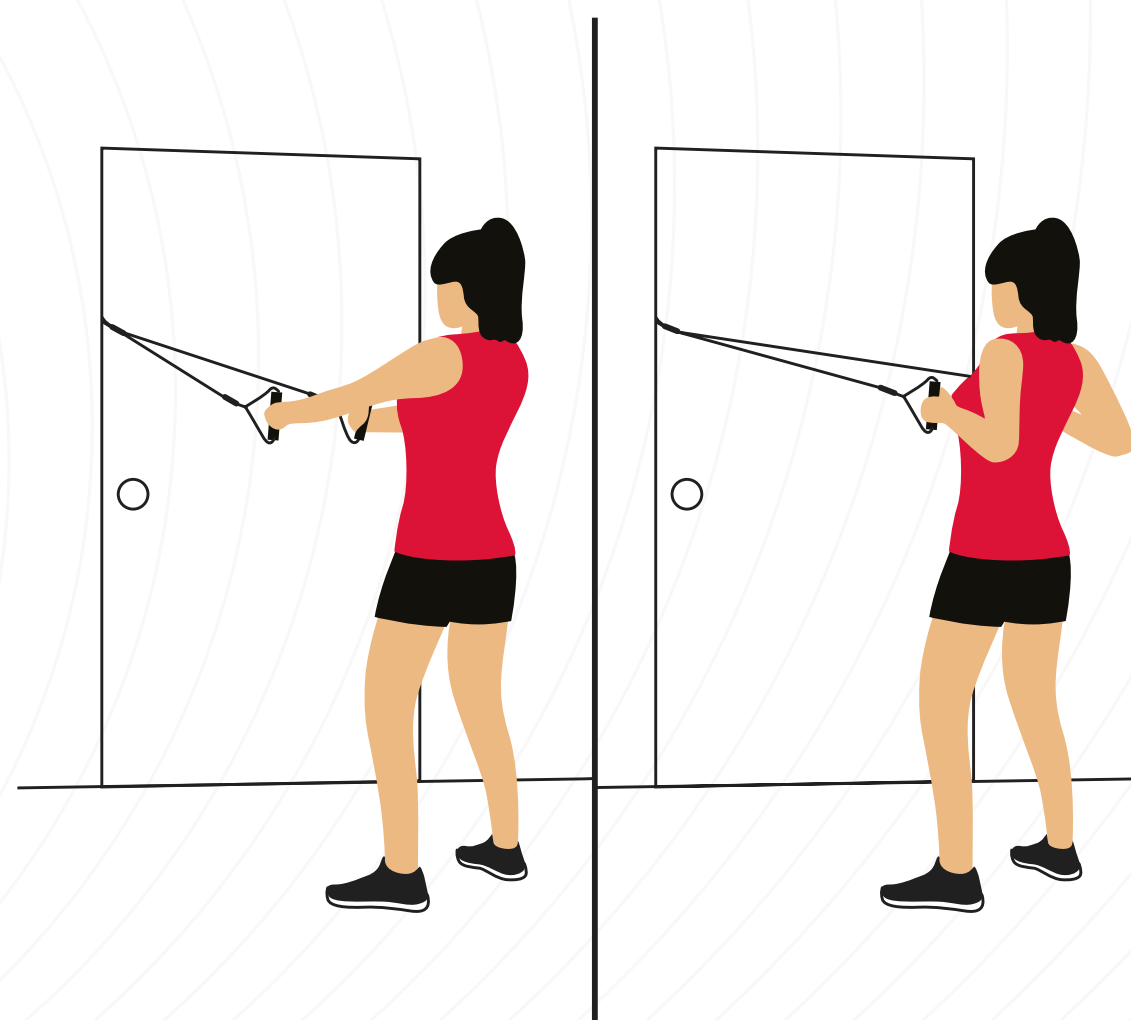
Exercise examples



Chest Press



Tricep Extension (press downs)



Standing Row

Safety: do's and dont's ---

As with any exercise equipment, it is essential to be mindful of your personal safety.

- ✓ Do start slowly and take it easy before progressing to a more challenging or intense workout.
- ✓ Do set your own limits and be responsible for your own safety.
- ✓ Do choose the right workout program for your fitness level and stay in control.
- ✓ Do check that you have attached the product properly and that the bands are secure.
- ✓ Do always perform a weight test by pulling hard on the anchor and handles once the product is anchored in place.
- ✓ Do use a strong and secure anchoring point.
- ✓ Do ensure that the carabiners are correctly attached to the GEAR GO.
- ✓ Do inspect the resistance bands for holes, tears, or cracks before starting your workout.
- ✓ Do make sure the floor is not wet or slipppery to avoid minor or even severe injuries.
- ✓ Do use GEAR GO only for its intended use, as described in this manual.
- ✓ Do inspect your GEAR GO and all its components before each use.
- ✓ Do replace any damaged or worn components immediately.

Safety: do's and dont's

- ✗ Don't continue exercising if you feel pain or discomfort.
- ✗ Don't use GEAR GO if your hands are greasy, wet or overly sweaty.
- ✗ Don't push yourself too far beyond your comfort zone.
- ✗ Don't use GEAR GO if a band or any other element is damaged.
- ✗ Don't allow children under the age of 16 to use GEAR GO.
- ✗ Don't stretch more than 2.5 times.
- ✗ Don't expose GEAR GO to direct sunlight, rain, or snow.
- ✗ Don't leave GEAR GO exposed outdoors for an extended period of time.
- ✗ Don't use strong chemical agents or cleaners, which may discolor or damage your GEAR GO.
- ✗ Don't touch GEAR GO or the power plug with wet hands.
- ✗ Don't bend or yank the plug or power cord from the electrical outlet.
- ✗ Don't download and install any firmware from an unauthorized provider. This may cause GEAR GO to malfunction or become incompatible, which would void the product warranty.
- ✗ Don't use GEAR GO if any of the components are worn or damaged.
- ✗ Don't use an anchoring point that causes excessive friction or wear to the GEAR GO.
- ✗ Don't expose your GEAR GO to high temperatures.

Safety: do's and dont's

- Failure to adhere to GEAR GO safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and all liability resulting from the use of GEAR GO and all of its components.
- Consult your doctor before using GEAR GO.

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.

FCC Caution

- Any changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.
- FCC RF Radiation Exposure Statement Caution: This equipment complies with FCC exposure limits set forth for an uncontrolled environment.

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 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:

FCC Caution

- 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.

IC Statement

EN

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with Industry Canada radiation exposure limits set forth for an uncontrolled environment.

The background of the image features a series of concentric circles that create a tunnel-like or ripple effect, centered on the text. The circles are thin and light gray, set against a white background.

**Become
a better version
of yourself**