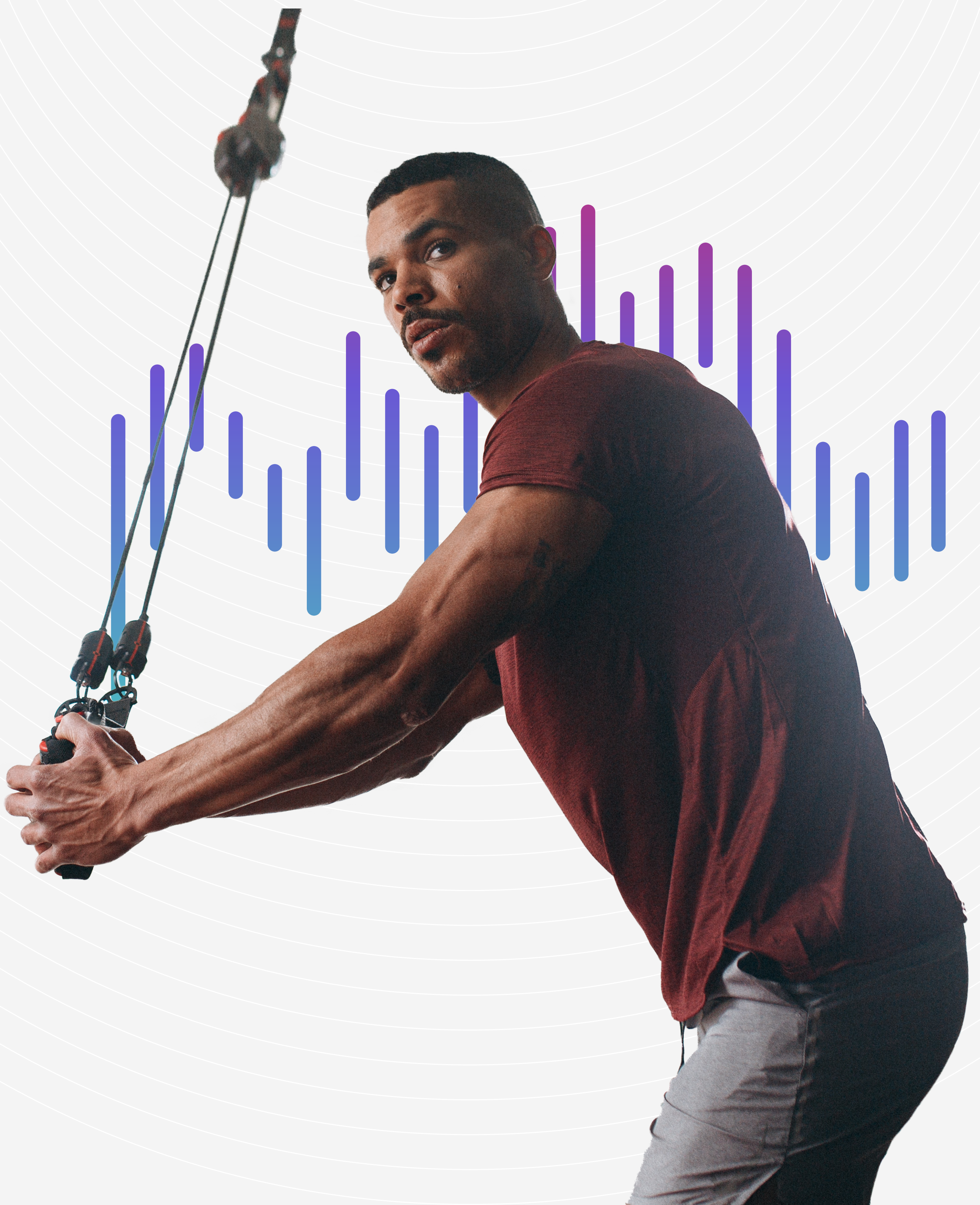




GEAR 1

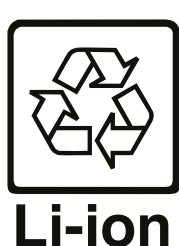
User manual



Product Specification

Function	Connected fitness system
Band mate	1 band 13lbs - 22lbs 2 bands 26lbs - 44lbs
Resistance band material	100% pure latex
Max user weight	330 lbs
Capacity	3.7V 300mAh Li-ion
Safeguards	Over-discharge protection Overheat protection Over-current protection Overcharge protection Short circuit protection
Water resistance	IP54
Input port	Micro USB
DC input	5V
Charge Time* (0-100%)	2 hours
Work Time	60 hours
Bluetooth version	BLE 4.2
Frequency	2.4GHz
Bluetooth range	26 feet
Connectivity	Android, iOS
Dimensions	~45x3.9x1.9 inches
Weight	3.3 lbs

*Depending on the type of charger used



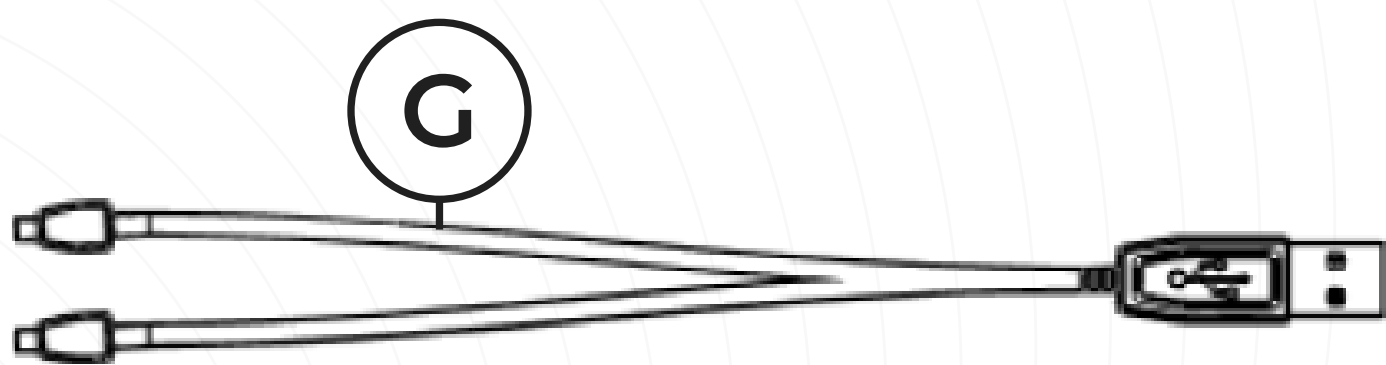
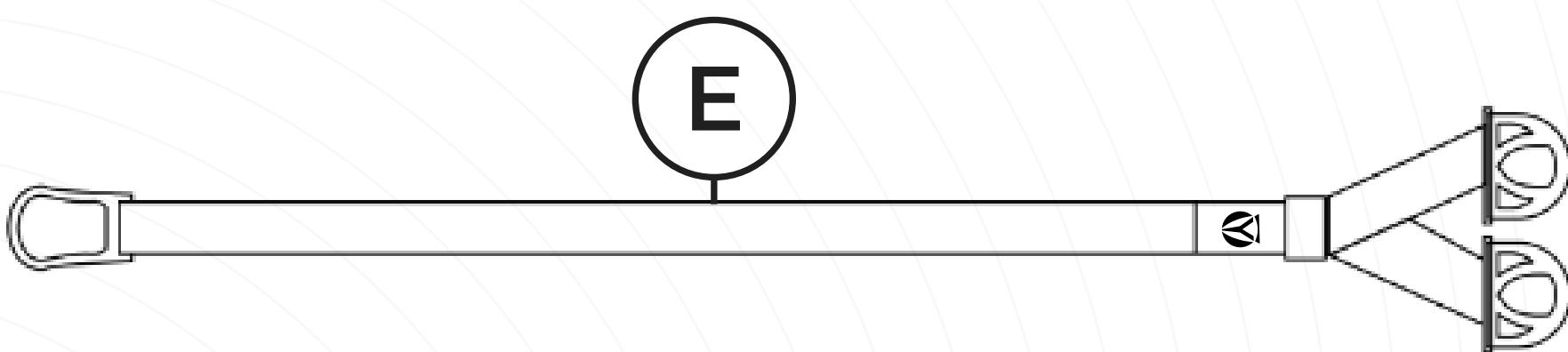
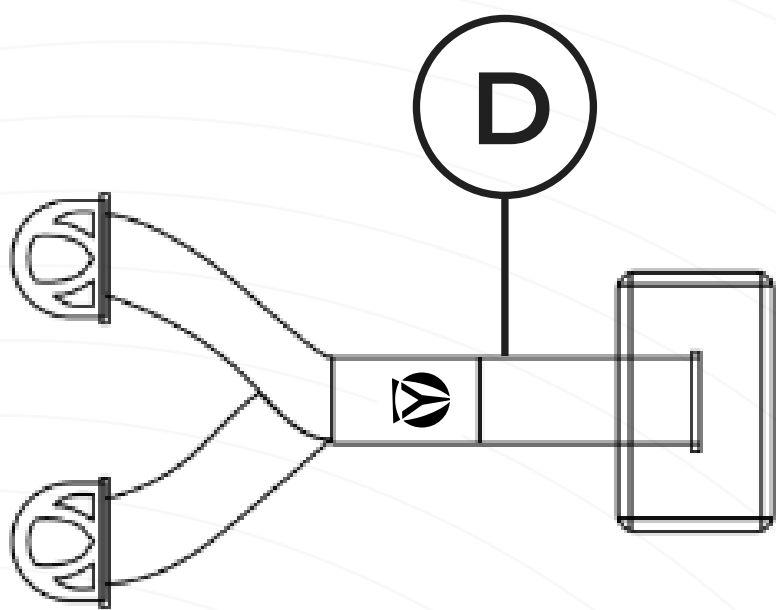
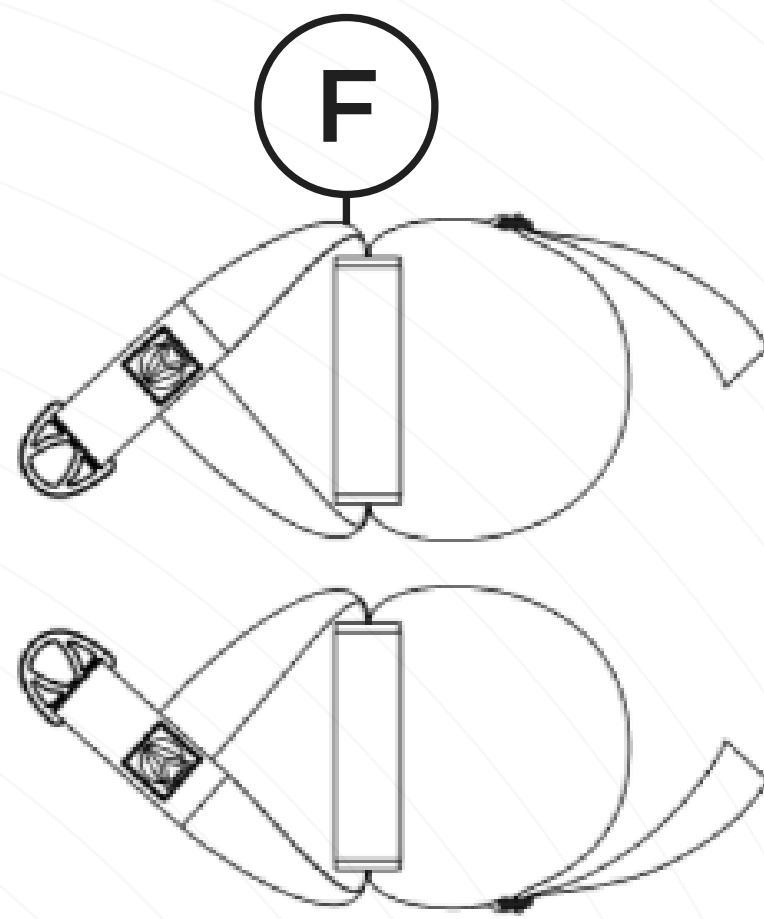
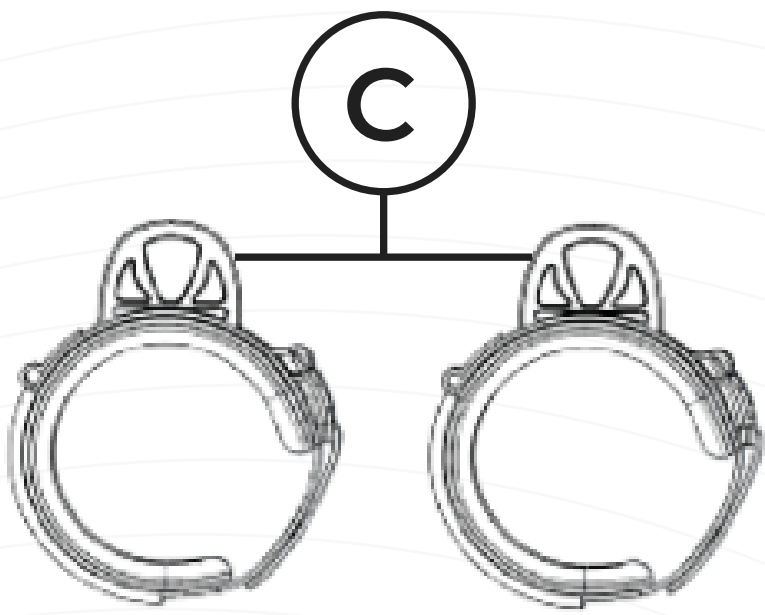
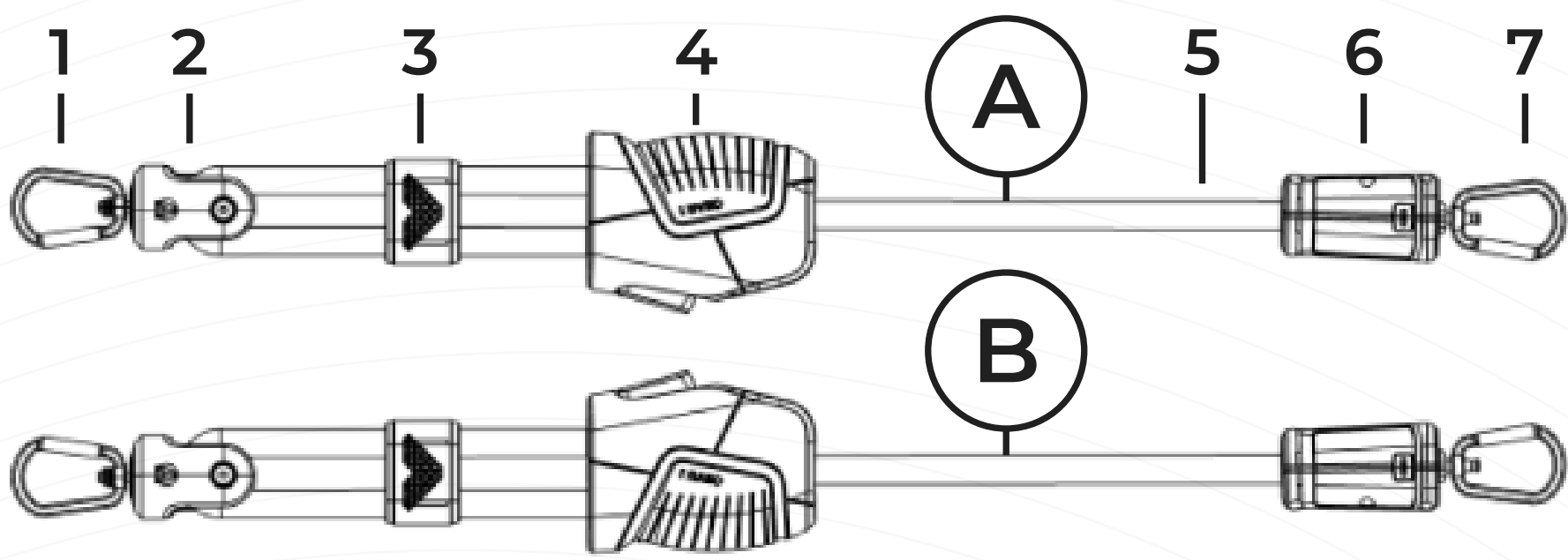
What is GEAR 1

GEAR 1 is a versatile and portable smart fitness system that provides personal training based on your actual workout performance. Developed by childhood friends, Guy Bar, Dan Strik, and Elad Elkalai, GEAR 1 was born out of a need for smart, motivational fitness gear that was easy to transport and use anywhere. It's the full home gym that hits every muscle and gives real-time feedback, so you always know where you stand, and what to do next. And with personalized workouts to build muscle, burn fat and lose weight faster, it's like a personal trainer, just way better. The HYGear app is compatible with iOS 7 and higher, Android Jelly Bean 4.1 and higher. The app is free to download from the App Store and Google Play.

GEAR 1 Mission:

- To create versatile fitness solutions that adapt to any health goal or journey
- To make fitness accessible with affordable, portable solutions that anyone can use
- To connect with the HYGear community, to listen and understand its needs, and respond with new and innovative technological fitness solutions that help people achieve their goals

What's in the box GEAR 1



A. Band 1

1. Carabiner
2. Pulley
3. Band Holder
4. Resistance Adjuster
5. Resistance Band
6. Smart fitness sensor
7. Carabiner

B. Band 2

- C. Cuffs
- D. Door anchor
- E. Object anchor
- F. Handles
- G. Double USB cable

How to Set Up Your GEAR 1 ---

1. Open the GEAR 1 Package.

You should find:

- A.** Band 1
- B.** Band 2
- C.** Cuffs
- D.** Door anchor
- E.** Object anchor
- F.** Handles
- G.** Double USB cable
- H.** Door hanger «Workout in progress»

2. Read the User Manual & Pairing Guide.

3. Download the HYGEAR app.

4. Make sure Bluetooth and location services are enabled.

5. Open the app and follow the instructions to create your GEAR 1 account.

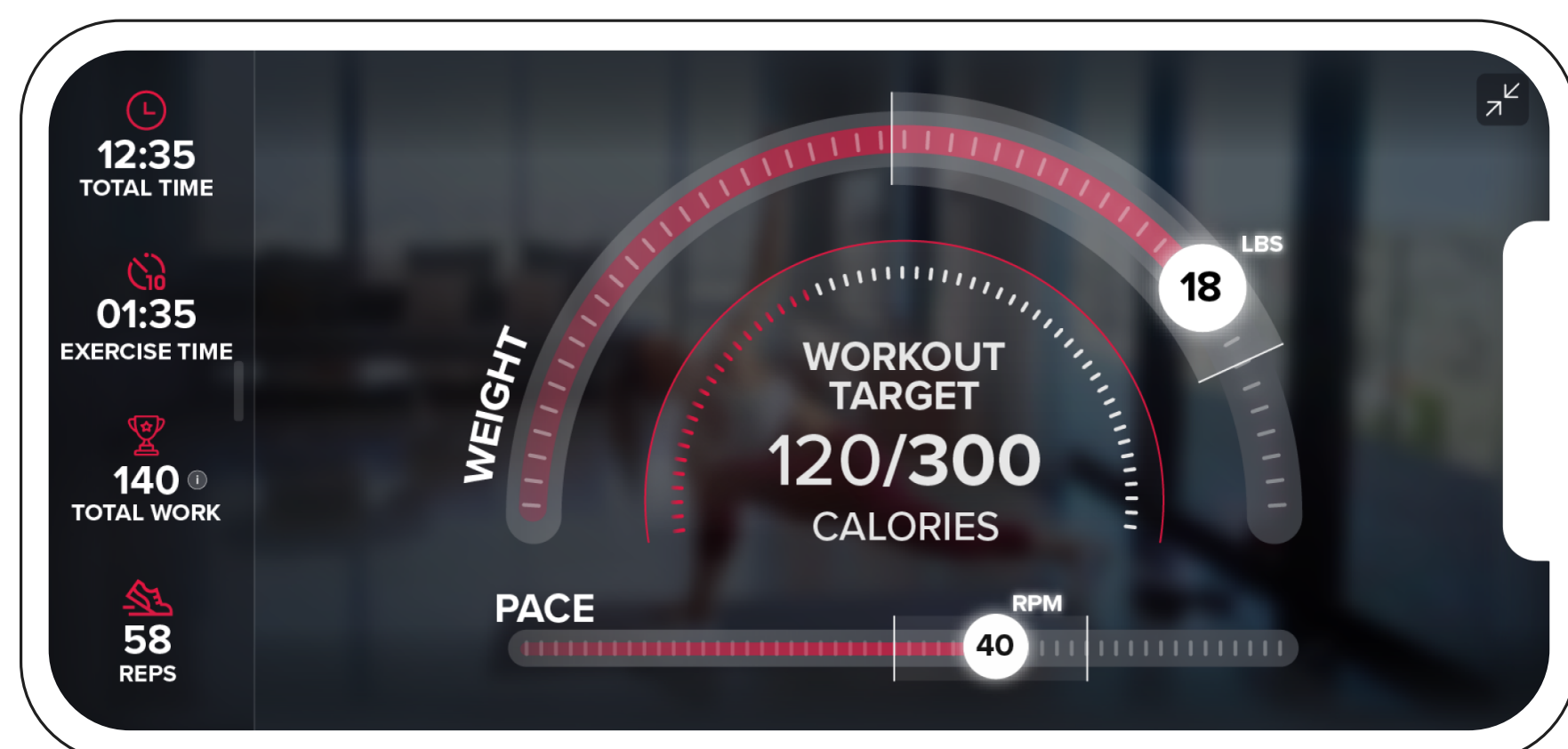
6. Take one band and press the button once to wake the sensor. Red and blue lights will start blinking.

7. The app will connect automatically to the band.

8. Once the band is connected, the blue light will blink slowly.

9. Press 'Connect another' to connect the second band.

10. If you do not manage to connect your bands, shut down the app, re-open, and try again.



SEE
HYGEAR
IN ACTION

ILED Indications and Sensor State

LED Indications

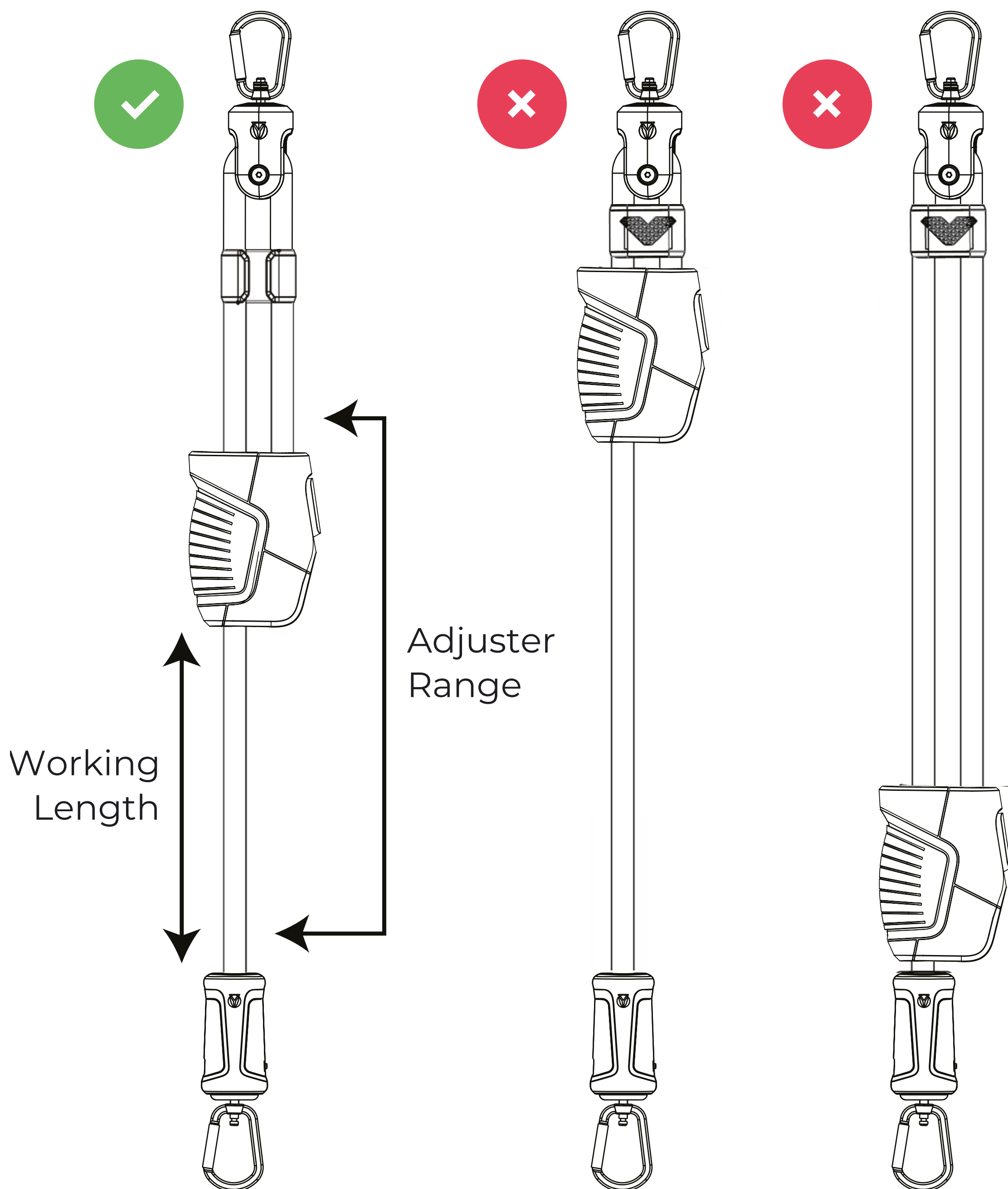
- ▶ Red-blue blinking: Not paired, not connected (never used)
- ▶ Blue blinking (slow): Connect
- ▶ Red blinking (fast): Low battery
- ▶ Green-red blinking: Charging
- ▶ Green steady: Fully charged

LED Indications

- ▶ **Active:** While the app is connected
- ▶ **Standby:** For minutes after the app is closed
- ▶ **Sleep:** When the app is not in use for 20 minutes, after the app has been closed for more than 3 minutes



GEAR 1 adjuster

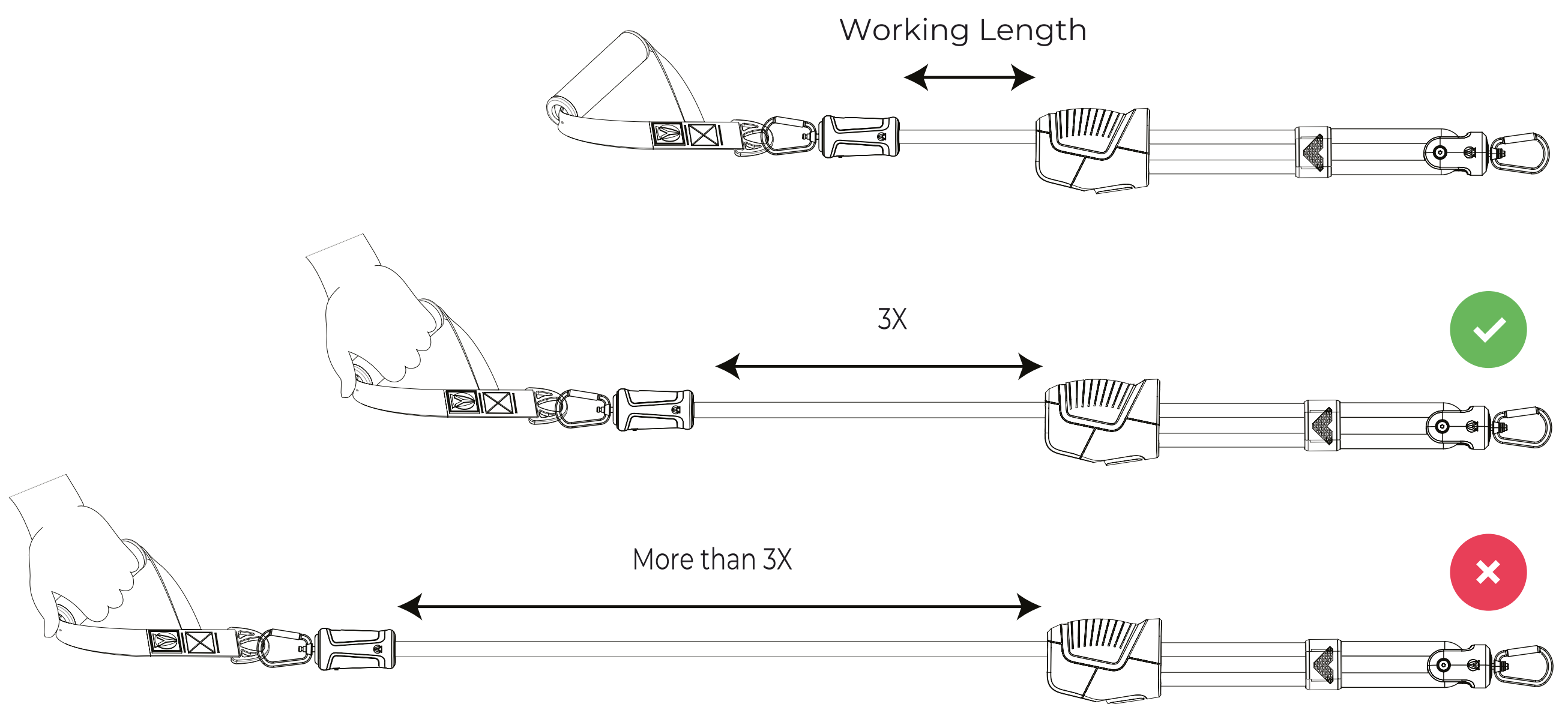


The adjuster changes the Working Length of the GEAR 1 bands. By moving the adjuster, you can:

1. Increase or decrease the band's tension (shorter for more tension, longer for less tension).
2. Change the length of the bands to suit your workout space and your exercise needs.

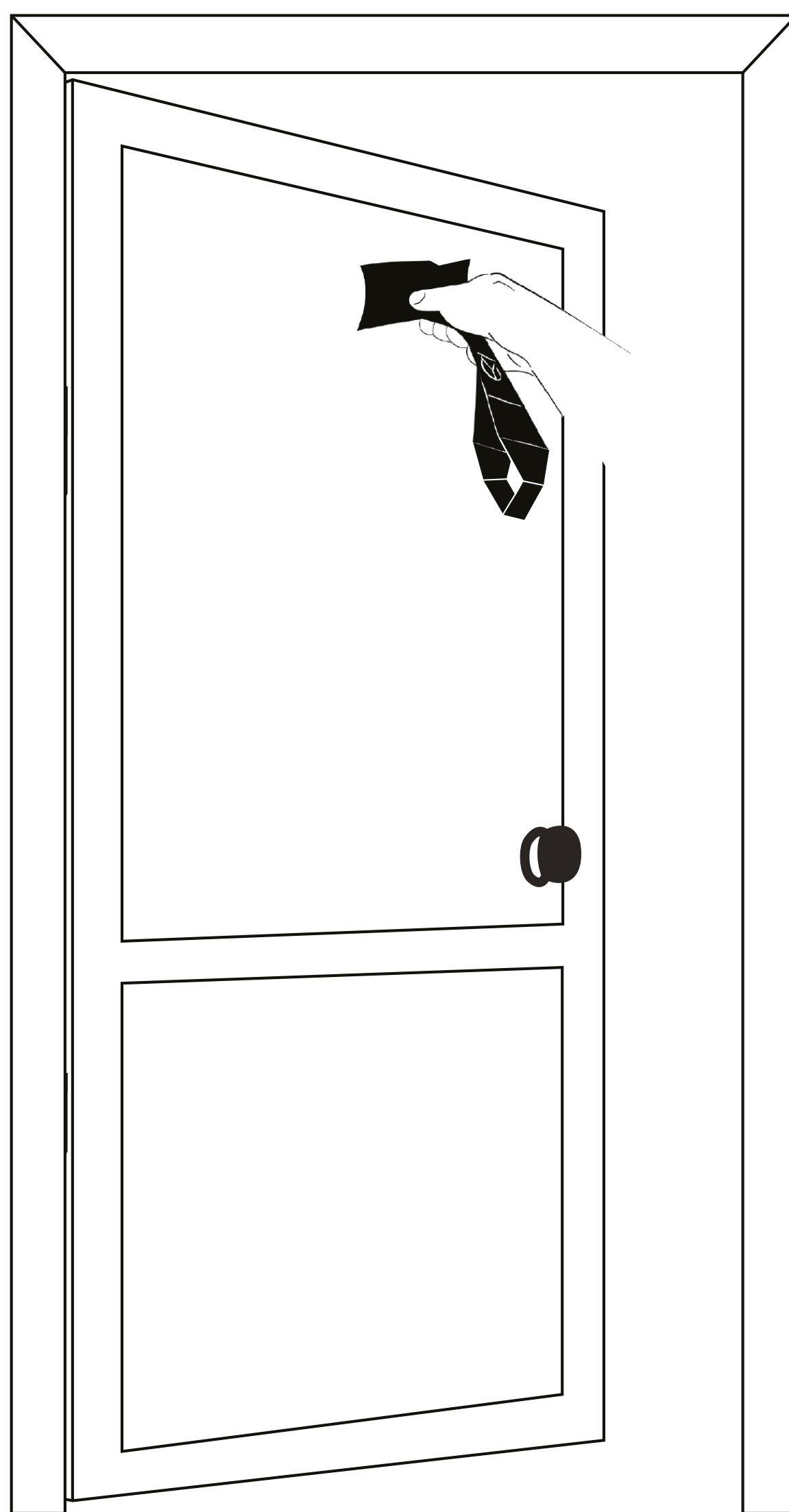
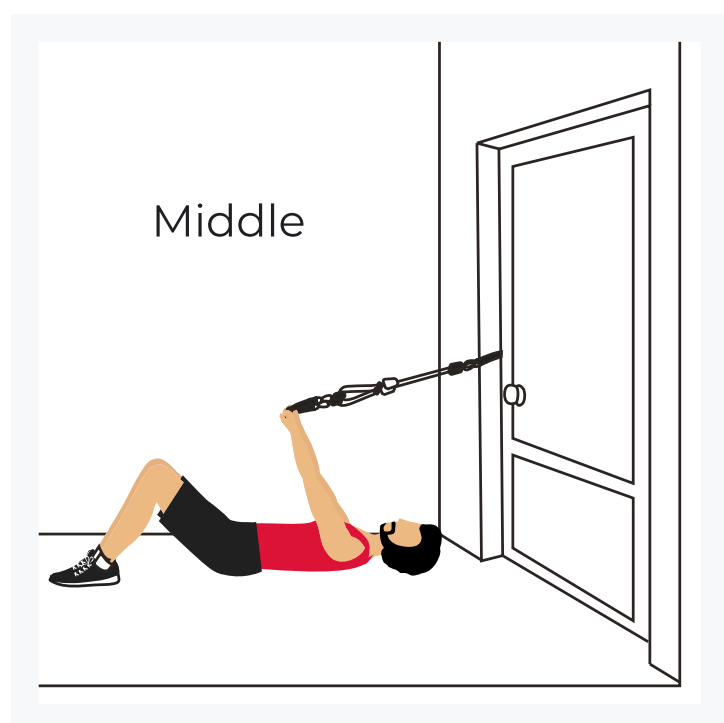
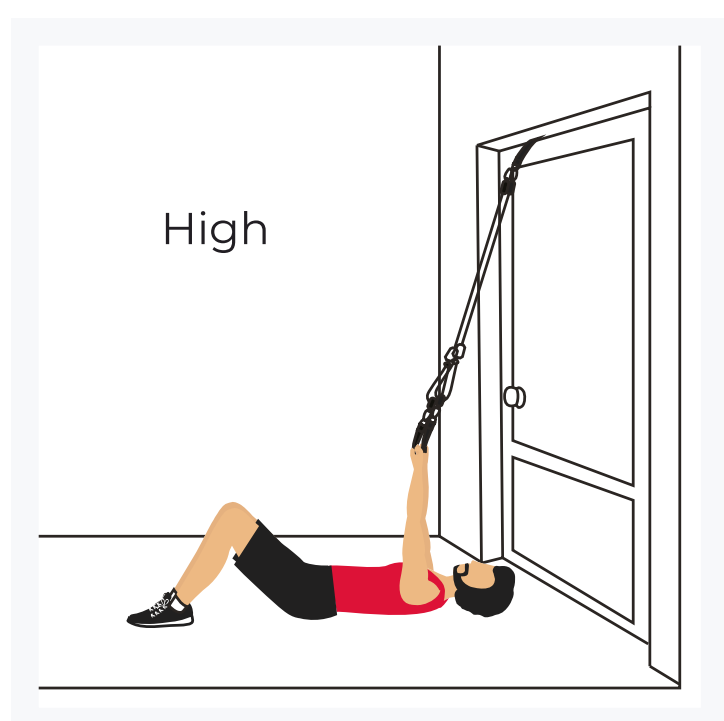
** Do not place the adjuster too close to the sensor unit or tip cover, to prevent snapping and damaging the bands.

GEAR 1 adjuster



Make sure not to stretch the bands more than 3 times their original length to prevent them from snapping or breaking.

How to use GEAR 1 with the Door Anchor



- 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 1 to the Door Anchor
- Always close the door securely.

Important Safety Information for Door Anchoring

- Only use the GEAR 1 Door Anchor with professionally constructed doors that can fully support your body weight.
- It is safest and most secure to place the Door Anchor so that you pull, rather than push, the door closed. That way, the door is less likely to open into you while you're exercising.
- When using any hinge-style door, always ensure it's completely closed before starting your workout.
- Check that the door is fully closed and secured by pushing or pulling it before starting your workout.
- For additional safety, use a door that locks.

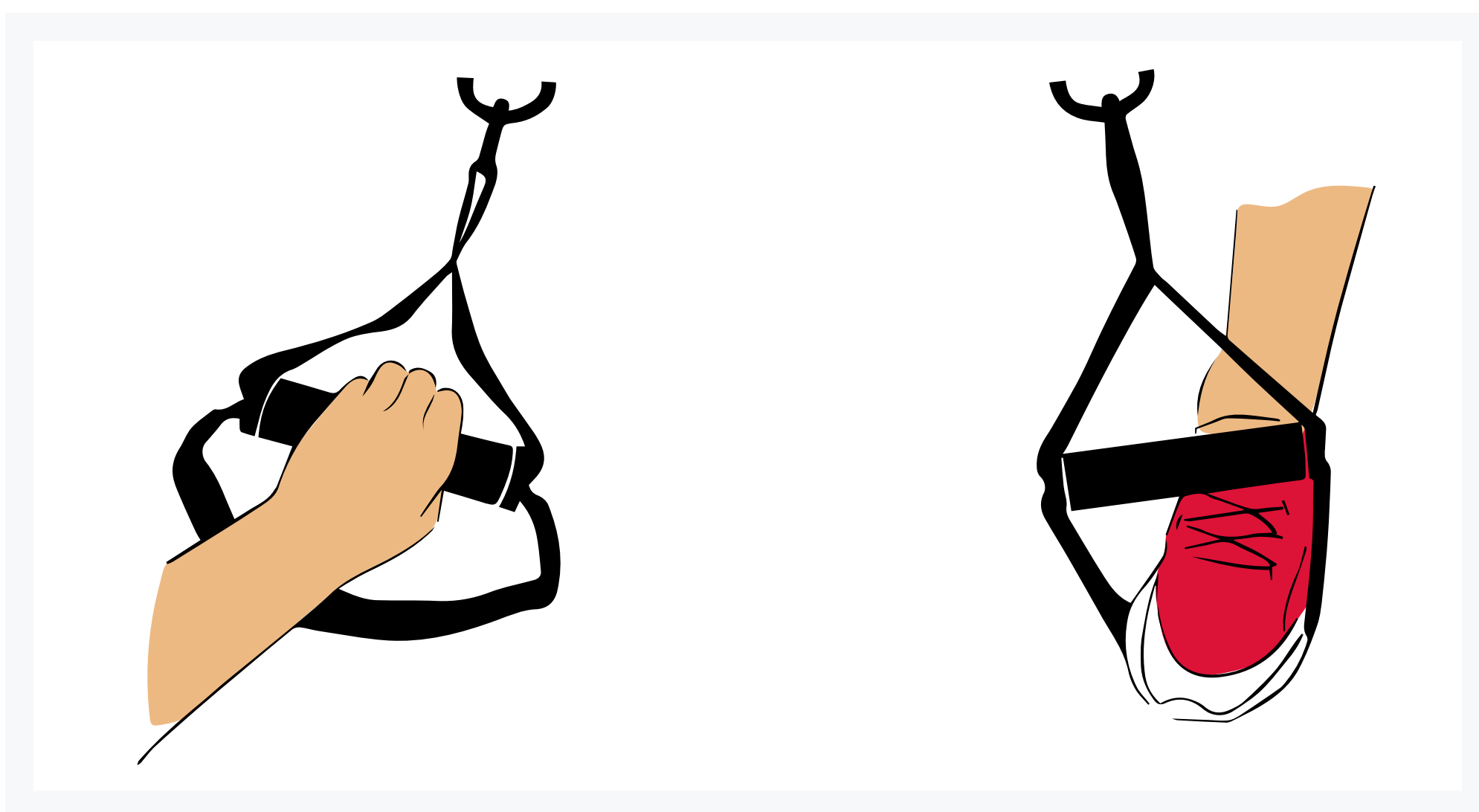
Safety tips

- 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 use GEAR 1 on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets.

How to use

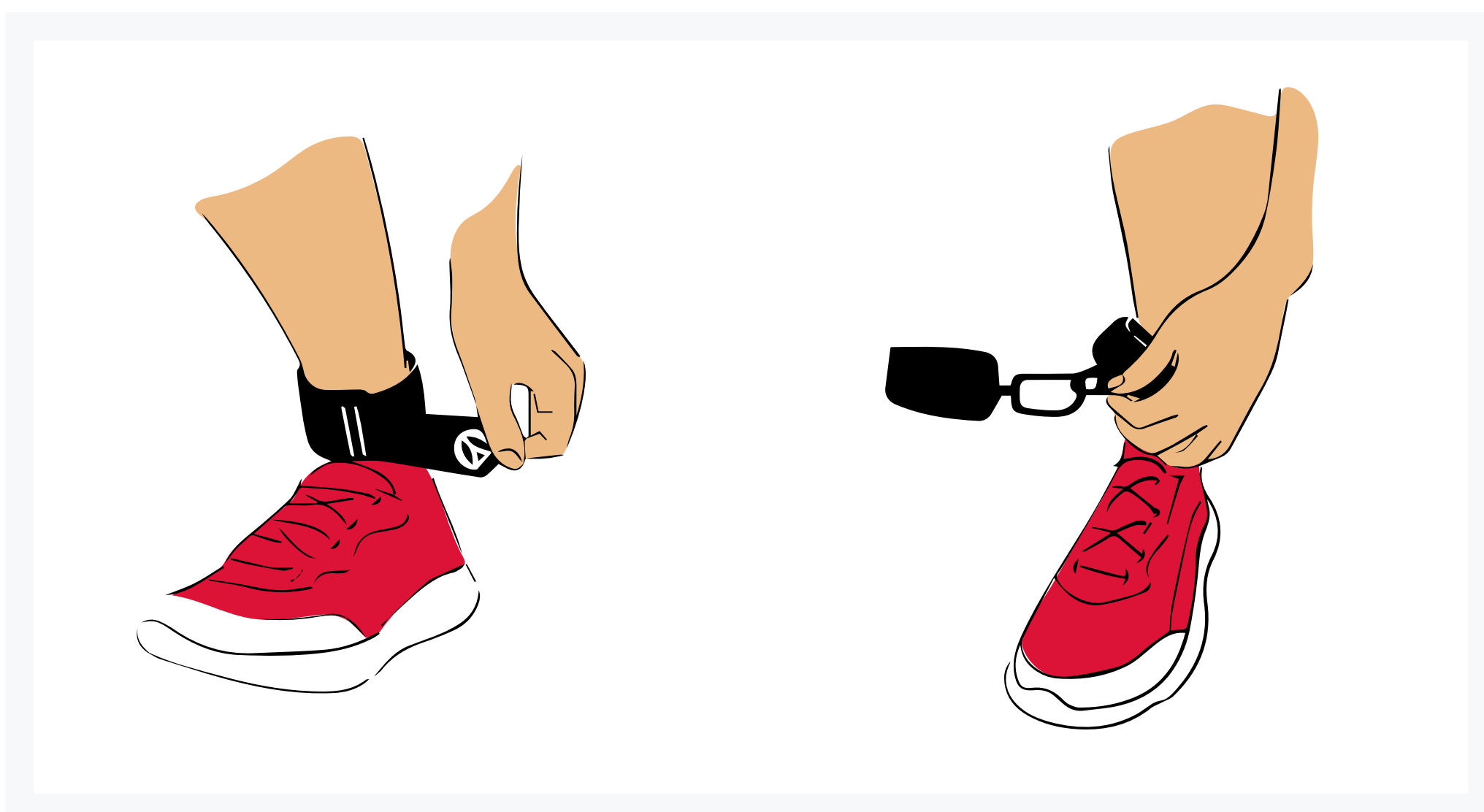
The handles

- Connect the D-rings on the handles to the carabiners on the Gear 1 bands.
- Grip the handle or slip your foot through the loop as illustrated, according to the exercise instructions.
- You may adjust the size of the loop as needed.
- Please follow the safety guidelines outlined further in this User Manual.

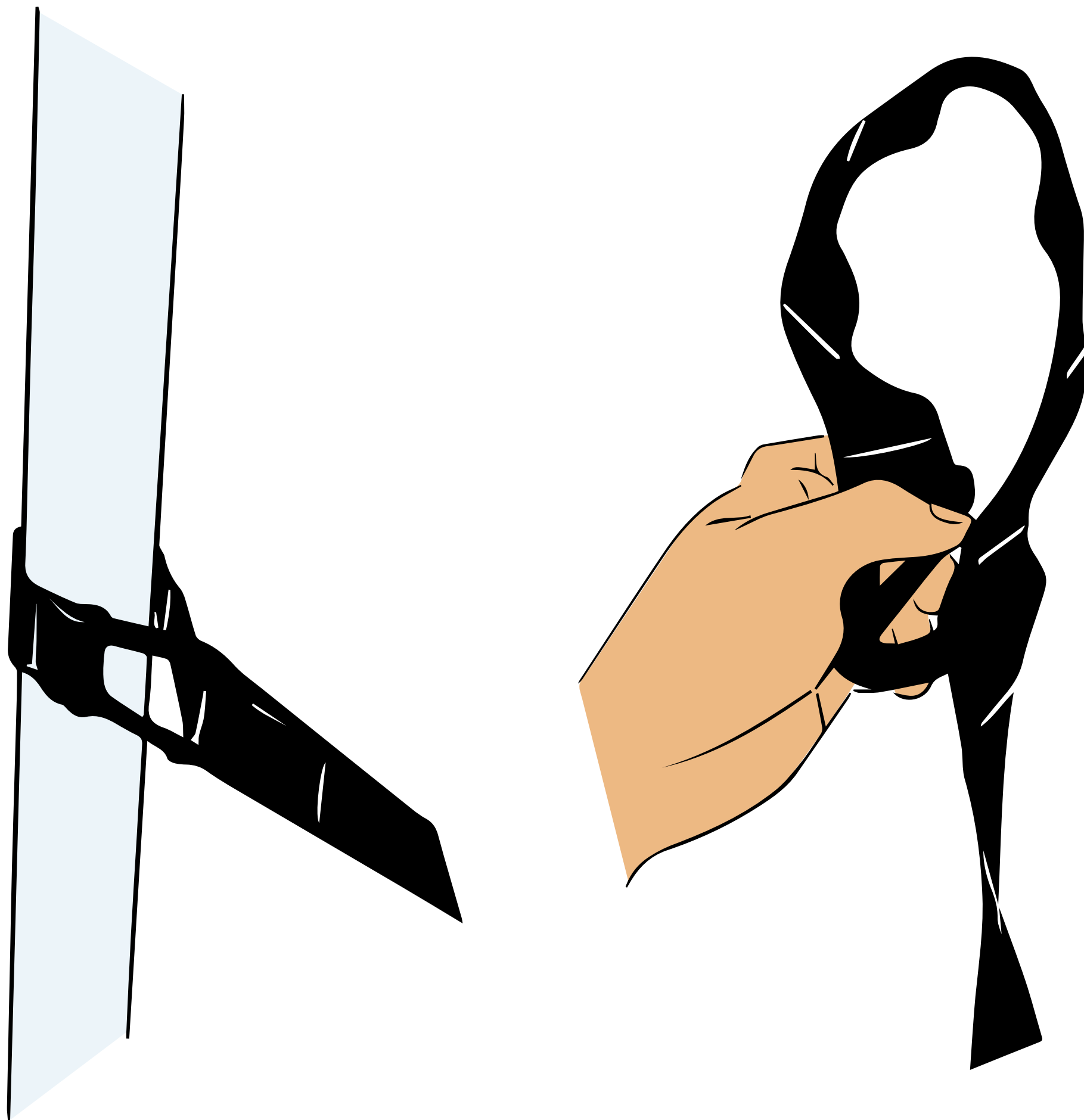


The ankle straps

- Wrap the cuffs around your ankles or wrists and close the velcro securely.
- Connect the D-rings on the cuffs to the carabiners on the Gear 1 bands.



How to use GEAR 1 with the Object Anchor



- Warp 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 warp the anchor strap around the object a number of times before clipping the carabiner through to ensure that it's secure.
- Attach the bands to the Object Anchore with the handles of cuffs end.
- Please follow the safety guidelines outlined further in this User Manual.

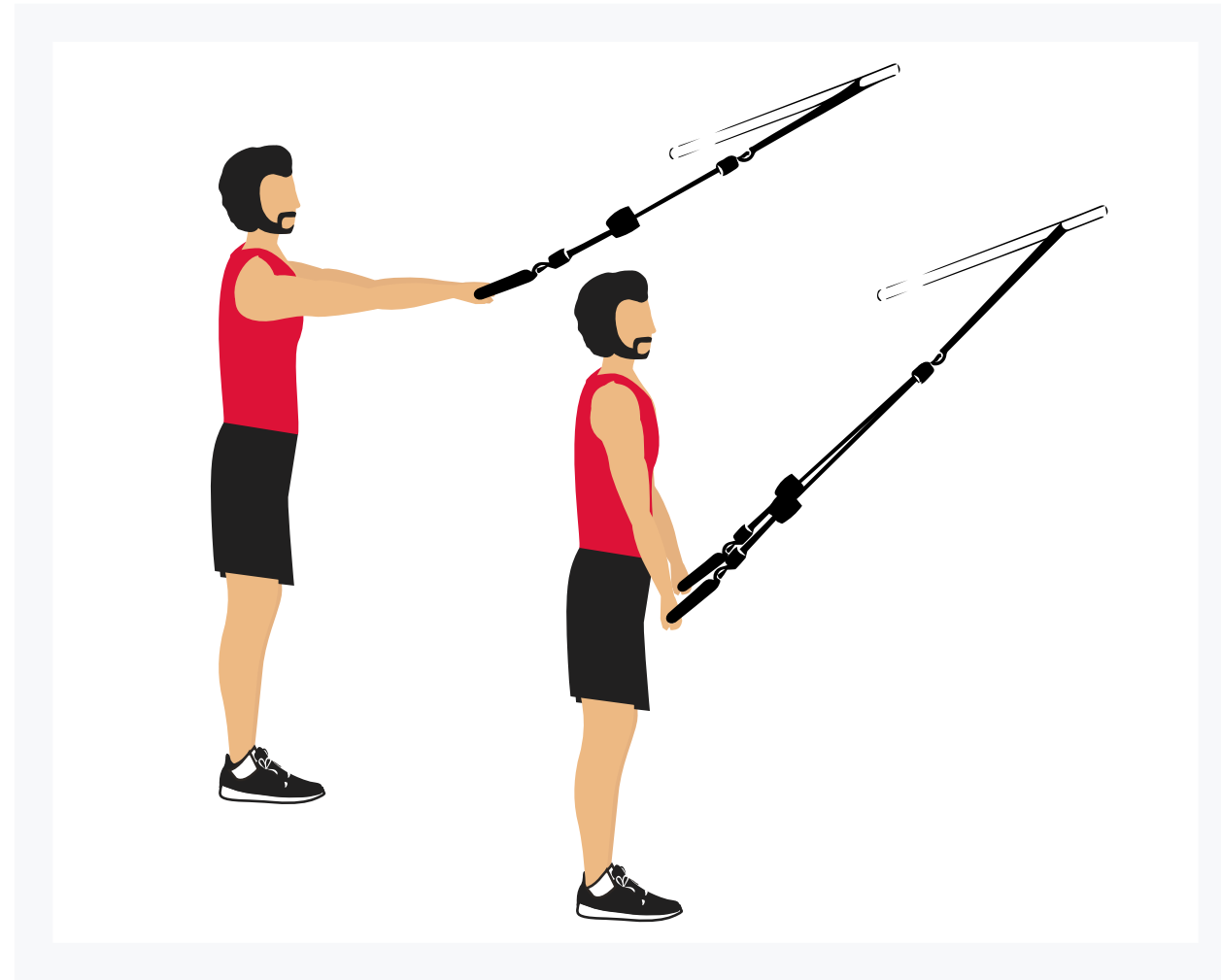
Important Safety Information for Object Anchoring

- Only use the GEAR 1 Door Anchor with professionally constructed doors that can fully support your body weight.
- The Object Anchor attachments are safest when properly secured to sturdy, permanent structures. Use outdoors on swing sets or playground bars. Use indoors on professionally manufactured fitness facility cable machines, ceiling mounts, smith machines or ceiling beams and posts.
- For higher anchor points, wrap the anchor strap around the anchor point once and clip the carabiner into the tightest available loop.
- For lower anchor points, wrap the anchor strap around the anchor point as many times as needed to shorten, and then clip the carabiner into the tightest available loop.
- Ensure that the carabiner is securely attached to the loop on the Object Anchor before attaching the Gear 1 bands.
- Test that the Object Anchor is safely secured by firmly pulling the bottom D-ring downward.

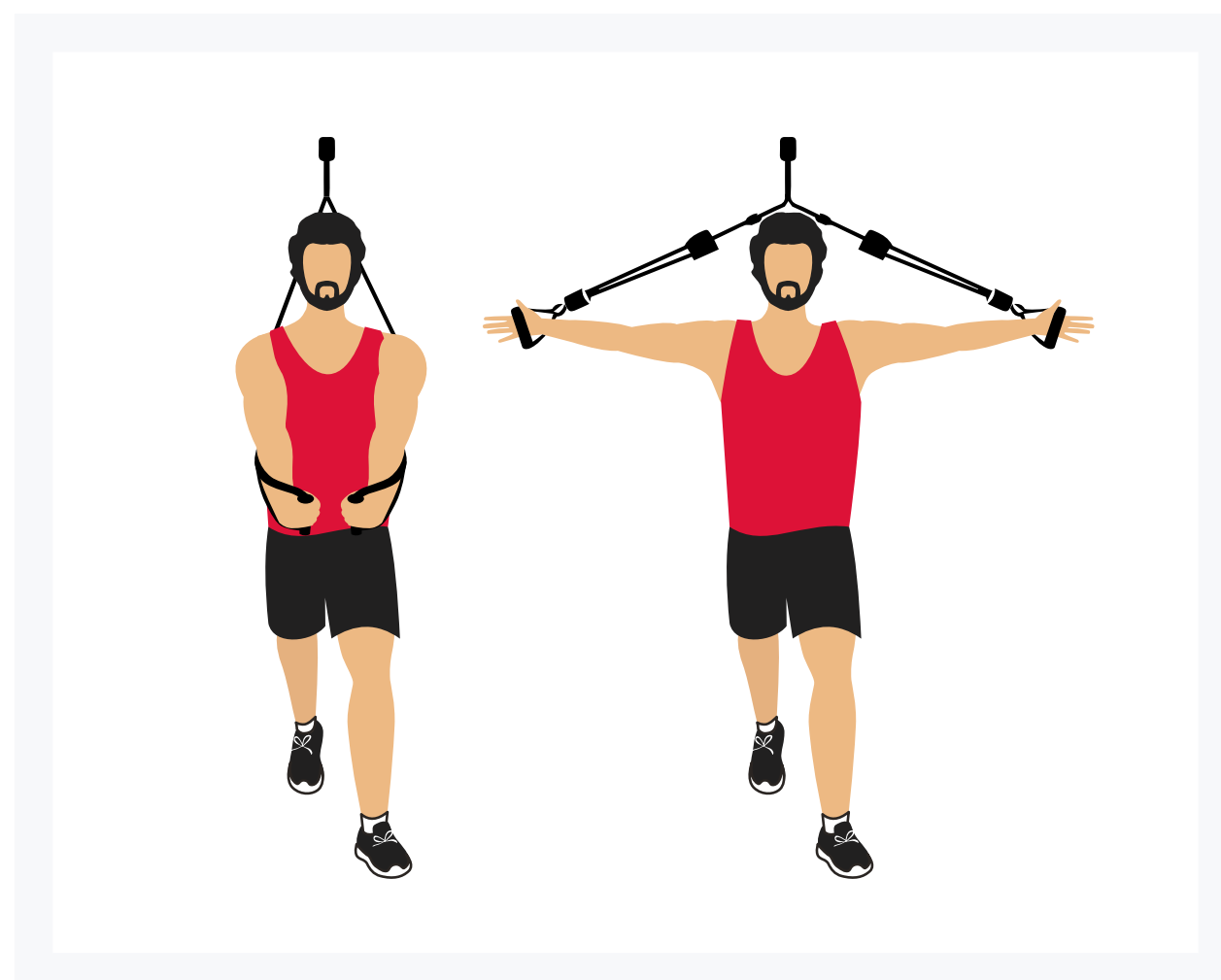
IMPORTANT: Always clip the GEAR 1 bands to the D-ring of the Object Anchor attachment, and never to the loops of the strap itself.

Examples of Exercises Using GEAR 1

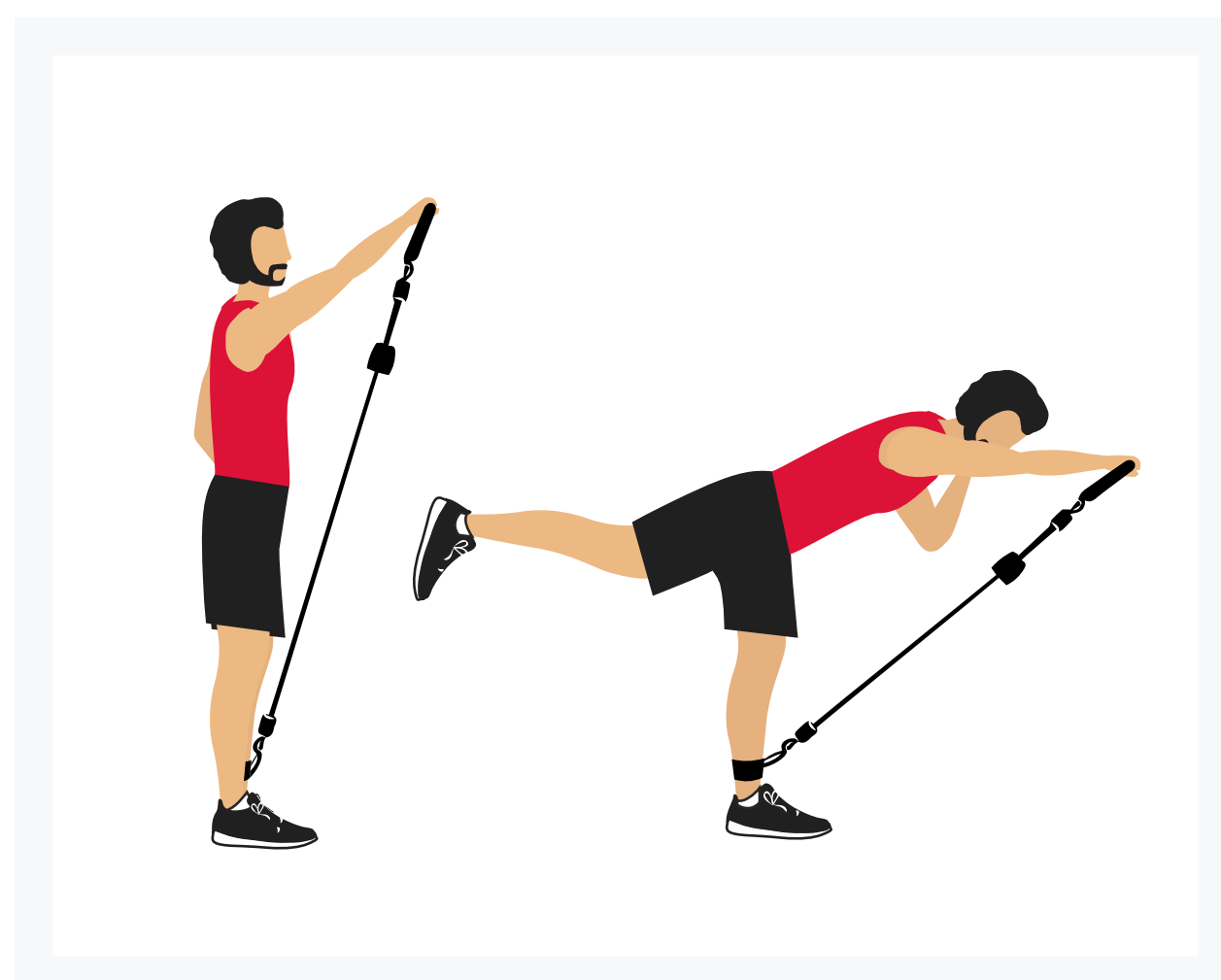
Straight body pullover



GEAR 1 butterfly

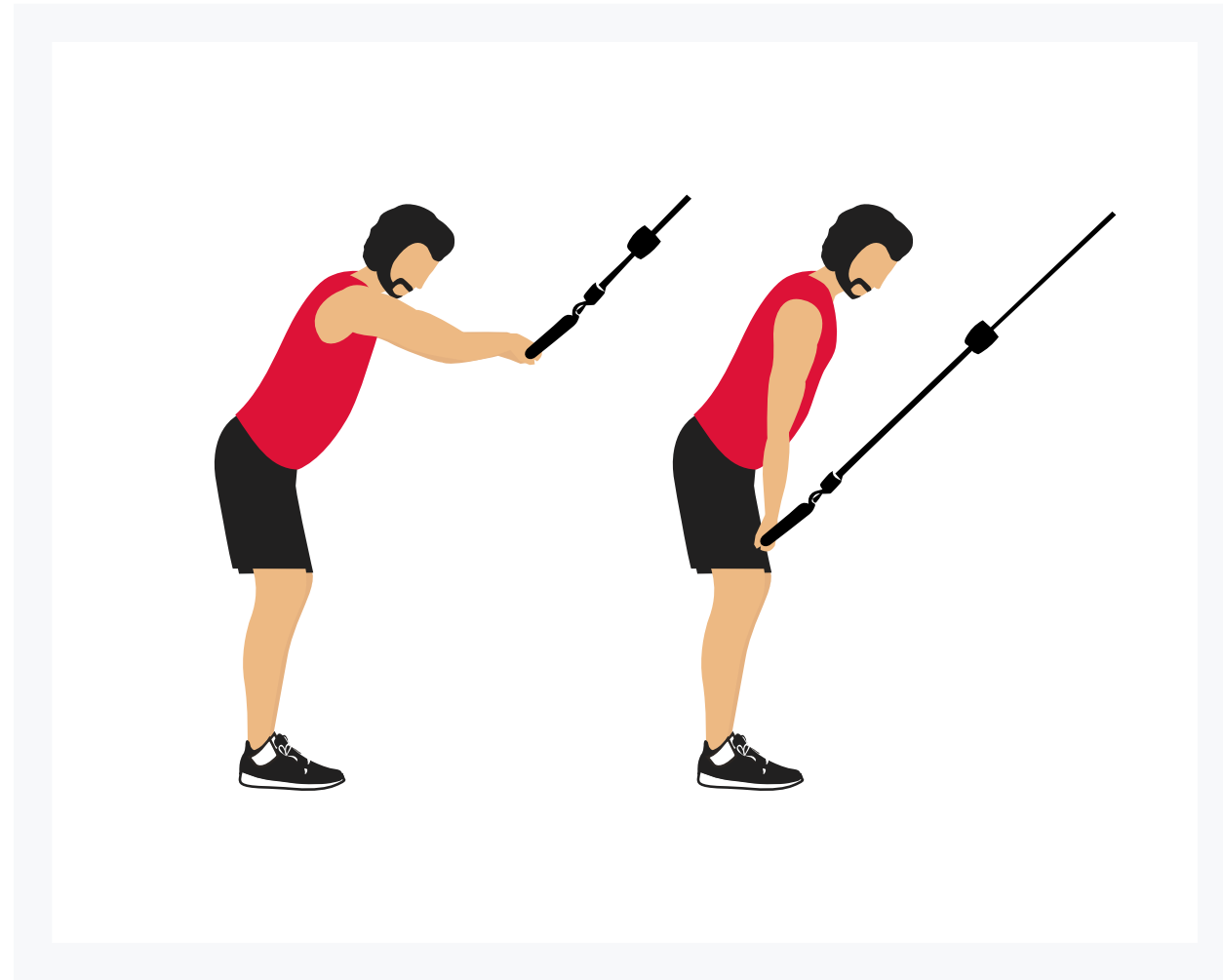


1 Leg deadfit

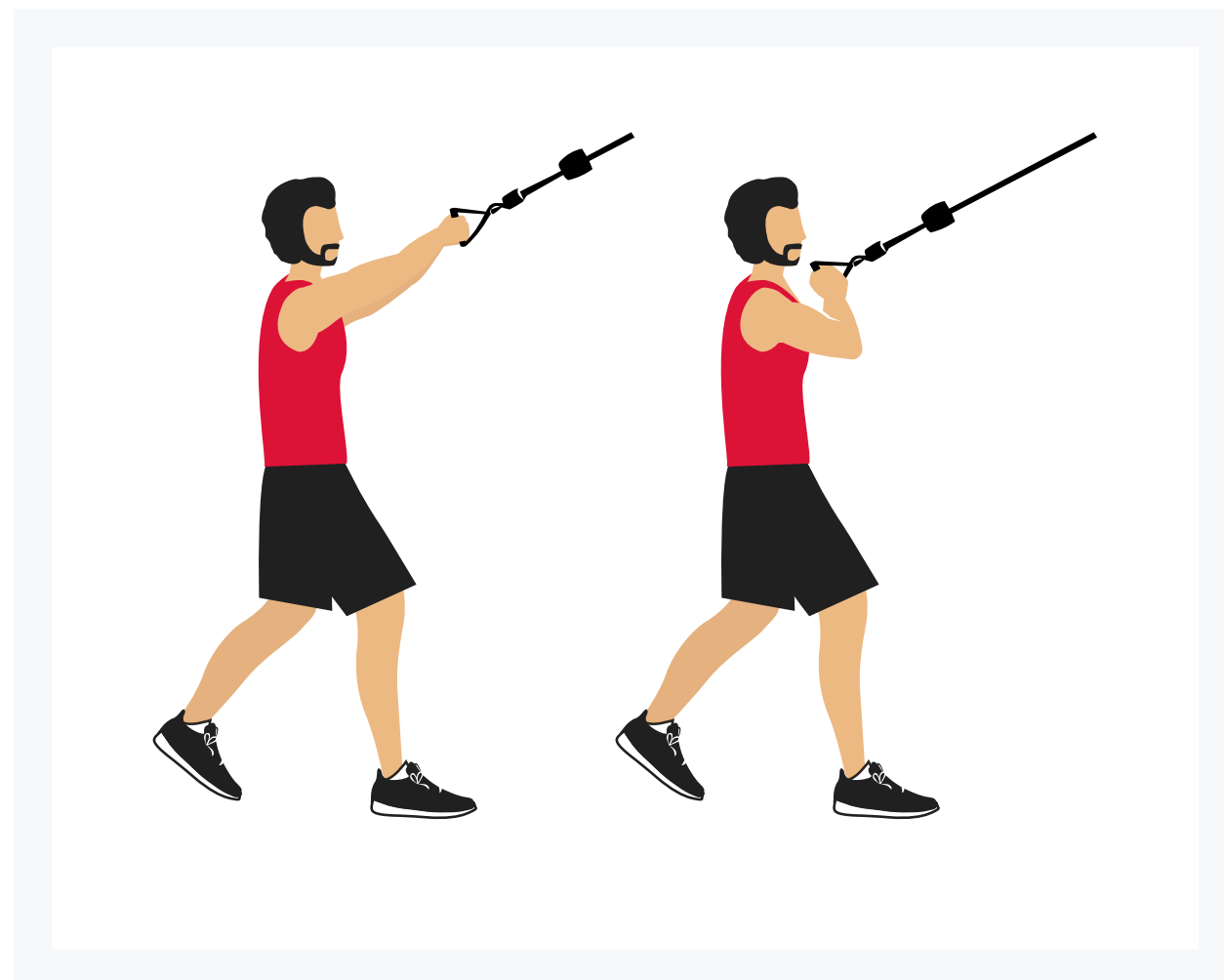


Examples of Exercises Using GEAR 1

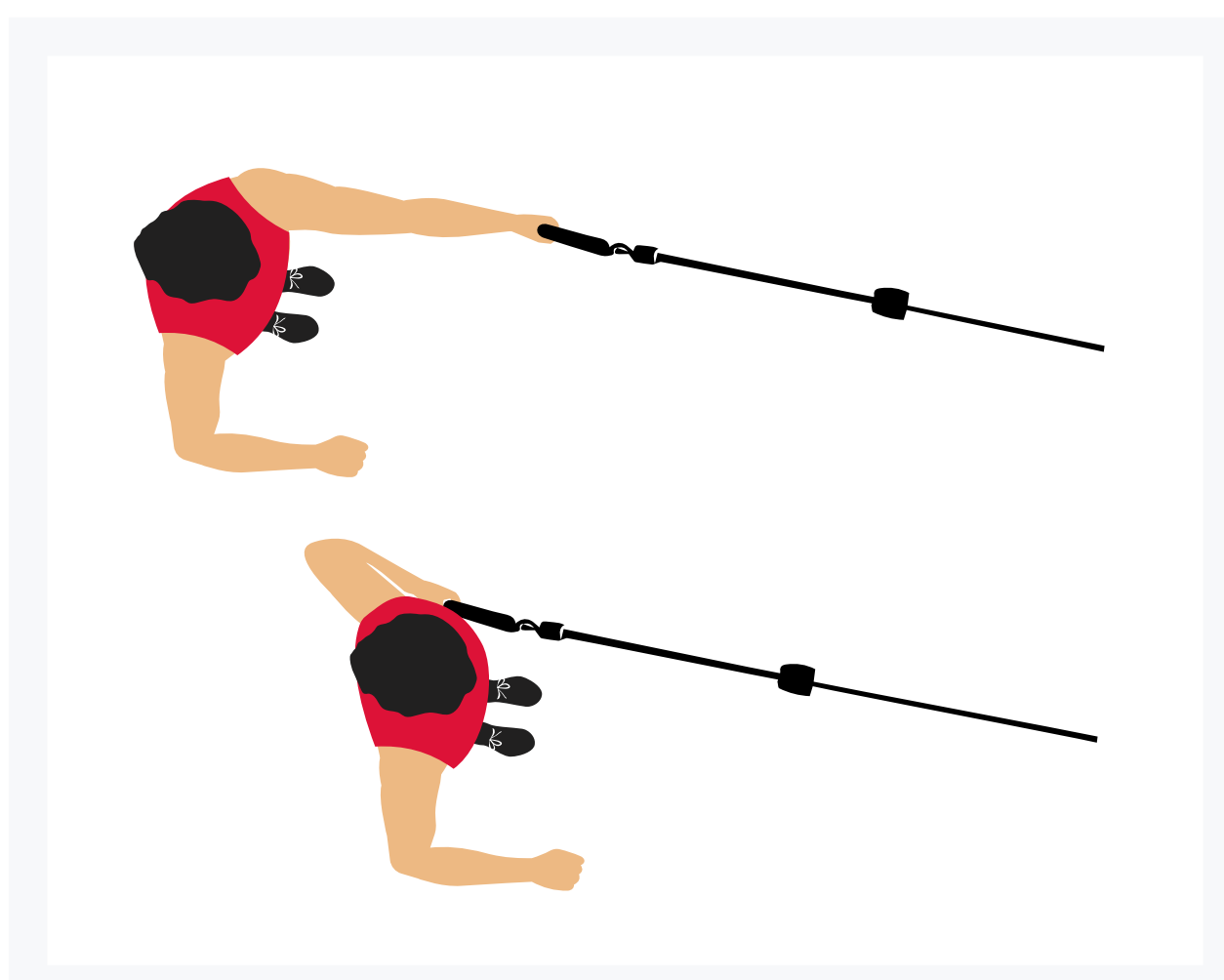
GEAR 1 Pull Over



Bicep Curls to Chest



Side Plank L 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 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 that can fully support your body weight.
- ✓ Do pull hard on the handles to ensure they are secure before using.
- ✓ Do maintain a secure grip when performing exercises using the handles.
- ✓ Do ensure the carabiners are correctly attached to the GEAR 1.
- ✓ Do inspect the resistance bands for holes, tears or cracks before starting your workout.
- ✓ Do make sure the floor is not wet or slippery to avoid minor or even severe injuries.
- ✓ Do use GEAR 1 only for its intended use, as described in this manual.
- ✓ Do inspect your GEAR 1 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 you feel pain or discomfort.
- ✗ Don't use GEAR 1 if your hands are greasy, wet or overly sweaty.
- ✗ Don't push yourself too far beyond your comfort zone.
- ✗ Don't use GEAR 1 if a band or any other element is damaged.
- ✗ Don't allow children under the age of 13 to use GEAR 1.
- ✗ Don't expose GEAR 1 to direct sunlight, rain or snow.
- ✗ Don't leave GEAR 1 exposed outdoors for an extended period of time.
- ✗ Don't use strong chemical agents or cleaners, which may discolor or damage your GEAR 1.
- ✗ Don't touch GEAR 1 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 1 to malfunction or become incompatible, which would void the product warranty.
- ✗ Don't use GEAR 1 if any of the components are worn or damaged.
- ✗ Don't use an anchoring point that causes excessive friction or wear to the GEAR 1.
- ✗ Don't expose your GEAR 1 to high temperatures.
- ✗ Failure to adhere to GEAR 1 safety guidelines may result in minor or severe injury. The user assumes the full risk of injury and and all liability resulting from the use of GEAR 1 and all of its components.

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.

FR

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet équipement est conforme à l'exposition aux rayonnements Industry Canada limites établies pour un environnement non contrôlé.