



HYBAR

User Manual



Product information & operating specifications

Function	Smart workout gear
Resistance	16 lbs
Max user weight	330 lbs
Capacity	300 mAh Li-ion 3.7V
Safeguards	Over discharge protection Overheat protection Over current protection Overcharge protection Short circuit protection Auto power protection
Water Proof No	IPX4
Input port	Micro USB
DC input	5V
Charge Time (0-100%)	2 hours
Battery Life	60 hours
Bluetooth version	BLE 4.2
Frequency	2.4 GHz
Bluetooth physical range	26 feet
Connectivity	Android, iOS
Dimensions	42,5 x 13 inches
Product weight	5,5 lbs

*Depending on the type of charger used

What is HYBAR?

Elevate your Strength.

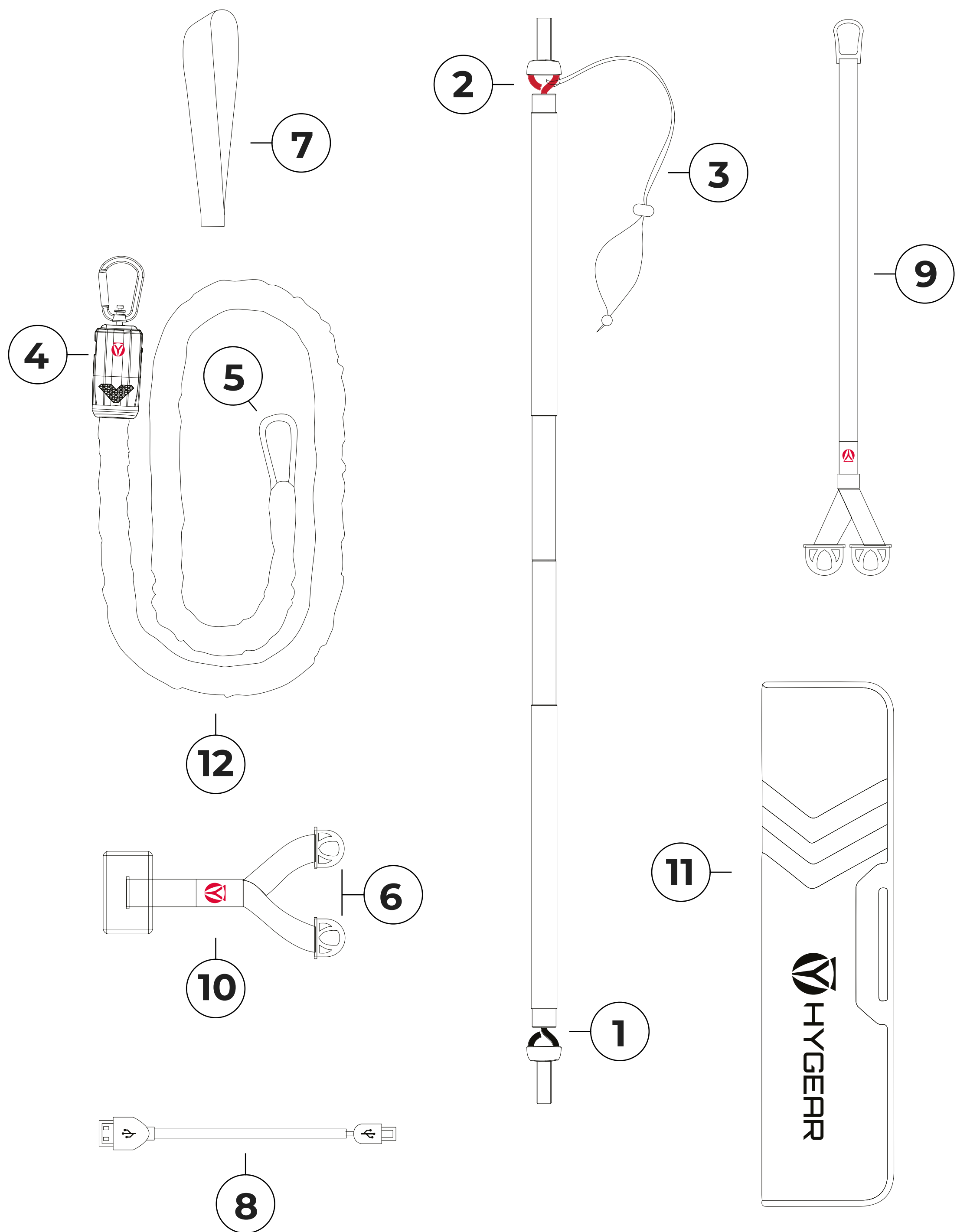
Row, swing, press, and push your way to a stronger body and core. This weighted bar resistance system is super portable for effective strength workouts any time, anywhere. Get real-time feedback and personalized training to hit any fitness goal.

Hybar Mission:

- Targets Core Muscles
- Develops Full-Body Strength
- Tracks Fitness Progress in Real Time
- For Indoor or Outdoor Use
- 2 Connection Modes for Countless Exercise Options



Product Map / What's In the Box HYBAR



- 1:** Black End: Fixed
- 2:** Red End: Rotating
- 3:** Secure Band
- 4:** Sensor unit
- 5:** Carabiner
- 6:** D-Ring
- 7:** Wall Mount Fabric Loop
- 8:** USB Cable
- 9:** Foreign Connector
- 10:** Door anchor
- 11:** Carry Bag
- 12:** Resistance Band with sensor

Two Workout Modes

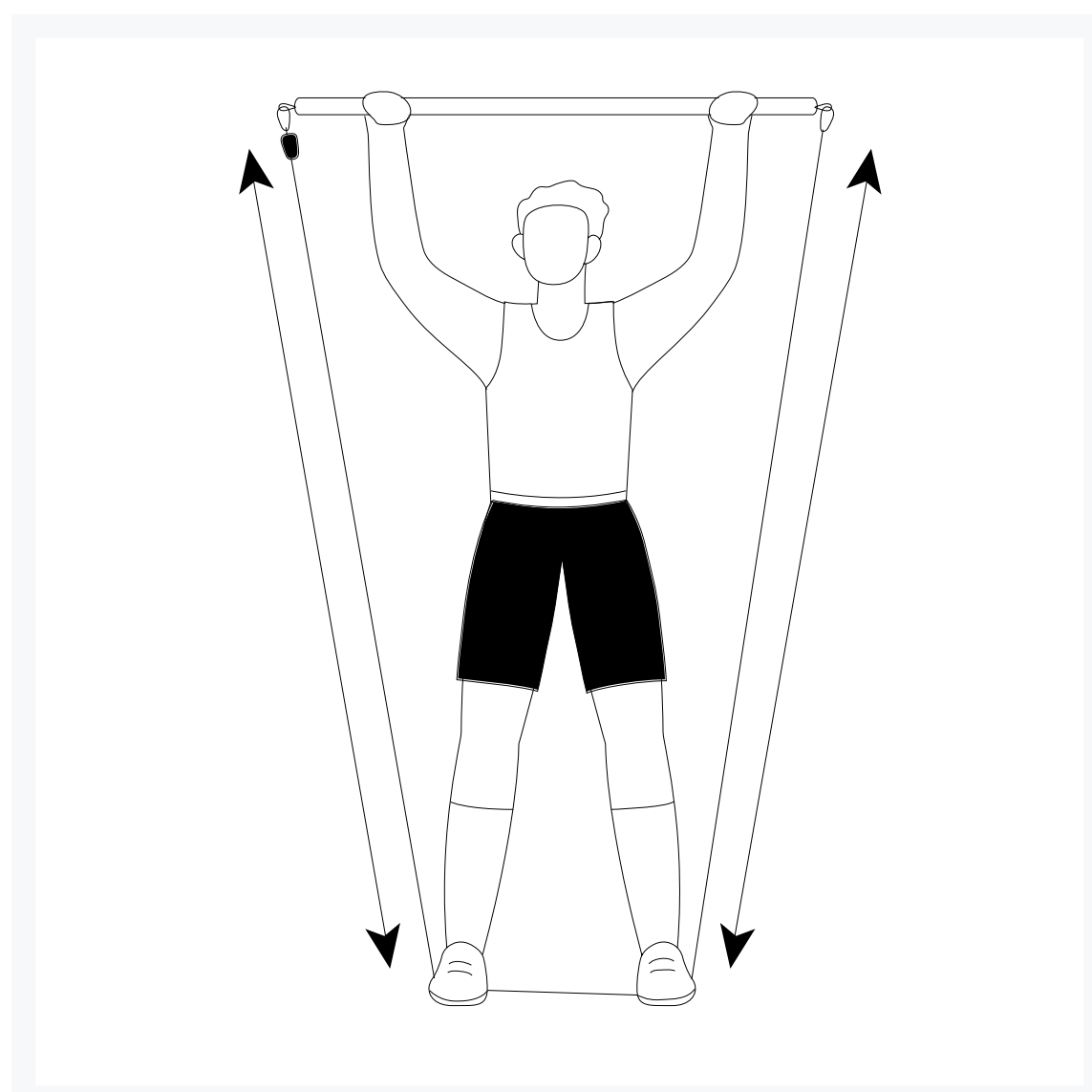
Performance Mode

Connect the HYBAR at one end while the other end is anchored to a sturdy door or object to develop rotational power, improve flexibility, agility, coordination and balance.



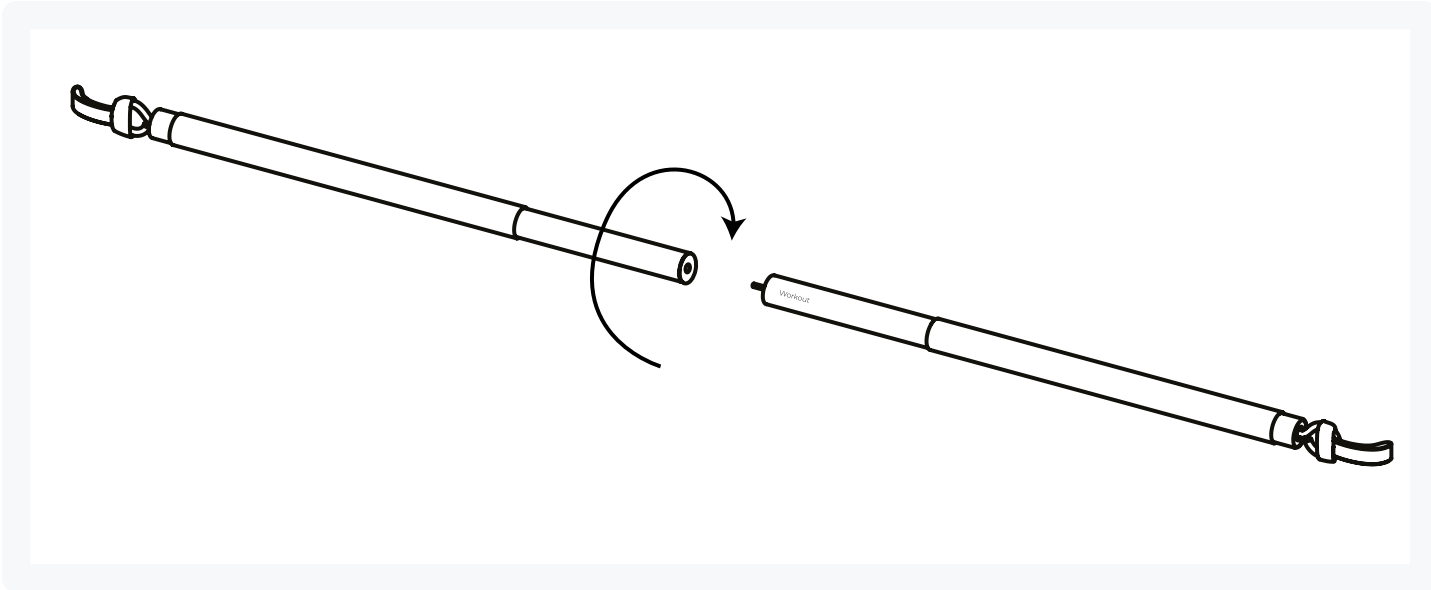
Strength mode

Turn your HYBAR into a completely freestanding barbell to build strength and endurance. Simply connect the band at both ends to push, pull and press your way to a stronger body.

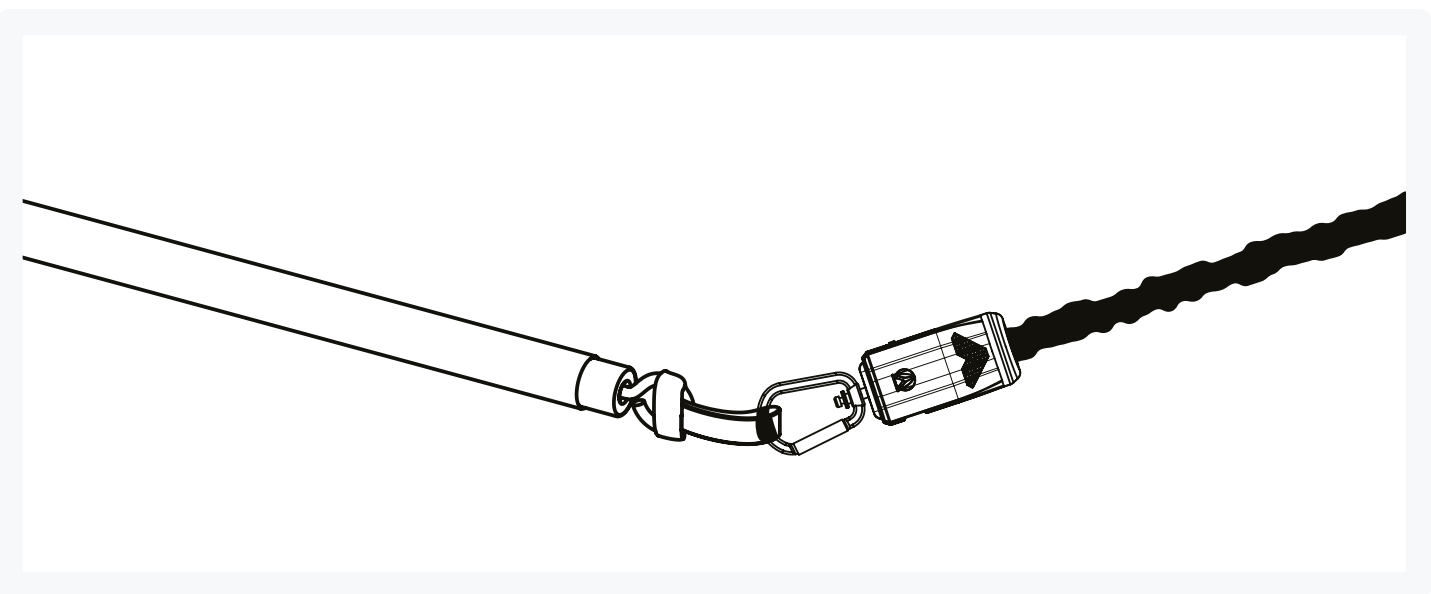


How to assemble

Performance Mode

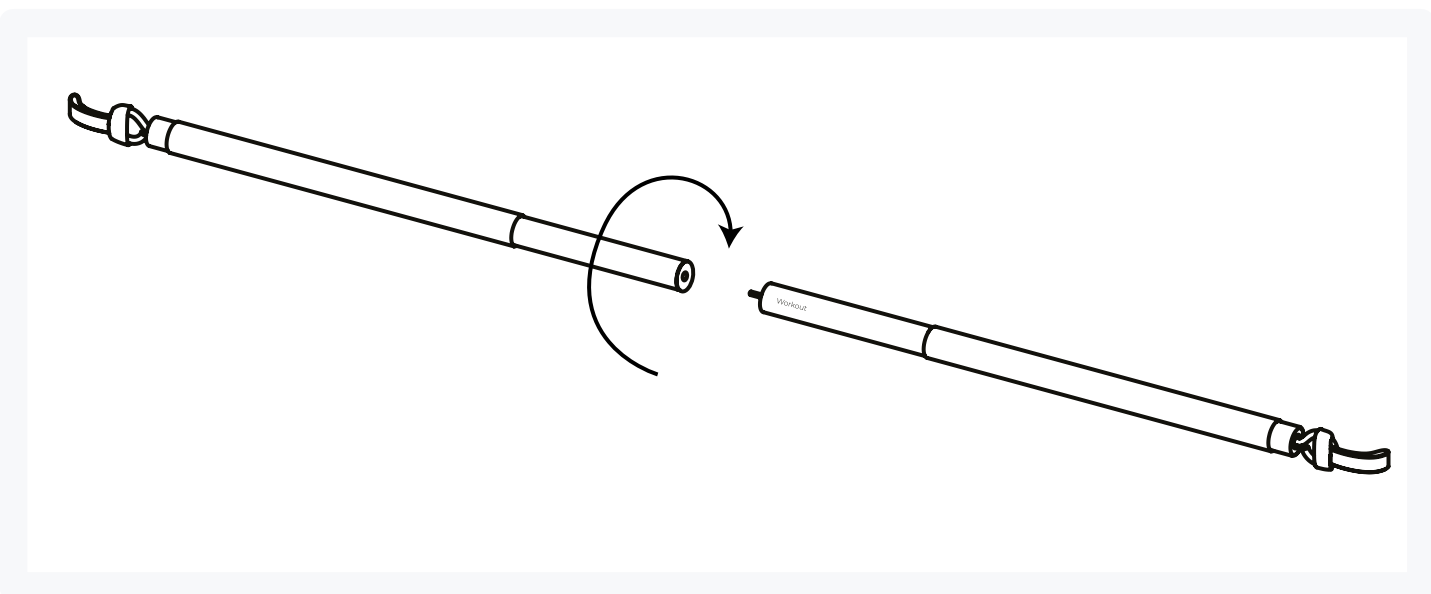


1: Screw the two halves together

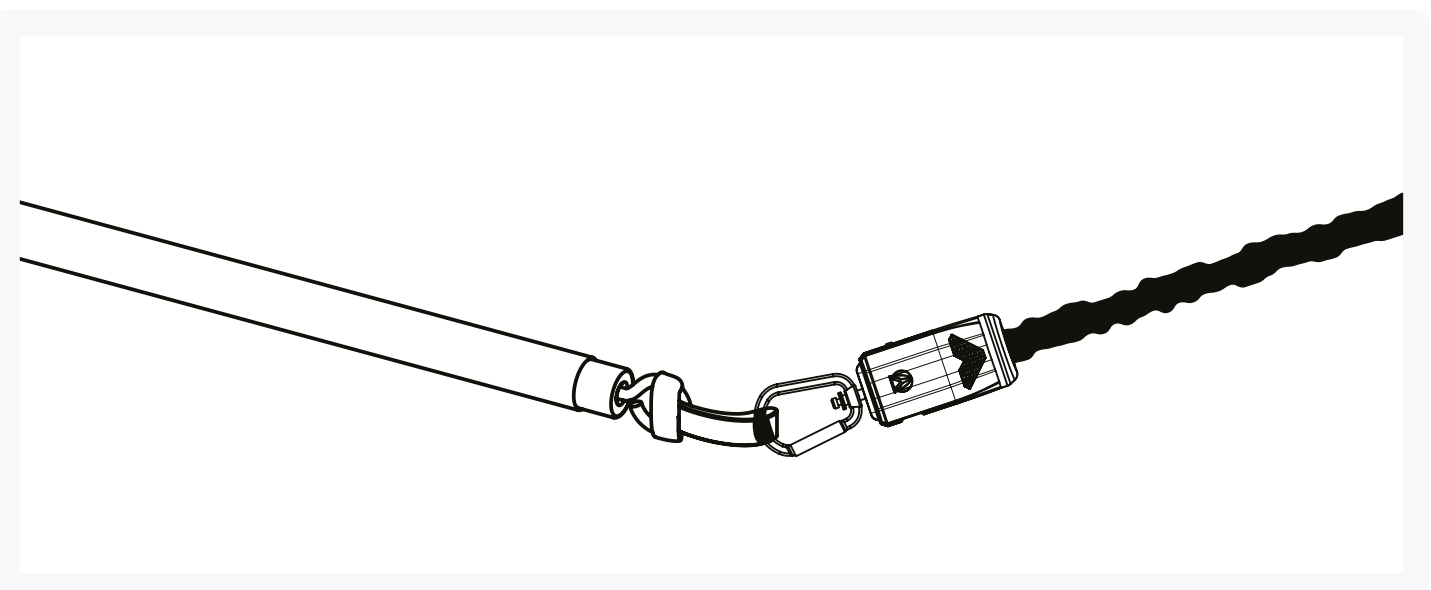


2: Connect the sensor unit to the red end

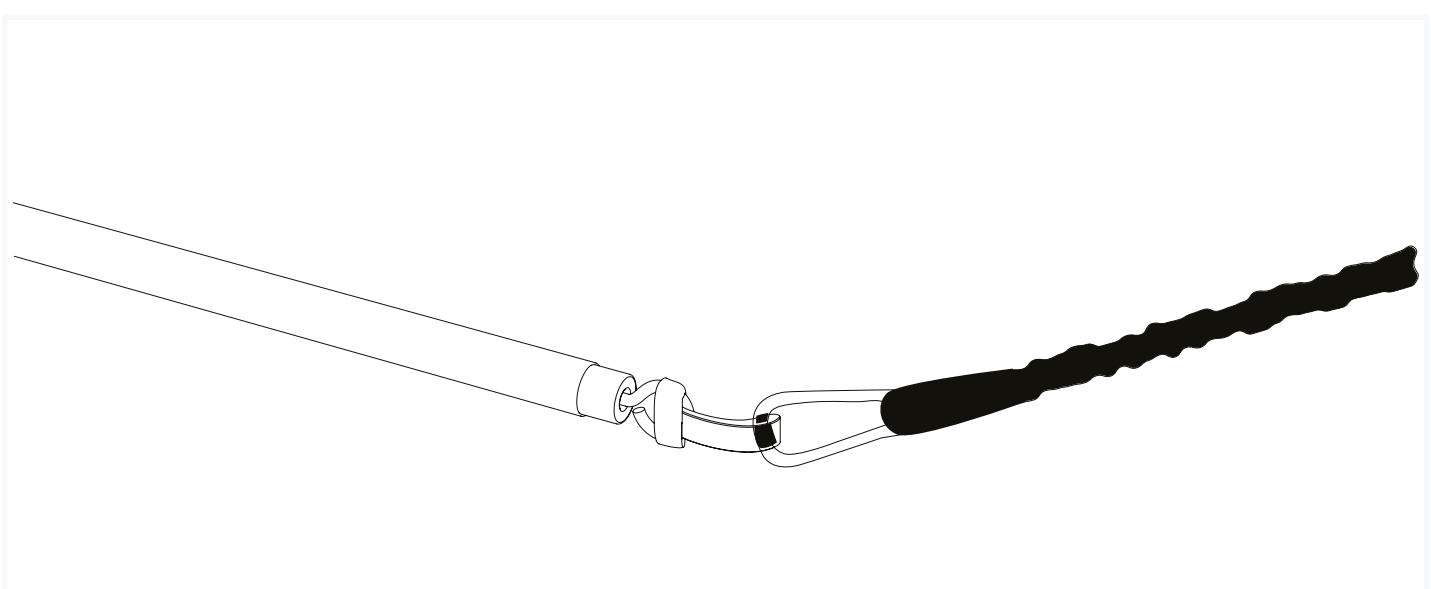
Strength Mode



1: Screw the two halves together

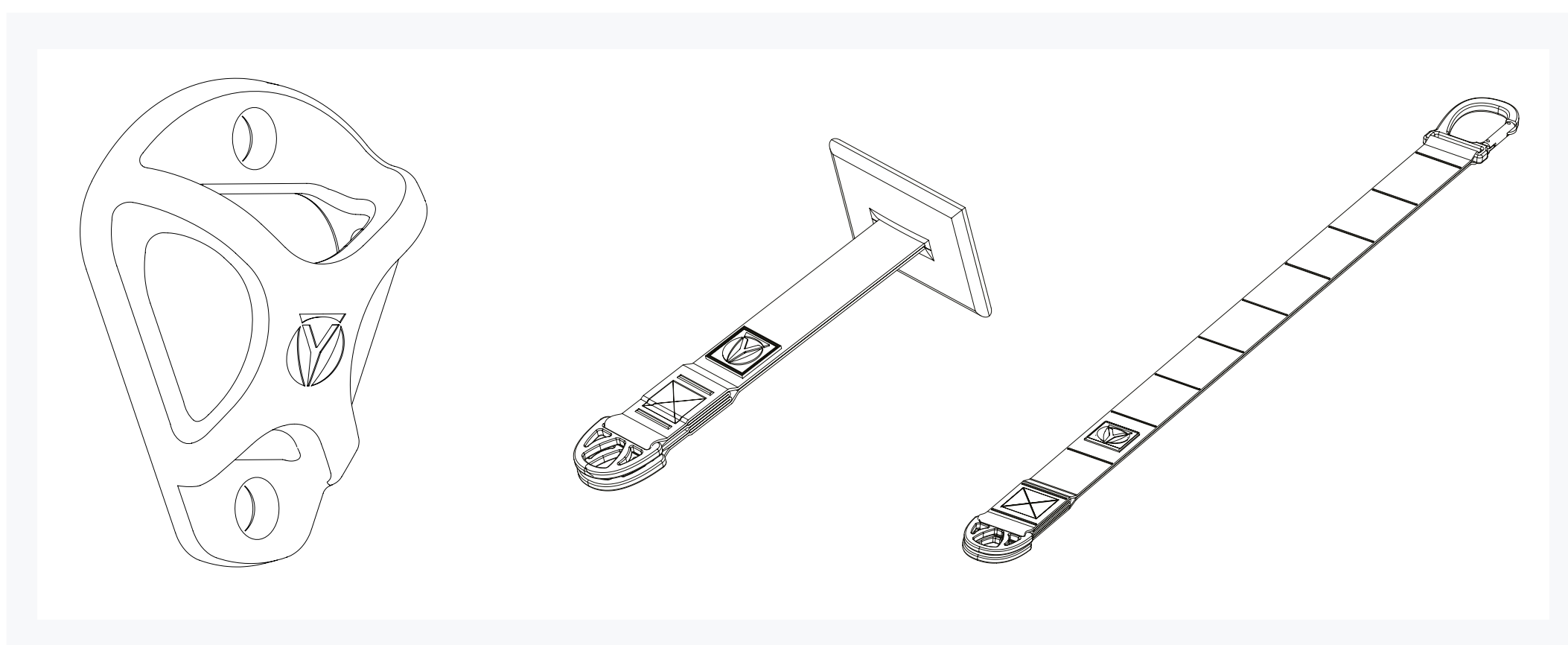


2: Connect the sensor unit to the red end

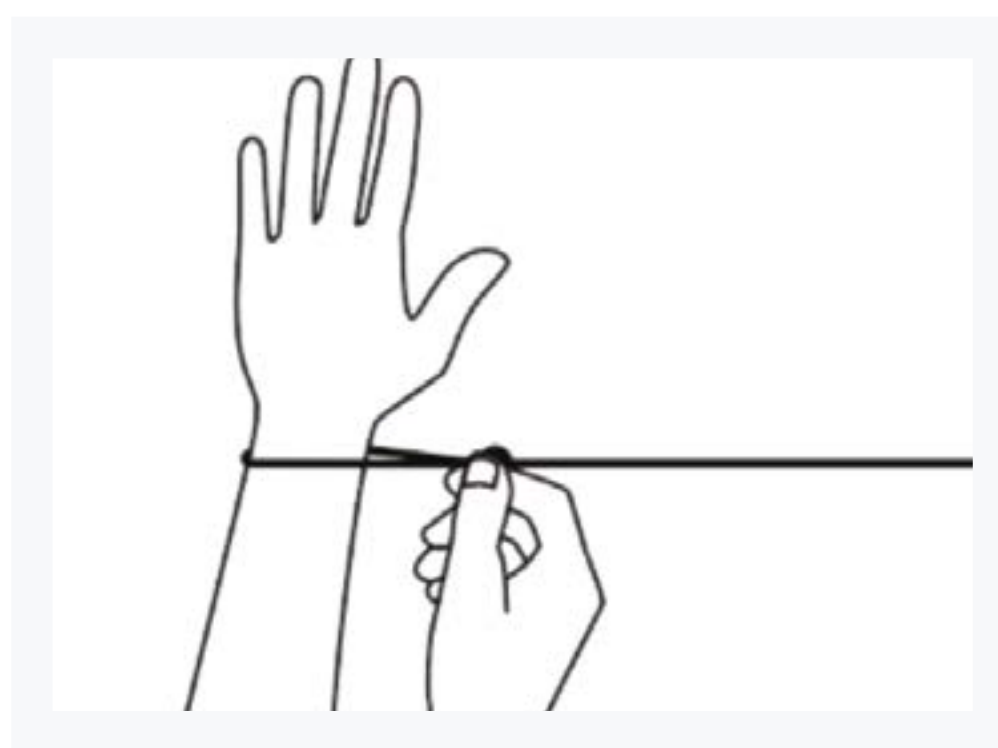
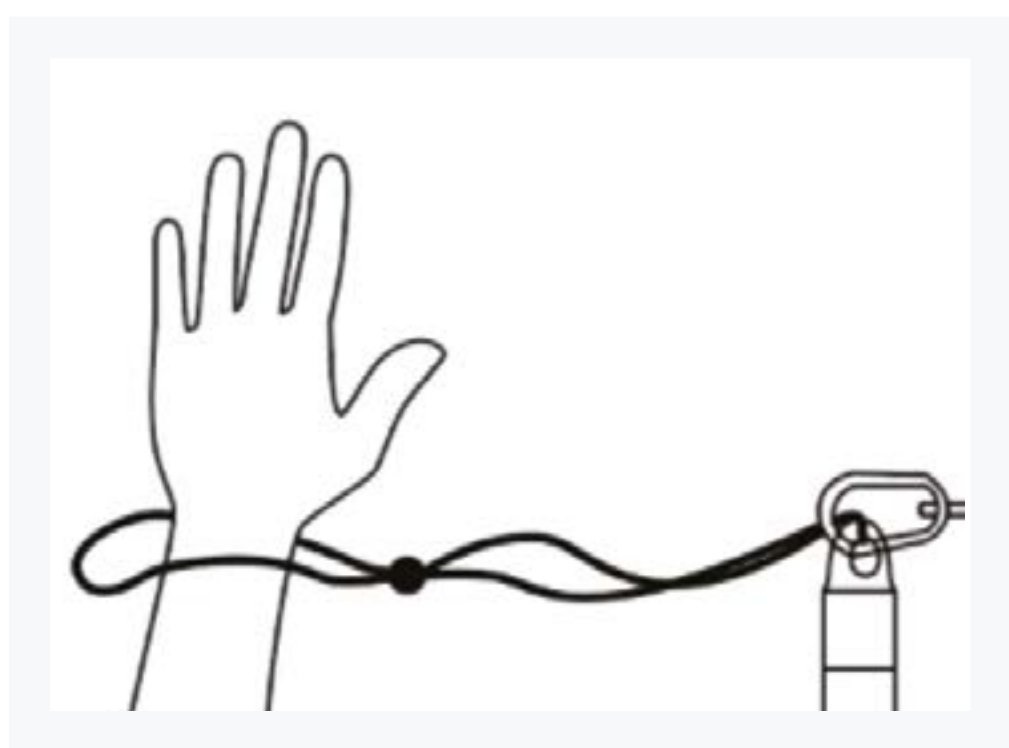


3: Connect the carabiner to the black end

How to Use HYBAR - Performance mode



1: Connect the carabiner to an anchor point

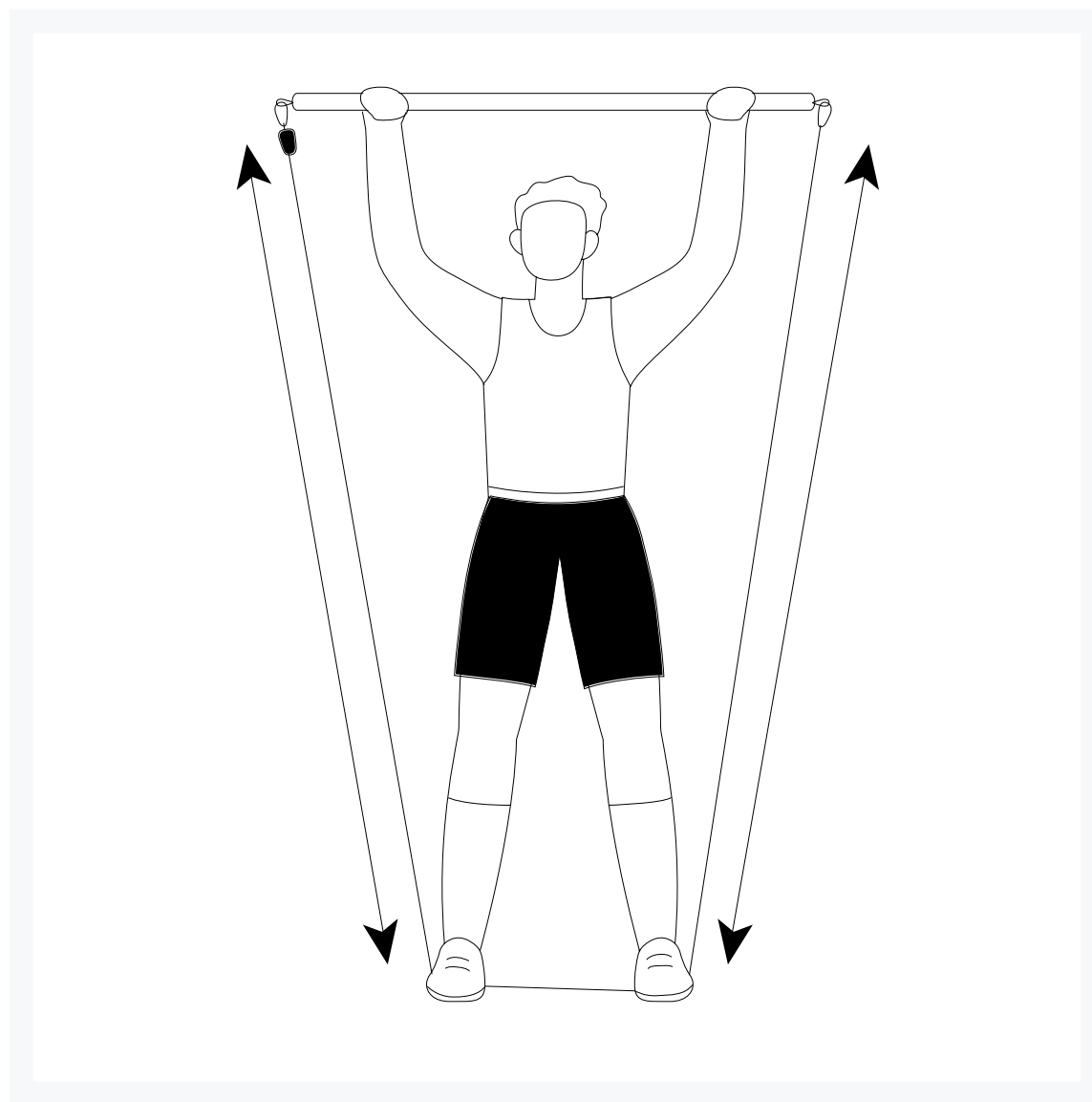


2: Place the safety cord on your hand and tighten before starting your workout.



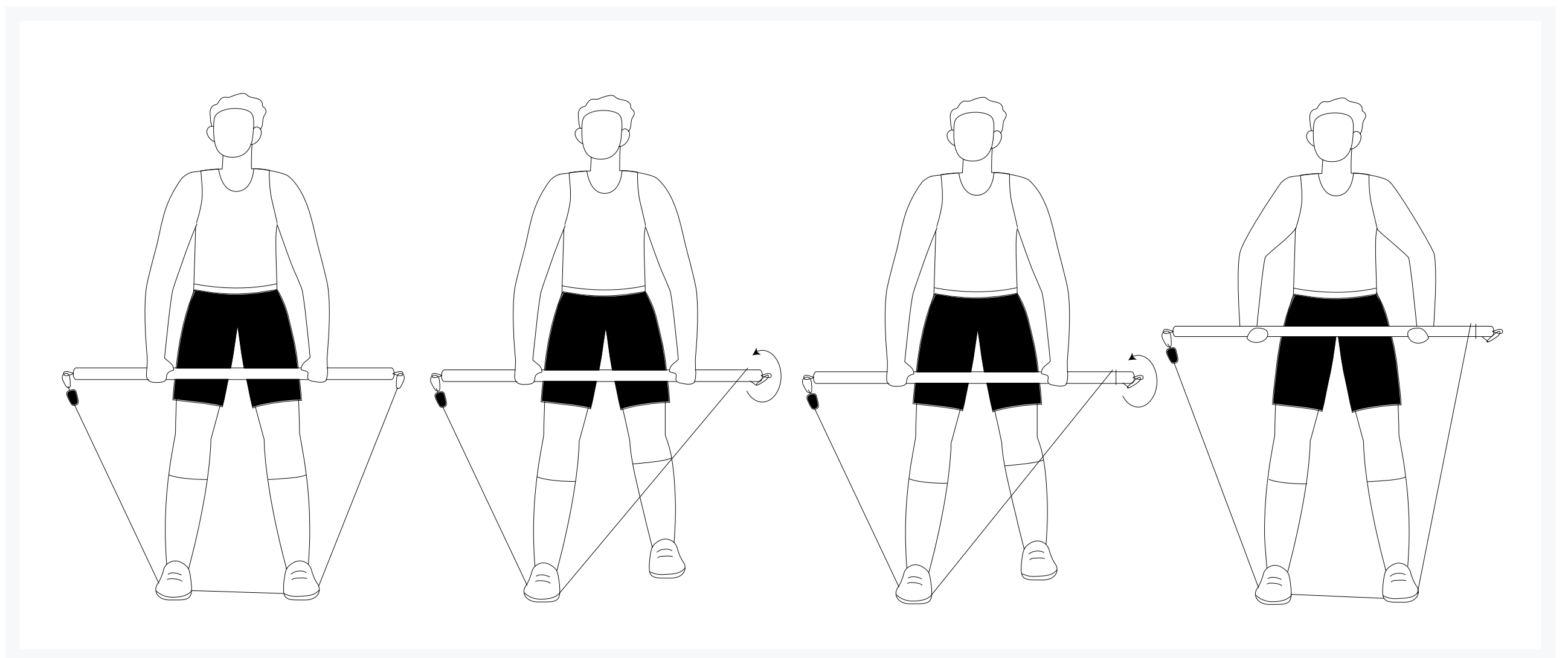
How to Use HYBAR - Strength mode

Self-Anchored



These exercises focus on symmetrical workouts. Make sure to step on the middle of the resistance band so that the length is even on both sides.

Adjust the band length.



Rotate the HYBAR to wrap the band around the black end until it reaches the desired length

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

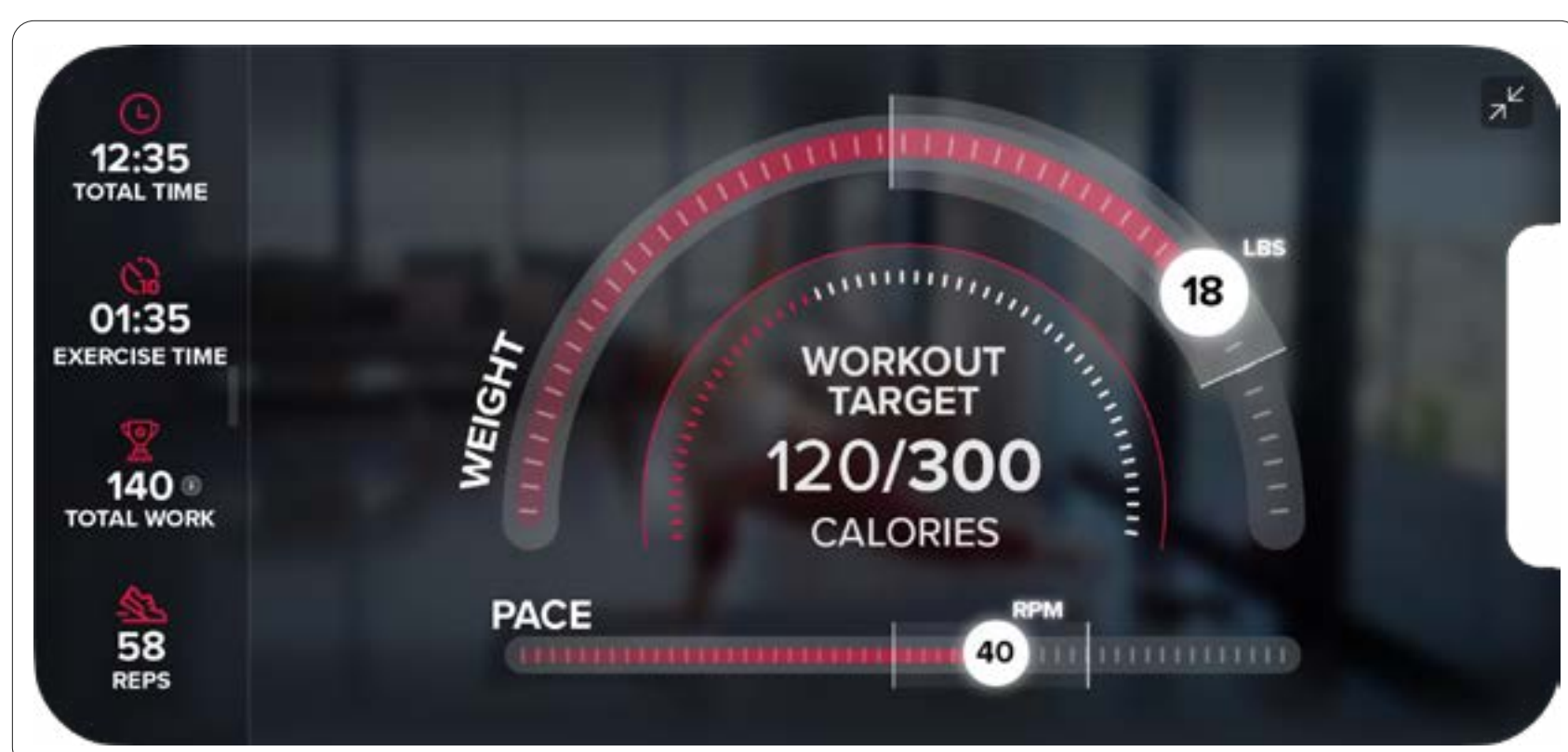
3. Open the HYGEAR app and follow the instructions to connect

your HYBAR and create your HYGEAR account

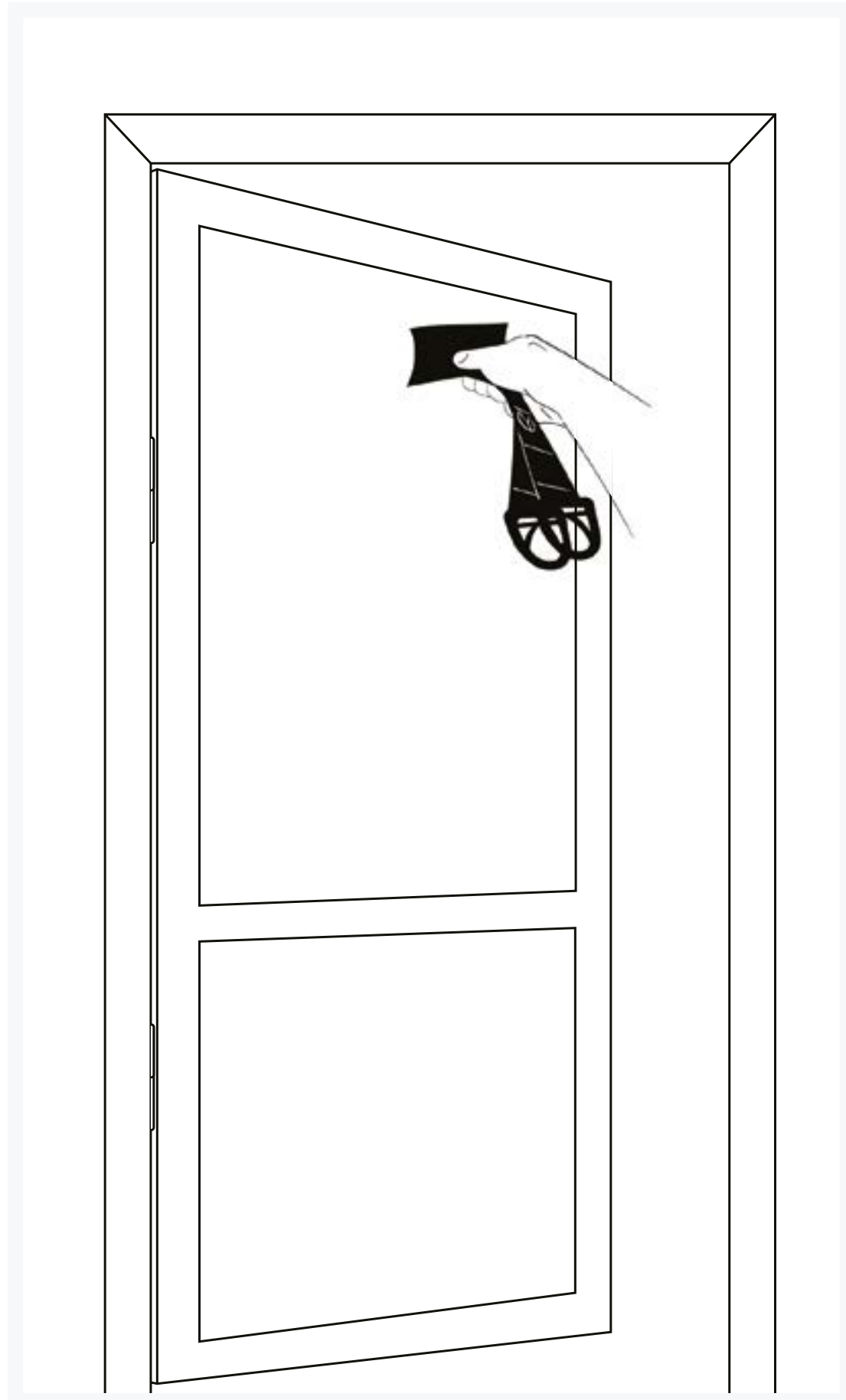
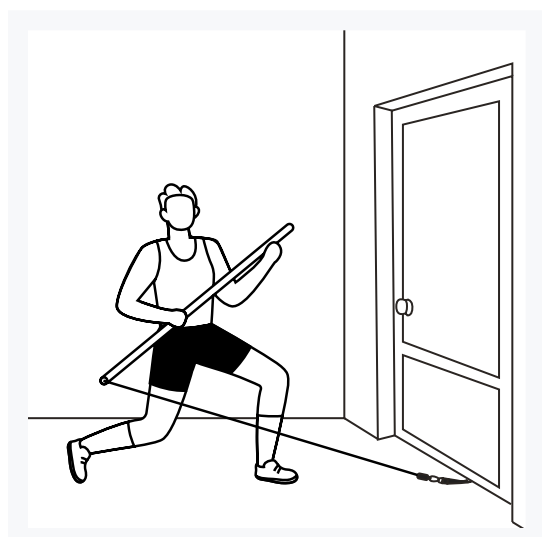
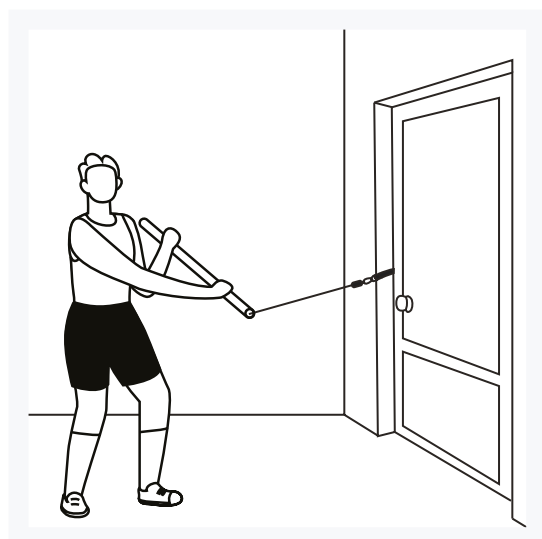
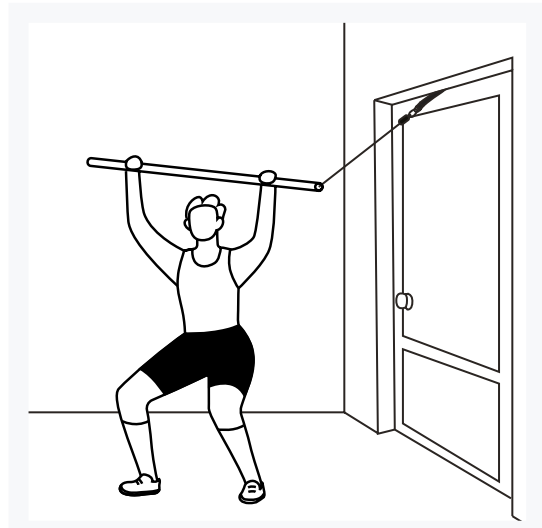
4. To turn on the HYBAR and press the button on your sensor unit

once to wake 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.



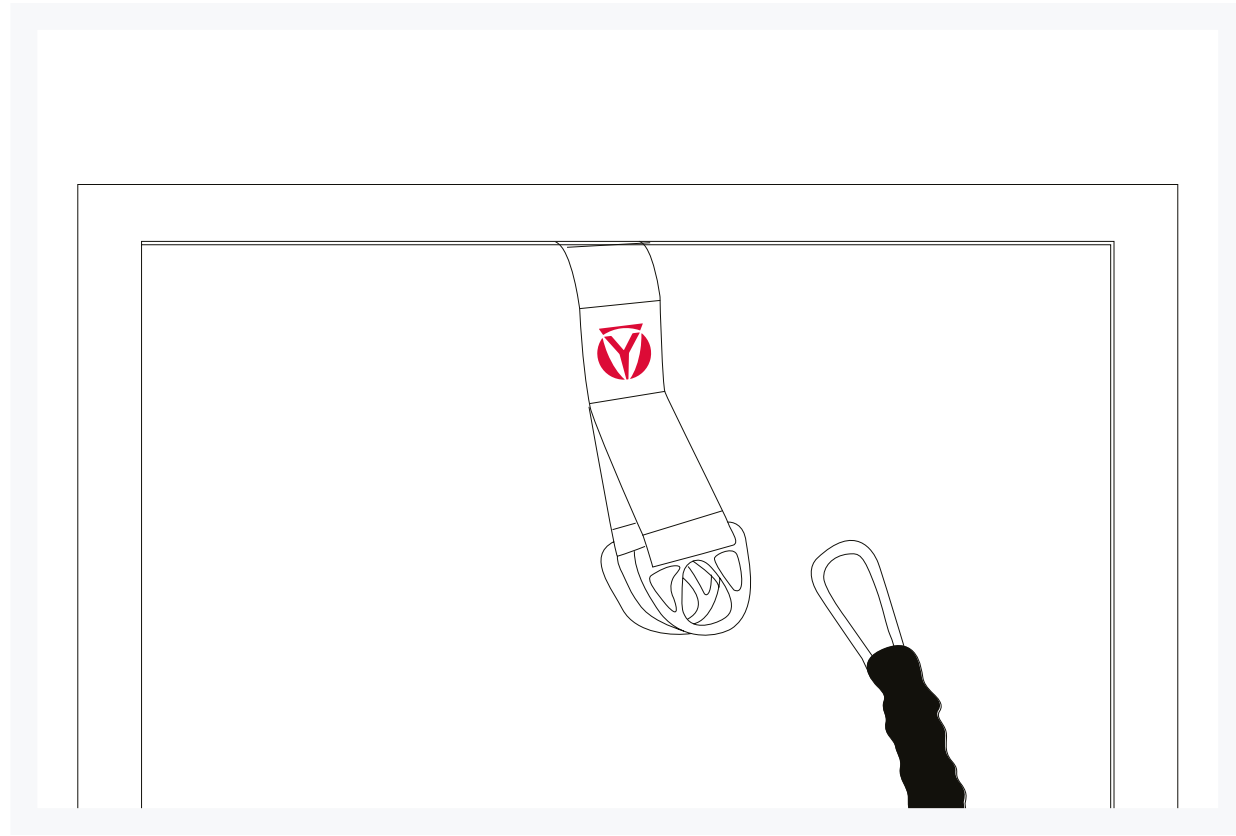
How to use HYBAR with the Door Anchor



- 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 resistance band to the D-Ring on the Door Anchor
- Always close the door securely.

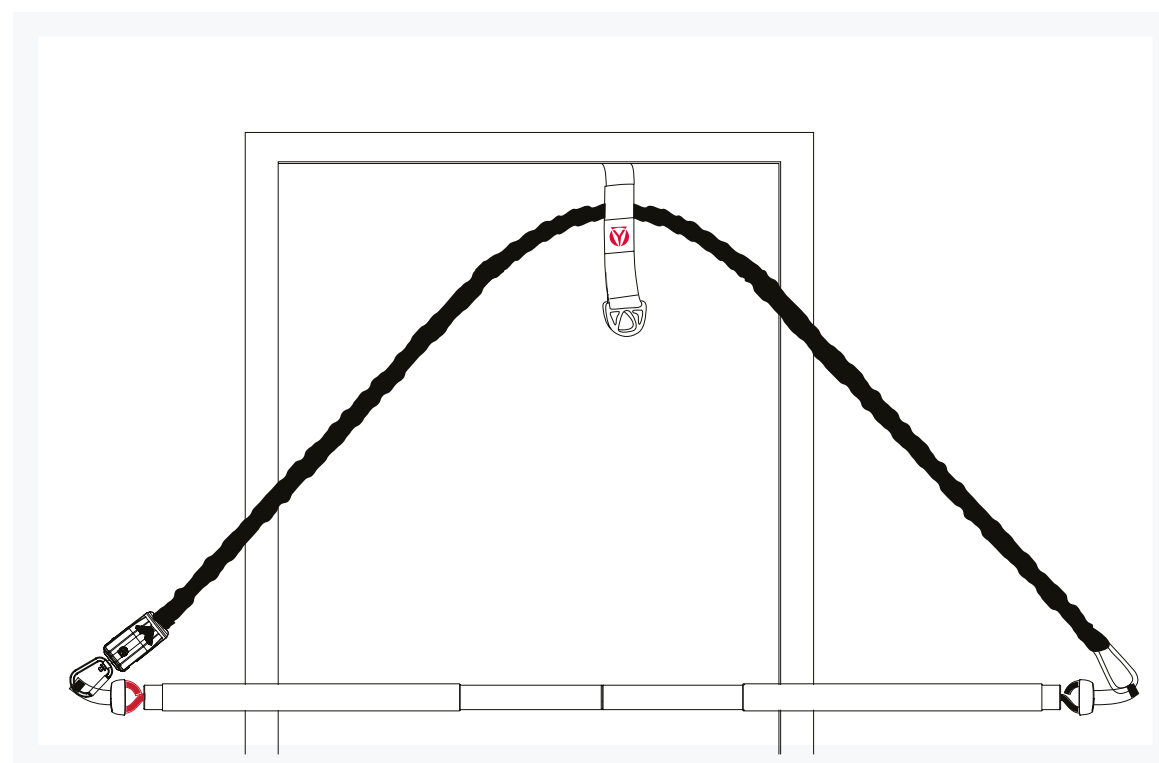
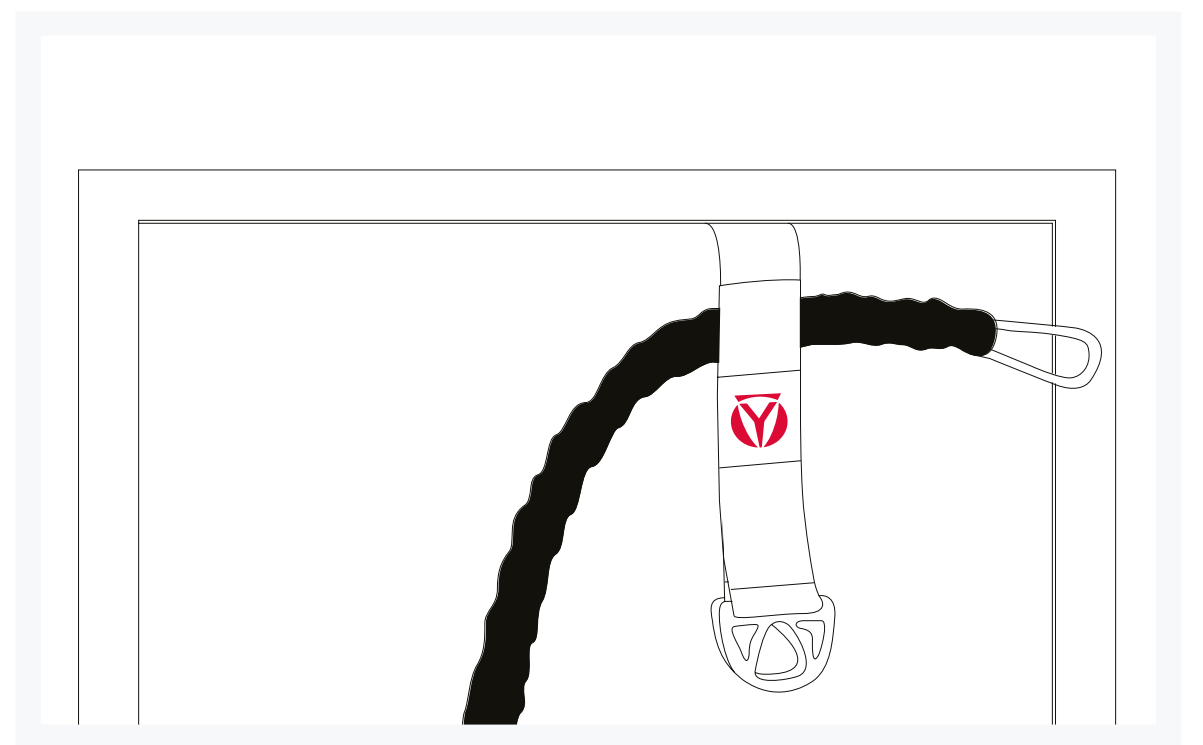
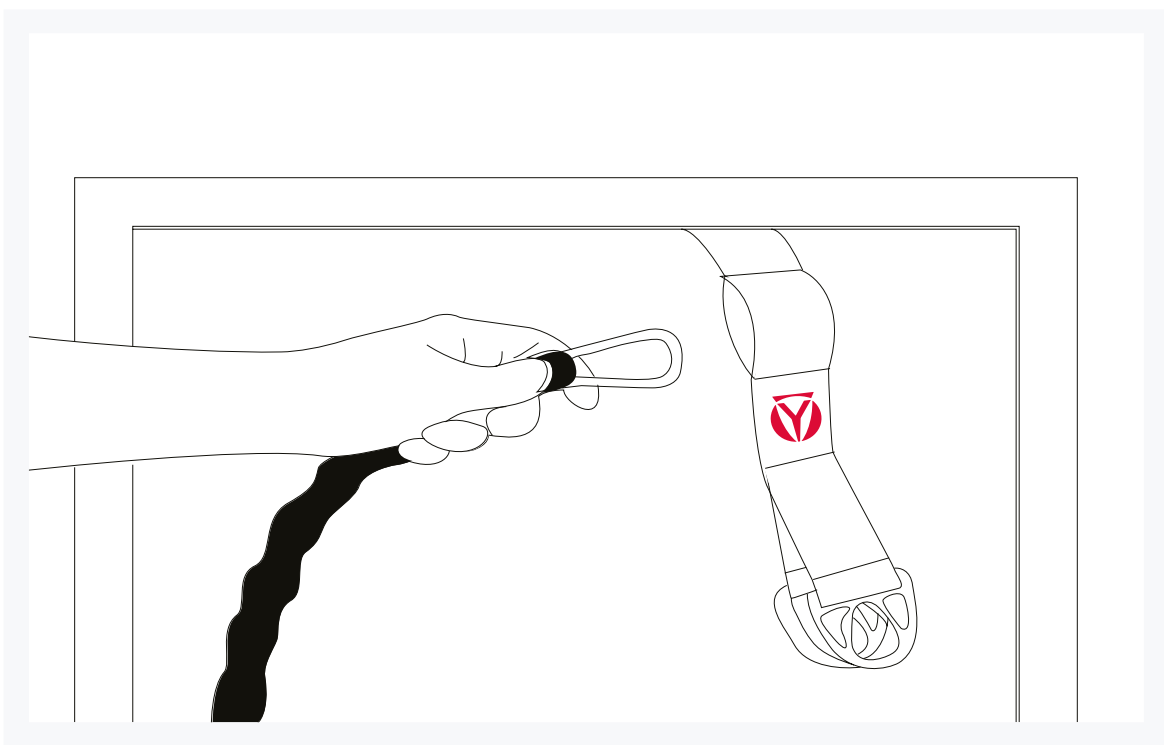
Anchoring the HYBAR with the Door Anchor

Performance mode



- 1: Attach the carabiner to the D-rings
- 2: Make sure to place the safety cord on your hand and tighten before you begin training.

Adjust the band length.



- 1: Insert the band through the door anchor textile.
- 2: Attach the sensor unit to the red end of the HYBAR and the carabiner to the black end.

Important Safety Information for Door Anchoring

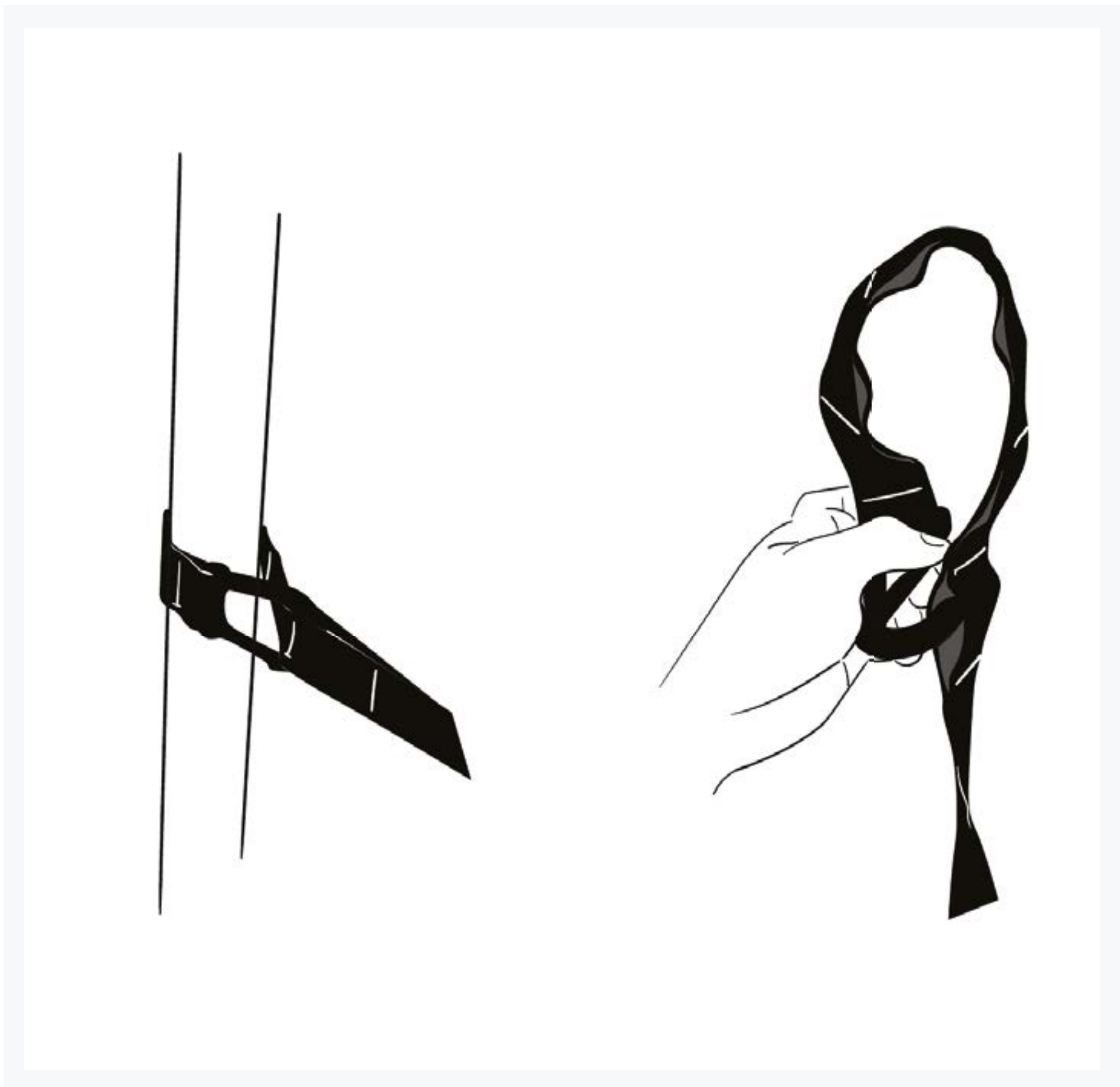
- Only use the HYBAR Door Mount with professionally constructed doors that can fully support your body weight.
- A door that opens away from your body will be the safest and most secure. Your body weight will pull the door closed.
- When using any hinge-style door, always ensure it is completely closed before using.
- Test that the door is fully closed secured by pushing or pulling it before using.
- For additional safety, use a door that locks, if one is available.
- 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 resistant band to the D-Ring on the Door Anchor.
- Always close the door securely.

Safety Tip:

To prevent getting injured by someone opening the door unexpectedly during a workout, always place the sign showing 'Workout in Progress — Do Not Open' on the opposite side of the door before starting your workout.

WARNING: DO NOT use HYBAR on glass doors, sliding doors, or any lightweight doors such as closets or kitchen cabinets

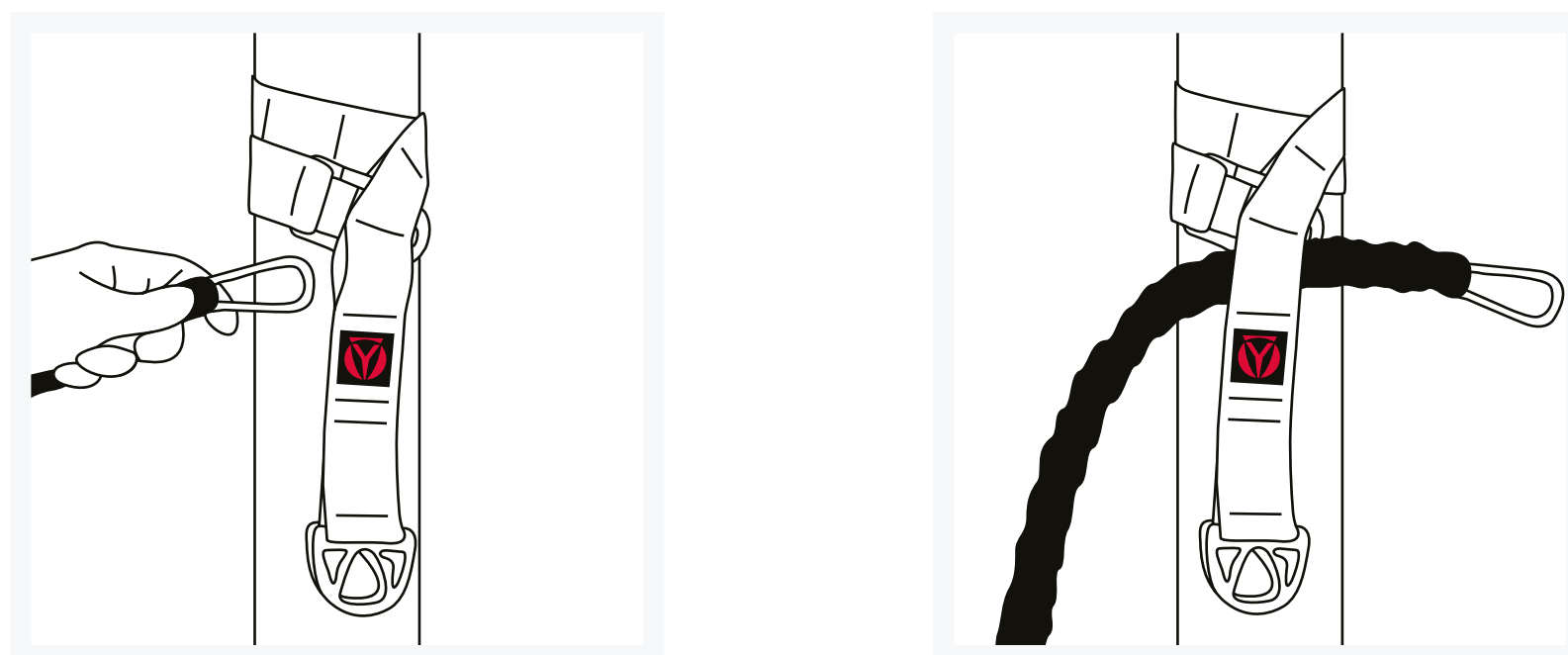
How to use HYBAR with the Foreign Connector



1. Attach the foreign anchor to a sturdy object that can support your weight.
2. Wrap the Object Anchor on the object and secure the carabiner through the textile.

Anchoring the HYBAR with the Foreign Connector

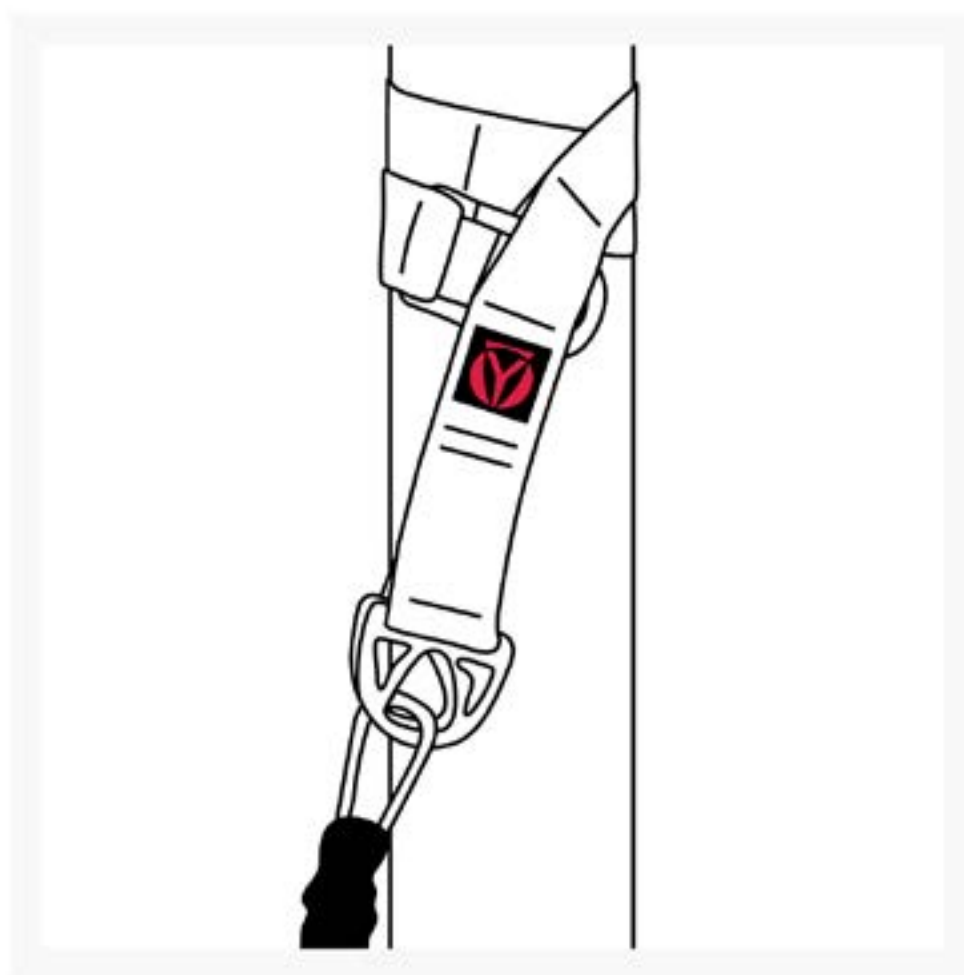
Strength mode



1: Insert the resistance band through the loops between the stitches.

2: Attach the sensor unit to the red end and the carabiner to the black end.

Performance mode



1: Attach the carabiner to the D-rings on the end.

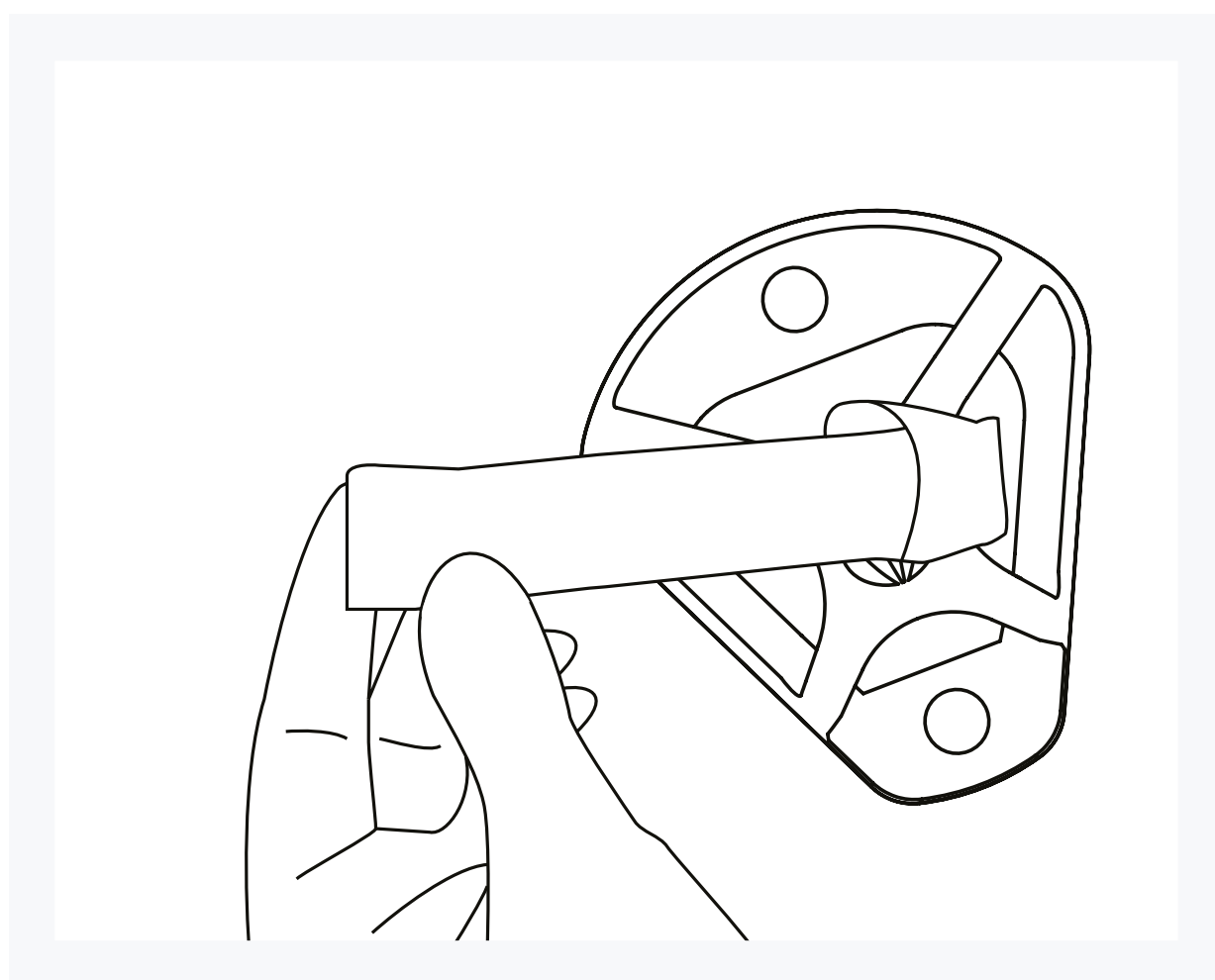
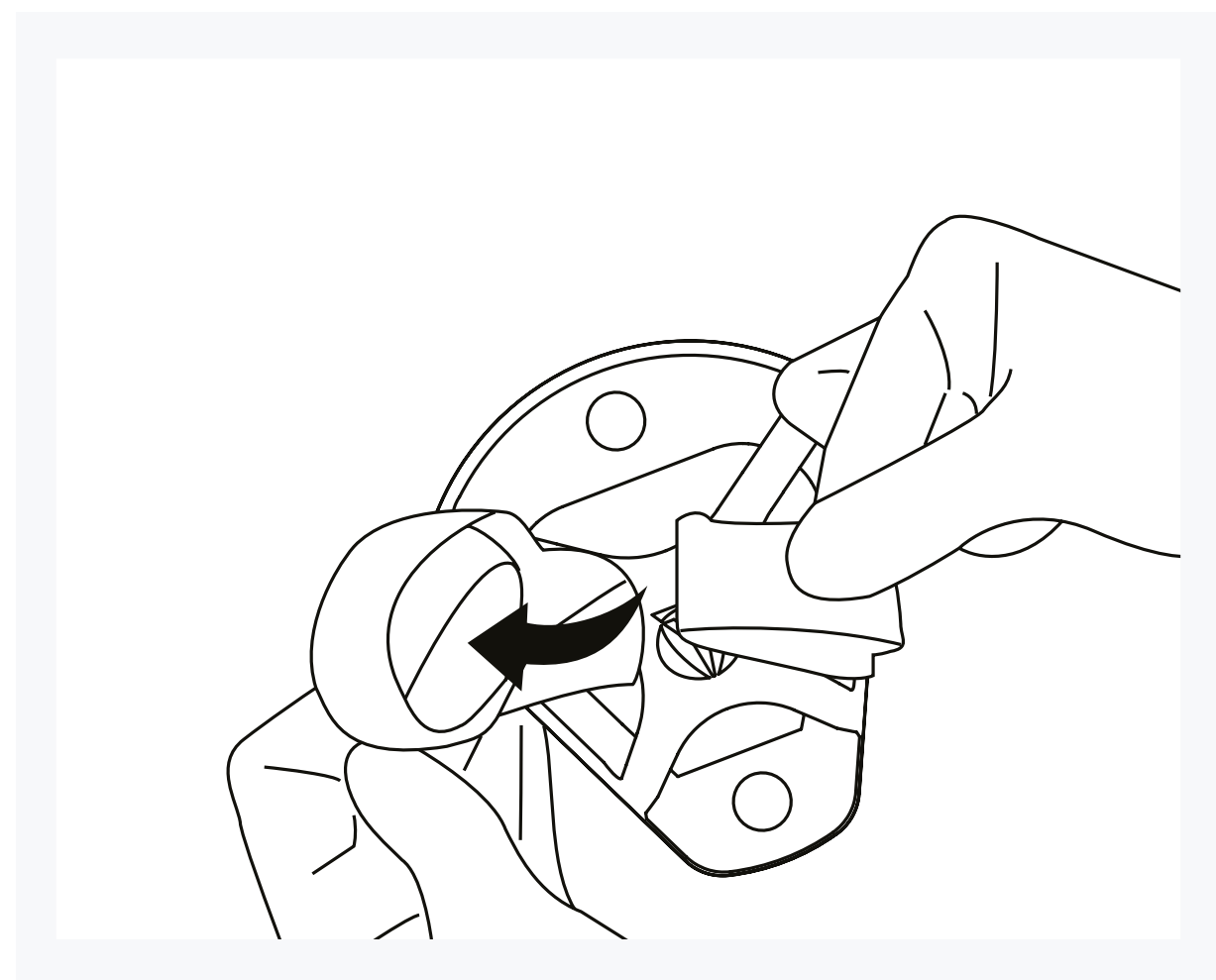
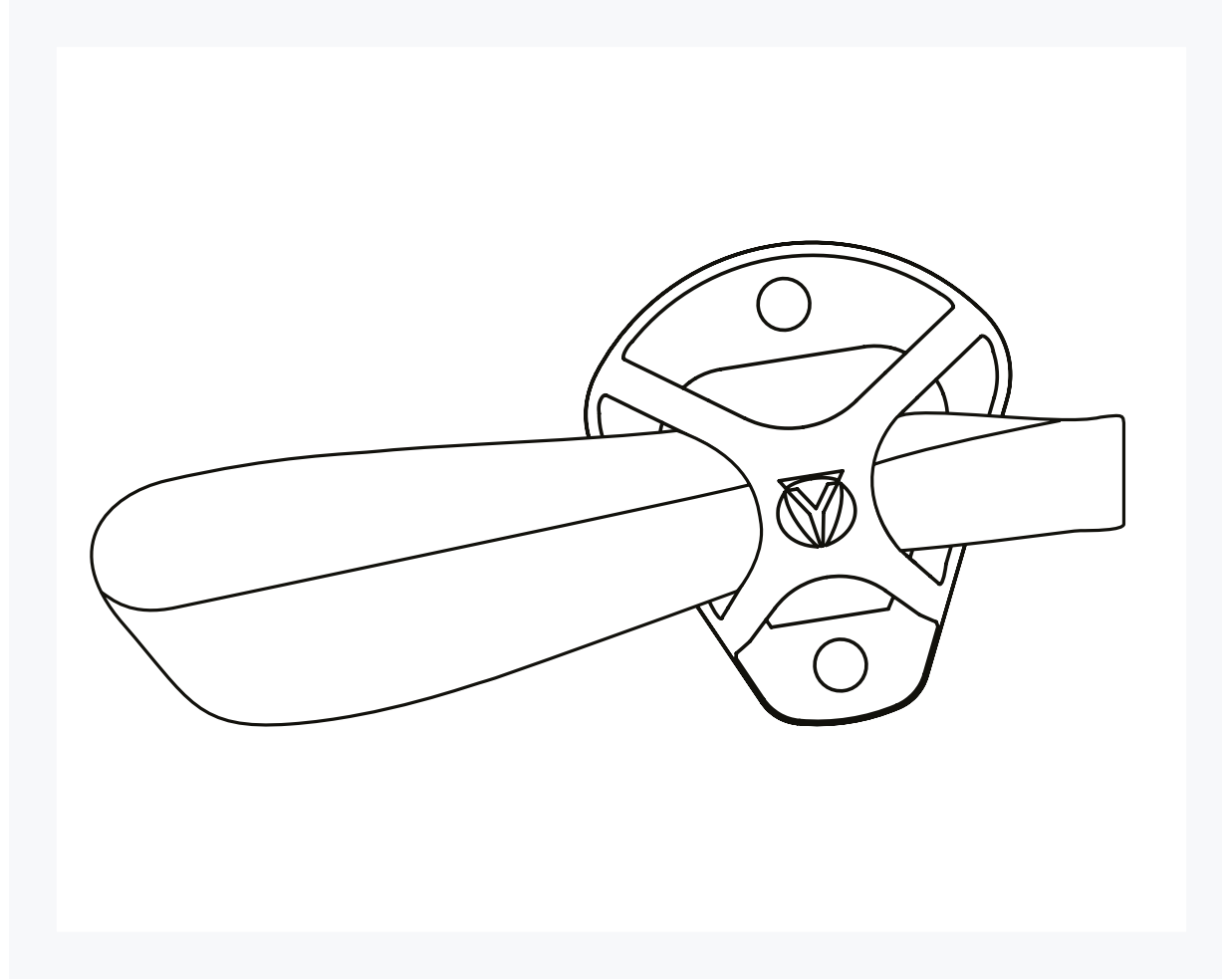
2: Attach the sensor unit to the red end and the carabiner to the black end.

Important Safety Information for Foreign Connector

- Only use the Gear 1 Foreign Anchor attachment with professionally constructed support structures that can fully support your body weight.
- The foreign 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 around the anchor point once and clip the carabiner into the chosen intermediate loop.
- For lower anchor points, wrap around the anchor point as many times as needed to shorten it, and then clip the carabiner into the selected intermediate loop to achieve the correct height.
- Ensure that the carabiner is securely attached to the intermediate loop on the foreign anchor before attaching the main straps.
- Test that the foreign anchor is safely secured by firmly pulling the bottom D-ring downward.
- **IMPORTANT:** Never clip the carabiner of the main straps into the intermediate loops of the foreign anchor attachment. Always clip the main straps into the D-ring on the foreign anchor attachments.

Wall Mount

Performance mode

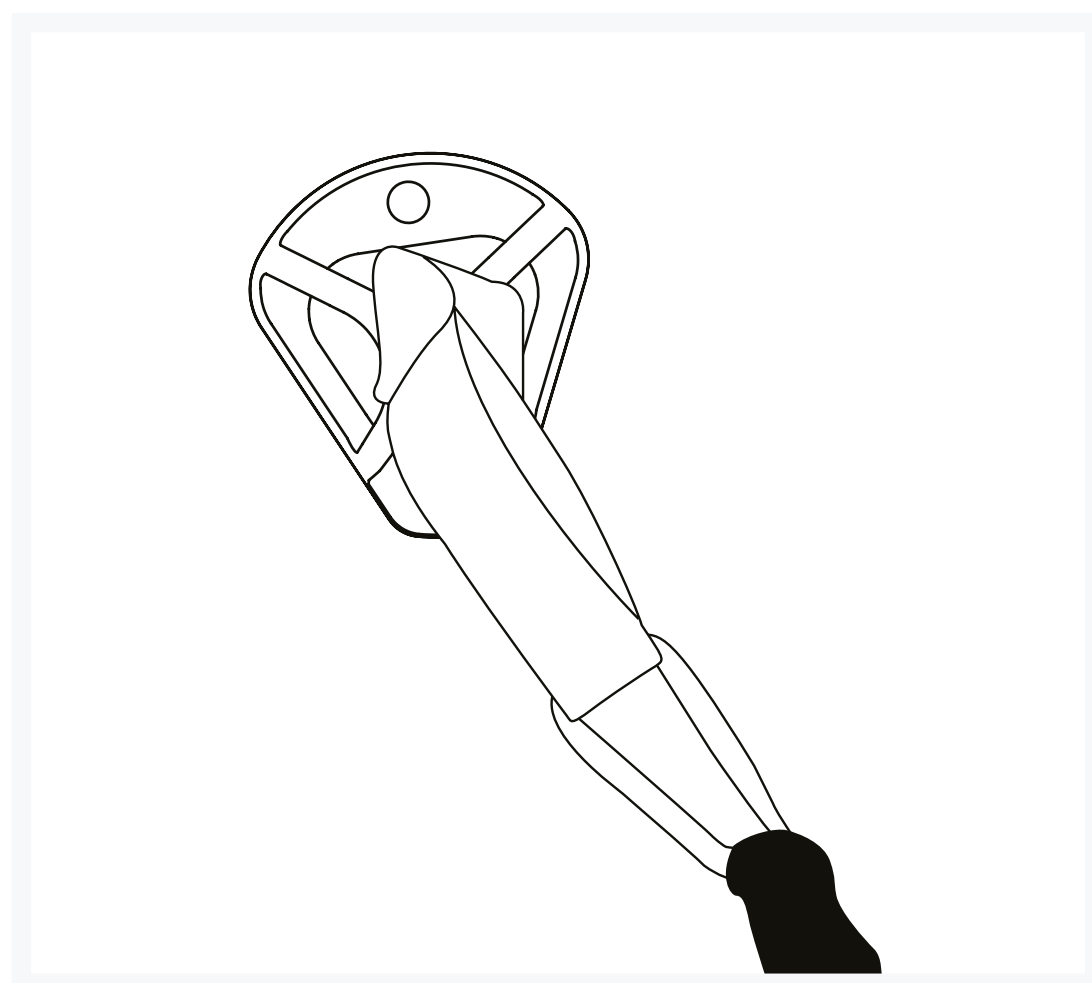


1. Install the Wall Mount as described in the Wall Mount User Manual.
2. Thread the fabric loop included in the box through the center of the Wall Mount, as shown

*Wall mount is not included in the Box

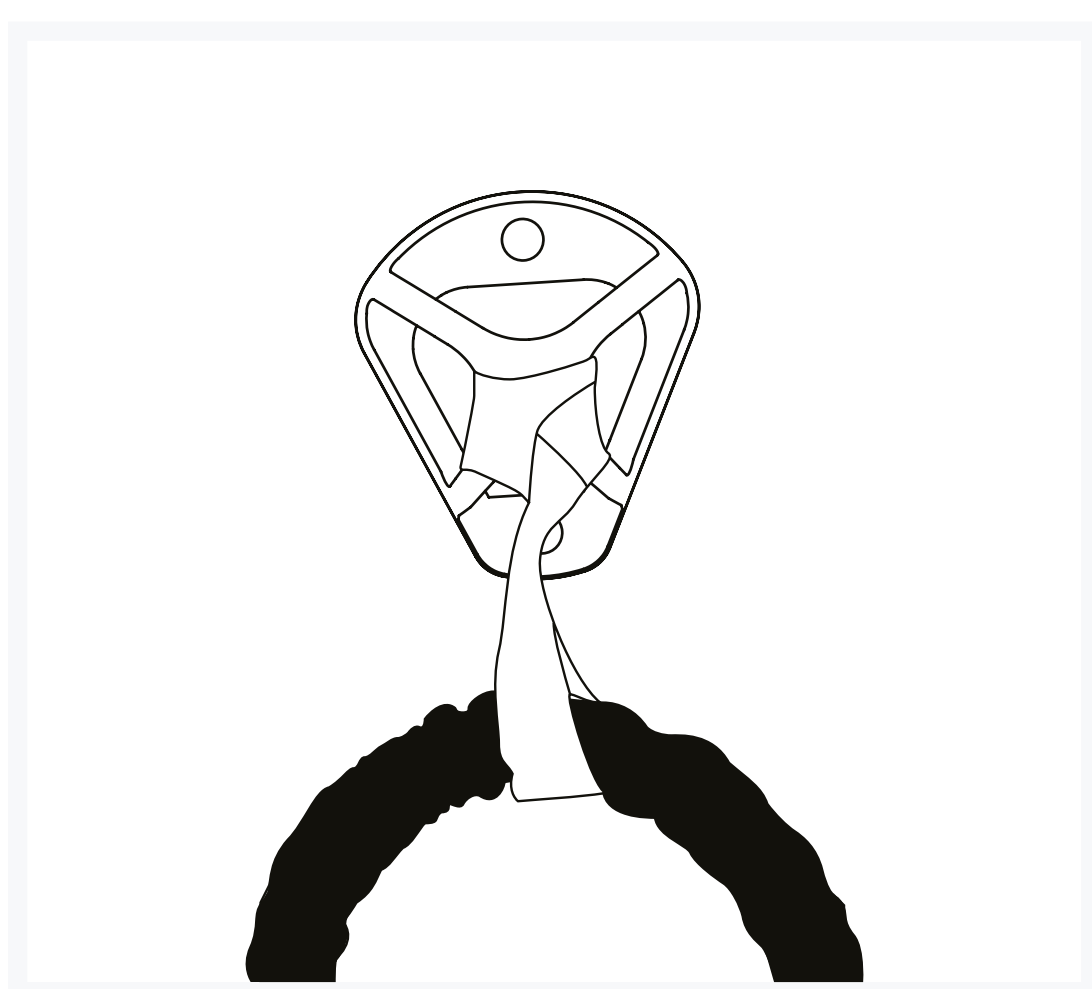
Anchoring the HYBAR with the Wall Mount

Performance mode



- 1: Attach the carabiner to the fabric loop.
- 2: Attach the sensor unit to the red end of the HYBAR.

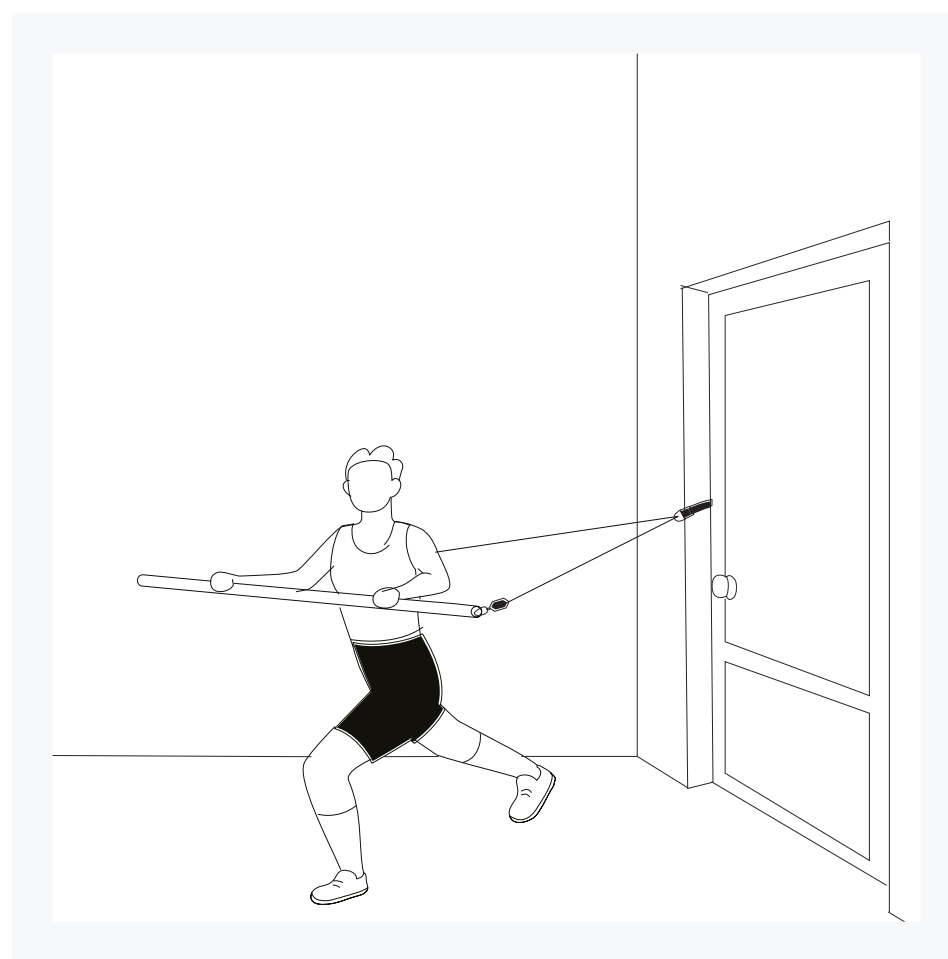
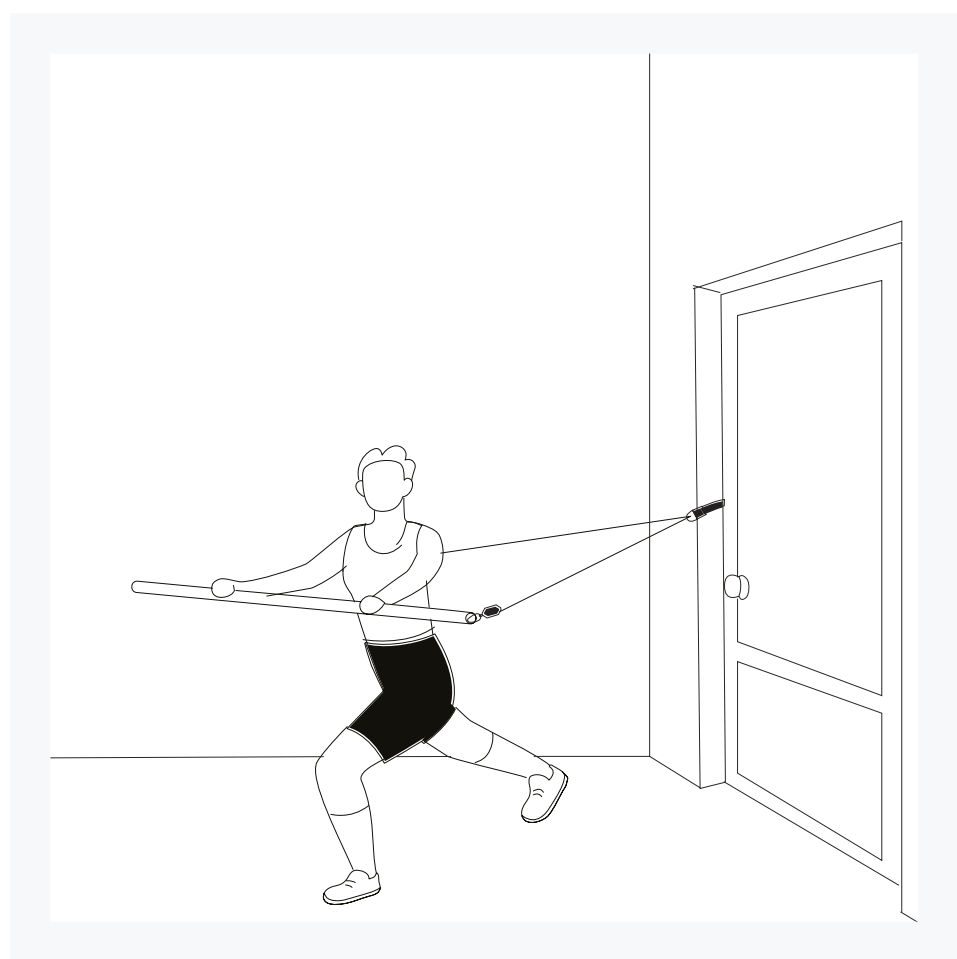
Strength mode



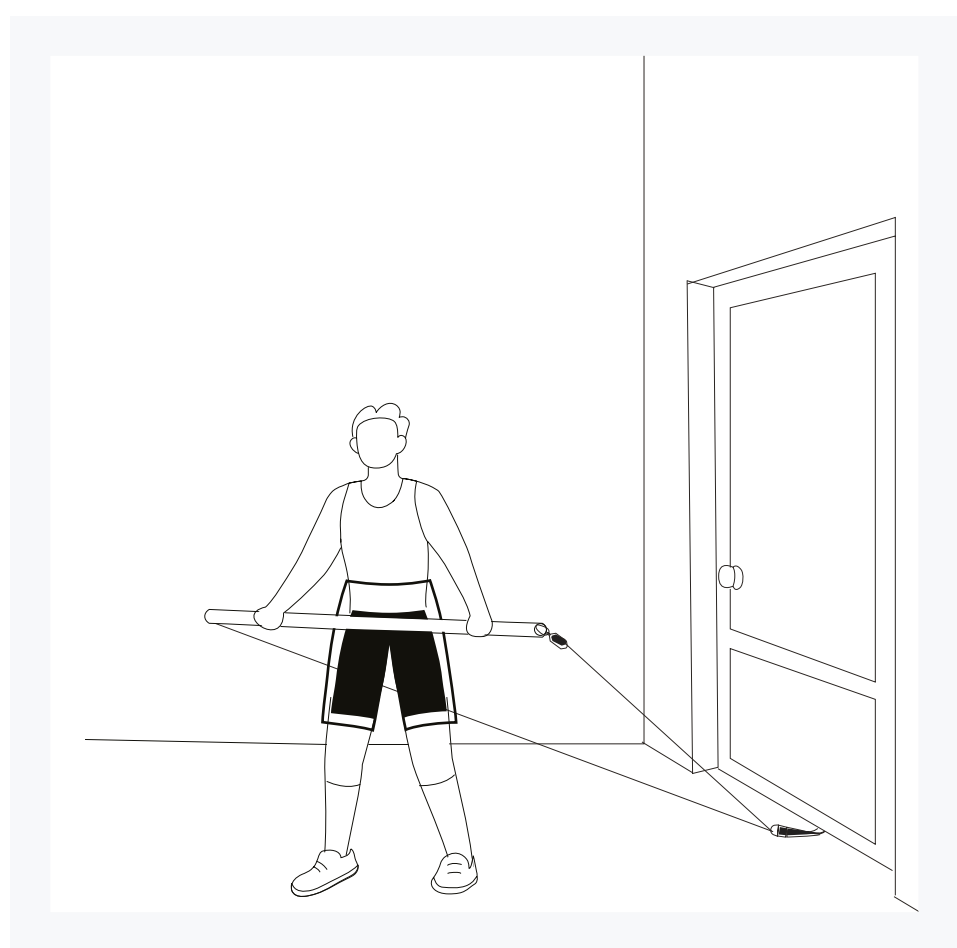
- 1: Insert the resistance band through the fabric loop.
- 2: Attach the sensor unit to the red end, and the carabiner to the black end.

Workout Examples using HYBAR

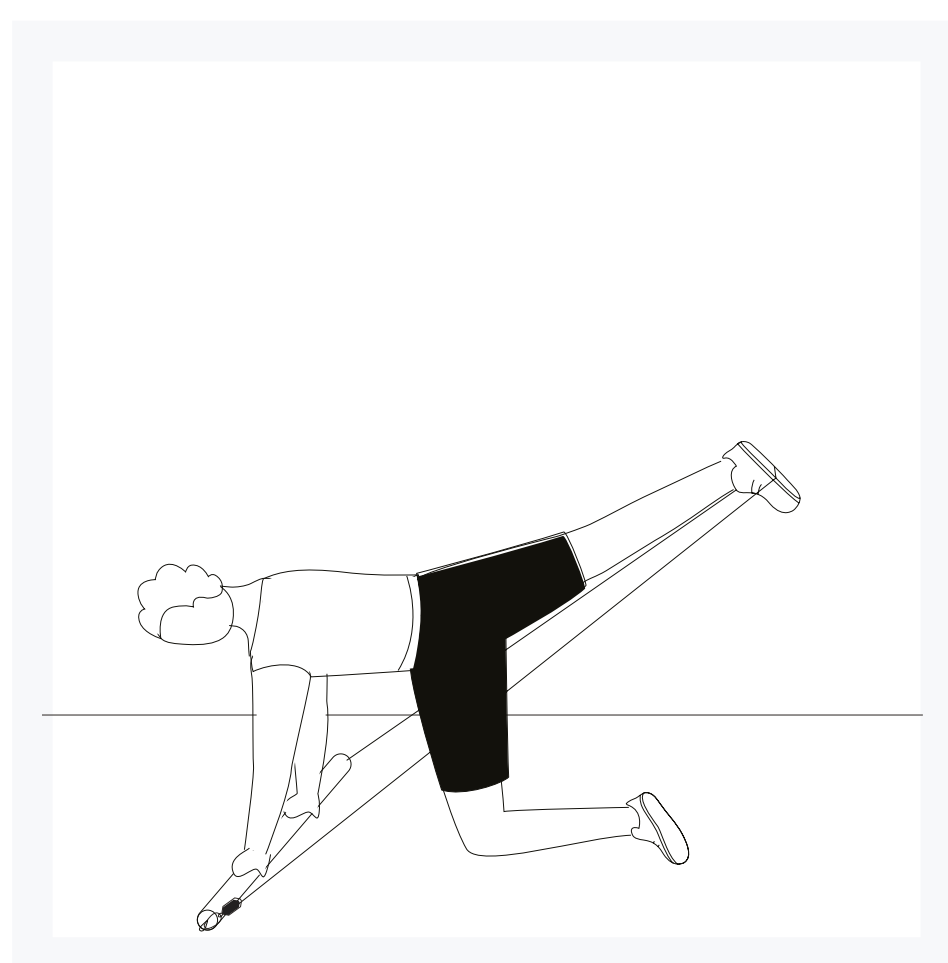
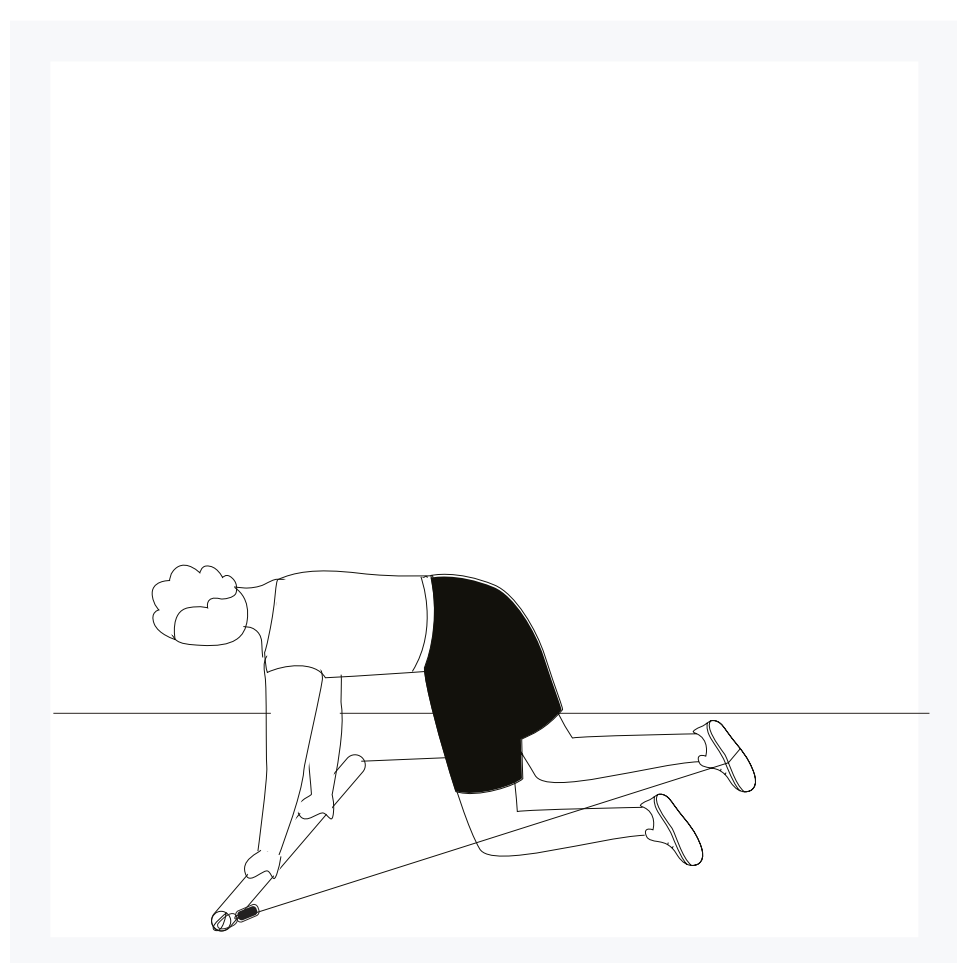
Chest press



Hip thrust



Glute kickbacks



Safety: Do's and Dont's

- ✓ DO start slowly and take it easy before progressing to a more challenging or more 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 use a strong and secure anchoring point that can fully support your body weight.
- ✓ DO always perform a weight test by pulling hard on the anchoring point and main straps when using any of the anchoring attachments.
- ✓ DO pull hard on the handles to ensure they are secure before using.
- ✓ DO ensure the carabiners are correctly attached to the Hybar.
- ✓ DO make sure the floor is not wet or slippery to avoid minor or even severe injuries.
- ✓ DO use Hybar only for its intended use, as described in this manual.
- ✓ DO inspect your Hybar 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 Hybar if your hands are greasy, wet or overly sweaty.
- ✗ DON'T push yourself too far beyond your comfort zone.
- ✗ DON'T use Hybar if a band or any other element is damaged.
- ✗ DON'T allow children under the age of 16 to use Hybar.
- ✗ DON'T expose Hybar to direct sunlight, rain or snow.
- ✗ DON'T leave Hybar exposed outdoors for an extended period of time.
- ✗ DON'T use strong chemical agents or cleaners, which may discolor or damage your Hybar.
- ✗ DON'T touch Hybar 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 firmware from an unauthorized provider.
This may cause Hybar to malfunction or become incompatible, voiding the product warranty.
- ✗ DON'T use Hybar if any of the components are worn or damaged.
- ✗ DON'T use an anchoring point that causes excessive friction or wear to the Hybar
- ✗ DON'T expose your Hybar to high temperature

Safety: Do's and Dont's

- Failure to adhere to severe injury. The user assumes the full risk of injury and all liability Hybar safety guidelines may result in minor or resulting from the use of Hybar and all of its components.
- Console your doctor before using the Hybar
- Make sure to use the secure band at all times
- Make sure that the bar is screwed all the way

FCC Caution:

Any changes or modifications not expressly approved by the part responsible for compliance could avoid the user's authority to operate this equipment.

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.
This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

NOTE: 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. Th device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

IC Caution:

EN

This device contains licence-exempt transmitter(s)/ receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).

Operation is subject to the following two conditions:

This device may not cause interference.

This device must accept any interference, including interference that may cause undesired operation of the device.