

FCC Compliance Statement

Model Name: FC1000

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 equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must be at least 20 cm from the user and must not be co-located or operating in conjunction with any other antenna or transmitter. The information in this guide may change without notice. The manufacturer assumes no responsibility for any errors that may appear in this guide.

CAUTION: Change or modification not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

Industry Canada Statement

This device complies with Industry Canada's licence-exempt RSSs. 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.

Cet appareil est conforme à Industrie Canada une licence standard RSS exonérés (s). Son fonctionnement est soumis aux deux conditions suivantes:

1. Cet appareil ne doit pas provoquer d'interférences
2. Cet appareil doit accepter toute interférence reçue, y compris les interférences pouvant provoquer un fonctionnement indésirable de l'appareil.

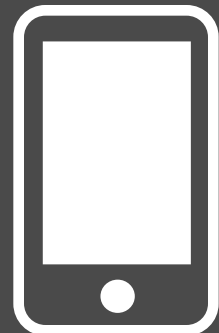


USER GUIDE

For service and support, please email support@formlifting.com

For more information about your FORM Collar Visit www.formlifting.com

Getting Started



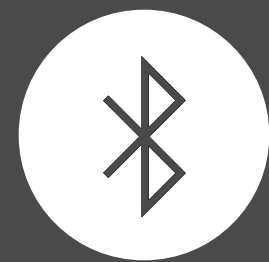
Download the "FORM Lifting" App

- Available on App Store & Google Play



Charge your FORM Collar

- Use the Micro USB charger to charge your FORM Collar



Sync with your Smart Phone

- Turn on bluetooth through your Smart Phone
- Open FORM Lifting App and Sign Up

Light Status

Not Connected to Smart Phone

	No Light	Collar is asleep
	Blue (Flashing)	OFF barbell
	Green (Flashing)	ON barbell
	Red (Flashing)	Battery Below 20%

Connected to Smart Phone

	Blue (Solid)	OFF Barbell
	Green (Solid)	ON barbell
	Red (Flash 3x)	New Connection

Pluged Into Charger

	Red (Solid)	Battery Below 20%
	Green (Solid)	Battery Above 80%