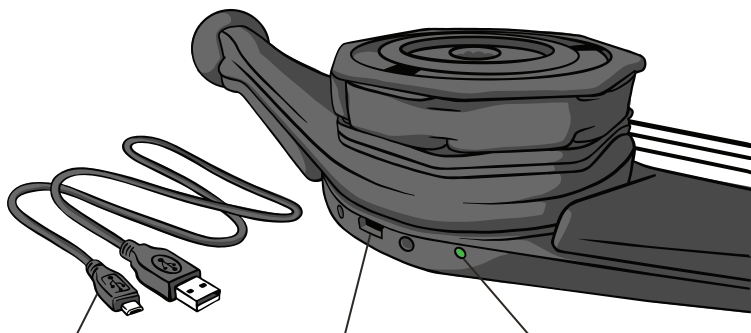




PERSONAL GYM PRO

## PRO QUICK START GUIDE

### 1 CHARGE YOUR PRO



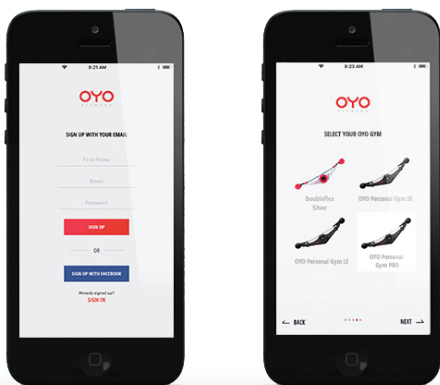
Micro USB Cable

Micro USB Port

Charge Indicator

The USB charging port is located at the bottom of OYO Personal Gym PRO unit. Use the included USB charging cable to charge your PRO for two hours to get a full charge prior to first use.

### 2 DOWNLOAD THE APP CURRENTLY AVAILABLE ON APPLE iOS



Your PRO unit communicates with our OYO Coaching App to track your reps and progress. The app is available for free on iTunes for Apple iOS devices. To download, go to iTunes on your device and search "OYO Fitness". Once you have downloaded the app, follow the account setup instructions.

During setup, choose **OYO PERSONAL GYM PRO** as your model or your unit will not connect to the app. The PRO must be awake to connect to the app (as indicated by green LED light by USB port). If unit is not awake, perform a rep or plug in USB charging cable.

**Once you've set up your account, watch all in-app tutorial videos.**



## TROUBLESHOOTING:

If you have trouble charging your PRO, connecting to the OYO Coaching App or have any other questions, please visit: [OYOFITNESS.COM/PRO-FAQ](https://oyofitness.com/pro-faq)

## GENERAL CARE:

### BATTERY

The battery is designed to stay charged for about one week, depending on frequency of use. We recommend charging overnight at least once per week.

### WAKING UP YOUR PRO

If you've used your PRO recently, lifting the PRO and performing a rep will wake it up. If it's been a little while, your PRO may be in deep sleep mode. To wake from deep sleep mode, plug into a USB outlet.

## WARNINGS:

### UNPLUG PRO BEFORE USE

Do not operate your PRO while it is plugged into an outlet or while micro USB cable is attached.

### DO NOT GET WET

This is an electronic product; getting wet will harm internal components and will void any warranties.

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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.

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

This equipment has been tested and found to comply with the limits for Class B digital devices pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential environment. This equipment generates, uses, and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, 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 and correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the 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.

