



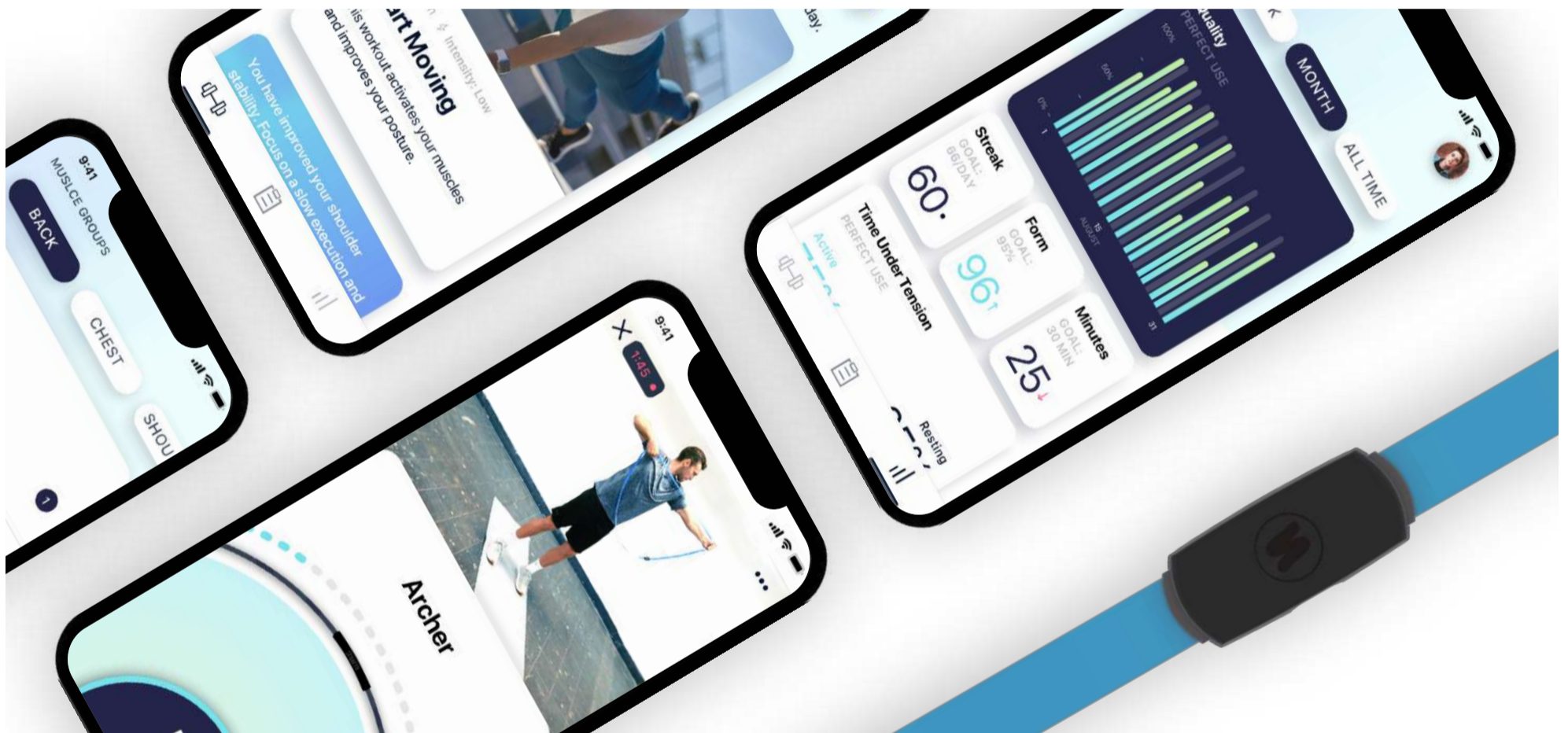
Hello

Quick Start Guide



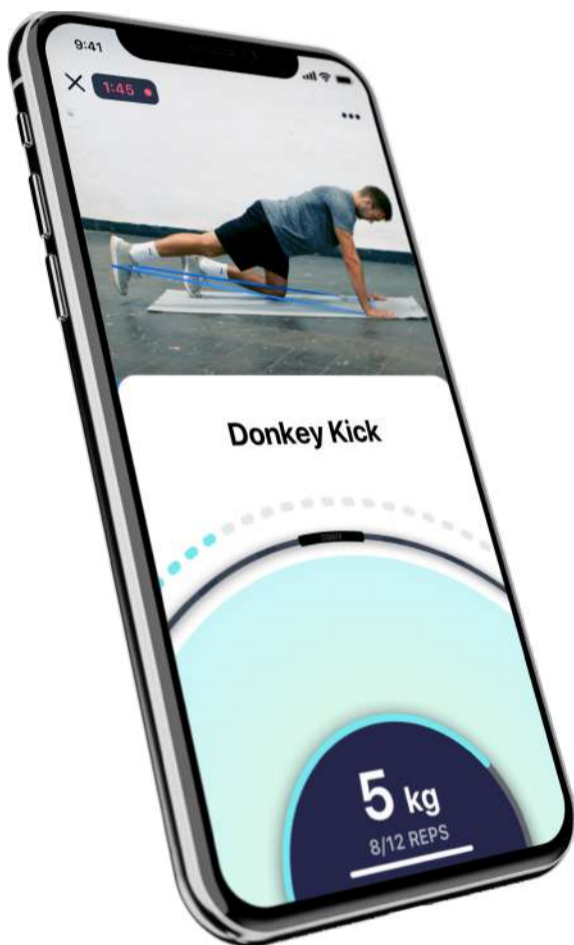
Welcome to STRAFFR

Please read and follow these instructions and all other information before using your STRAFFR band.



App

Download the STRAFFR App from the iOS App Store or Google Play Store.



User Profile

Follow the tutorial and create your profile to access your training data from any mobile device.

Bluetooth

Connect your band with the STRAFFR app.



Activation (first time connect)

Press the STRAFFR symbol button or charge it first.

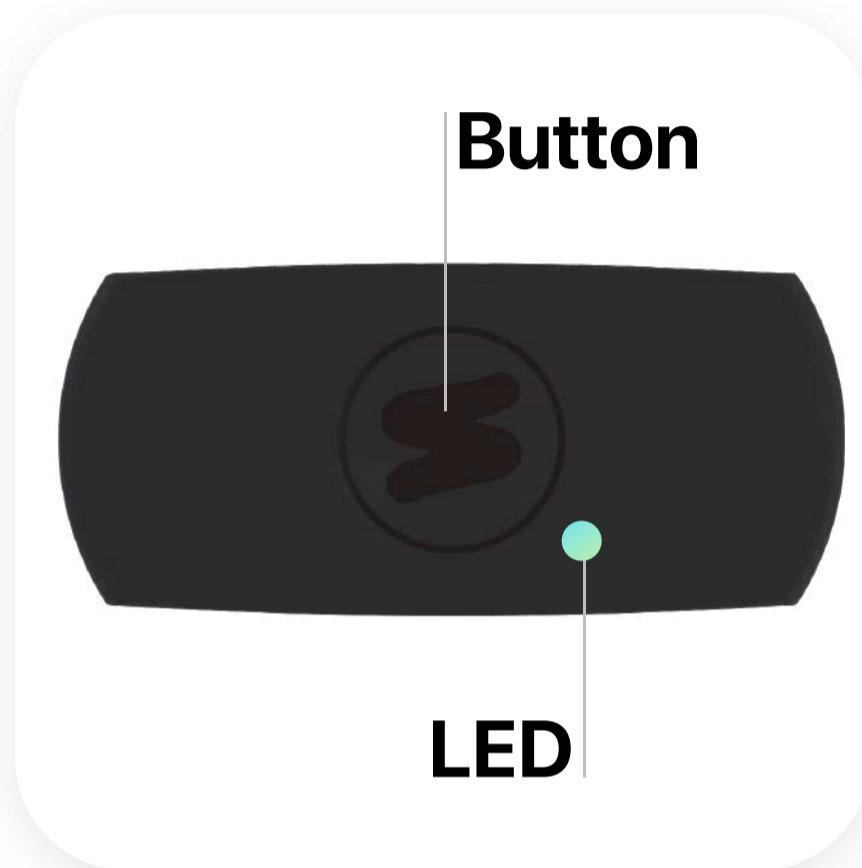
Connect (after first connect)

1. Simply pull the STRAFFR band to wake it up.
2. Make sure Bluetooth is enabled on your phone.
3. Open the STRAFFR app and press the band icon in the top left corner of the main screen.
4. Once connected, confirm the pairing request.

Note: Your STRAFFR band will go into sleep mode automatically when you are done exercising.

Modes of Operation

LED indicating device status.



Reset

Press and hold the button for 6 seconds to reset.

LED

- Flashing blue: On and ready to connect
- Flashing green: Connected and ready to start
- Flashing red: Low battery level

Charging

Connect the USB-C cable to the STRAFFR case. The band is fully charged when the led turns to solid green. A full charge takes about 1 hour.

Practice Safe



Read and follow these instructions and all other information before using your STRAFFR band.



Just pull the band to switch it on.



Check the product for any manufacturing defects prior to use.



Do not stretch bands more than 3x their original length.



Do not bring the STRAFFR band into contact with any lotions.



Do not stretch the band while holding the case in your hand.



Avoid sharp corners and friction.

If defects are evident, do not use the product and contact STRAFFR immediately. Check the STRAFFR band carefully for any tears, wear or damage before each use. Never use a damaged band.

Do not submerge the STRAFFR band in water/liquids.

Avoid looping bands around abrasive surfaces (use a utility strap to tie off safely).

For medical or therapeutic purposes, STRAFFR should only be used in coordination with an expert (doctor, physiotherapist).

Keep children and animals away from STRAFFR bands.

STRAFFR bands are intended to be exclusively used by adults.