

1) Download the SmartRope app

- **iPhone/iPad:** Open the App Store and search “**SmartRope**”.
 - **Android:** Open Google Play and search “**SmartRope**”.
Install and open the app. [AppleGoogle Play](#)
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2) Turn on the rope & connect to the app

1. **Quickly twist/turn the left handle**—you’ll hear a short **beep**, which means the rope is on.
 2. Open the **SmartRope** app with **Bluetooth** enabled on your phone; **connects automatically**.
 3. If you leave it idle, **powers off after ~20 seconds** to save battery.
Note: If connection fails, toggle your phone’s Bluetooth, then retry in the app.
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3) Attach & size the rope

Attach the rope

1. Feed the rope through the **top hole** on the handle head.
2. Return it through the **second hole** and secure it with the built-in rope holder, as shown in the diagrams on the handle.

Find your length

- Stand on the rope’s midpoint and pull both ends upward.
 - Beginners usually start with the handles reaching around **armpit/shoulder height**.
 - If there’s a lot of extra rope, **trim the excess** with scissors and tuck what remains using the holders.
 - You can cut surplus rope if needed for a permanent fit.
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4) Your first workout

- Hold both handles and begin jumping—**auto-starts recording**.
- After **5 jumps**, the set is saved and visible in the SmartRope app (jumps, calories, time, goals). Can store **up to 1,000 workout sets** locally and sync them into the app.