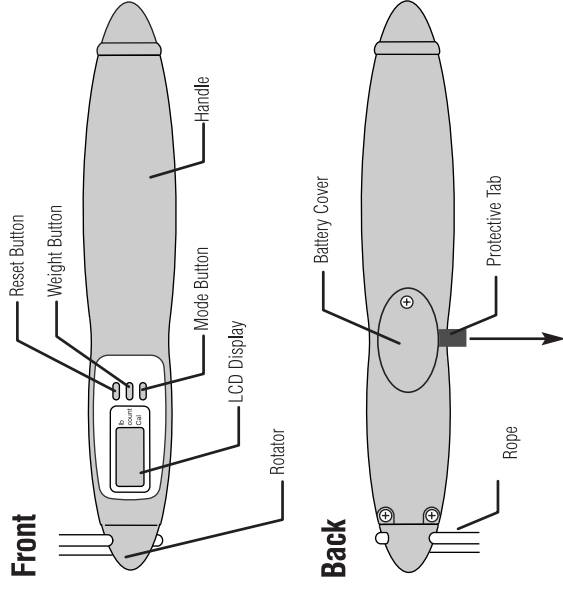


Instruction Manual

Thank you for purchasing HealthyJump. Please read this manual before using the product and keep it for future reference.

Display Handle Components



Note: Before first use, pull the Protective Tab from the Battery Cover.

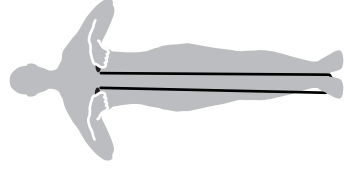
Adjusting Rope Length

To measure the best length for you to jump, step on the middle of the rope with one foot and pull the handles up towards your body. The handles should reach to your chest.

To adjust the rope length, hold the Rotator in place. Push the longer end of the rope through the hole on the Rotator. Pull the shorter (loose) end of the rope away from the Rotator.

Note: If the rope is too long or too short, you will not be able to jump with good posture.

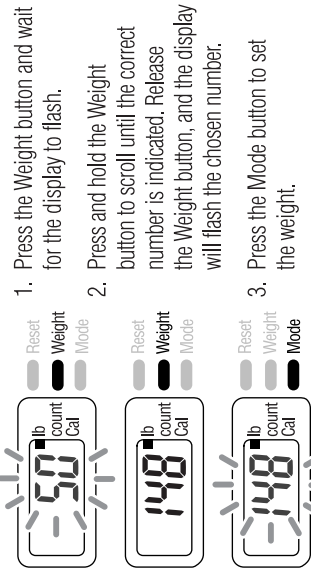
Note: If you cut the end of the rope, leave at least 2" hanging from the Rotator.



Calorie-Counting Feature

HealthyJump calculates the amount of calories burned according to the data you input. To use the Calorie-Counting feature you will need to program HealthyJump.

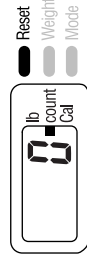
Programming



Note: The weight range is from 50 to 360 lb. After scrolling up to 360, the number will return to 50.

Note: If you release the weight button and do not press anything for 4 seconds, HealthyJump will accept the current (flashing) number as your weight.

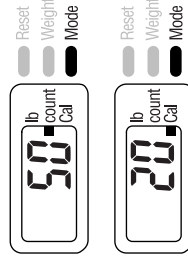
Before Your Workout



Before you begin each workout, press the Reset button to set the calorie/jump counters to zero. Once the display is reset, begin your workout.

Note: Be careful not to touch any of the buttons while jumping.

Obtain Readings



After your workout, press the Mode button to shift the display between the number of rotations jumped and the number of calories burned during your workout.

Note: If the indicator is beside "count" the number of rotations (jumps) is being displayed. If the indicator is beside "Cal" the number of calories burned is being displayed.

Note: HealthyJump can count up to 9,999 rotations (jumps) and 4,108 calories.

Replacing Batteries

If the display is blank or difficult to read, replace the batteries.

1. Use a screwdriver to remove the battery cover. Remove the old battery.
2. Insert the new battery positive (+) side up (facing you).
3. Replace cover and screw into place.

Note: Keep batteries out of reach of children.

Important Notes for Users

- Consult your physician before starting any new exercise routine.
- Make sure that you have enough vertical space to jump rope before using HealthyJump.
- Do not use if the rope is damaged.
- HealthyJump is intended for jumping only—do not use the rope for other purposes.
- The rope may be covered in a fine powder to prevent it from sticking to itself or to the package while in transit. This powder is completely safe and will quickly wear off the rope.

Product Maintenance

- Clean occasionally by wiping with a soft, dry cloth (do not use water, thinner, etc.).
- Do not disassemble.
- Using HealthyJump on concrete or asphalt may damage the rope.
- Store in a temperate place free of dust, and away from direct sunlight, high temperatures or excessive humidity.

Specifications

Model	HealthyJump (CJ-688-TB)
Display Results	Jump Counter: 1-9,999 Calorie Display: 1-4,108
Dimensions	Handle: 7-1/8" x 1-1/8" x 1" (Height/Width/Depth) Rope: 10' (Length)
Battery	1 x LR44 (included)

Should you need to return this product for an exchange or refund, please contact the store/cataloger from which it was purchased. If you have any questions on the use of this Tanita product, please call Tanita Customer Service M-F, 8:30 am-5:30 pm (Central Standard Time) at 1-847-640-9241.

Product Limited Warranty

Not Valid Without Proof of Purchase

Your Tanita product is warranted to the original consumer only, for one (1) year, to be free from defects in materials and workmanship under normal use. This product is designed for personal use only. Tanita Corporation of America reserves the right to nullify the warranty agreement should the product be used in a commercial environment. This warranty is void if the product has been tampered with or mistreated, or if the defect is related to servicing or parts not supplied by us. Our obligation under this warranty is limited solely to the charge of repairing the product, plus the cost of parts or, at the option of Tanita, replacing the product with an equivalent model. There are no express or implied warranties except as listed above. **Tanita is not liable for incidental or consequential damages for failure or malfunction of the product and any recovery may not be greater than the purchase price paid for this product.** Some states do not allow limitation on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. **No person is authorized to change the terms of this warranty.**

If Product Is Defective or Needs Repair

Do not return this product to the place of purchase; doing so may delay the processing of your warranty claim.

Call Tanita at 1-847-640-9241 to receive a Return Authorization Number before returning this product. **Proof of purchase must accompany the product.** Because of possible loss, we recommend insuring your product, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. It is important that you pack the product carefully, prior to shipment to prevent damage in transit and that you include a letter describing in detail the specific condition requiring adjustment or repair.

After Warranty Repairs

Please call Tanita at 1-847-640-9241 (USA and Canada only).

Please complete the following information and retain for your records.

Model:	HealthyJump (CJ-688-TB)
Date Purchased:	
Purchased From:	
Address:	



Tanita Corporation of America Inc.
2625 South Clearbrook Drive
Arlington Heights, IL 60005, USA
Tel: 847-640-9241
Fax: 847-640-9261
www.tanita.com

Helpful Tips When Jumping Rope

- Look straight ahead
- Keep your back straight
- Keep your feet close together
- Keep your hands to your side while rotating the rope with your wrists and forearms