

WEIGHT TRAINING BLUETOOTH SENSOR W001

FEATURES

Wireless Connection

Bluetooth Low Energy technology connectivity via app.

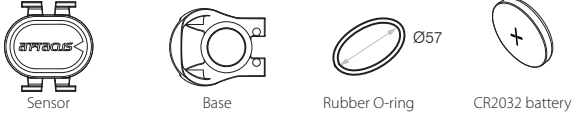
Quick installation

Once fixed on the training equipment, the sensor will start to record reps in sets.

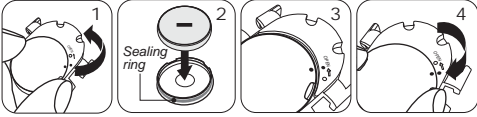
Accurate Measurement

With an app that quantifies and analyzes your hard work, you can have a grasp of your progress.

IN THE BOX



PLACE BATTERY

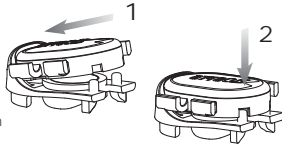


- 1 Twist the battery cover counter-clockwise to **OPEN** and remove the cover.
- 2 Place the battery (CR2032) into the cover with positive (+) side facing the inside of the battery cover. Make sure the sealing ring is in the groove of the battery cover.
- 3 To reinstall the battery cover, align the cover dot with **OPEN**.
- 4 Press and twist the cover clockwise back into place (the cover dot points to **LOCK**).
- 5 Check if the battery back cover is securely locked to ensure water resistance.

INSTALLATION

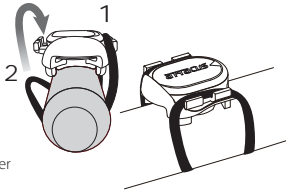
First Fasten Sensor into Base

- 1 Face the side with logo upward and slide the sensor into the base.
- 2 Be sure to fit in the hole and the bump on the sensor and base.



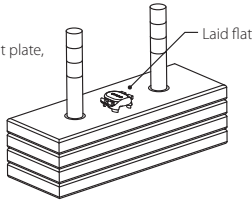
Install on Barbell

- 1 Place the sensor and the base on the barbell, logo facing upward.
- 2 Use the Rubber O-ring to tie the sensor on the barbell. The Rubber O-ring should be attached to the hooks on both sides of the sensor.
- 3 Make sure the sensor is fixed and will not hinder your movement.



Install on Weight Plate

- 1 Place the sensor (with base) on top of the weight plate, logo facing upward.
- 2 Lift the weight plate/weight stack for a couple of times to confirm the sensor is fixed and immovable, and will not hinder your movement.



TROUBLE SHOOTING

How to connect the sensor via Bluetooth within App?

- 1 Please install **AlaFitness** on your mobile device.
- 2 Turned on Bluetooth® on your mobile device.
- 3 Open the app. Follow the on-screen instructions to register on App and set up User's Profile.
- 4 Swipe left and select [Weight Training] > Connect: [wtSensor]. On the displayed device list, select [W001].
- 5 Select [NEXT STEP] > [Start], and follow the on-screen instructions to complete the operation.

Why can't I connect the sensor in App?

- 1 Please use **AlaFitness** on your mobile device.
- 2 Make sure the Bluetooth® on your mobile device has been turned on.
- 3 In order to save battery power, the sensor will enter sleep mode after **5 minutes** of no action or Bluetooth connection. Please shake it slightly to wake it up. Please repeat this step if it has been left idle for another **5 minutes**.
- 4 Keep the transmission distance between the sensor and your mobile device within **2 meters**.
- 5 Check the battery. If exhausted, please replace the battery.

SPECIFICATIONS

- Name: Weight Training Bluetooth Sensor W001
- Dimension: L37.4xW35.5xD16.85 mm (Base included)
- Weight: 14.7g (CR2032 + Base included)
- Waterproof: IPX7
- Operating temperature: -10~60°C (14~140°F)
- Wireless transmission interface: Bluetooth 4.0
- Wireless transmission frequency: 2.402~2.480 GHz
- Battery: CR2032
- Battery life: approx.300 Hours

Note: The flashing green light in every 5 seconds indicates Bluetooth connection; red light indicates no connection.

FCC

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (FCC) Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by doing one or more of the following measures:

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

FCC Caution

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

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

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. To maintain compliance with FCC exposure compliance requirement, please follow operation instruction as documented in this manual.

低功率電波輻射性電管理辦法

本產品僅遵循國家通訊傳播委員會所頒佈低功率電波輻射性電機管理辦法規範，並經認證通過合格，請使用者遵循相關電信法規以避免違反規定受罰。

若使用者欲攜帶本機至其它國家應用，也請遵循該地區或國家之相關法令限制。根據國家通訊傳播委員會低功率電波輻射性電機管理辦法規定：

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用人均不得擅自變更頻率，加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

PRODUCT WARRANTY / 產品保修

We thank you for purchasing. We provide a one-year manufacturer's warranty from the date of purchase.

Warranty period:

We provide repair service free of charge but such service will be limited to normal use only. Any damage caused by misuse of users shall not be covered by the warranty hereof.

- 1) We offer a risk free 90 day warranty on all replacement parts that we offer for you.
- 2) User will pay for postage of replacement products from home to our service center. (Please pack properly)

Non-Warranty Repair Policy: (User needs to pay for the repairs.)

- 1) If malfunction or damage is caused by improper use, disassembly and modification.
- 2) If damage is caused by accident, abuse, misuse, flood, fire, earthquake, any other natural disasters or human negligence.
- 3) Due to normal wear and tear of consumptive parts such as battery, battery cover, base, rubber O-ring, etc.
- 4) If any serial number has been removed or defaced.
- 5) If it is damaged after the warranty expires.

感謝支持與購買！自購買日起本公司提供一年保固服務。

保固範圍：

倘若本產品在正常使用情況下發生故障，經鑑定為產品本身問題，在保固期內，本公司提供免費修復或更換服務。

- 1) 維修後產品以原產品的剩餘保固期限或 90 天內為新的保固期限。
- 2) 客戶須自費將產品郵寄 (請妥善包裝) 或送回本公司進行檢修。

非保固範圍：(將收取適當維修費用)

- 1) 不當使用、拆修及改造引起的故障或損壞。
- 2) 天災、火災、地震、意外等不可抗力之災害及人為處理上之疏忽。
- 3) 自然損耗、消耗性零配件，例如：電池、電池蓋、固定座、橡膠環等。
- 4) 產品或零件機身的序號已除去或塗毀。
- 5) 保固期限過後之故障或損壞。

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- 3) 自然損耗、消耗性零配件，例如：電池、電池蓋、固定座、橡膠環等。
- 4) 產品或零件機身的序號已除去或塗毀。
- 5) 保修期限過後之故障或損壞。

Model/型號	Date of purchase/購買日期
Serial No./序號	YYYY年 / MM月 / DD日
SN:	
Dealer's Stamp/經銷商蓋章/經銷商蓋章	Customer Service/售後服務/售後服務 ALATECH TECHNOLOGY LIMITED 39F, No.758, Jungming S. Rd. Taichung City 40255 台中市南區40255忠明南路758號39樓 TEL:+886-4-2260 8341#14 9:30-17:30, PST, M-F (周一至周五) (Only applies to the Taiwan Area.限台灣地區)
Manufacturer/製造商/製造商 Zhejiang ALA Fitness Technology LTD. No.405 Tongjin Road, Tongxiang Economic Development Zone, Zhejiang, China 浙江艾樂健康科技有限公司 浙江省桐乡市經濟開發區同心路405號	

* The serial number is printed directly on the back of device.

* 請查看產品背面 SN 後面之一組數字即為您的產品序號。

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2PF297164075003

V1.1

產品特色

無線連接
通過藍牙低功耗技術，能與智慧型裝置連線使用。

使用便利
只要固定在重訓器材上，即可計數推拉舉作動次數及組數。

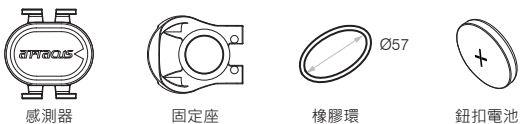
可靠的數據
藉由APP量化與分析，幫助掌握運動量與目標進度。

App (Android / iOS)

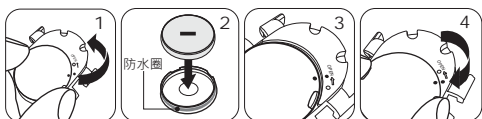
請掃描下載 **AlaFitness**
安裝系統要求：
• iOS 11.0 或更高版本
• Android 5.0 或更高版本
• 藍牙 4.0



包裝內容



安裝電池

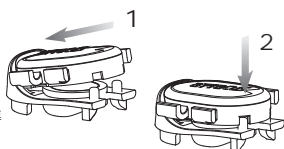


- 1 拇指和食指並用以逆時針方向將電池背蓋推轉至 OPEN 打開。
- 2 將 CR2032 電池負極(-)朝上裝入背蓋中。確認防水圈有在背蓋。
- 3 以背蓋圓點對齊 OPEN 處放回電池背蓋。
- 4 以順時針方向將背蓋由 OPEN 轉回至 LOCK 對齊。
- 5 確實鎖緊背蓋，確保防水性能。

安裝

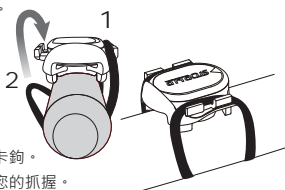
首先將感測器裝入固定座

- 1 將感測器Logo面朝上，以缺口對準固定座凸點方式裝入。
- 2 垂直往下壓感測器，使其扣入固定座。



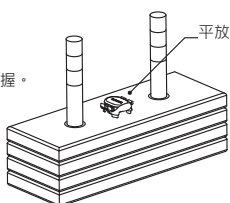
裝在槓鈴/啞鈴上

- 1 將感測器(含座)面朝上放在握桿上。
- 2 以橡膠環繞過握桿勾住感測器兩側的卡鉤。
- 3 試舉幾下，確認感測器無移位或影響您的抓握。



平放在槓片上

- 1 將感測器(含座)面朝上磁吸在槓片上。
- 2 試舉幾下，確認感測器無移位或影響您的抓握。



疑難排除

如何在App內通過藍牙連接感測器?

- 1 請下載安裝AlaFitness。
- 2 打開行動裝置上的藍牙。
- 3 啟動App。依照螢幕指示完成註冊及使用者資料設置。
- 4 向左滑動至[重量訓練]> 配對裝置：選擇[wtSensor]。當App搜尋到感測器，請從裝置列表中選擇 [WT001]。
- 5 選擇 [下一步]，並依照螢幕指示操作即可。

為何App與感測器無法連線使用?

- 1 請安裝與使用AlaFitness。
- 2 確認行動裝置上的藍牙已開啟。
- 3 為節省電池電量，感測器會在沒有任何作動與藍牙連線時自動休眠。每次使用前請先晃動一下感測器，當燈號閃一下代表已喚醒。如果沒有與App進行藍牙連線，也沒有使用，感測器將在5分鐘後再次進入休眠模式。
- 4 請檢查您的行動裝置與感測器是否維持在2公尺的傳輸距離範圍內。
- 5 請檢視感測器是否有電，若沒電，請更換電池。

規格

- 品名：WT001 藍牙重量訓練感測器
- 尺寸：L37.4×W35.5×D16.85mm (含固定座)
- 重量：14.7g (含電池+固定座)
- 防水：IPX7
- 操作溫度：-10~60°C (14~140°F)
- 無線傳輸介面：藍牙4.0
- 無線傳輸頻率：2.402~2.480 GHz
- 電池：CR2032
- 電池壽命：約300小時

備註 藍牙連線期間每5秒閃一次綠燈。如果沒有連線則每5秒閃一次紅燈。

產品特色

無線連接
通過藍牙低功耗技術，能與智能型裝置連接使用。

使用便利
只要固定在重訓器材上，即可計數推拉舉作動次數及組數。

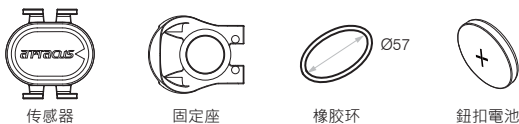
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App (Android / iOS)

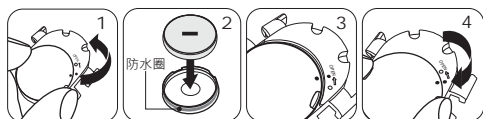
請掃描下載 **AlaFitness**
安裝系統要求：
• iOS 11.0 或更高版本
• 安卓 5.0 或更高版本
• 藍牙 4.0



包裝內容



安裝電池

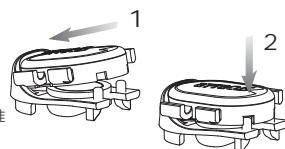


- 1 拇指和食指並用以逆時針方向將電池背蓋推轉至 OPEN 打開。
- 2 將 CR2032 電池負極(-)朝上裝入背蓋中。確認防水圈有在背蓋。
- 3 以背蓋圓點對齊 OPEN 處放回電池背蓋。
- 4 以順時針方向將背蓋由 OPEN 轉回至 LOCK 對齊。
- 5 確實鎖緊背蓋，確保防水性能。

安裝

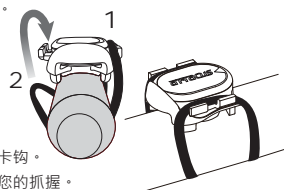
首先將傳感器裝入固定座

- 1 將傳感器Logo面朝上，以缺口對準固定座凸點方式裝入。
- 2 垂直往下壓傳感器，使其扣入固定座。



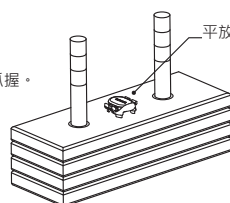
裝在杠鈴/啞鈴上

- 1 將傳感器(含座)面朝上放在握桿上。
- 2 以橡膠環繞過握桿勾住傳感器兩側的卡鉤。
- 3 試舉幾下，確認傳感器無移位或影響您的抓握。



平放在槓片上

- 1 將傳感器(含座)面朝上磁吸在槓片上。
- 2 試舉幾下，確認傳感器無移位或影響您的抓握。



疑難排除

如何在App內通過藍牙連接傳感器?

- 1 請下載安裝AlaFitness。
- 2 打開行動裝置上的藍牙。
- 3 启动App。依照螢幕指示完成注册及用户数据设置。
- 4 向左滑動至[重量訓練]> 配對裝置：選擇[wtSensor]。當App搜尋到傳感器，請從裝置列表中選擇 [WT001]。
- 5 選擇 [下一步]> [開始]，並依照螢幕指示操作即可。

為何App與傳感器無法連接使用?

- 1 請安裝與使用AlaFitness。
- 2 确认行动装置上的蓝牙已开启。
- 3 為節省電池電量，傳感器會在沒有任何作動與藍牙連線時自動休眠。每次使用前請先晃動一下傳感器，當燈號閃一下代表已喚醒。如果沒有與App進行藍牙連接，也沒有使用，傳感器將在5分鐘後再次進入休眠模式。
- 4 請檢查您的行動裝置與傳感器是否維持在2公尺的傳輸距離範圍內。
- 5 請檢視傳感器是否有電，若沒電，請更換電池。

規格

- 品名：WT001 藍牙重量訓練感測器
- 尺寸：L37.4×W35.5×D16.85mm (含固定座)
- 重量：14.7g (含電池+固定座)
- 防水：IPX7
- 操作溫度：-10~60°C (14~140°F)
- 無線傳輸技術：藍牙4.0
- 無線傳輸頻率：2.402~2.480 GHz
- 電池：CR2032
- 電池壽命：約300小時

備註 藍牙連接期間每5秒閃一次綠燈。如果沒有連接則每5秒閃一次紅燈。