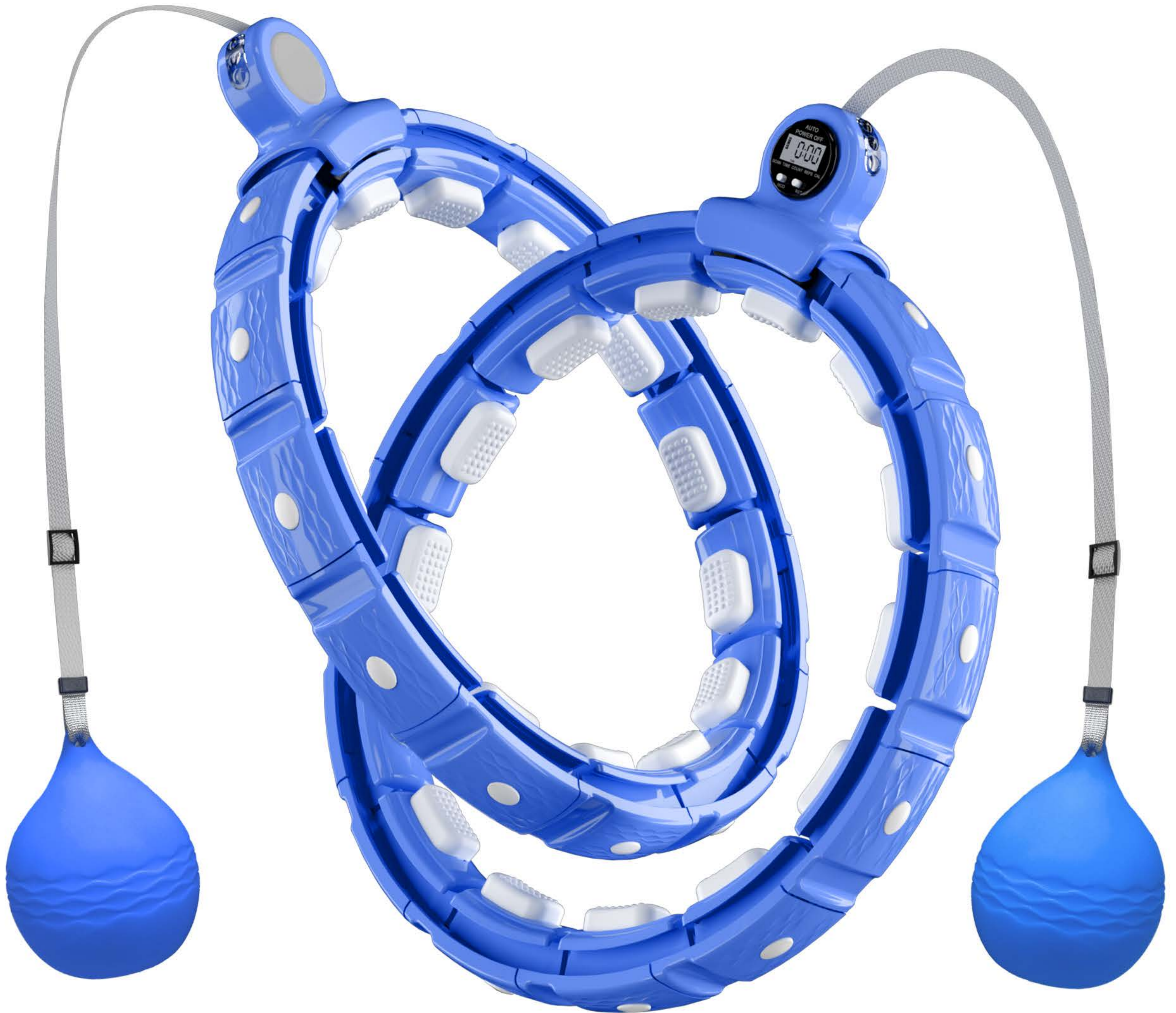


Sonkoloro

Quiet Smart Hula Hoop TR-002

General User Manual for Your Reference



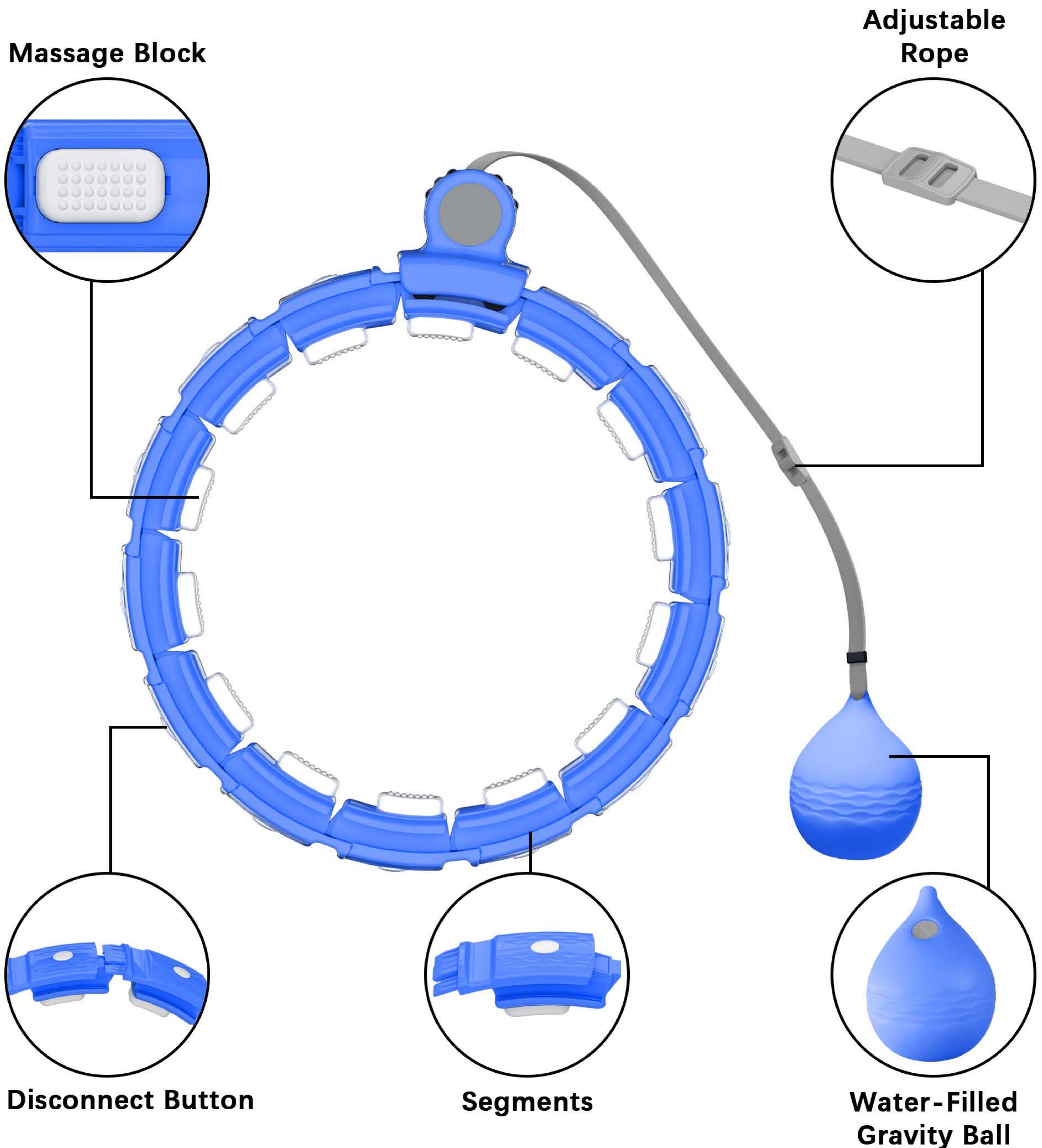
Thank you for your purchase. This manual provides instructions for use, safety guidelines, and warranty information. Please read this manual thoroughly before using the product!

Table of Contents

Considering the diverse needs of our customers for hula hoops, we offer various styles of hula hoops. If the product you purchase does not come with LED lights or a counter, please skip the sections in the manual that introduce these two features

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1. Get Acquainted with Your Fitness Hoop



Tip 1: We replaced iron sand balls with water balls to enhance the safety of the exercise, effectively reducing the discomfort caused by ball impact on the body. Additionally, the use of water balls aligns with a greener and more environmentally friendly approach.

2.Size Information

Each section can be disassembled freely. The length of each section is 6 centimeters. You can assemble the hula hoop with the appropriate number of sections based on your waist circumference.

Size Reference Chart

Specification	Inner Limit
10 Section	56.52 CM
11 Section	64.37 CM
12 Section	72.2 CM
13 Section	81.6 CM
14 Section	91.06 CM
15 Section	97.34 CM
16 Section	105.19 CM
17 Section	113.04 CM
18 Section	120.89 CM
19 Section	128.74 CM
20 Section	136.59 CM

3.How to Use the Water-Filled Gravity Ball?

Water Filling Steps:

Open the faucet, adjust to a suitable water flow (The faucet flow should not be too high). Align the water inlet of the water ball with the faucet and start filling with water. **You don't have to fill the water ball completely.** Finally, push the plug into the water inlet of the water ball.



Tip: Please be cautious not to frequently remove the stopper after filling with water to prevent damage to the balls and potential leakage. The water-filled balls are suitable for long-term use.

Please scan the QR code to watch the water filling video tutorial.



4. How to Use the Hula Hoop?

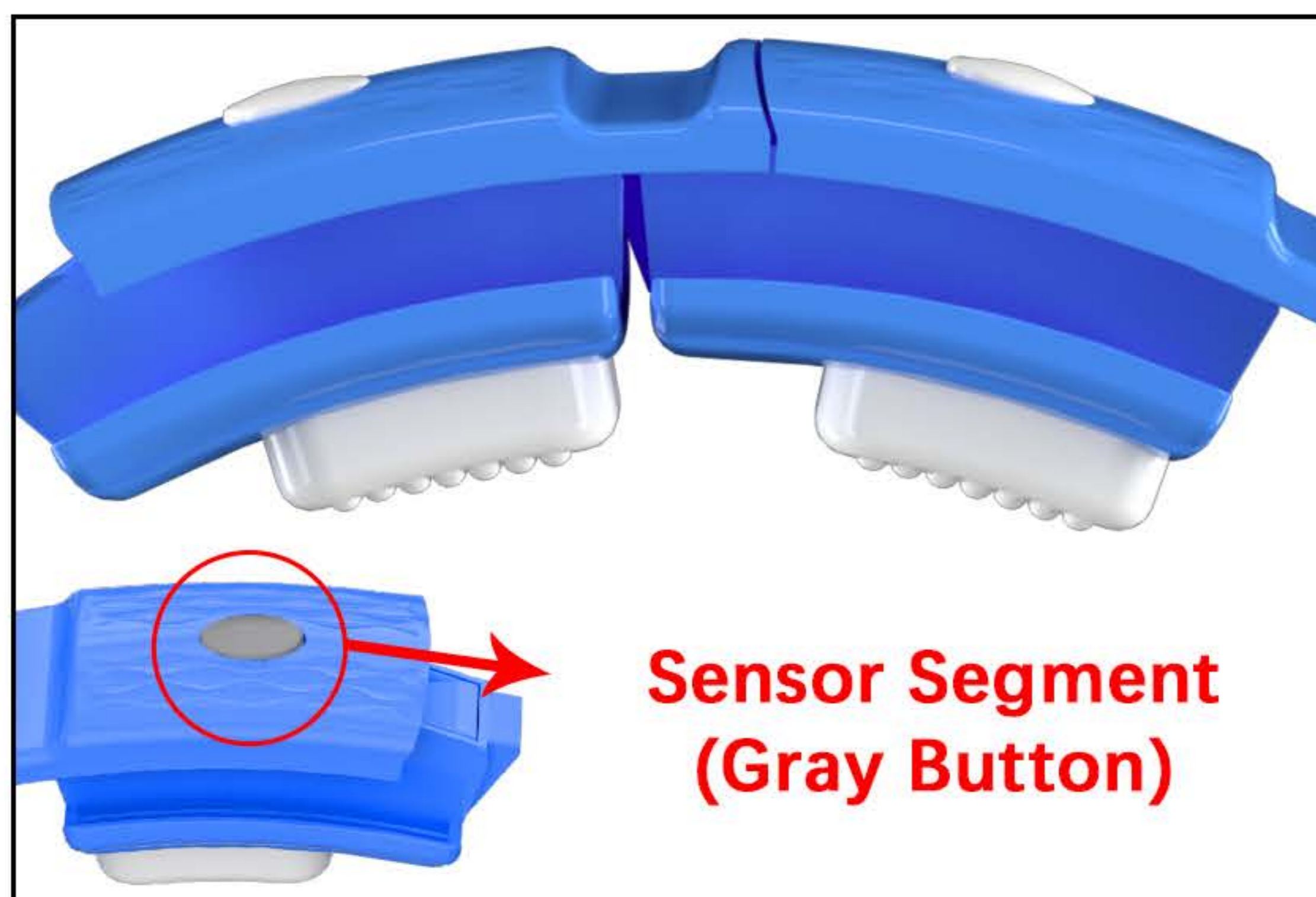
Step 1: During your workout, be cautious as clothing might get caught in the hula hoop. We recommend wearing snug-fitting clothes or using a waist training belt for added safety.



Step 2: Determine the suitable number of sections for the hula hoop based on your waist size.

(Tip: Ensure each section of the hula hoop securely clicks into place, producing a clear and bright "click" sound when properly fastened)

(Note: If your hula hoop comes with a counter or LED lights, make sure that the sensor section (The segment with the gray button) is properly connected to the main structure of the hula hoop; otherwise, the counter may not function correctly)



Step 3: After adjusting it to your preferred size, horizontally wrap the hula hoop around your waist, insert the pulley into the guide, and fasten the hula hoop.

Note: Ensure the hula hoop is horizontally placed at the waist; the placement angle can affect its smooth rotation.



Step 4: Give the gravity ball a starting power by swinging it horizontally to the left or right, then rotate your waist in a continuous circular motion to provide momentum to the ball, keeping it spinning around your waist.

(Tip: Maintain some distance from others during hula hoop use and ensure sufficient space for your workout)



Step 5: Press the button to open the hula hoop.

Opening Method: After completing the workout, grasp the two adjacent sections with both hands. Twist the main body structure of the hula hoop towards the waist, narrowing the gap between the two adjacent sections. Next, press the buttons with both thumbs to effortlessly open the hula hoop.



Please scan the QR code to watch the hula hoop disassembly video tutorial.



5. Questions and Answers

①. How do I keep the hula hoop from getting stuck?

Adjust the number of sections on the hula hoop to find the right size. (Make sure the hula hoop fits snugly around your waist when you're relaxed). Keep the hula hoop level around your waist during training, and ensure the water-filled ball rotates horizontally to avoid getting stuck. Rotating your waist at a steady pace during hula hoop training is crucial; otherwise, the gravity ball might not have enough power to keep spinning, risking it getting stuck.

②. How can I reduce noise during use?

Some friction noise between the pulley and guide is normal during training. However, choosing the right number of hula hoop sections and keeping the main body horizontal while rotating significantly reduces noise. Also, consider using the hula hoop in a spacious area and listen to music or watch a movie during your workout.

③. What if the hula hoop gets damaged?

It's normal wear and tear as the hula hoop has a lifespan of over 12 months. We offer a 1-year warranty, so feel free to use it. If you encounter any issues, reach out to us directly via email!

④. What if the hula hoop is too small?

We've added more sections to increase the hula hoop ring size. If it still seems too small, shoot us an email, and we'll sort you out.

⑤. Anything else to be mindful of when using the hula hoop?

When using the hula hoop, it's advisable to rock yoga leggings or strap on a waist training belt for good cushioning, preventing any waist skin mishaps. Plus, the waist training belt is a champ at heat retention (speeding up the sweat) and body shaping.

6.Hula Hoop Training Plan

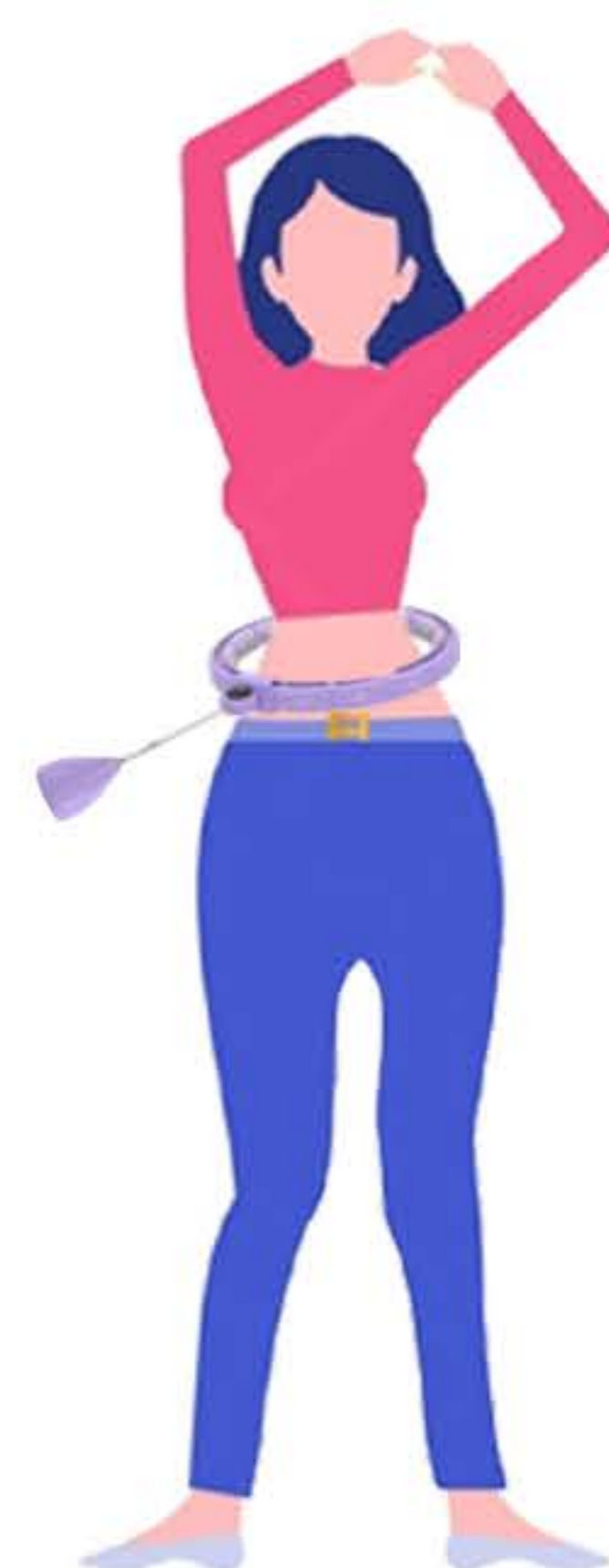
We recommend practicing for 30 minutes each day, with each hula hoop session lasting for 10 minutes. Repeat this routine for a total of 3 sets. After each 10-minute session, take a 2-minute break.



2 Minutes

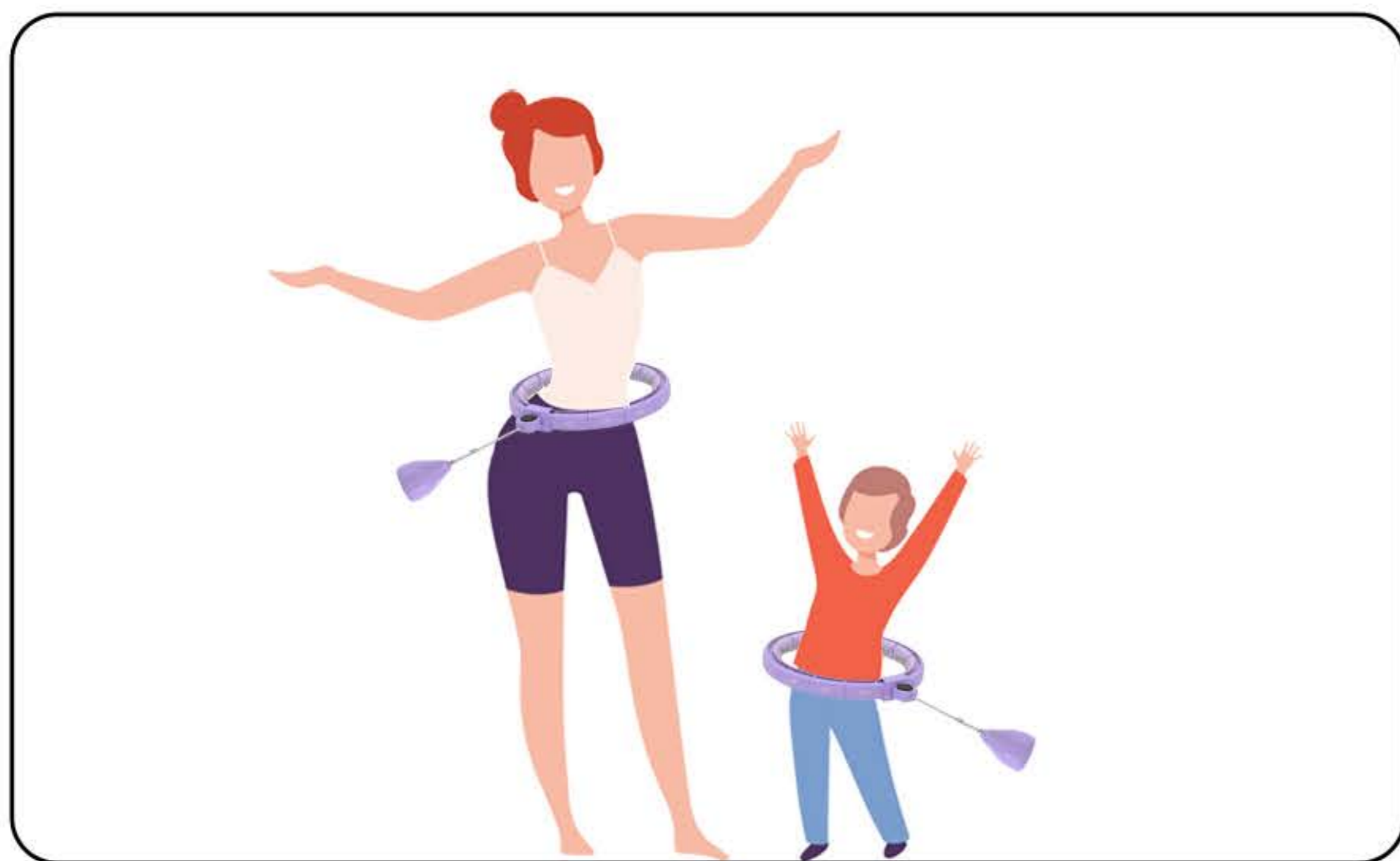


2 Minutes



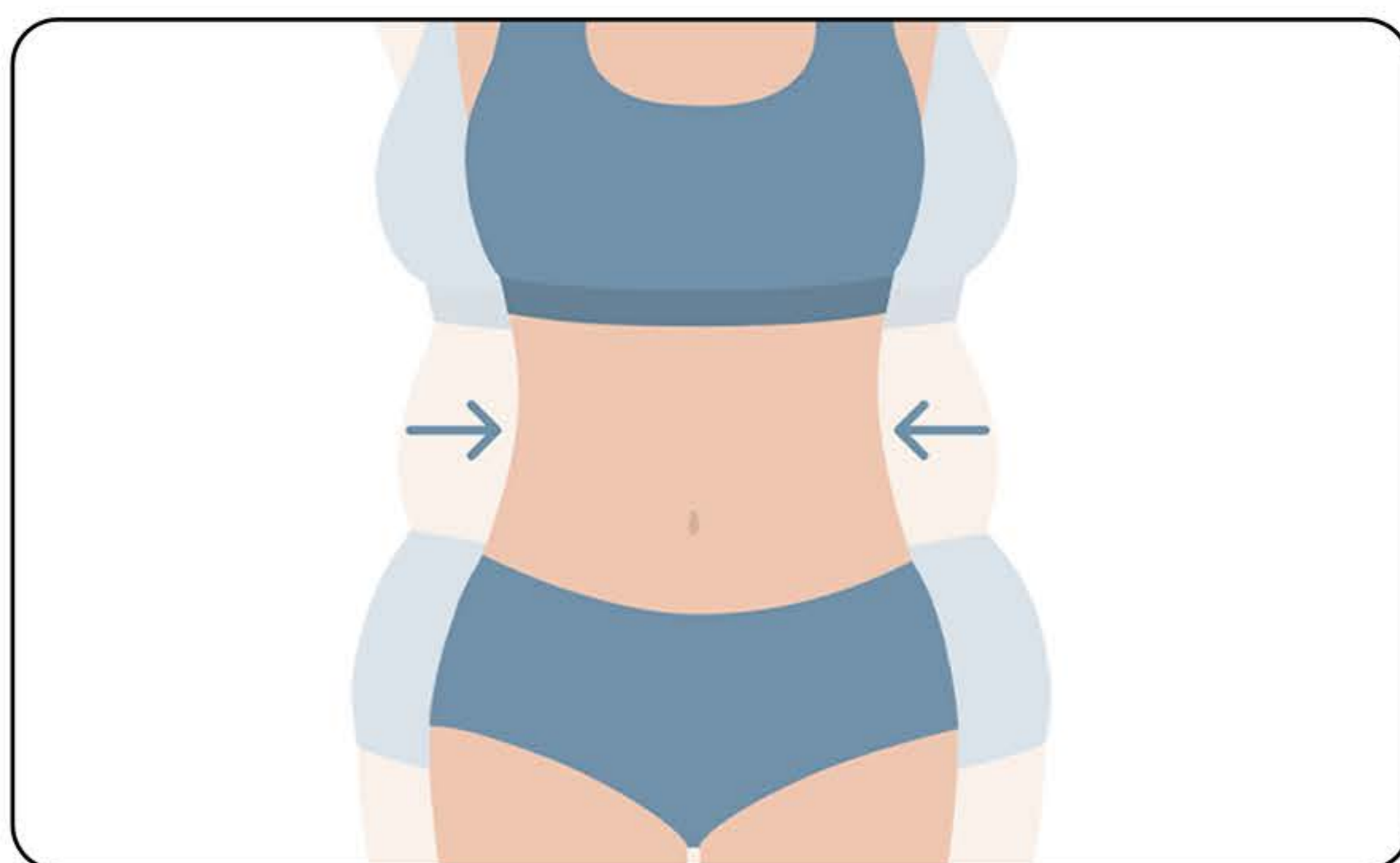
Hula hoop training should not involve too fast rotations (recommended speed: 120 spins/min). For effective weight loss, it's crucial to avoid excessive eating and adopt healthy dietary habits, as they can contribute to better weight loss results!

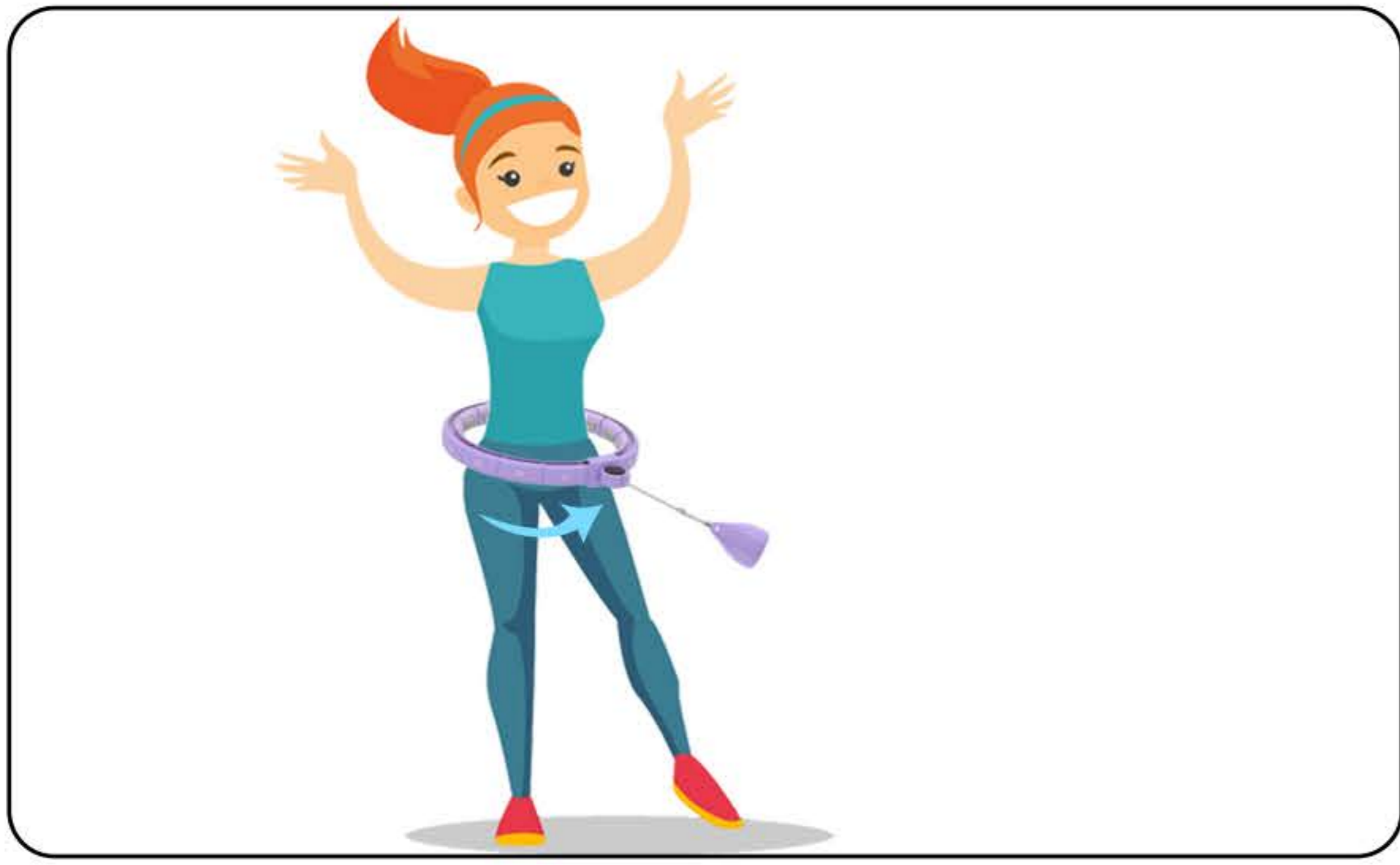
7.Hula Hoop Training Tips



① Hula hooping is a relatively simple exercise that provides effective workouts for the waist, abdomen, hips, and other areas. It is suitable for a wide range of individuals.

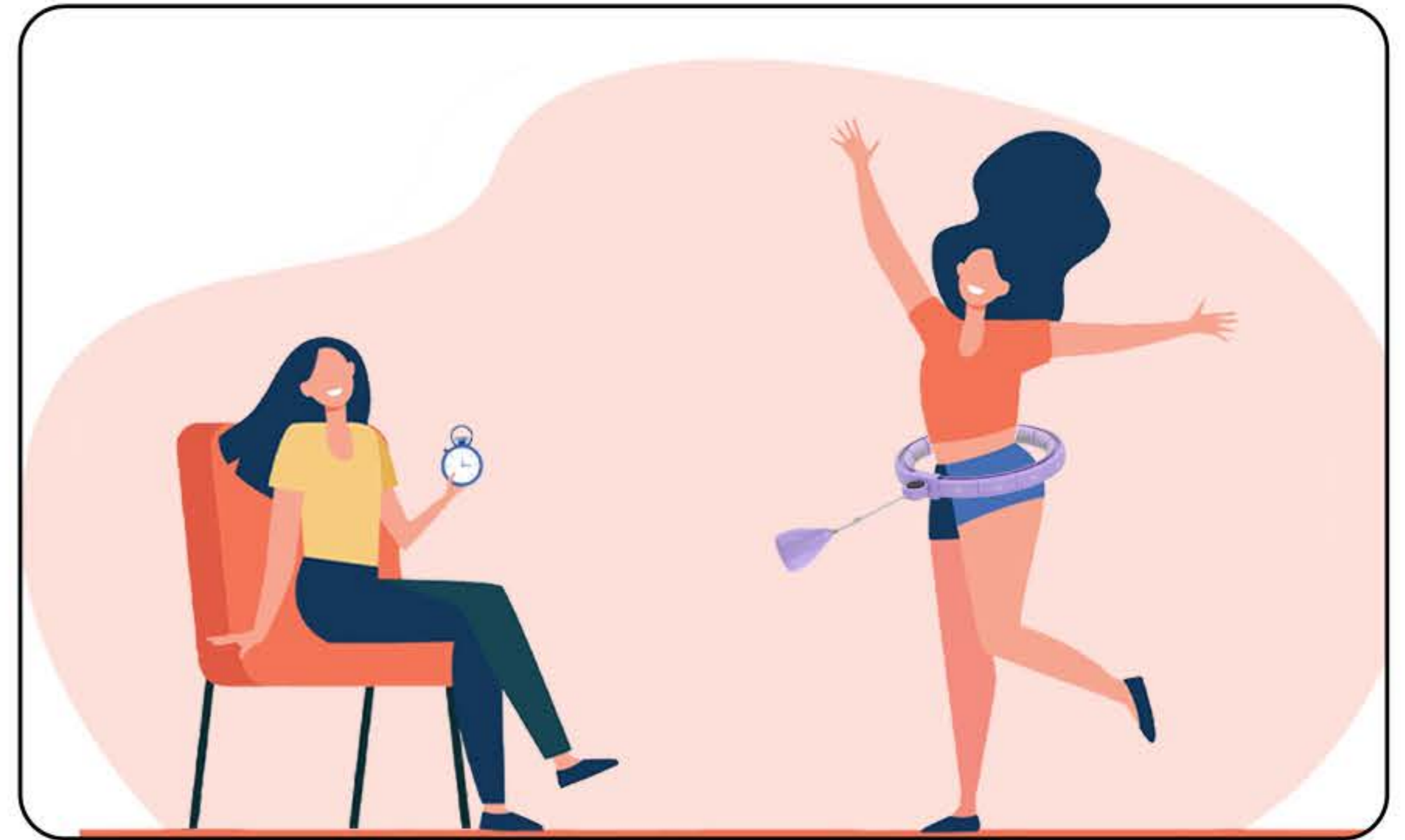
② In general, hula hoop training can exercise the muscles in the waist and abdomen, accelerating the burning of fat in these areas. However, achieving weight loss through hula hooping requires long-term endurance and a well-structured fitness plan for optimal results.





③ When spinning the Hula Hoop, it's crucial to understand the hoop's inertia. Follow the inertia of the gravity ball and use the strength of your waist and abdomen to rotate in a circular motion.

④ The time for hula hooping should be based on individual circumstances, as everyone has different levels of fitness and conditions. By ensuring the right exercise duration and intensity, consistently incorporating hula hooping into your routine can effectively target abdominal muscles and yield desired results over the long term.



⑤ Additionally, individuals aiming to shrink their abdominal size can explore yoga and other targeted weight loss methods. Pay attention to maintaining a light diet in daily life, minimizing the consumption of fatty foods, and incorporating daily exercise at appropriate times to prevent fat accumulation in the abdominal area and facilitate weight loss.

8. Safety Warnings

- ①. Avoid hula hooping within one hour before meals.
- ②. Pregnant women should refrain from hula hooping during menstruation.
- ③. Individuals with severe medical conditions are prohibited from using the hula hoop.
- ④. Do not rotate the hula hoop too quickly; the maximum speed should be below 140 spins per minute.
- ⑤. It is prohibited to increase the weight of the gravity ball.
- ⑥. Some discomfort may be experienced the first time using the hula hoop, which is normal.
- ⑦. It is recommended to use the hula hoop in an open space.
- ⑧. Friction and potential noise during the rotation of the hula hoop, as well as wear on the track and pulley, are normal occurrences.
- ⑨. It is advisable to sit on a chair during assembly or disassembly, doing it slowly to prevent detachment or damage to the hula hoop.
- ⑩. Clothing may get caught in the hula hoop during exercise, so we recommend wearing tight-fitting clothing or using a waist training belt.

9. Customer Support



Professional
team



Prompt support Resolving
Your Issues within
24 Hours via E-mail



We warmly welcome every visitor to our store with enthusiasm. Our dedication involves a constant effort to enhance our product details. We are devoted to delivering top-notch services and products. We want our buyers to experience joy when shopping with us and satisfaction when using our products.

While we strive for excellence, it's important to acknowledge that factors beyond our control, such as transportation and storage, may lead to a small number of defective products. To offer you peace of mind, we provide a worry-free 12-month warranty. If you encounter any issues upon receiving your package, please don't hesitate to reach out. We are committed to providing you with the best possible solution promptly.

E-Mail: techsupport@sonkoloro.cn

10. Additional Features (If Applicable)

① Regarding the LED Light (If Applicable)

This explanation is only applicable to hula hoops with LED lights. If your hula hoop does not have LED lights, please disregard this part of the instructions.

The back of the LED Hula Hoop is equipped with a USB Type-C charging port, allowing you to charge the LED Hula Hoop through this interface.

Tip: Charging functionality is available only in hula hoops with LED lights. Other styles do not have a charging function, and the rear plug serves no purpose.

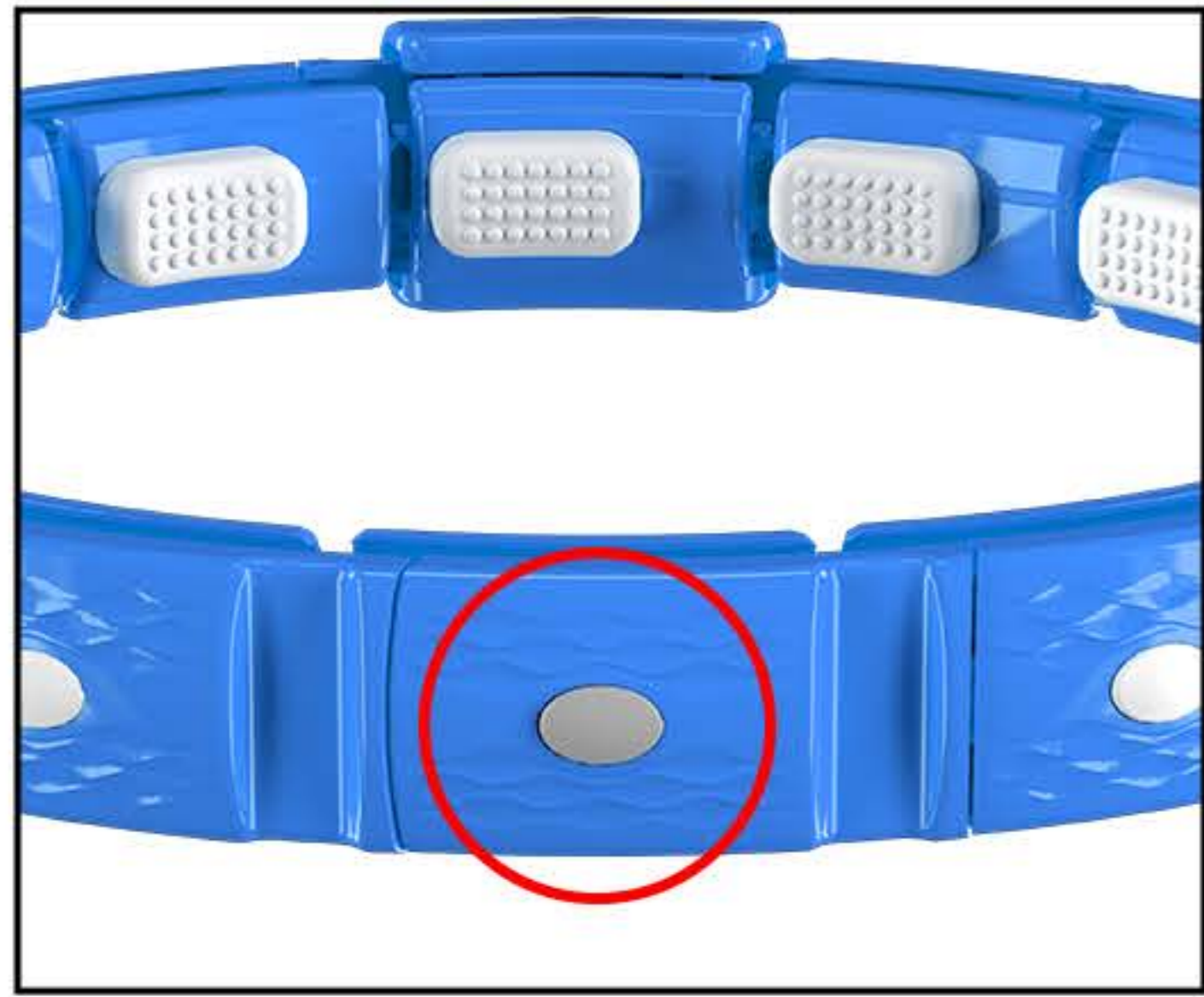


The lighting effects of the LED Hula Hoop are detailed in the table below.

Rotation speed (RPM)	LED Color	Tipps
7 Grades	Red	Keep the speed constant for 5 seconds, and then switch to rainbow lights-one color per rotation: R-G-B-BR-RG-BG-RGB.
6 Grades	Green	
5 Grades	Blue	
4 Grades	Cyan (Green + Blue)	
3 Grades	Purple (Red + Blue)	
2 Grades	White (Red + Green + Blue)	
1 Grade	Yellow (Red + Green)	
0 Grades	Off	

The hula hoop's ring utilizes the sensing segment (gray button segment) to perceive the rotation speed, creating a mesmerizing light display. This smart design significantly enhances the enjoyment of the exercise, allowing you to craft a breathtaking visual spectacle during hula hoop workouts. Picture this – as you spin, the LED lights paint a splendid trail in the air, injecting a unique touch of magic into your fitness experience.

A. Induction Segments (Gray Button)



Tip: The induction segment is equipped with sensors and is an essential component of the hula hoop. To ensure the proper functioning of the counter and lights, it is necessary to ensure that the induction segment is correctly connected to the main structure of the hula hoop.

② Regarding the Counter (If Applicable)

This explanation is only applicable to hula hoops with a counter. If your hula hoop does not have a counter, please disregard this part of the instructions. The counter does not come with a charging feature; the button battery typically lasts for about a year under normal circumstances.

If you've purchased the smart hula hoop with a counter, the following instructions will help you better understand the functions of the counter.

A. MOD Button: Allows you to switch between three counting modes.



Time: Switch to "Time" mode, and the counter will record your training duration.



Rounds: Switch to "Count" mode, and the counter will keep track of the number of rotations your hula hoop completes.



Calories: Switch to "CAL" mode, and the counter will display the number of calories burned during your workout.

B. RST Button: Reset training data

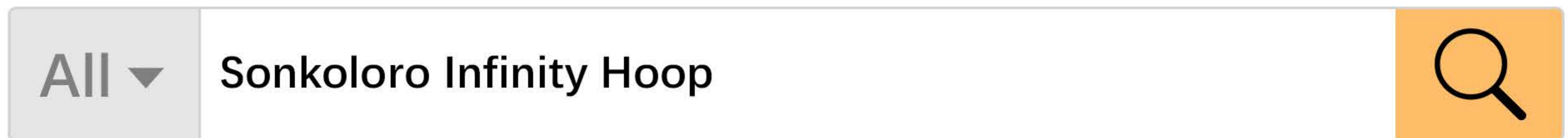
C. Induction Segments (Gray Button)



Tip: The induction segment is equipped with sensors and is an essential component of the hula hoop. To ensure the proper functioning of the counter and lights, it is necessary to ensure that the induction segment is correctly connected to the main structure of the hula hoop.

D. If the battery runs out, you can purchase a replacement battery and use a screwdriver to open the back cover for installation.

11. Purchasing Guidelines



If you're interested in buying Sonkoloro Infinity Hoop, feel free to reach out to our customer service team on Amazon to place an order.

You can also easily find the accessories you need by searching for our brand or product keywords on Amazon.

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Quiet Smart Hula Hoop TR-002

General User Manual for Your Reference



Manufacturer : Jinhua Xinchao Trade Co. LTD

Address: zhengyanglu86hao zhengyangcun jinhuaoshi wuchengqu
bailongqiaozen zhejiangsheng 321025



Made in China