Powrlink - User Manual

Version 3.0 · Force sensor for aerobis training equipment

Quick-Start Guide

Scan the QR code to jump straight to the video tutorial, the companion app, and more tips on setting up and pairing your Powrlink.

- Download the app and pair the Powrlink via Bluetooth
- Connect the Powrlink to your fitness device - pick a unit - tare
- Start training and measure every rep precisely

SAFETY INSTRUCTIONS - PLEASE READ!

READ BEFORE USE. To avoid injuries or accidents, please pay special attention to our safety instructions on device use and correct handling. This device should only be used for fitness strength testing and only by individuals aged 21 and older. Using the device above its rated capacity or for other purposes can lead to injury and/or health problems. Individuals under 21 must not use or access the Powrlink or its connected devices under any circumstances.

BEFORE USING THE POWRLINK

Before using the device for the first time, consult your doctor, therapist, or trainer to ensure the training is safe and appropriate for you. Start slowly and don't overburden yourself. When starting out, we recommend exercises with low resistance and the presence of a training partner (also aged 21 or older). Powrlink training is based on the concept of connecting the Powrlink to fitness devices that generate resistance which can be measured with a load cell. Only use with aeroSling Slingtrainers, revvll Ropetrainers, Powerbands and Pain Train sleds.

BEFORE EACH TRAINING SESSION

Check for correct assembly. Are all components of the Powrlink and its connected fitness devices properly assembled and securely connected?

DEVICE SETUP

Only use the device on stable and sturdy structures that can take a tensile load of at least 500 kg (1100 lbs) at the connection point to the fitness device and its holding structure. The structure must support - depending on the exercise - more than your own body weight. Ensure you always have enough room (3 m / 120 in in every direction) and a secure surface.

PRODUCT SPECIFICATIONS

- **BLE Name**: POWRLINK
- **BLE Data Transmission**: Real-time dynamic weight data (250 ms interval)
- **Max Load Capacity**: 300 kg
- **Precision**: 100 g · **Min Weight**: 100 g
- **Overload Limit**: 305 kg (displays "O-Ld")

- **Units**: kg, lb, N · **Buttons**: ON/OFF, UNIT, TARE
- **Power Supply**: Rechargeable 3.7 V lithium-ion battery pack, user-replaceable via Molex connector inside a screw-on battery compartment
- **Charging Port**: USB-C (max. 5 V charging voltage)
- **Backlight**: LED (blue) · **Buzzer**: 2 kHz (only on power-off)

Battery level & low voltage

- 3 bars: 4.2 V - 3.9 V · 2 bars: 3.8 V - 3.5 V · 1 bar: 3.4 V - 3.1 V · Flashing: 3 V
- At 3 V the battery icon flashes for 10 s, then "Lo" is shown and the device shuts off.

Storage

- Store in a cool, dry place to prevent malfunctions.
- If unused for long periods, recharge the battery every 3 - 6 months to prevent deep discharge.

CHARGING AND REPLACING THE BATTERY

Charging

- Connect the Powrlink via USB-C to a compatible charger or USB power source.
- While charging, the battery level indicator updates every 30 seconds.
- Only use chargers with a maximum output of 5 V.

Replacing the battery

The Powrlink features an easily user-replaceable lithium-ion battery pack. The battery compartment is screwed shut; the battery is connected to the electronics via a Molex connector - so you can swap the battery yourself without opening the main housing or returning the device.

1. Power the Powrlink off completely and disconnect it from any power source.
2. Undo the screws of the battery compartment cover on the back of the device using a suitable screwdriver.
3. Carefully lift off the cover and gently unplug the Molex connector of the old battery. Do not pull on the wires!
4. Plug in the new battery via the Molex connector - it is keyed against reverse polarity and clicks audibly into place.
5. Place the battery tidily into the compartment, making sure no wires get pinched.
6. Refit the cover and tighten the screws hand-tight - do not overtighten.
7. Fully charge the new battery before first use.

Important: Only use original aerobis replacement battery packs. Using non-approved batteries can damage the device and will void the warranty. Damaged or swollen batteries must be taken out of service immediately and disposed of properly at an electronics waste collection point.

FUNCTIONAL INSTRUCTIONS

1. Power on and unit selection

- The scale powers on in **kg** by default.
- Selected units are saved even after powering off (unless power is lost for an extended period).

2. Power on/off

- **On**: Briefly press the ON/OFF button.
- **Off**: Press and hold the ON/OFF button for 2 seconds.

3. Unit conversion

- Press the UNIT button to cycle through **kg** → **lb** → **N** → **kg**.

4. TARE function

- Press the TARE button to reset the scale to zero or remove the tare weight.

5. Weighing and peak modes

- **Default**: Weighing Mode (real-time weight display).
- **Toggle**: Hold TARE for 3 s to switch to Peak Mode (shows maximum weight only, no negative values).
- **Return**: Hold TARE for 3 s again to switch back.

6. BLE connectivity

- **Pairing**: Backlight blinks until connected, then stays steady.
- **Power-off signal**: The scale notifies the app when shutting down.
- **App features**: Change units or power off the scale remotely.

7. Resetting BLE

- If BLE freezes, press and hold ON/OFF for 6 seconds to reset and restart the module.

8. Auto power off

- The scale turns off after 5 minutes of inactivity.
- **Last weight**: On restart it briefly shows the last weight before resetting to zero.
- **Battery update**: Battery level updates every 30 s while charging and on each power-on.

9. Buzzer

- Sounds only when powering off (not during other operations).

CALIBRATION

- From the power-off state, press and hold **UNIT + ON/OFF** together to enter calibration mode.

Then follow these steps:

1. Calibrate with a **100 kg** weight.
2. Calibrate with a **300 kg** weight.
3. Calibration completes and the scale automatically returns to Weighing Mode.

Note: If no action is taken for 5 minutes during calibration, the scale powers off. Alternatively, press and hold ON/OFF for 2 seconds to exit manually.

TROUBLESHOOTING

- **No display**: Charge the battery via USB-C; check that the Molex connector inside the battery compartment is seated properly.
- **"O-Ld" on display**: Overload - remove the load immediately (max. 305 kg).
- **"Lo" on display**: Battery nearly empty - please recharge.
- **No BLE connection**: Hold ON/OFF for 6 seconds to reset the BLE module.
- **Inconsistent readings**: Tare the scale again or repeat the calibration procedure.

CERTIFICATIONS & REGISTRATIONS

- CE and RoHS · EN 300 328 · FCC Part 15.247 · WEEE ElektroG DE25537141