Powrlink Light Safety Instructions – Please Read!

To avoid injuries or accidents, please pay special attention to our safety instructions on device use and correct use. This device should only be used for fitness strength testing. It should only be used by individuals aged 21 years and older and not be used for any other purposes. Please note that using the device for other purposes or above its rated capacity can lead to injury and/or health problems. This device is intended for use by adults aged 21 and older only. Individuals under 21 years must not use or access the Powrlink Light or its connected devices under any circumstances.

Before Using the Powrlink Light

Before using the device for the first time, consult your doctor, therapist, or trainer to ensure the device is safe and appropriate for your abilities and readiness for exercise and can correctly assess your abilities and readiness for exercise that fits your individual needs. Start slowly when first using the device and don't overburden yourself. When starting out, we recommend exercises that have low resistance. In addition, we recommend the presence of a partner who can support you and is also 21 years or older. Powrlink Training is based on the concept of connecting Powrlink Light to fitness devices that generate resistance that can be measured using a scale. 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 Light and it´s 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 a minimum of 500 kg (1100 lbs) at the connection point to the fitness device and its holding structure. Please note that the structure does not only have to support you but—depending on the exercise - more than your own bodyweight. Ensure that you always have enough room (3 m / 120 in in every direction) and a secure surface for your workout

Product Specifications

- **BLE Name**: POWRLINK
- **BLE Data Transmission**: Real-time dynamic weight data (250ms interval)
- **Max Load Capacity**: 300 kg
- **Precision**: 100 g
- **Minimum Weight Value**: 100 g
- **Overload Limit**: 305 kg (displays "O-Ld")
- **Units**: kg, lb, N
- **Buttons**: ON/OFF, UNIT, TARE
- **Power Supply**:
    - Built-in 3.7V rechargeable lithium battery
    - 3 x 1.5V AAA batteries (4.5V total input)
- **Low Voltage Detection**:
    - At 3V, the battery icon flashes for 10 seconds (middle bar disappears), then displays "Lo" and shuts off
- **Battery Level Display**:
    - 3 bars: 4.2V–3.9V
    - 2 bars: 3.8V–3.5V

    - 1 bar: 3.4V–3.1V
    - Flashing icon: 3V
- **Backlight**: LED blue light
- **Buzzer**: 2KHz (sounds only on power-off)
- Store in a cool, dry place to prevent malfunctions
- Only use a compatible charger with max 3.7V to avoid battery damage

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**: Press the ON/OFF button briefly.
- **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**.

5. TARE Function

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

6. Weighing and Peak Modes

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

7. BLE Connectivity to the App

- **Pairing**: Backlight blinks until connected, then stays steady.
- **Power-Off Signal**: The scale notifies the app when shutting down.
- **App Features**: Use the app to change units or power off the scale remotely.

8. Resetting BLE

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

9. Auto Power Off

- The scale turns off after 5 minutes of inactivity.
- **Last Weight**: On restart (without power loss), it briefly shows the last weight before resetting to zero.
- **Battery Update**: Updates every 30 seconds while charging and on each power-on.

10. Buzzer

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

Calibration Instructions

- From power-off state, press and hold **UNIT + ON/OFF** together to enter calibration mode.
- Follow the same steps:
    1. Calibrate with a **100 kg** weight.
    2. Calibrate with a **300 kg** weight.
    3. Calibration completes, and the scale 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.

Certifications & Registrations

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

Manufactured for

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