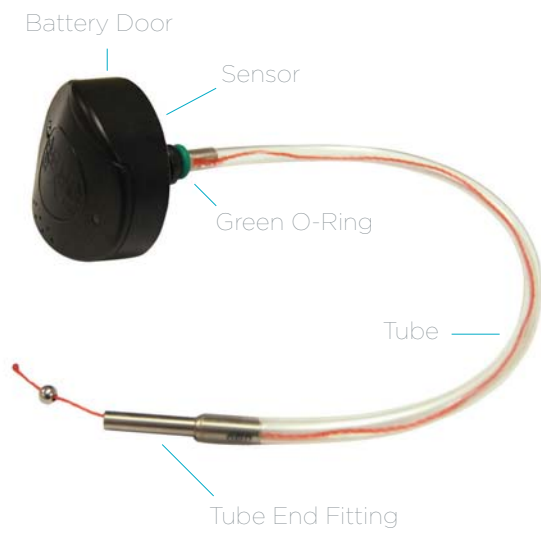


AQUA
TRAINING
BAG
WWW.AQUATRainingBAG.COM

App & Sensor Instructions



Product Name: TRAINING BAG SENSOR
Model: APSENSOR01



QUICK START GUIDE STEP 1
Install Sensor in Aqua Training Bag.

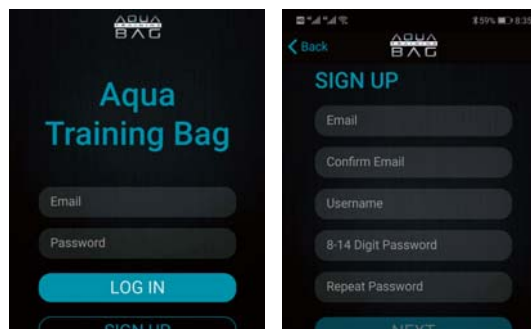


VIDEO ONE



QUICK START GUIDE STEP 3

Download Aqua Bag App and register.

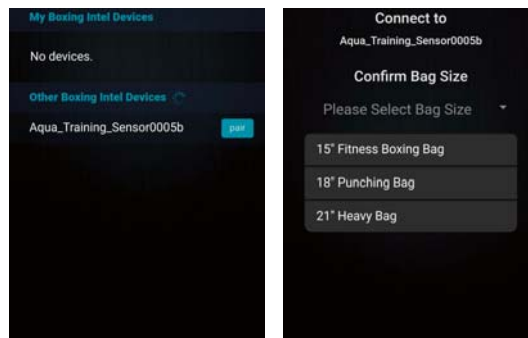


VIDEO TWO



QUICK START GUIDE STEP 4

Link App to Sensor and workout!



VIDEO THREE

STEP 1

Remove the standard plug from a properly-hung and filled Aqua Training Bag.

STEP 2

Carefully insert the sensor's tube into the bag.



Your new sensor will arrive sealed with shrink wrap. The recommendation is to leave the shrink wrap on the sensor to protect it from water intrusion when inserting the sensor for the first time.

STEP 3

Make sure the green O-ring is seated against the threads. Thread the sensor into the bag's plug opening, stopping when it's firmly hand-tightened.



The sensor needs to be tight enough that no air is leaking around the threads, but caution should be used, as over-tightening the sensor could damage it.

STEP 4

Remove the sensor's battery door by removing the screw and depressing the push button. Insert two AAA batteries. Then replace the battery door and screw.



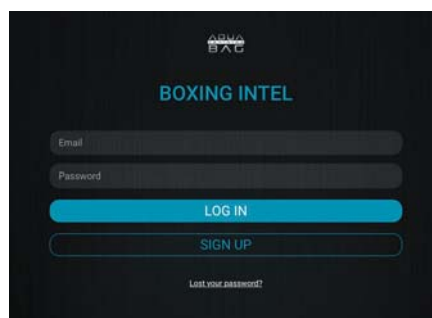
STEP 5

Download the Aqua Training Bag App in the App Store or Google Play.



STEP 6

Open the Aqua Training Bag App and tap "Sign Up" to start the registration process. Your tablet or phone will need Wi-Fi or cellular data access to the web for the registration process. Allow the App to access your location when prompted. Not doing so will cause the App to not function.



STEP 7

Complete the sign-up form. Tap Next. A 6-digit verification code will be sent via email. Enter this code and tap verify.



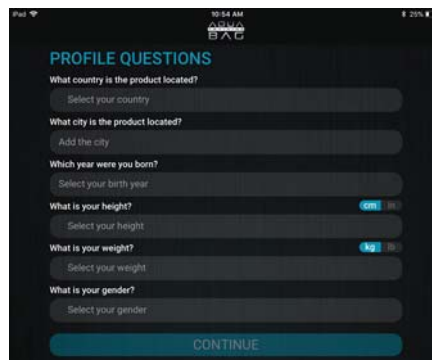
The screenshot shows a mobile application interface for signing up. At the top, there is a status bar with the time 10:08 AM and battery level 33%. Below the status bar, there is a navigation bar with a back arrow and the text "Back". The main heading is "SIGN UP" in blue. Below the heading, there are five input fields: "Email", "Confirm Email", "Username", "8-14 Digit Password", and "Repeat Password". At the bottom of the form, there is a blue button labeled "NEXT".

STEP 8

Complete the Profile Questions.

STEP 9

Congratulations! You have completed the registration process. The App's main dashboard will now appear.



The screenshot shows a mobile app interface titled "PROFILE QUESTIONS" on a dark background. At the top, the status bar shows "10:44 AM" and "20%". The app logo "ALPHA BAC" is visible. The screen contains several input fields with labels and placeholder text:

- What country is the product located?** with a placeholder "Select your country".
- What city is the product located?** with a placeholder "Add the city".
- Which year were you born?** with a placeholder "Select your birth year".
- What is your height?** with a placeholder "Select your height" and a unit selector "cm | ft".
- What is your weight?** with a placeholder "Select your weight" and a unit selector "kg | lb".
- What is your gender?** with a placeholder "Select your gender".

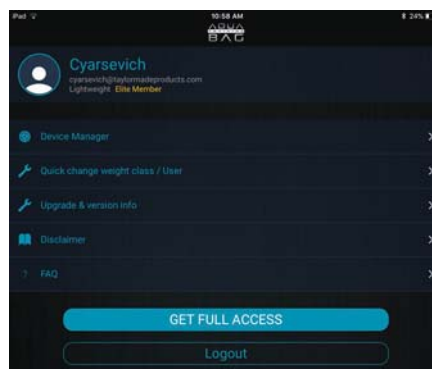
A teal "CONTINUE" button is located at the bottom of the form.

STEP 10

Tap "Profile" at the bottom right corner of the screen.

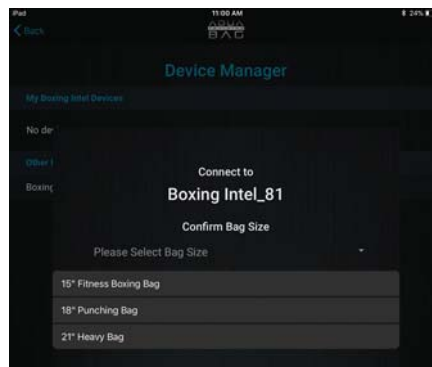
STEP 11

Tap "Device Manager."



STEP 12

Tap the blue connect button next to the sensor name. If multiple sensors are being displayed, make sure you select the correct serial number. Select the correct size bag you are using (15", 18", or 21") and tap OK.



STEP 13

Once the App is properly connected to the sensor, an orange disconnect button will appear. Once this disconnect button appears, you have properly paired the App and Sensor.

STEP 14

Tap the back button at the top left corner of the screen.

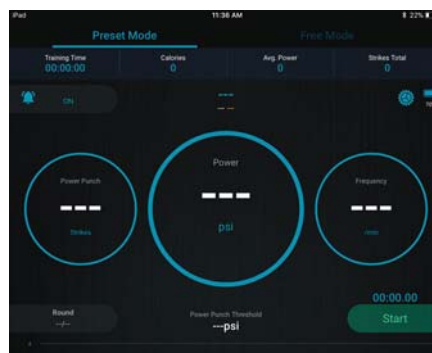


STEP 15

Tap the Exercise button at the bottom left corner of the screen.

STEP 16

Tap the green start button to start exercising.

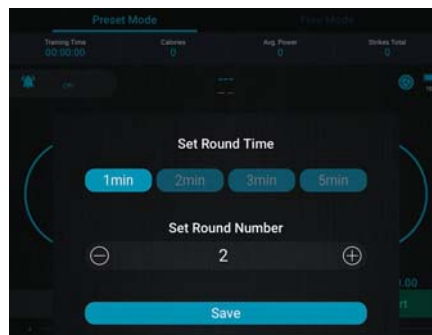


STEP 17

Select the length of each round (1, 2, 3, or 5 minutes) and the number of rounds (1-12) and click save.

STEP 18

A 30 second countdown timer will start, counting down before the round starts. You can skip the countdown by tapping Start Immediately.



STEP 19

During each individual round the App will instantly refresh showing the power of the last strike, number of power punches, and frequency of punching across the three large circles in the center of the screen.



STEP 20

The center circle will illuminate in red when you hit a power punch.

STEP 21

At the bottom of the screen will be a graphical summary of the number of punches and power punches thrown each round.



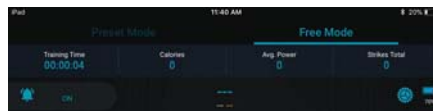
STEP 22

During each workout the App will record the training time, calories burned, average punch power, maximum punch power, and total strikes thrown. This data will be displayed horizontally across the top of the screen.



STEP 23

You can also workout in Free Mode, by selecting that at the top of the screen. Free Mode allows you to have unlimited length rounds.



STEP 24

You can start a new round at any time when in Free Mode by tapping the New Round button.

STEP 25

A one-minute break between rounds will begin when you tap the "New Round" button. The screen will allow you to skip the break or add more time.

STEP 26

You can stop a round at any time by tapping the red Stop button.



For more information visit us at:

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