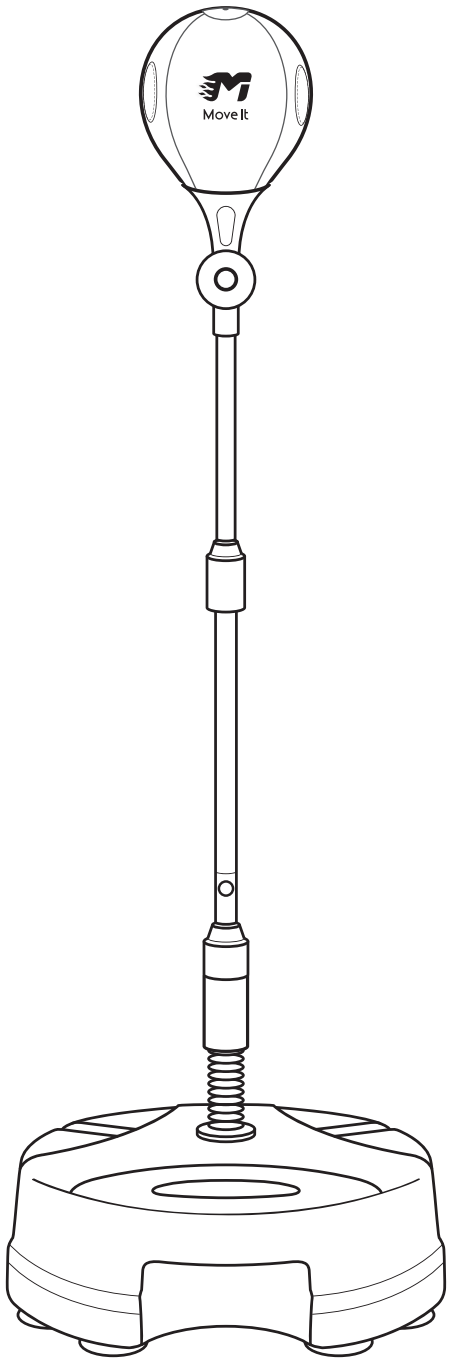


Move It Speed Quick Start Guide

MVPB0010 (v1.2.1)

What's in the Box

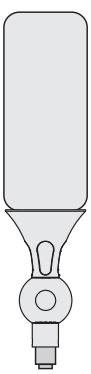
Base x1

Upper Rod x1

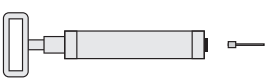
Middle Rod x1

Base Rod x1

Accessory Box

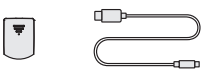


Bag Sensor Unit x1



Air Pump & Pump Needle x1

Bolt & Nut Tool / Lubricant x1



Sensor Battery & Charging Cable x1

Bolt & Nut x2
(1 spare)

Top Bracket x1

Large Washer x1

Mid Rod Cap x1

Lock Knob x1

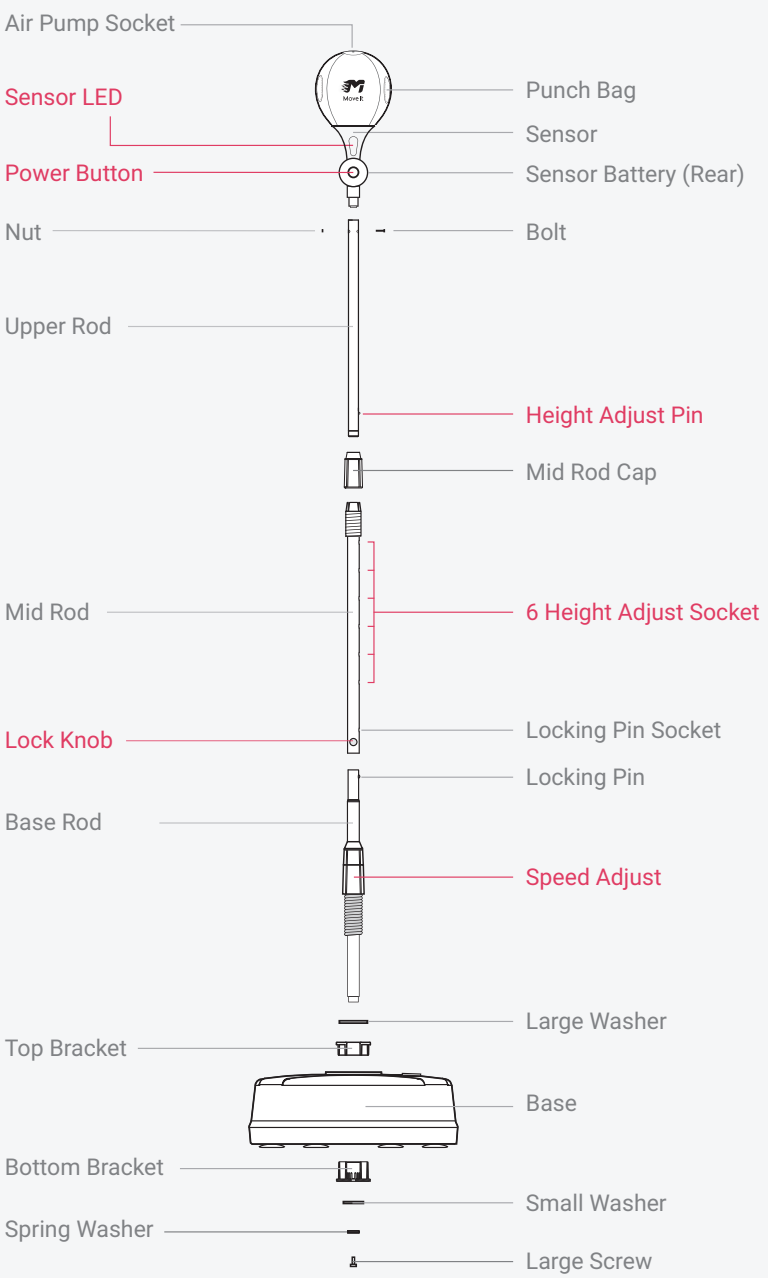
Bottom Bracket x1

Small Washer x1

Spring Washer x1

Large Screw x1

Overview

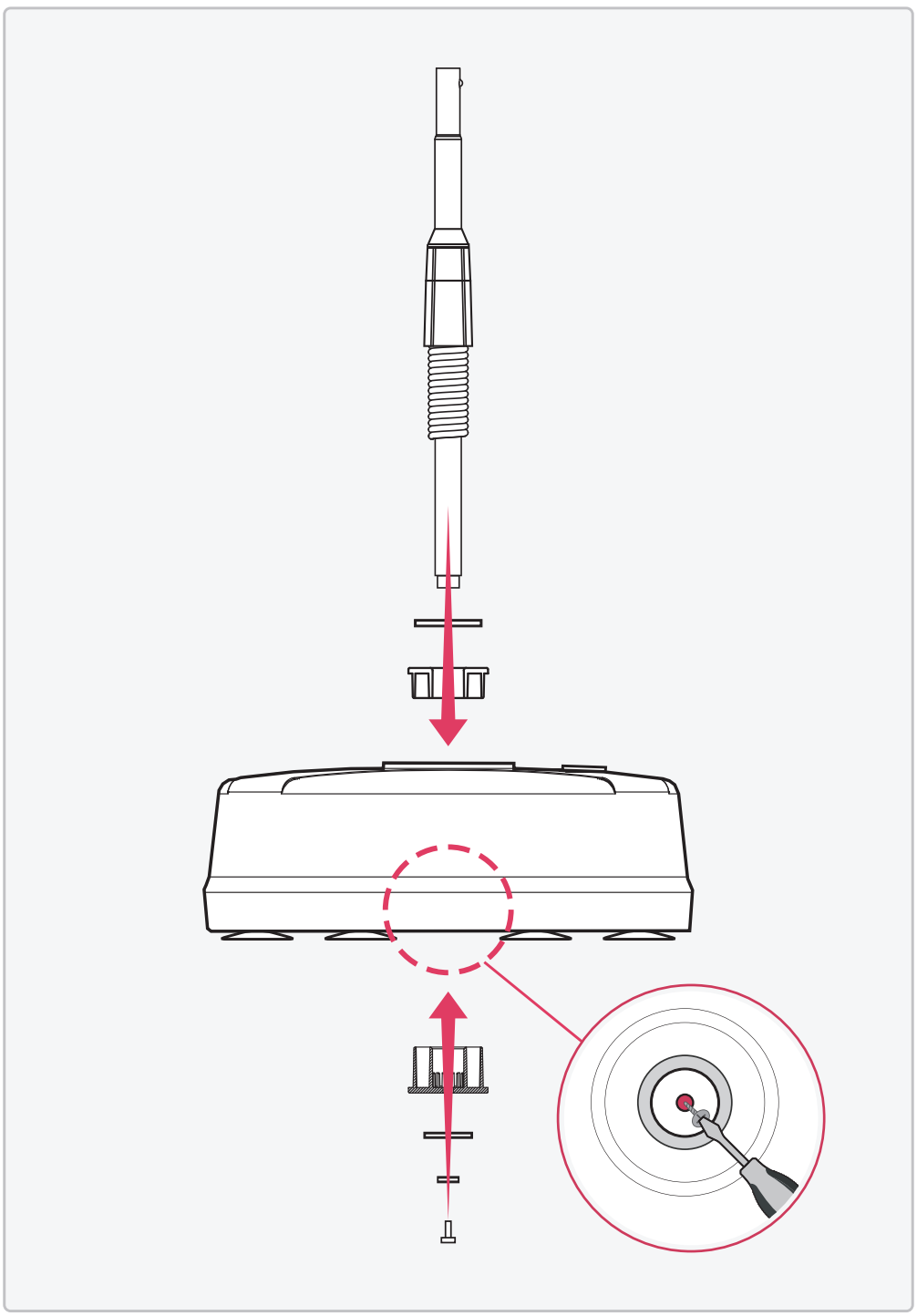


Assembly

Before assembly, please prepare the corresponding screwdriver for the two screw types. For a video assembly tutorial, scan the QR code.

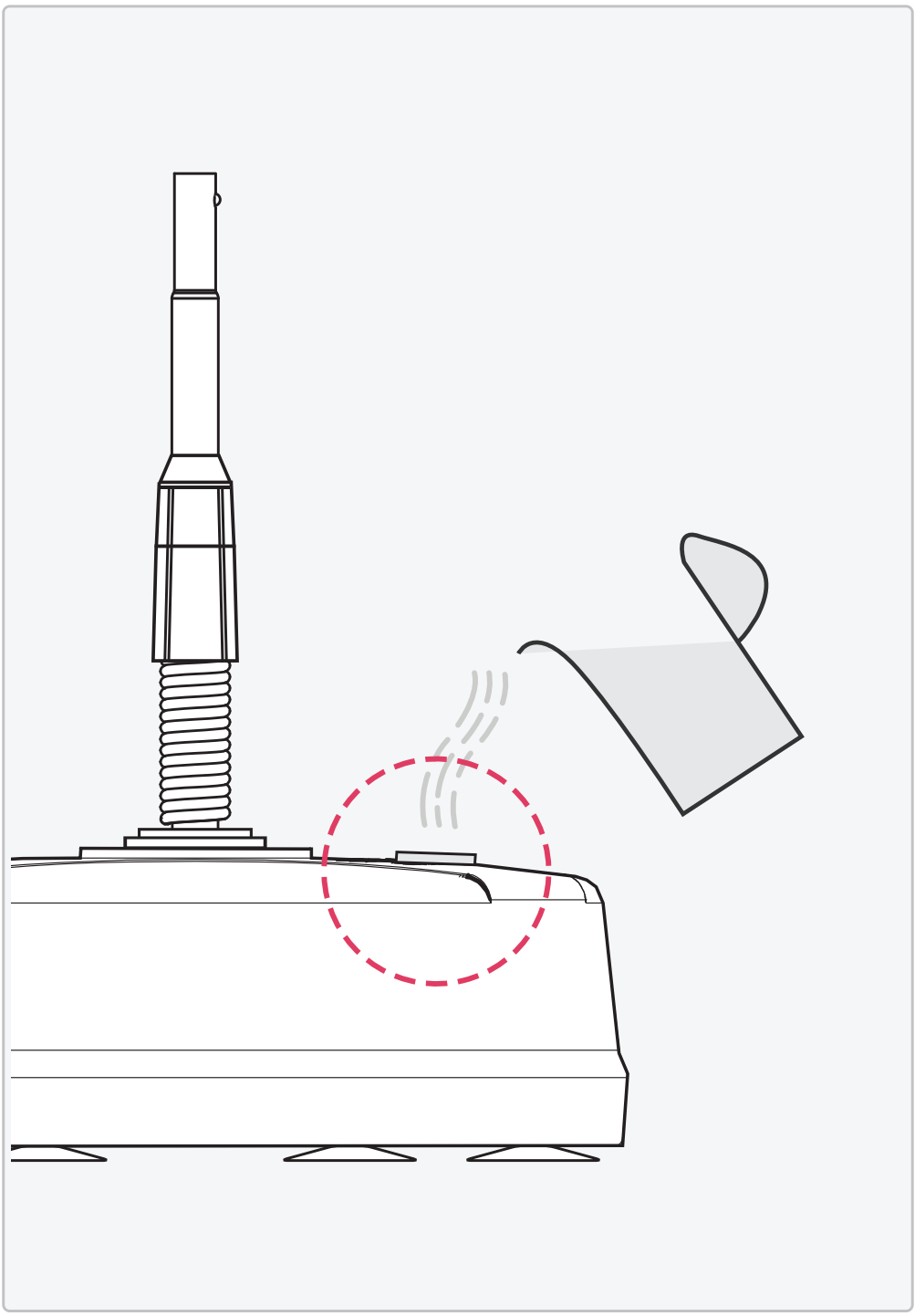
Step 1 of 10: Secure the Base Rod

Insert the base rod through the large washer, top bracket, base, bottom bracket, small washer and spring washer. Tighten everything in place with the large screw.



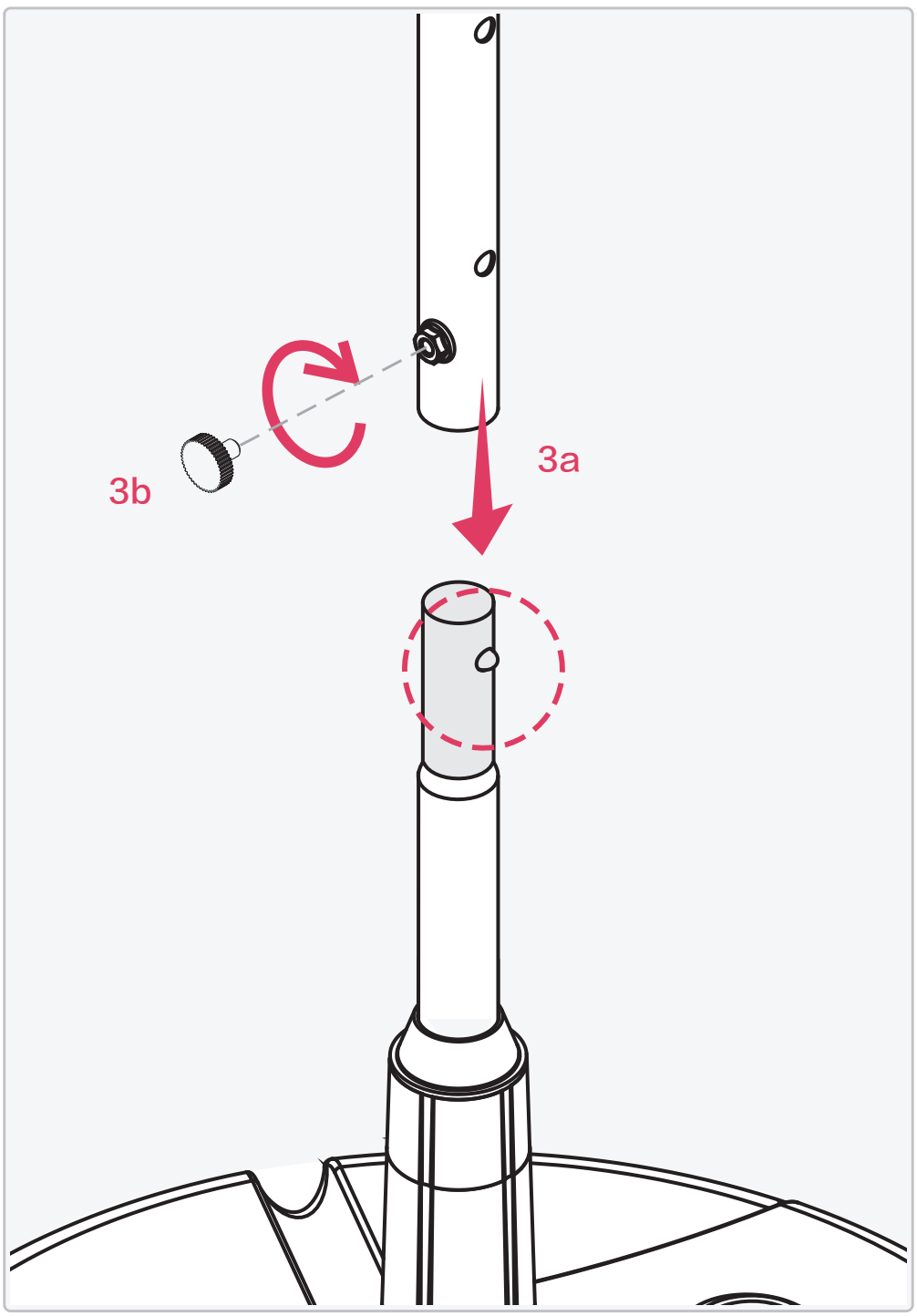
Step 2 of 10: Fill up the Base with Water

Loosen the base cap, then fill up the base (13L) with water. Close and tighten the base cap once the base is filled close to the brim. For additional grip, you may wet the suction feets prior to setting it on a smooth surface.



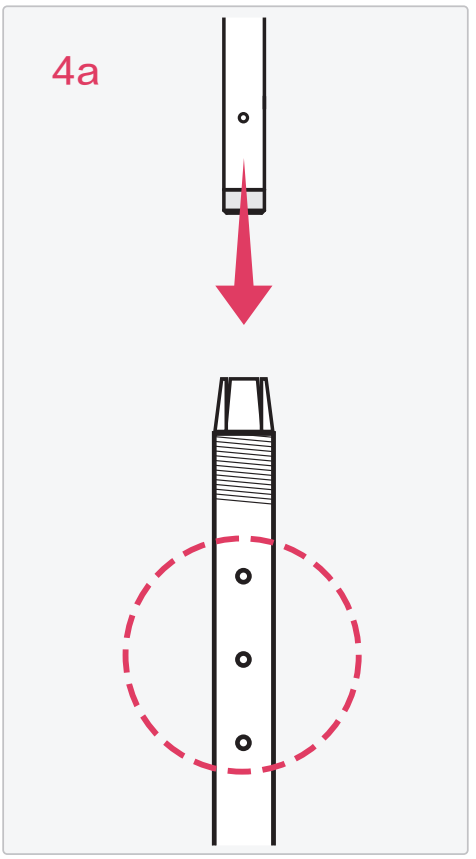
Step 3 of 10: Connect the Middle Rod

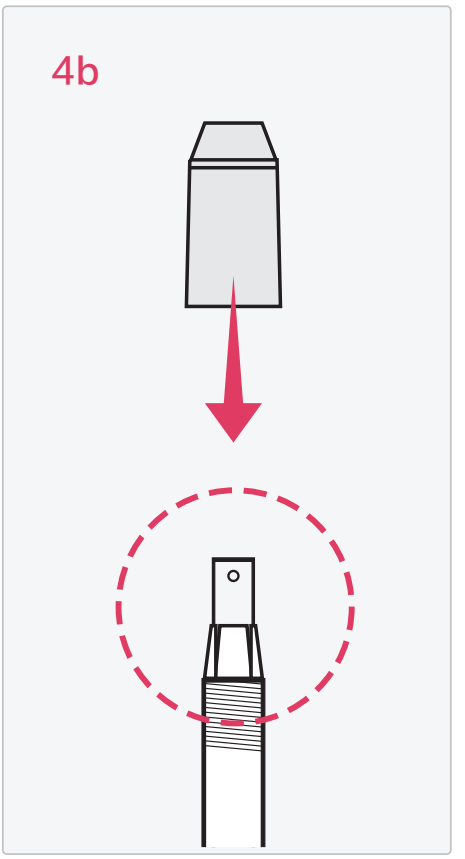
- Insert the base rod’s locking pin into the mid rod’s bottom socket.
- Tighten on the lock knob to secure the mid rod in place.

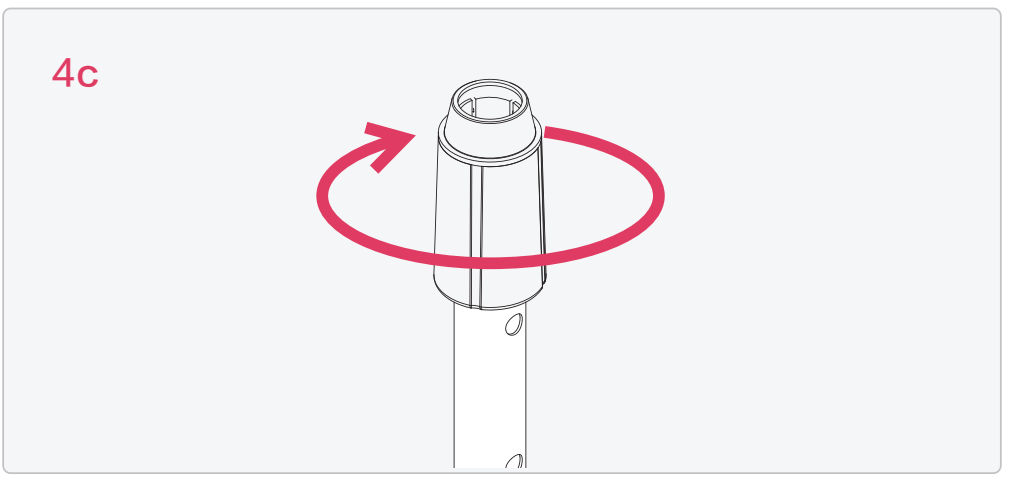


Step 4 of 10: Connect the Top Rod

- Carefully insert the rubber end of the top rod into the mid rod
- Secure the top rod's locking pin into one of the mid rod's height adjust sockets.
- Insert the mid rod cap over the top and mid rod, then turn it clockwise to tighten the mid rod cap in place..

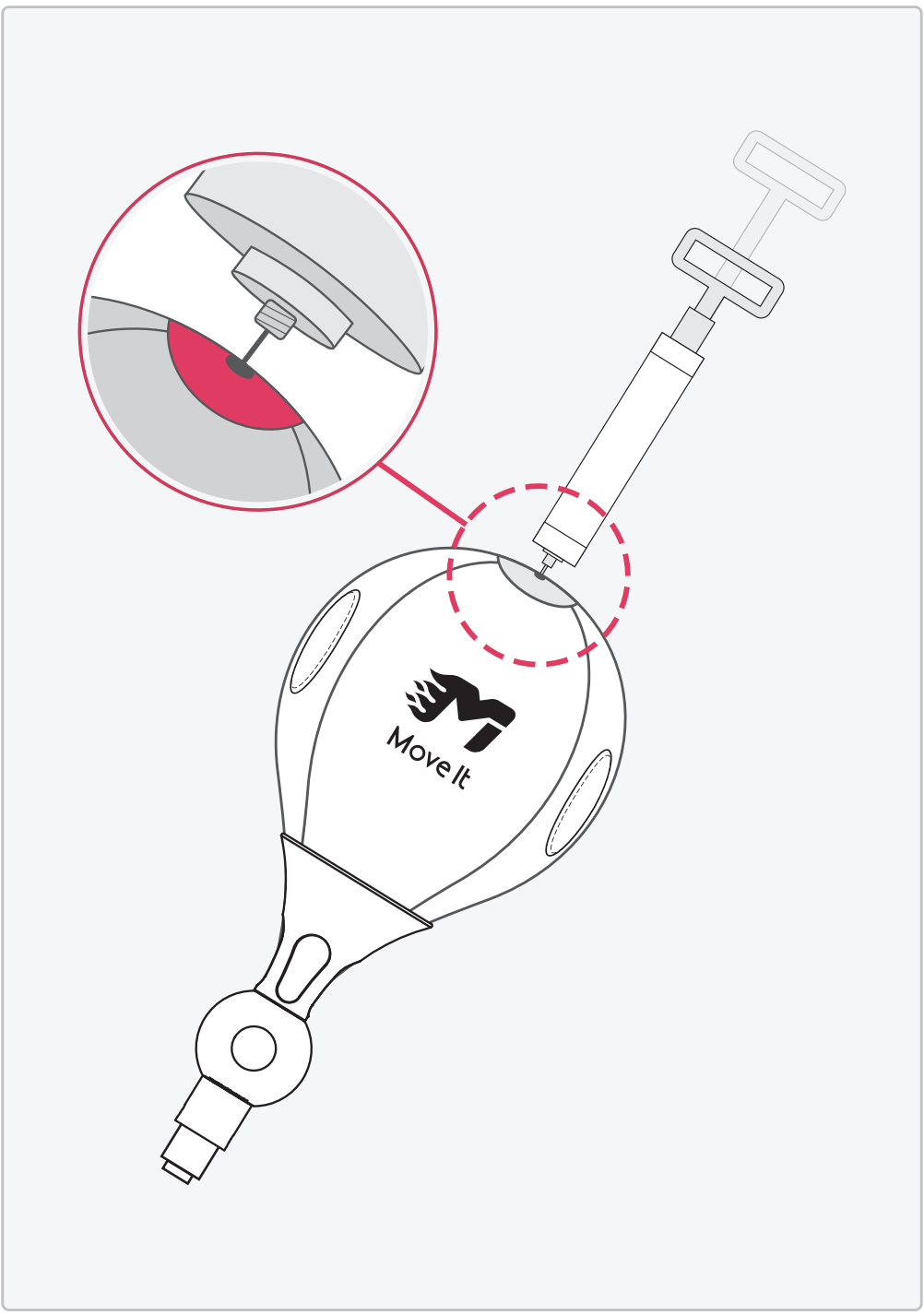






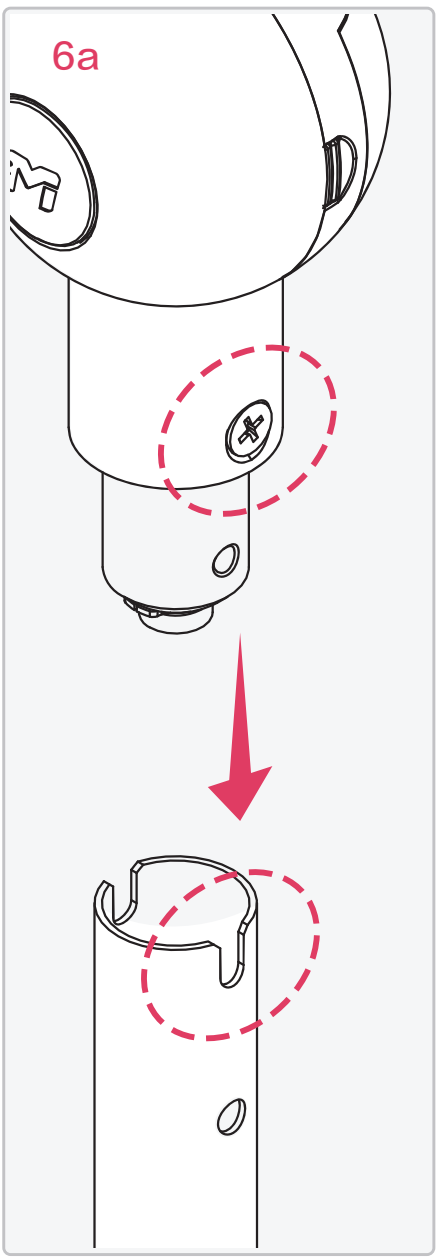
Step 5 of 10: Inflate the Punch Bag

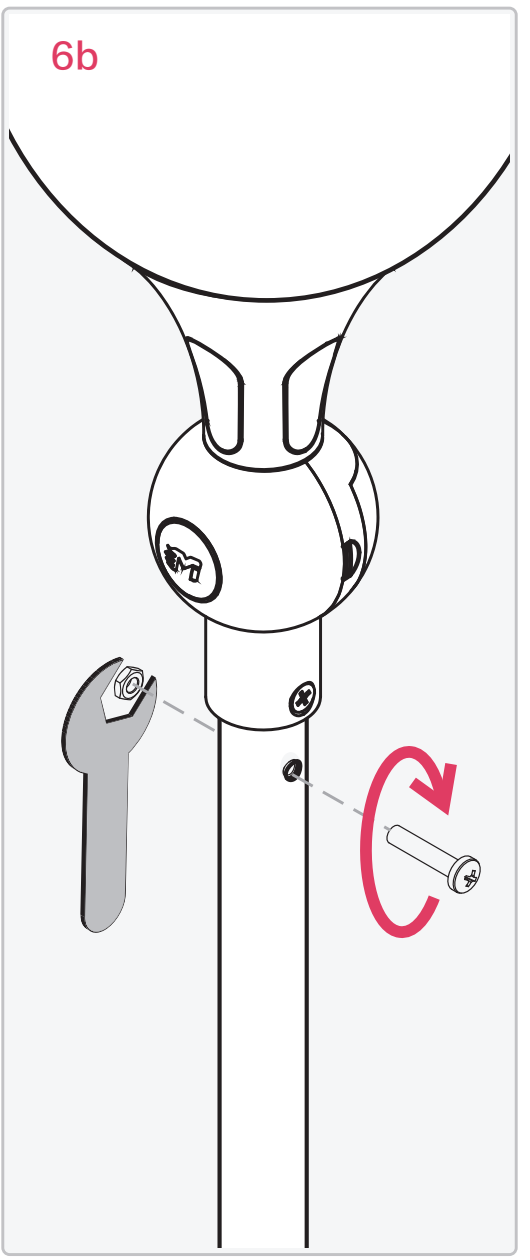
- Retrieve the pump needle and attach it to the air pump.
- Insert the pump needle tip into the punch bag's valve stem.
- Pinch and hold the punch bag's valve stem as you inflate the bag until it is firm to the touch.



Step 6 of 10: Secure the Sensor Bag Unit

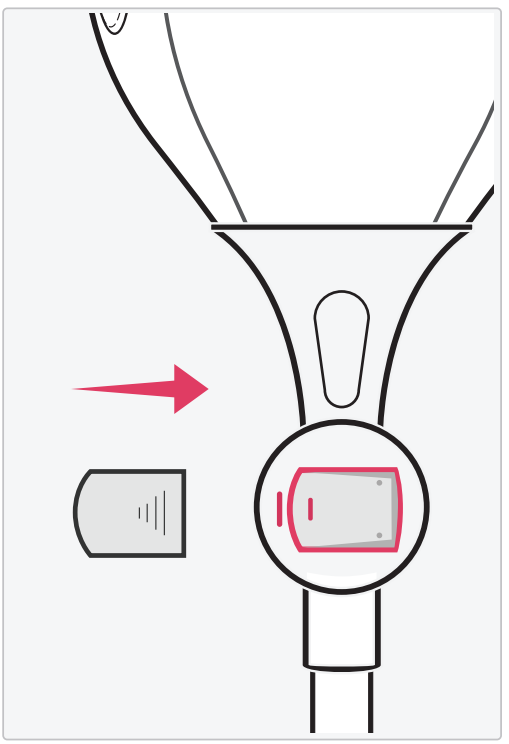
- Insert the top rod's upper two sockets into the bag sensor unit's two bottom notches.
- Next, align the bag sensor unit's bottom left and right screw hole with the top rod.
- Lastly, insert the bolt screw through the bag sensor unit and the top rod. Use the provided tool to keep the screw nut in place as you tighten the bolt in.

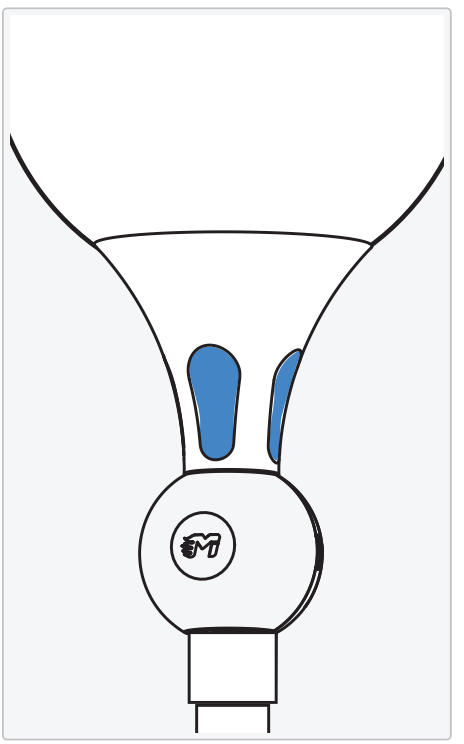




Step 7 of 10: Insert the Sensor Battery

- Insert the sensor battery at the rear of the bag sensor unit.
- The bag sensor unit LED should cycle once to indicate that the sensor battery has been securely attached.





The bag sensor unit LEDs will pulsate blue while it searches nearby for a phone with the Move It app.

Note: if the bag sensor unit does not light up, you may need to remove the sensor battery and charge it by its micro USB slot. The sensor battery will light up red while charging, and will turn off once it has been fully charged.

Power Button

The bag sensor unit will turn off by itself after 3 minutes of inactivity. To turn it on or off manually, long press the bag sensor unit power button for 3 seconds.

Step 8 of 10: Get the Move It App

Scan the QR Code to download the Move It app. Alternatively, search Move It Fitness on either Appstore or Playstore.

* only Apple iOS 9.0 or Android 4.4 and higher are supported

Step 9 of 10: Pair the Device

Please pair the product through the app, and not by the mobile phone's system Bluetooth setting. Based upon Google's framework requirement, Android user's may be required to turn on GPS to maintain a stable connection with the product.

For newly registered app accounts:

Open Move It app, register a new account, and follow the onscreen prompt during the account setup process.

For existing app accounts:

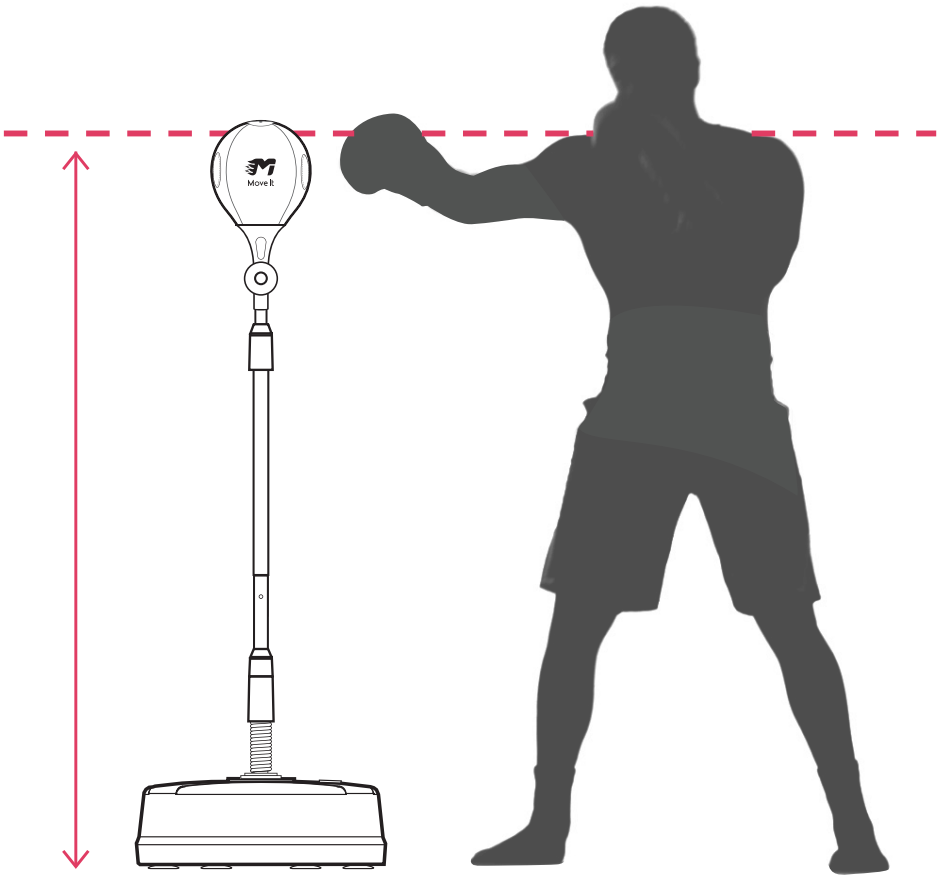
Open Move It app, proceed to「Me」,「Device Management」, select and pair Punch Bag, then follow the onscreen pairing process.

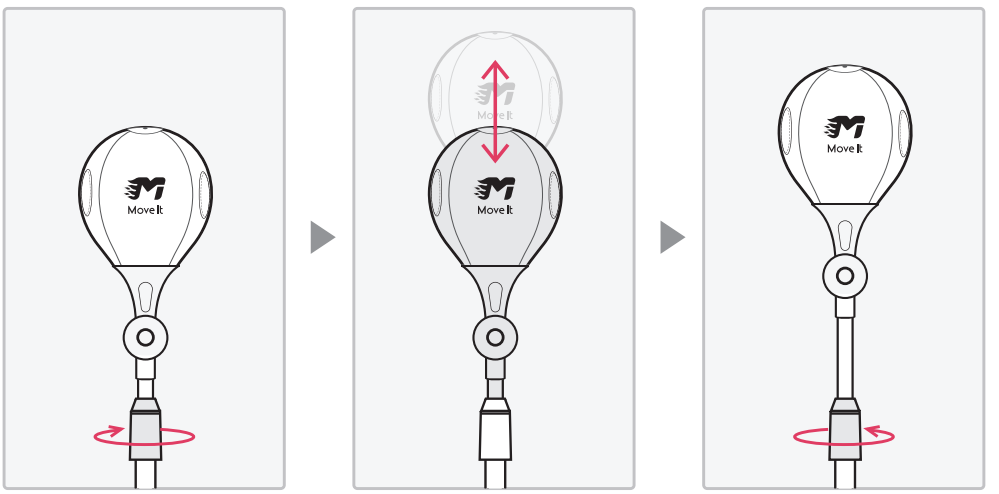
Step 10 of 10: Start your Workout!

Enter「GO」from the Move It app's home screen.

Optimal Bag Height

For optimal punching accuracy, its recommended to adjust the top rod so the top of the bag aligns approximately to the height of your shoulders.





1) Loosen

2) Adjust

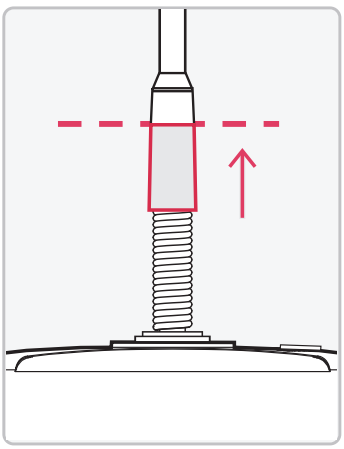
3) Tighten

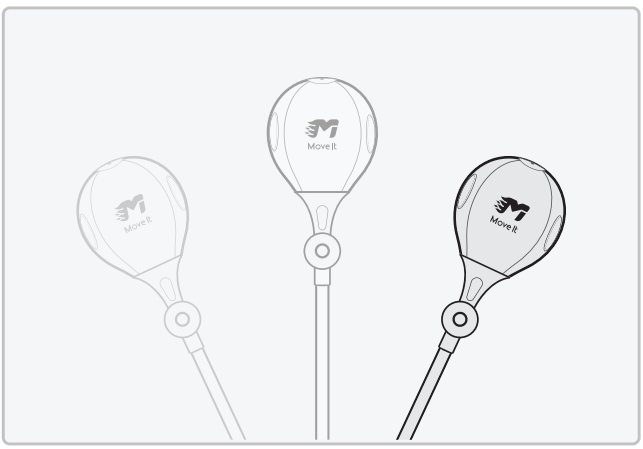
Adjust Rebound Speed

You may personalize how fast you want the punch bag to return by lowering or raising the Speed Adjust located on the spring.

Default Speed

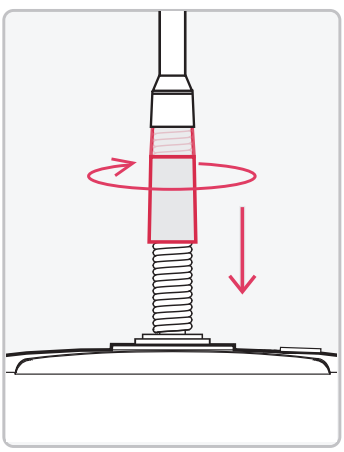
Speed Adjust is positioned to the top.

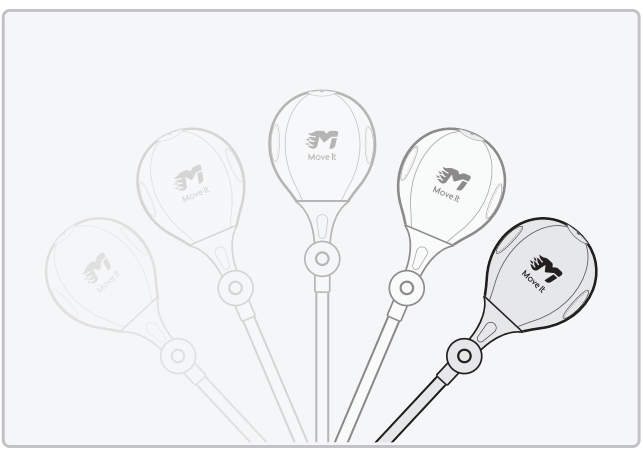




Increase Speed

Increase the rebound speed by turning the Speed Adjust downwards in a clockwise direction.





Sensor LED Indicators

Startup Status

	Sequence 1x	Sensor battery inserted securely
	Pulse Effect	Waiting to be connected with Move It APP
	Fast Blink 3x	Successfully connected with Move It APP

During Training

	Sequence 1x	Get ready
	Blink 1x	Accurate strike
	Blink 1x	Target / tempo missed
	Blink 1x	Pause and follow onscreen

During Firmware Update

	Cycle Blink	Device firmware updating
	Cycle Blink	Update failed, keep your phone near the device and try again

Battery LED Indicators

	Fully Lit	Battery is charging
	Turned off	Battery is charged

FAQ

Q: The device is having trouble pairing or connecting to the Move It app.

A: Nearby wireless signals may interfere with the initial pairing process or connection with the Move It app. For android phones, please enable GPS for better detection of the product's Bluetooth signal. Alternatively, you may resolve the issue by restarting both the App and the Bluetooth.

Q: How do I charge the Sensor Battery?

A: With your left hand, press down on the red tab located behind the Sensor, then gently slide out the battery with your right hand. Insert the charging cable into a USB power source, then connect it to the battery's micro USB slot.

Q: How long do I have to charge the Sensor Battery until it is full?

A: A full charge takes approximately 2 hours. The Sensor Battery LED lights up red while charging. The light turns off when it is fully charged.

Q: How long can the battery last?

A: On a full charge, the sensor battery can last up to about 6 hours of continuous use. On standby, the sensor battery can last for up to about one month.

Specifications

Model:	MVPB0010
Platform:	Android 4.4 & iOS 9.0 and higher
Connection:	Bluetooth BLE4.0
Sensor:	6-Axis Gyro Sensor
Battery:	190mAh Lithium Battery
Input :	5V ⎓1A
Dimension:	H143cm (can extend up to 173cm) x W42cm x D42cm
Net Weight:	Approx. 3.7kg (about 15kg when base (13L) filled with water
Materials:	Steel, ABS Plastic, PU Leather

FCC Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the 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 does cause 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 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 important announcement

Important Note:

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Move It®

Designed in Hong Kong.

Manufacturer: Eggplant Technologies Limited
Address: Unit 510, Blk A1, 411 Shougouling Road, Tianhe, Guangzhou, China
Email support@eggplant-tech.com
Webpage: https://move-it.club