Precautions

- 1. Please fix this product on a strong and reliable wall. When hitting, please hit within the hitting area. It is strictly forbidden to hit the corner area to avoid hand injury or equipment damage.
- 2. This product is suitable for adults. Children should use it under adult supervision.
- 3. Beginners should not hit too hard to avoid hand injuries. Pay attention to safety first during exercise, and leg and knee strikes are strictly prohibited.
- 4. It is strictly prohibited to hit the speaker area.
- 5. If the device cannot be turned on or has abnormalities, please check whether the battery is too low and charge it in time. The charging time should not exceed 8 hours. If it is not used for a long time, it is recommended to charge it once every 1-2 months.
- 6. This product is not waterproof. When wiping the boxing target, use a dry cloth and do not get it wet.
- 7. Please keep the instructions properly for emergency use.



Second Generation Smart Music Boxing Target



Instruction Manual

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Product Description

(3) (2) (1) Display (2) Trumpet (3) Light Board (4) Hit Point (5) Mounting Brackets Type-C Add Sound Switch Charging Reduce Sound

Installation Notes

Installation Way1:

1.Hole No.1/2/3/4 are mounting holes for brackets.
2.First fix the No. 2 and No. 3 holes of the bracket with the 2 holes on the back of the boxing target with flat head screws.
3.Draw the No. 1 and No. 4 holes of the bracket on the wall, drill the

3.Draw the No. 1 and No. 4 holes of the bracket on the wall, drill the holes with an impact electric drill, and fix them on the wall with expansionscrews.

4.Before using the product, please make sure the installation is firm.

Installation Way2:

1.First, tear off the double-sided tape on the upper half of the EVA.

2.The EVA paste is aligned on the back of the product.

3.Tear off the double-sidedtape on the lower half of the EVA sticker.
4.Put it in place and stick it firmly on the wall.

Installation Way3:

1.Align and paste the Hook and Loop Fastener with glue on the back of the product.

2.Peel off the double-sided tape on the top half.

3. Align the position with the wall and stick it firmly.

The Bracket Installation Method Is The Strongest

Instructions For Use

- 1. Short press 1 to turn on the device. The lights will turn on and music will sound. 2. Press and hold 1. The device will turn off in 2 to 3 seconds.
- 3.If there is no operation for about 3 minutes after successful startup, the device will automatically shut down.
- 4.Turn on the phone and set up a Bluetooth connection device to play music on the phone.
 *Bluetooth device name: device name starting with "GDBX"
- **5."Shift" on the monitor "Keys:** Counting, timing, calorie switching keys.
- "Gears" keys: 1-8 gears, gear increase and decrease.

Troubleshooting

NO.	Symptoms	Cause Analysis	Method of exclusion
1	No lights and no sound	The product is not powered on	Short press the switch
2	No lights and no sound	Battery drain	Charge
3	Lights flicker	Low battery	Charge
4	Short press the switch can not turn on	The main chip capacitor is short of power due to long-term non- startup	Repeatedly short press the swith
5	Banging sound inside the device	Issued by the internal active	Normal phenomenon

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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 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.

 Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.