

# MUSIC BOXING MACHING

## USER MANUAL

### **Design Concept of Music Boxing Machine**

Training Strike Principle: This product is highly aligned with the user-centric fitness concept. When the boxing target lights up and you hit it with your fist, you get a count. Follow the rhythm of the music, move your body, throw punches, and strengthen your physique.

### **Method of using music boxing machines**

#### **I. Turn on the device:**

Press and hold the middle button (power button) to turn on the device. After the sound test song sounds, it is ready. There is a feedback sound effect when you punch. (Tips: you can press and hold the MODE button to cancel or use the hitting sound effect, some models do not support it).

#### **II. Connect the Bluetooth:**

1. Press and hold the left button (LOOP) you will hear "Bluetooth Mode". Turn on the Bluetooth function on your phone, you will see a Bluetooth device named 'Bluetooth', click to connect.
2. You could play the music with any music player apps of your phone after you connected the Bluetooth with our device.
3. You also can use your own wireless headphones, external wireless speakers, and other playback devices. Usage: Repeat the operation method (1), and then connect any player with your phone.

#### **III. Strike speed and mode adjustment:**

1. Left button (LOOP) to adjust the flashing speed of the light; Press it and it will gradually accelerate from H01-H09.
2. The right button (MODE) adjusts the flashing mode of the light: press it and it is variety from P01-P09.

#### **IV. Strike count:**

You can check the total number of punches hit, the correct number of consecutive hits, the hitting time and adjusting the sound volume by pressing the middle switch button.

(Note: Please make sure you have turned on the device when you wanna check strike count)

1. Press once middle button (power button), you will see CXXX, which represents the number of consecutive hits you make correctly. However, if you fail to hit correctly, the count will restart from 0.
2. Press twice middle button (power button), you will see FXXX, which is the total number of punches.
3. Press three times middle button (power button), you will see XX.XX, which represents how long you have been exercising.

#### **V. Adjust the volume:**

After you turn on the device, press four times of the middle button (Power button). You will see UXX(U00-030), then tap the left button LOOP to decrease the sound, and tap the right button mode to increase the sound. Please press the power button again after you set what the sound volume you want and you will set the volume successfully.

### Installation methods:

The product installation is suitable for solid wall surfaces, such as latex paint walls, large white wall surfaces, wood veneers, ceramic tiles, and other wall surfaces. The wall does not need to be perforated or nailed, just use the provided installation accessories.

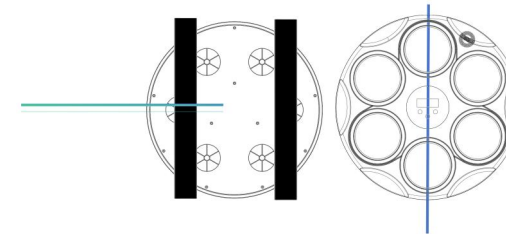
Installation Height: Stick the complimentary wallpaper on the wall, with the installation height level with the eyes. Children should use a boxing target slightly higher than their eyes. You can use Velcro to move up and down, and prioritize using Velcro for installation.



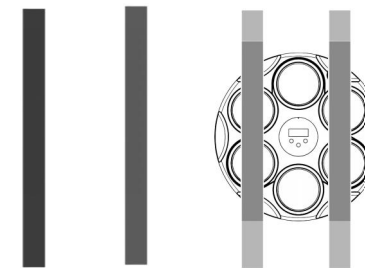
### Method 1 (movable installation method):

1. Flip the boxing target flat on the table, tear off the back glue of the two **SHORTER** Velcro strips, and stick them on both sides of the **MACHINE** center with the distance of about 10 inches.
2. Stick two **LONGER** Velcro strips vertically on the **WALL** with a gap of 10 inches.
3. Flip the boxing target and attach the shorter Velcro to the longer Velcro on the wall to install it.

Method 1 (tight suction)

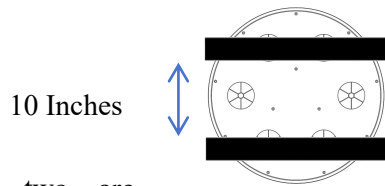


The shorter two are pasted on the back of the machine with a spacing of about 10 inches.

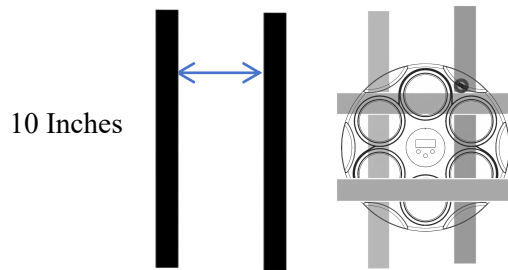


Attach the machine to the Velcro on the wall with a distance of about 26cm between long wall stickers

**Method 2 (If you need change the height frequently):**

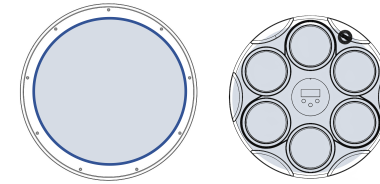


The **SHORTER** two are pasted on the back of the machine with a spacing of about 10 inches



Attach the machine to the Velcro on the wall with a distance of about 10 inches between long wall stickers

**The FIXED installation method:**



The built-in circular back adhesive is a fixed installation method, which can be peeled off and attached to the machine on one side, and directly attached to the wall on the other side for use.

**ATTENTION:**

- Fixed installation mode, can't tear it off often, it will weaken the viscosity.
- Please stick it on a smooth and hard solid wall surface (to prevent dust and mold from falling off the wall).

**★ Friendly Reminder:**

Fat is exhaled from the mouth, so do not to close the mouth when punch, breathing is important. Lower the shoulders, weight down the elbow, twist the waist, twist the body after punch.

## 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.

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

### RF Exposure Information

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