10th gear mode adjustment
Follow the rhythm of music

Enhance the sense of sports experience, and the more you play, the more fun you will have.

LED digital display
Record hitting data

Scientific fitness,
the data is clear at a glance

Introduction of control panel

On/off (switch)

Press and hold for 3 seconds to turn on and off.

Bluetooth(Music interconnection)

After turning on, press the Bluetooth function briefly.
When the Bluetooth model gives a voice prompt,
Bluetooth can be connected through a Bluetooth device.

Speed (speed adjustment)

The gear adjustment cycle increases, and the window
displays as HO1-H09. The higher the number,
the change of the light.
The faster the speed, the default boot is H01 file.

Mode(Strike mode)

Mode adjustment button, the window displays P01-P10,
indicating that the flashing light has 10 change modes.
The training area corresponding to each pattern is divided.

C00(Intelligent counting)

There is corresponding light and sound feedback during
hitting and mistaking, and C00 records the number of hits.

Enduring endurance
Have enough fun at once.

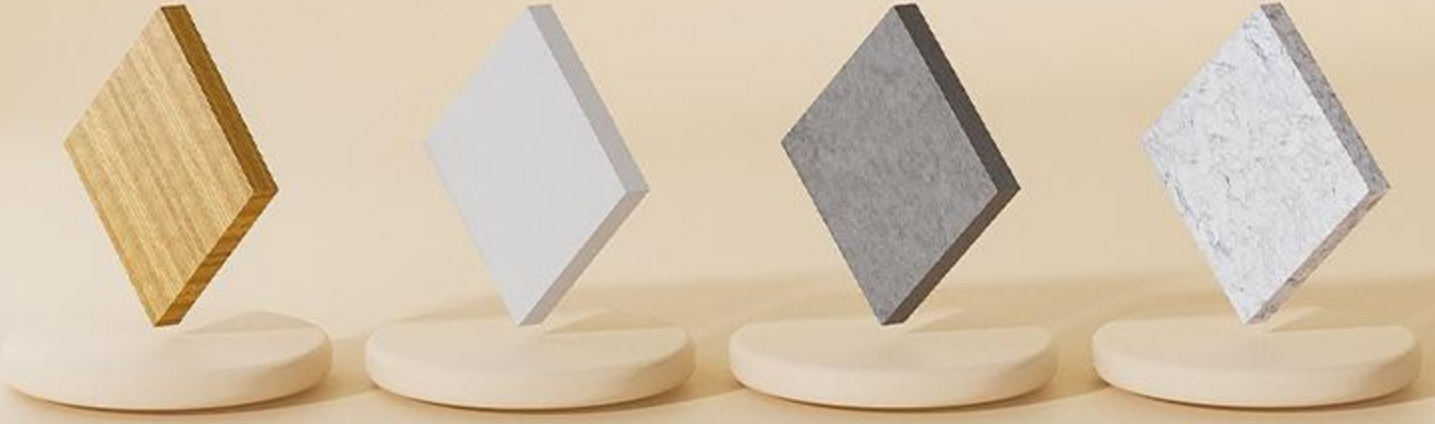
Built-in lithium battery with
Type-C interface
Convenient charging

Adjustable height
Suitable for a family.

80cm hook and loop,
Height can be adjusted freely.

Suitable for various wall installation.

Note: Try to determine the location to be installed before fixing.



Solid wooden wall | Baiqiang | Cement wall | marble

Fitness partner of the whole family Release pressure and have fun.

Men's daily training and fitness shaping

Women sweat and lose weight and enjoy thinness easily.

Children cultivate interest and improve self-confidence

Product parameter

brand SILANGDUN	**product name** product name
weight 1.7kg	**colour** black
texture of wood PU、PMMA、ABS、PP	**suit** Children, adults

Intelligent music Boxing machine

Shifan adjustable
Accelerated sweating

Upgrade the new gameplay

Diversified training mode

bluetooth speaker

Custom music
Play at will

Ten-speed adjustable

Gradient training
The effect is doubled.

Adjustable height

The whole family can use it.

Intelligent counting

Visualized energy consumption

Non-punching

Do not hurt the wall
Optional installation

Damping mute

Feel free to fight
Do not disturb the people

Enlarge and widen

Eight target surfaces
Strike at will

high quality
Surround sound effect

All-platform music software The feeling of movement is in tune with the heart

Brand new appearance
8 hitting positions

The target surface is made of high elastic material, which is soft and comfortable. Effectively reduce sports injuries

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.
Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.
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.
The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction