

Musicalboxing target instruction manual

Turning Bluetooth

ON/OFF

To turn on Bluetooth, press and hold the dedicated Bluetooth button on the machine; to turn it off, press and hold the button in the same way.

Music boxing target design concept

IDEA

Music boxing target use purpose, through boxing this efficient aerobic and strength training, to achieve strong Develop cardiopulmonary function, build body lines, enhance muscle endurance, explosive power, and improve physical coordination.

Training hitting principle: This product is highly consistent with the people-oriented concept of fitness. The target target of flashing lights can control the flashing rhythm of lights through the strength and speed of its own fist. Follow the rhythm of the music, rhythm the body, punch your fist, strengthen the body.

Installation mode

INSTALL

Product installation is suitable for solid wall,such as latex paint wall,white wall wallpaper wall , Wall cloth wall surface and wood veneer, ceramic tiles ang other walls,the wall does not need openings

! The installati on heig ht is th e same as the shoulder . Before installation, it can be placed to test whether the striking position is app roprate

1.Place long strips of Velcro, parallel to the wall
The rubber side faces the wall



2.Put the short Velcro on the long Velcro
Press the back glue against the wall and against the front



(一)
Install

3.Remove all the short
Velcro back glue to



4.Install the boxingmachine on the wall
short glue and press thecontact area hard



5.To pen the background
and stick it to the



(二)
Install

6.Install the boxer on the wall and press
the contact area hard



Boot-up mode

ON/OFF

ON/OFF Press and hold for 3 seconds to turn on/stop the machine.

Bluetooth mode / music rhythm mode

First, short press Bluetooth function start and close open the phone Bluetooth to find the device BLUETOOTH click the connection, you can play the phones favorite music.

Hold down the music symbol for 3 seconds to enter the start and close of the music rhythm mode, and the display (P---) is called the entry of the rhythm mode

Under the music rhythm mode

First, connect the mobile phone Bluetooth to play music short press ON /OFF to adjust the music rhythm matching a total of 1.23 three values, The higher the value. the slower the matching rhythm, the lower the value. the faster the matching rhythm, adjust the appropriate value according to different types of songs. It is recommended that D J gear is about 3, slow song choose 1 gear

Hit speed

SPEED

Click on the speed to adjust the speed mode, H1--H12 for a total of 12 speed gears, Suggestion 7

the higher the gear position is the faster it is click MODE to enter the light mode adjustment, P1--P12 total 12 light modes different areas with different modes, Recommended 1-2.

Enter the two-player challenge entertainment mode in P12 mode, where two lights at different target positions illuminate simultaneously to train both players' reaction ability and tacit understanding.

IV. HOW TO ENTER RHYTHMIC MODE?

Volume - Long press Speed to decrease the volume; Volume + Long press Mode to increase the volume



Step 1: Long press On/Off to turn on the device, then hit the target once.

Step two: Press the music symbol key Enter music rhythm synchronization mode Short press the music note key. F00 turns off the striking sound effect; F01 turns on the striking sound effect.

In the music rhythm mode, short press On/Off to adjust the rhythm matching degree:
Select gear 1 for slow songs;
Select gear 3 for fast songs/DJ.

Product packing list

INVENTORY

name	unit	quantity
machine	tower	1
power line	root	1
long magic stick	twig	2
short magic stick	twig	2
operating instruction	book	1

Product Parameters :

Product Name: Music Boxing Target

Working Voltage : 3.7V

Product Size: 41.3x43x7cm Product N.W./G.W.: 3.2kg/4kg Power: 5W

Output: DC5V---1A(2A) PInput 100-240V Battery Capacity: 2000mAh

Bluetooth name: Bluetooth

Charging Instructions :

Use power supply equipment (self-provided) : Input 100-240V output DC5V --1A(2A) charging through the supplied slave wire link. The location close to the wall target. The socket should not be more than 1.5 meters away from the machine interface.

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.

FCC Radiation Exposure statement

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