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# Music Boxing Pad User Manual

## Preface

Hello! Thank you for purchasing our company's music boxing pad. If you encounter any issues during the use of the product, please feel free to contact us promptly, and we will provide you with high-quality after-sales service.

## 1. Friendly Reminder

### The blanket has an odor

Due to the new product being sealed during transportation, if there is a slight odor upon initial unboxing, it is a normal and harmless occurrence for new products. The music boxing pad is made of environmentally friendly and non-toxic materials, and the odor is harmless to the human body. Simply place the blanket in a ventilated area for some time to eliminate the odor.

### Warning

- For individuals who are not suitable for using this product, if you experience any discomfort, immediately consult a doctor before use:
1. Women who are trying to conceive, pregnant, or menstruating.
2. Patients with malignant tumors or heart disease.
3. Individuals undergoing medical treatment or experiencing physical discomfort.

## 2. Preparations and Precautions Before Use

1. When using the music boxing pad, maintain an area of 4-5 square meters to prevent falls or collisions during use.
2. Children and the elderly should be accompanied by adults while using to prevent accidents.





3. Avoid excessive use as prolonged exercise can be harmful to the body. It is recommended to take a break every 30 minutes.
4. Strictly follow the instructions when using the music boxing pad to prevent injuries.
5. Keep pets away.

## How to install the punching pad at a suitable height on the wall?

**For family members with heights ranging from 120cm to 160cm, it is ideal to adhere the hook and loop fastener as shown in the figure, which can accommodate both adults and children in the household.**




(Wall diagram)

1. Based on your height and boxing position, simulate the height of the punching pad and mark the installation position on the wall due to excessive force during punching.
2. Attach the two hook and loop fasteners provided with the product to the wall (there are a total of 4 hook and loop fasteners provided, but only 2 need to be used, the remaining 2 are spare).
3. Ensure the rough surface of the hook and loop fasteners is preferably 30cm, as shown in the diagram.
4. Once the hook and loop fasteners are attached, place the punching pad onto them, and it will firmly adhere.





**Note: If there are taller adults or shorter children in the household, simulate and adjust the height on the wall according to the user's height and punching position before adhering the hook and loop fasteners. (For example, for a man with a height of 2 meters or a young child with a height of 1 meter, please simulate the punching height before applying the hook and loop fasteners.)**

**Note: A spacing of approximately 30cm between the two hook and loop fasteners ensures stability of the wall casing of the punching pad positioned in the middle. The black casing of the punching pad measures approximately 30cm, as shown in the diagram.**




**Note: For heights between 130cm and 160cm, adhere the hook and loop fasteners at the recommended height as shown in the diagram.**

**If there are taller individuals or young children of shorter stature in the household, please simulate and adjust the height on the wall according to the user's height and punching position before adhering the hook and loop fasteners.**



**Boxing + Dancing Multiplay:**
**Boxing + Dancing Multiplay: Interestingly, it can also be laid on the ground for four-directional stepping, engaging in music dance challenges.**
***Note: The dancing gameplay utilizes the same button controls as the boxing gameplay.**





## Explanation of Boxing Pad Interface and Power Supply:




Interface Explanation:
1. Power Interface: Power supply interface, no charging function, for power only.
2. Bluetooth Connection: Pair your phone with the boxing pad via Bluetooth for playing music from your phone.
3. Microphone Interface: Purchase a microphone accessory separately. Connect the microphone to sing. Whether there is a microphone depends on the configuration.



**Power On/Off Switch and Volume Control Knob**

*Note: If the blanket is not in use, it can also be used as a yoga mat. You can press any hit button to replace it. If powered by batteries, when the battery voltage is low, the music and prompts will be turned off, and Bluetooth will automatically disconnect to save power.
Power Supply Methods for Exercise Blanket:
1. Power Bank Supply: Use a mobile power bank with a mobile phone charger and TYPE-C cable to connect, then plug into the boxing pad interface for power.
2. Wall Socket Supply: Use a TYPE-C cable to connect to a wall socket.
3. Power Bank Power Supply: Use a mobile power bank with a TYPE-C cable to connect, then plug into the boxing pad interface for power supply.





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## 1. Product Introduction (Product patterns and colors are for display purposes only)

Upward Button:
Function 1: Short press to cycle through the difficulty levels of Challenge Modes: Easy, Medium, Hard, and Expert. Each press increases difficulty.
Function 2: In Bluetooth mode, short press to switch to the previous track of the connected mobile phone's Bluetooth music.

Downward Button (the difficulty level adjustment function):
Function 1: Short press to switch to the next Bluetooth music in Bluetooth music on/off.
Function 2: In Bluetooth mode, short press to switch to the next track of the connected mobile phone's Bluetooth music.
Function 3: Short press to adjust the built-in background music of the boxing pad. There are 9 background music tracks available for switching.





## 2. Basic Operation and Game Modes of the Boxing Pad

### Mode Button

Press the Mode button, the Mode button will 10 mode lights will illuminate, Choose your preferred mode by pressing the corresponding light to the p. Then press the Start button to begin playing.

### Mode 1 - Challenge Mode

**(Press the Mode button, then hit button 1, and press the Start button to enter. There are a total of 8 levels.)**

After startup, it will automatically enter Challenge Mode in press the Mode button, All 8 lights will illuminate. Then, press button 1, followed by the Start button, to enter the game. The game consists of a total of 8 levels. As the game levels progress, the sequence of illuminated buttons in Memory Mode will increase, and the speed of button illumination will gradually increase.
To adjust the level, you can press the up button before pressing Start. Pressing the up button once will increase the difficulty level by one. Long-pressing the down button for 2 seconds will turn off the music. Pressing the up button can adjust the level. Long-pressing the up button can quickly switch levels.

### Mode 2 - Full Brightness Mode

**(Press the Mode button, then hit button 2, and press the Start button to enter. There are a total of 10 levels.)**

After startup, press the Mode button, All 10 mode lights will illuminate. Then, pressing button 2 will enter the full brightness mode, with all buttons illuminated. Pressing button 2 again will exit the full brightness mode, and the lights will turn off. Pressing the Start button, Successfully hitting all the hit buttons within the specified time will trigger a successful hit, with the lights flashing and the buttons illuminating. Upon failure, the lights will illuminate again, and the game will continue. There are a total of 48 levels. (As the levels progress, the interval time between button illuminations will gradually decrease.) Long-pressing the down button for 2 seconds will turn off the music. Pressing the up button can adjust the level. Long-pressing the up button can quickly switch levels.





## Mode 3 - Memory Mode

**(Press the Mode button, then hit button 3, and press the Start button to enter. There are a total of 99 levels.)**

**(*Note: In Memory Mode, lights will illuminate 9x9, Remember the sequence of illuminated lights. After the "go" prompt sound, hit the buttons in the remembered sequence.)**

After startup, press the Mode button, All 9 mode lights will illuminate. Then, hitting button 3 and pressing Start will enter Memory Mode (the display screen will show 001). After the game starts, the buttons on the boxing pad will randomly light up, prompting you to remember the illuminated button sequence. Upon the button illumination pause, a "go" prompt sound will signal the start of hitting. Please rely on memory to hit the buttons. Hitting correctly will proceed to the next level, with the sequence of illuminated buttons increasing by one. As the levels progress, the sequence of illuminated buttons in Memory Mode will gradually increase, and the speed of button illumination will gradually decrease.
To adjust the level, you can press the up button before pressing Start. Pressing the up button once will increase the difficulty level by one. Long-pressing the down button for 2 seconds will turn off the music.

## Mode 4 - Animal Match Mode

**(Press the Mode button, then hit button 4, and press the Start button to enter.)**

After startup, press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 4 (the display screen will show 003). Then press the Start button. This will enter the Animal Match Mode (the display screen will show 004). After the game starts, one of the hit buttons will light up. Hitting each button will produce an animal sound (e.g., cows, sow, etc.). Upon successful hit, the lights will flash and the buttons will illuminate. Failure to hit these two buttons, and the lights on these two buttons will turn off. (Note: If two buttons are hit incorrectly, the lights will not turn off.) Continue until all 6 lights are turned off, resulting in clearing rounds indicating successful completion.

**Bluetooth Mode: Music Boxing (Boxing)**

Bluetooth Connection: After turning on the switch, enable Bluetooth on your mobile phone and search for the name: Music Boxing (boxing). Once connected, you can play music from your phone as accompaniment for the boxing pad.



## Precautions for Using the Boxing Pad

1. Install 4 AA batteries, adjust the volume knob to the appropriate music volume.
2. There is no response after turning on, please check if the batteries are inserted correctly or if they have power. You can also try using the TYPE-C interface for power supply.
3. If the boxing pad is not used for a long time, it will enter sleep mode, and you can activate it by hitting any button.
4. Keep the music boxing pad away from water and other liquids.
5. Do not place the boxing pad in high-temperature areas.
6. Do not place heavy objects on the boxing pad for an extended period.
7. Keep the exercise mat away from sharp objects to prevent damage to the surface.
8. Avoid using the exercise mat in high-temperature areas, such as near heating devices.
9. When cleaning the boxing pad, use a soft damp cloth to gently wipe the surface. Do not use any abrasive or chemical cleaners, and do not wash with water.
10. Do not hit or use, dare the boxing pad in a cost, dry place, away from direct sunlight.
11. Please do not disassemble or repair the boxing pad by yourself. If there is an issue with the product, please contact us.



## FCC Warning:

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.
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 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.