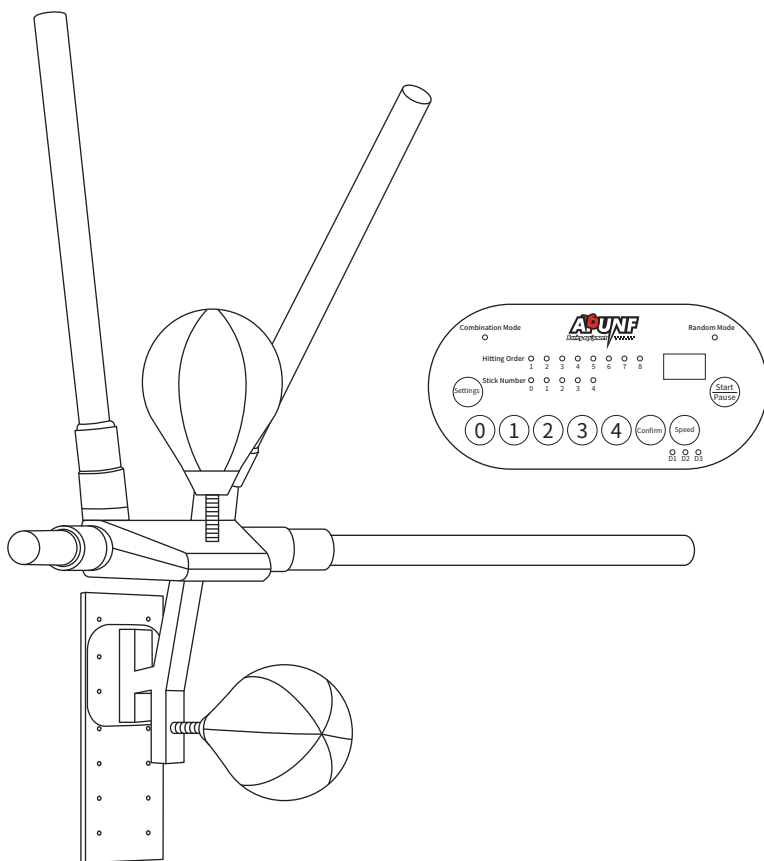




BOXING TRAINER

User Manual



Keep out of reach of children.

Read the instruction manual carefully and keep it for future use.

SAFETY PRECAUTIONS



Please read the safety precautions carefully before use:

1. Check the stability of the device

- Make sure the equipment is firmly fixed, the base weight is sufficient or the suspension device is not worn to avoid tipping or falling off during training.
- Regularly check whether the connecting parts such as chains, hooks, screws, etc. are loose or rusted.

2. Wear protective gear

- Be sure to wear boxing bandages and gloves during training to avoid wrist sprains or knuckle abrasions.
- If you use a speed ball or reaction ball, it is recommended to wear goggles to prevent accidental rebound and injury to the eyes.

3. Be aware of your surroundings

- Make sure there are no obstacles in the training area, and leave at least 1.5 meters of safety distance to avoid collision with walls or other equipment.
- The floor should be non-slip to avoid slipping due to sweat or water stains.

4. Standardize the key points of the movements

- Beginners should learn the correct punching posture under the guidance of a coach to avoid wrist and shoulder injuries caused by incorrect movements.
- Avoid excessive hitting of hard targets (such as metal parts) to prevent bone and joint contusions.

5. Control the intensity of your training

- Gradually increase the intensity and duration of the punches to avoid muscle fatigue or joint strain.
- If you use a smart boxing machine, do not blindly pursue high speed goals, but do it within your ability.

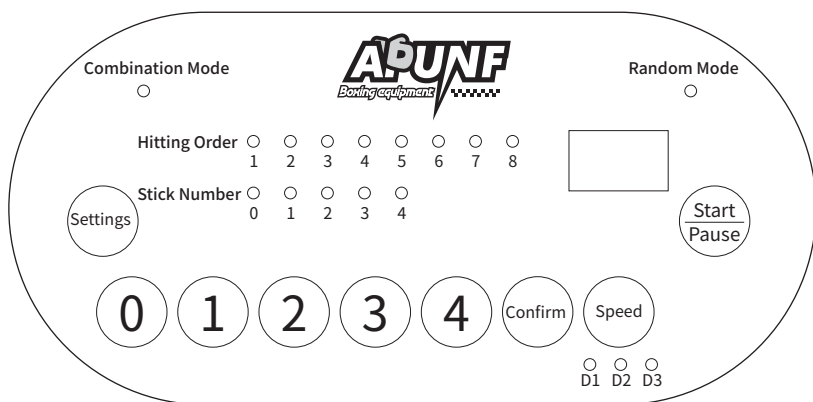
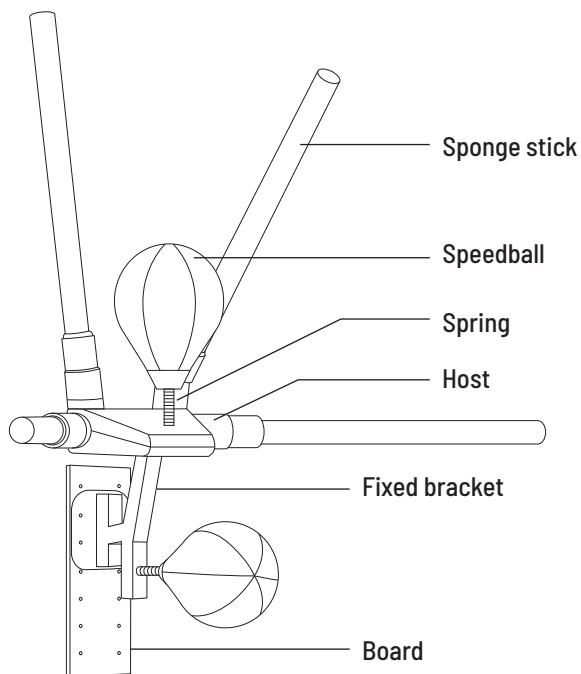
6. Precautions for special groups

- Children, the elderly or those recovering from injuries should use the equipment under the supervision of a specialist and avoid high-intensity training.
- Patients with heart disease and hypertension should use high-intensity boxing equipment with caution.

7. Emergency handling

- If the equipment is abnormal (such as unusual noise or shaking), stop using it immediately and have it repaired.
- If you feel pain or discomfort during training, stop immediately and consult a doctor.

PRODUCT INTRODUCTION



Remote Control

OPERATION SETTING INSTRUCTIONS

① Modes and buttons

1. Combination mode: You can freely set the order of hitting
2. Random mode: Randomly grab the order of hitting
3. Manual control mode: The stick that can be controlled by the handheld remote control

② Mode Light

1. Combination mode lights: Random mode lights, select different modes and the corresponding mode lights are always on
2. Manual control mode: In this mode, both mode lights are always on

ILLUSTRATE: There are 8 lights in the striking sequence, which light up in sequence. The number of strikes in each group is set differently, with a minimum of 1 strike and a maximum of 8 strikes per group.

There are 5 lights for the stick numbers, representing 0 (empty swing, or end), 1 (stick No. 1), 2 (stick No. 2), 3 (stick No. 3), and 4 (stick No. 4). The stick numbers are 1, 2, 3, and 4 from the left.

③ Host Tips

- The host does not start after being powered on. You need to press and hold the setting button on the remote control to turn it on. After the remote control is turned on, the host will be awakened and the swing arm will be reset.
- If there is no operation on the remote control within ten minutes, the remote control will automatically shut down. The motor will stop working 1 minute after shutting down, and the motor will be awakened again when the remote control is turned on.

④ Key operation instructions

Settings

1. Settings button

- Press and hold for 3 seconds to turn on and off the machine.
- After turning on the machine, enter the mode selection. At this time, the manual mode is the default, and the combination/random mode light is always on. Click the setting button to select the mode.

0

2. 0.1.2.3.4 Number Key

- In manual control mode, press the numbers 1234, and the sticks with the corresponding numbers will strike.
- In combination mode, the striking sequence needs to be set with the corresponding striking sticks.

Confirm

3. Confirm button

- Confirm during the setting process to proceed to the next step.

Speed

4. Speed Key

- Click the speed button to switch between low/medium/high gears (the corresponding indicator lights up)

OPERATION SETTING INSTRUCTIONS



5. Start and Pause Button

- After the combination/random mode setting is completed and confirmed, click the button to start. The work will begin after a 5-second countdown. During the work, click this button to pause or resume the work. Long press for 3 seconds to end the work and return to the mode selection.



6. Digital tube

- The digital tube has 3 digital displays, the first two digits are the setting display of the number of strike combinations, the maximum is 99 groups, the minimum is 1 group. The third digit is the countdown display.

5 Mode selection settings

1. Manual mode

Under the mode selection, the default is manual mode. Click OK to enter manual mode directly. At this time, you can press the 1234 buttons, and the corresponding sticks will hit. Set the corresponding speed and you can perform two-person linkage.

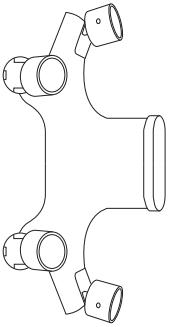
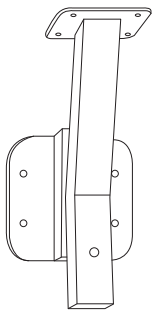
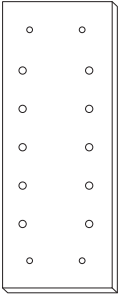
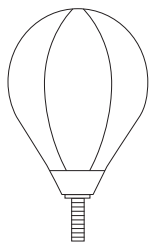
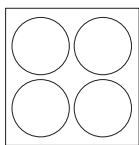
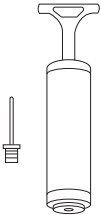
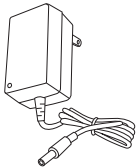
2. Combined Mode

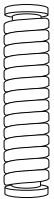
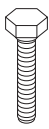
- Under mode selection, click the setting button to select. When the combination mode light is on, click OK to enter the mode.
- At this time, set the strike sequence 1-8 in sequence, the corresponding strike sequence lights will light up, press 0-4 keys to select the stick number (0 is an empty swing), the selected stick indicator lights up, after each strike sequence is selected, press set to enter the next strike sequence selection, if not selected, the default is 0 (empty swing), after the setting is completed, you can adjust it cyclically. After adjustment, press confirm to enter the next setting.
- You can set a minimum of 1 strike and a maximum of 8 strikes. There will be a 2-second pause after each strike, so you can counterattack the speed ball.
For example: set the strike sequence to 2 and 3 for two strikes. Just set the first two strike sequences and then press Confirm to enter the strike group number setting. You can try multiple combinations, such as 12034, 32140023 (0 represents an empty swing, no stick to strike), etc. For more combinations, please explore and set them yourself.
- After setting the strike sequence, enter the setting of the strike group number. At this time, the first digit of the digital tube begins to flash. Press the 0 key to increase the value by 1 (0-9 cycle), and press the 1 key to decrease the value by 1 (9-0 cycle). After selecting, press Set to switch to the next digit. A maximum of 99 groups are supported. After selecting, press Confirm.
- After setting the number of sets, select the corresponding speed for training, and then press the start pause button to train. At this time, the countdown starts for 5 seconds and the trainer starts working. If you feel that the speed is too fast or too slow during the training, you can also select the speed during the training without resetting it.

3. Random Mode

- Under mode selection, click the setting button to select. When the combination mode light is on, click OK to enter the mode.
- In random mode, you do not need to set the order of strikes. You can directly set the number of strike groups and start by selecting the speed you need to train.

ACCESSORIES LIST

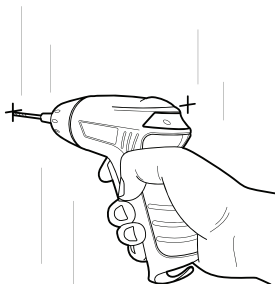
A Host  X1	B Bracket  X1	C Board  X1	D Sponge stick  X4
E Speedball  X2	F Double-sided tape  X1	G Air pump  X1	H Power adapter  X1

1 Spring  X2	2 Pull out the screw  X4	3 M8 long screw  X1	4 M6 screw  X4	5 M8 screw  X4
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INSTALLATION STEPS

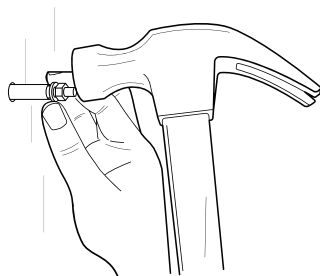
1

Mark the installation location and drill holes using an electric drill.



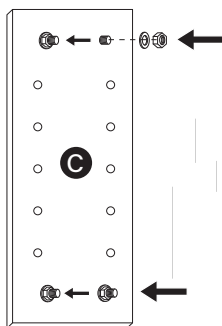
2

Use a hammer to drive the bolt into the hole.



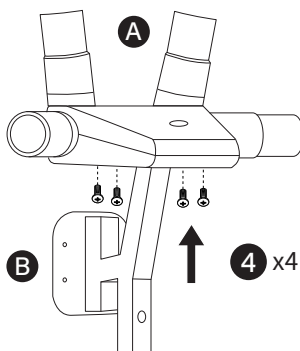
3

Install the board on the wall and screw in the screws to secure it.



4

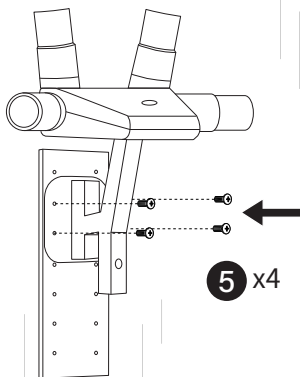
Use screws to secure the host to the bracket.



INSTALLATION STEPS

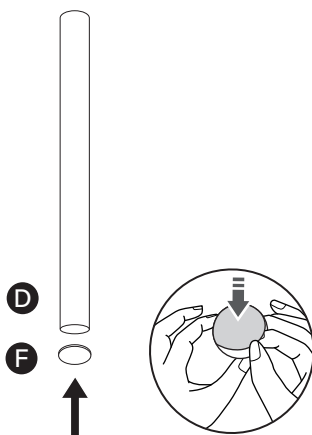
5

Use screws to fix the boxing trainer on the wooden board (the height can be adjusted to suit).



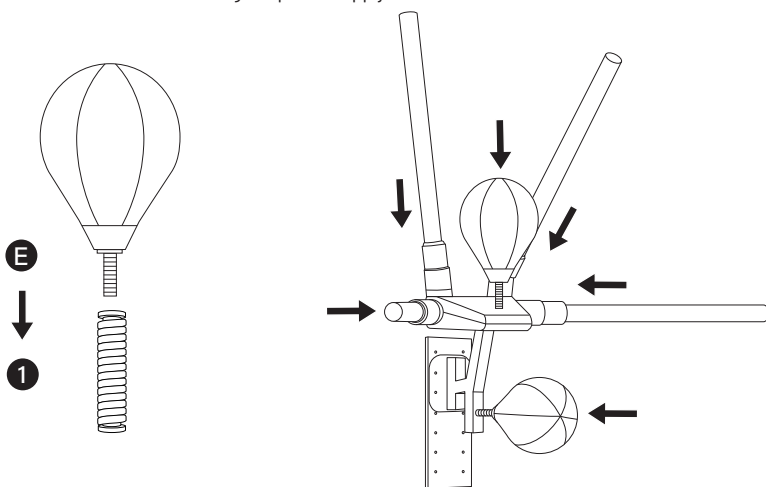
6

Use double-sided tape to fix it to the bottom of the sponge swab.



7

Insert the sponge swab into the hole of the main unit; Use an air pump to inflate the speed ball, then connect the spring and screw it into the main unit. After the installation is complete, you can use it after connecting the power supply.



CARE AND MAINTENANCE



Maintenance and cleaning tips to help extend service life and ensure training safety:

1. Clean surfaces regularly

- Use a slightly damp soft cloth to wipe off sweat stains and dust on the surface to prevent long-term residual dirt from causing cracks in the leather or PU material.
- Use a dry cloth to clean the screen and sensor to prevent liquid from penetrating into the circuit.

2. Prevent moisture and exposure

- Store in a dry and ventilated place. A humid environment can easily cause metal parts to rust or leather to mold.
- Avoid direct sunlight to prevent the outer material of the sandbag from aging, fading or hardening.

3. Check the connection parts

- Check the chains, hooks, and screws regularly for looseness or rust, and apply anti-rust oil if necessary.
- Make sure the base is stable and the screws are tightened to prevent shaking or tipping.

4. Avoid excessive wear

- Hit different areas of the sandbag alternately to prevent local damage.
- Use special repair glue (such as leather glue) to treat the damaged area in time to prevent the crack from expanding.

5. Recommended cleaning tools

- Leather/synthetic leather: special cleaner + soft brush.
- Metal parts: neutral cleaner + dry cloth, rust can be lightly sanded with fine sandpaper and then oiled.

6. Motor and speed ball

- The motor and speed ball are consumable parts and are not covered by the warranty. Please check carefully after receiving the goods.
- Long-term high-speed hitting of the motor will affect the service life of the motor. Please plan the use time reasonably.

AFTER-SALES SERVICE

If you have any questions during use, please contact us and we will provide you with answers in a timely manner.



MADE IN CHINA

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.

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

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 0cm between the radiator and your body.