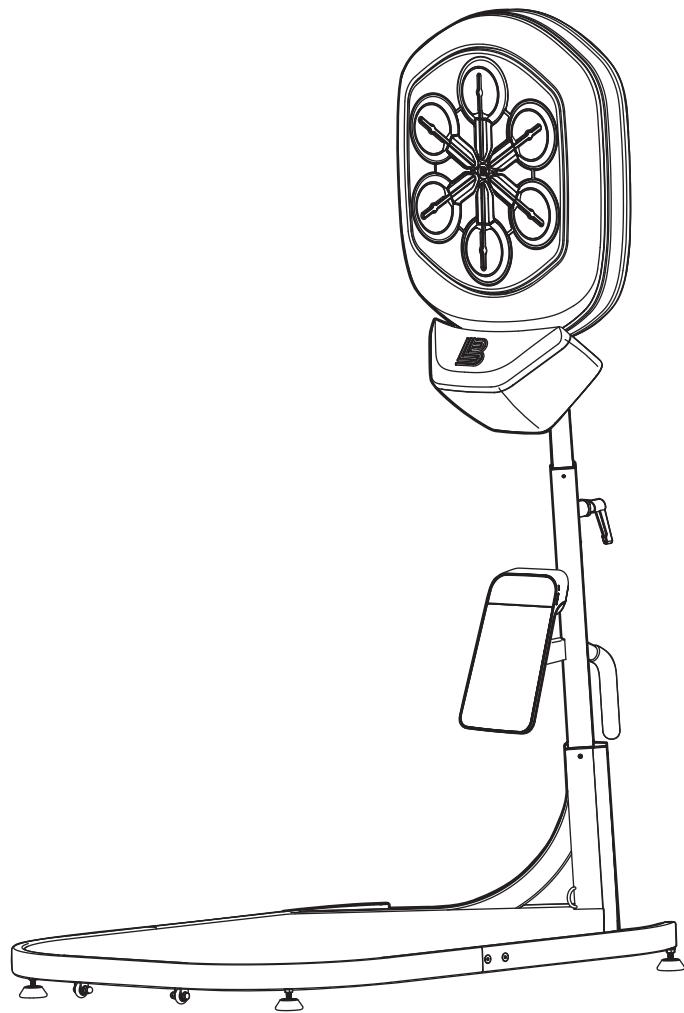


# Assembly Guide | Floor Stand



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# IMPORTANT SAFETY INFORMATION

**⚠** Read and understand the manual and safety instructions before assembling, installing, and using Liteboxer Floor Stand. Failure to do so can result in serious injury or death. Save this document.

**⚠** **WARNING:** It is important that Liteboxer Floor Stand is assembled and installed according to the directions provided. If the unit is assembled and or installed incorrectly, it could become insecure, collapse, and cause injury to person and damage to equipment and property. Liteboxer Technologies, Inc. is not responsible for any damages due to improper assembly.

## Additional Safety Information:

1. Read all safety information prior to using the Liteboxer. Heed all warnings. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.
2. Use this device only for its intended use as described in the manual.
3. Children aged 13 and younger and persons with reduced physical, sensory, or mental capabilities that impair safe use of the device must not use Liteboxer.
4. Children aged 14 and older and persons with a lack of experience and knowledge must be given supervision and instruction before using Liteboxer.
5. Keep children and pets away from Liteboxer, cord, and power supply.
6. Assemble and use the Liteboxer on a solid, level surface.
7. Liteboxer is for indoor use only. Do not use or store the Liteboxer outdoors, near water, or at high humidity levels.
8. Liteboxer is for personal home use only. It is prohibited to use Liteboxer in a commercial environment.
9. To reduce the risk of electric shock: Always unplug the device from the electrical outlet immediately after using and before cleaning. Keep cord away from heated surfaces.
10. Before beginning any new fitness routine, consult your doctor to ensure that it is right for you. Excessive training or incorrect technique can result in injury. If at any point during use you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult your doctor.
11. To prevent injury, always adjust the Liteboxer to your height as recommended within the Liteboxer App. Watch for pinch points when adjusting height.
12. To prevent injury, always use Liteboxer gloves and wraps during a workout. Follow all instructions to properly wrap hands.
13. Take care when stepping on and off the platform to avoid tripping.
14. To ensure safe operation and optimal performance, check for wear and damage on a regular basis.
15. In-app metrics may be inaccurate and should only be used for reference.
16. Use only original parts provided by Liteboxer Technologies, Inc. Changes or modifications to this unit not approved by Liteboxer Support could void the warranty.

# NOTICES

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

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:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This product FCC ID: 2A4GY-LB-TABLET01

FCC Caution: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

## IMPORTANT NOTE:

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

Apple, the Apple logo, iPad, iPhone, and iPod are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Liteboxer Technologies Inc. is under license.

Google and Google Play are trademarks of Google LLC.

Liteboxer Technologies Inc. products, methods, and related services are protected under U.S. Patent Nos. 10,124,227 and 10,705,597. Other domestic and international patent applications are pending.

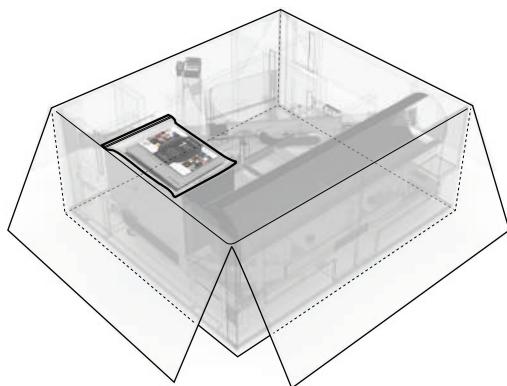
DESIGNED IN USA. MADE IN TAIWAN.

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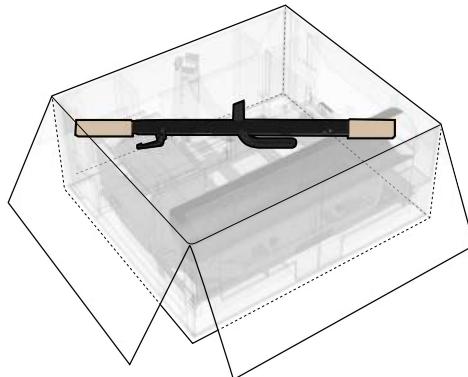
All returns must be shipped in their original packaging. Please save the box and packing material.

Liteboxer requires a stable wireless internet connection at all times for workouts. Unstable internet connection results in poor app performance.

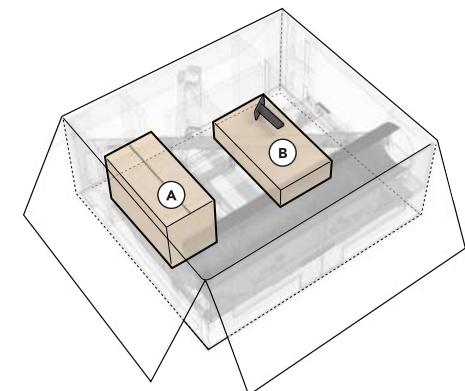
# PACKAGE CONTENTS



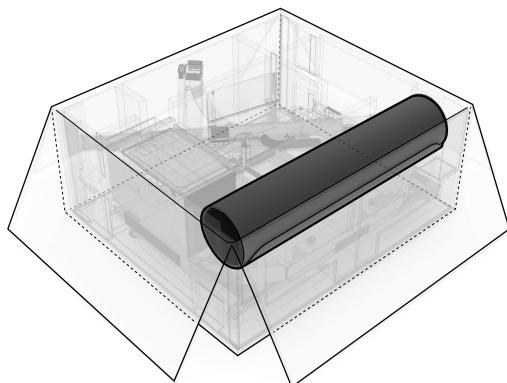
1. Assembly Packet: memberships card, assembly booklet, hardware kit, power supply



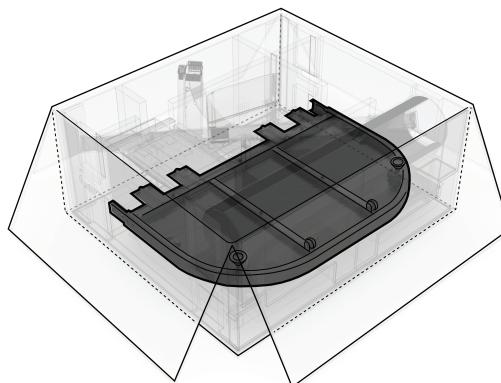
2. Pole



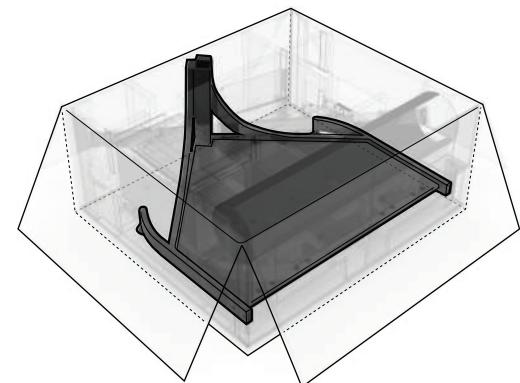
3. Accessories Box (A) : gloves, wraps, hard floor covers, and other optional accessories. Tablet Box (B) and Tablet Arm.



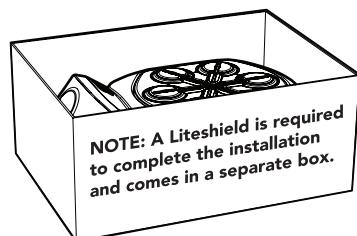
4. Base Liner



5. Base Front

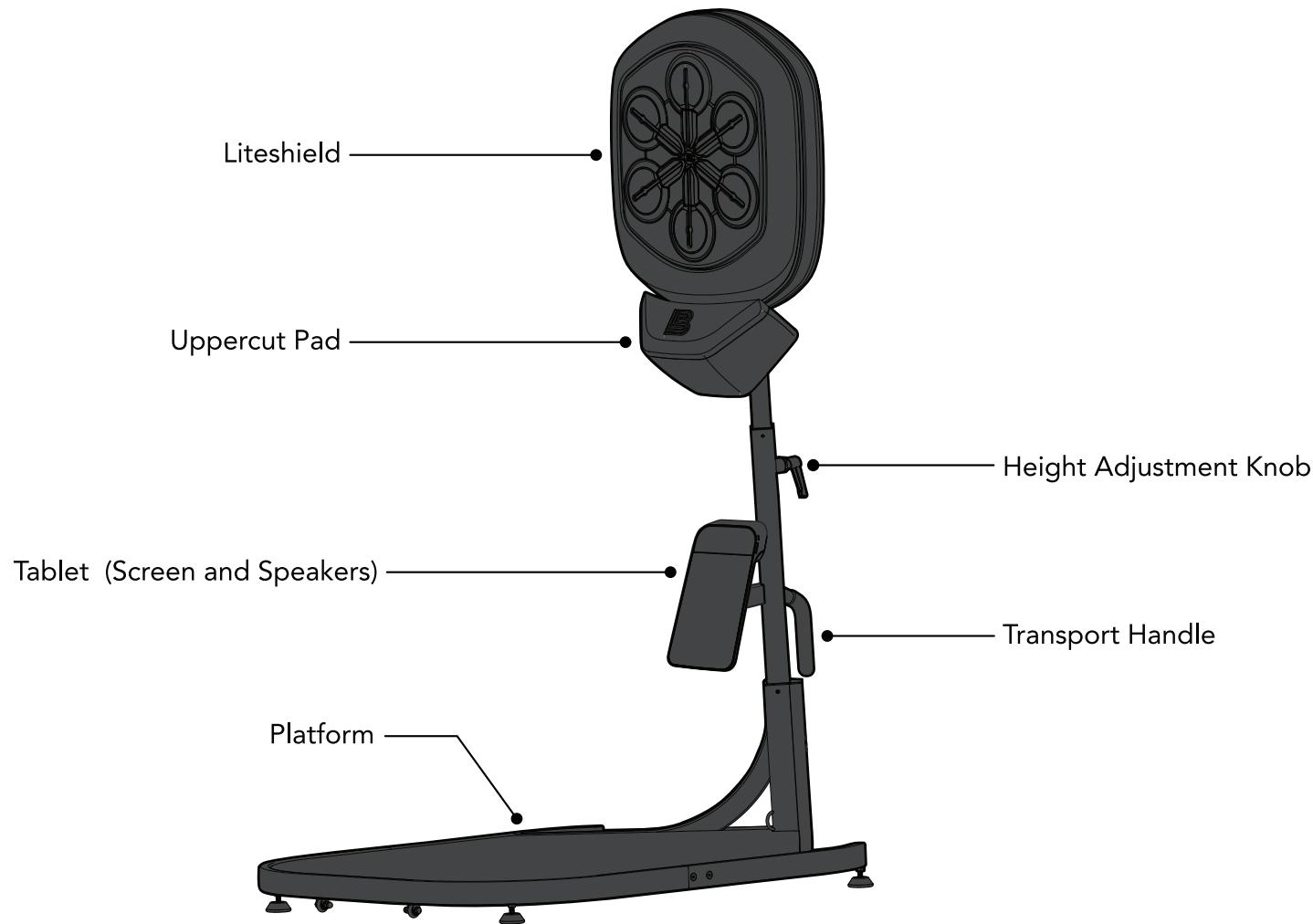


6. Base Rear



NOTE: A Liteshield is required to complete the installation and comes in a separate box.

# LITEBOXER FLOOR STAND DIAGRAM / SPECIFICATIONS

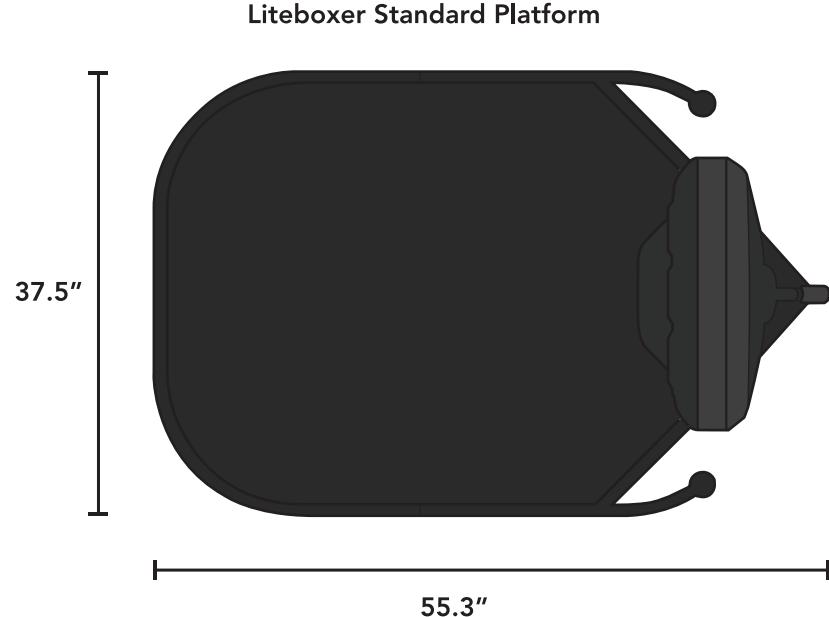


# LOCATION REQUIREMENTS

Prior to unboxing, we recommend designating a space for your Liteboxer.

This location will need to have an electrical outlet within 4 feet, and ideally should be within close proximity to your wireless router. In addition to the space designated for the platform's footprint, we recommend leaving 12" of clearance in the front and sides of the platform. This additional clearance will allow for any shift in location during your workout.

Many of our Trainer Classes will incorporate off platform activity, such as calisthenics or yoga, so having additional floor space near Liteboxer is recommended for the best experience.



## FOOTPRINT :

**Liteboxer's Standard Platform**  
55.3" Length x 37.5" Width

**Liteboxer's Extended Platform**  
73.3" Length x 37.5" Width

**WEIGHT** : 68 kg/ 150 lbs (or 80kg / 175lbs with platform extender)  
**HEIGHT** : adjustable, ranges from to 170cm / 67" to 203 cm / 80"  
**USER HEIGHT RANGE** : 4'10" - 6'4" / 147-193 cm  
**MAX USER WEIGHT** : 150 kg / 325 lbs

# SETTING UP YOUR LITEBOXER

## WATCH THE ASSEMBLY VIDEO:

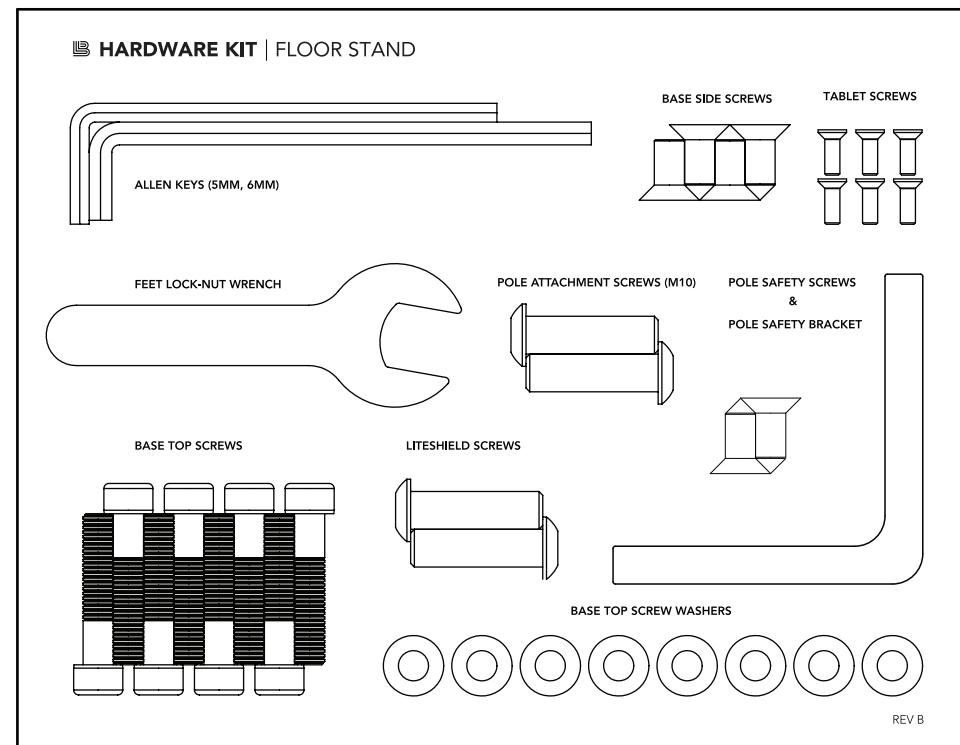
All returns must be shipped in their original packaging.  
Please save the box and packing material.



<https://liteboxer.com/setup>

## Supplied Tools & Hardware

- Allen Keys (5mm / 6mm)
- Wrench
- Base Top Screws x 8
- Base Top Screw Washers x 8
- Base Side Screws x 4
- Pole Safety Screws x 2
- Pole Safety Bracket
- Pole Attachment Screws x 2
- Liteshield Screws x 2
- Tablet Screws x 6



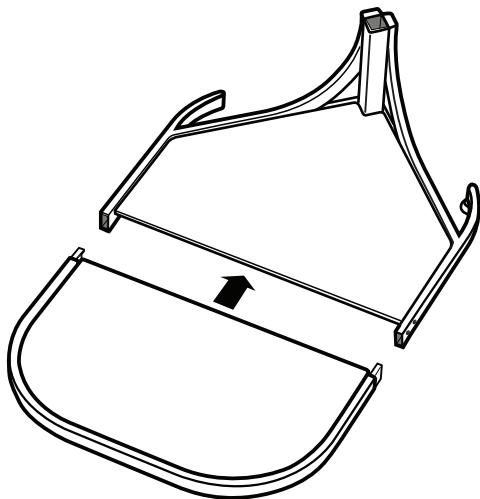
## **LITEBOXER FLOOR STAND ASSEMBLY**

# 1 CHOOSE LITEBOXER PLATFORM: STANDARD OR EXTENDED

**A**

For Standard Platform Installations:

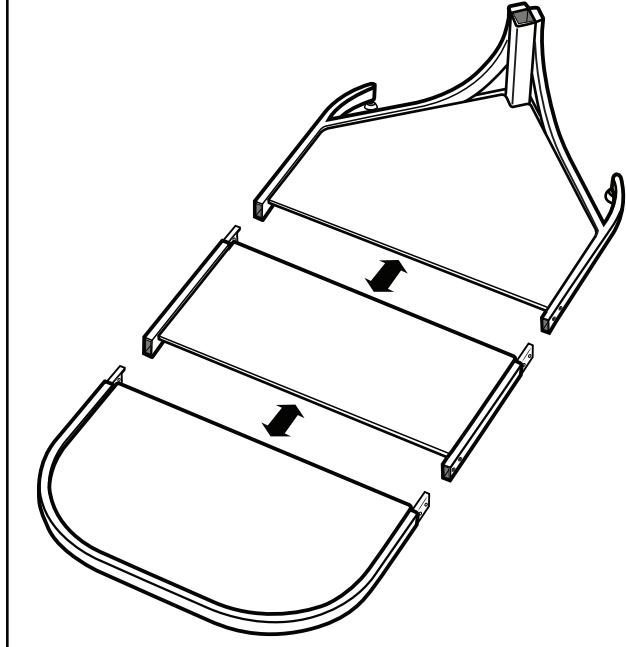
CONTINUE to page 10



**B**

For Extended Platform\* Installations:

SKIP to page 11



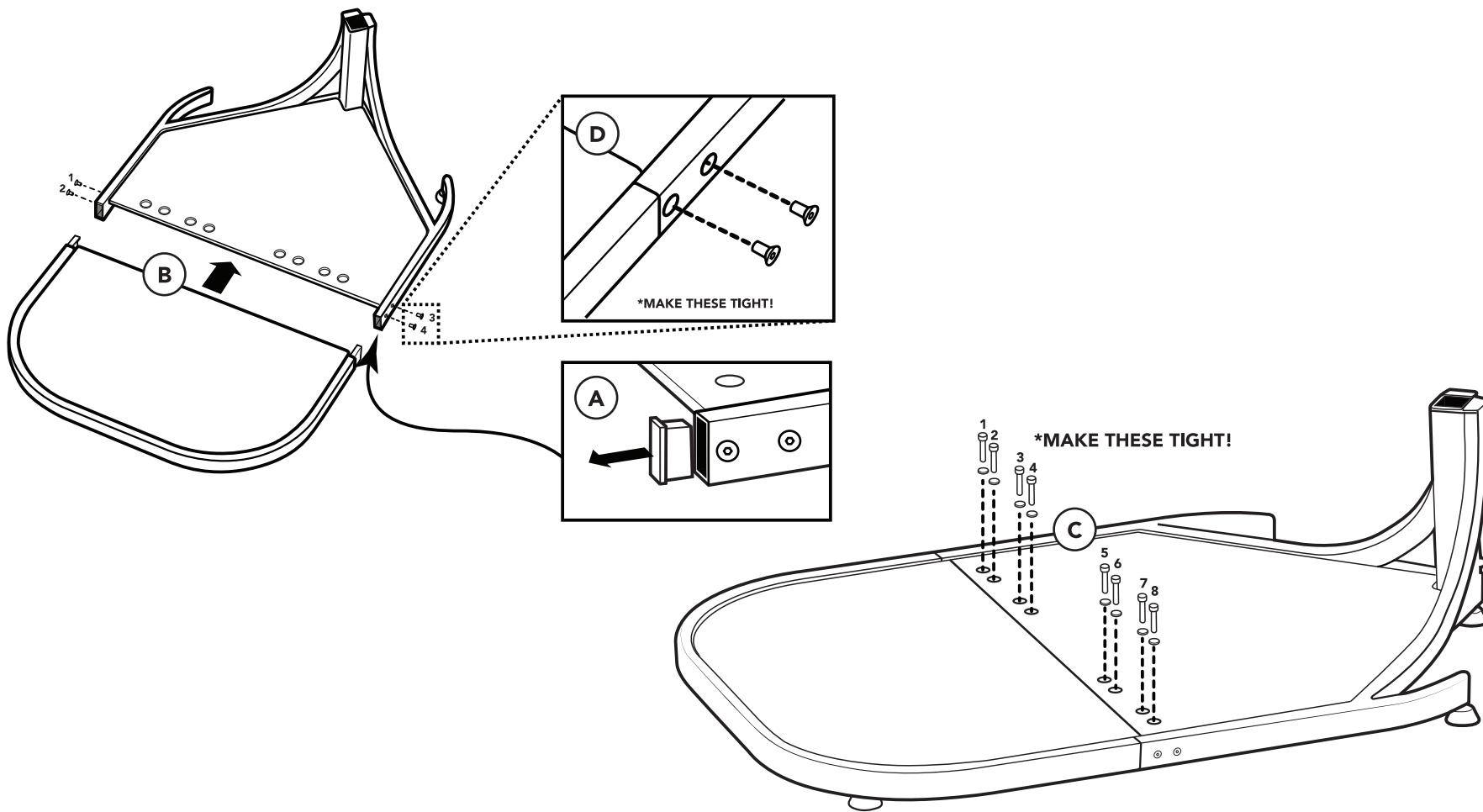
— OR —

\*Note the Platform Extender arrives in a separate box and is purchased separately.

## 2A ASSEMBLE THE PLATFORM | STANDARD

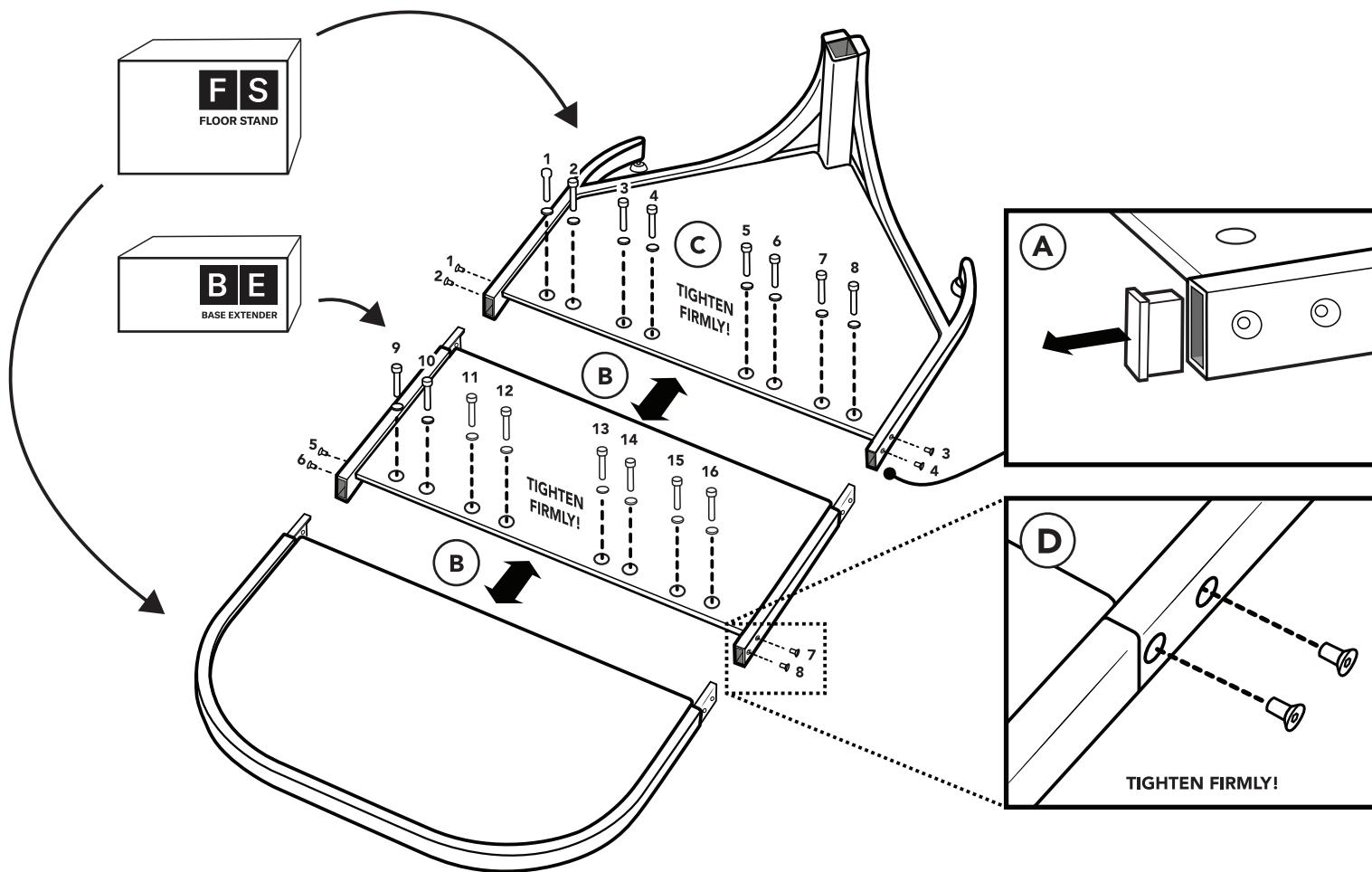
1. Remove shipping insert (A).
2. Slide base halves together (B).
4. Install 8 x base top screws and washers (C).
3. Install 4 x base side screws (D). 

SKIP to page 12 if you do not have a base extender



## 2B ASSEMBLE THE PLATFORM | EXTENDED

1. Remove shipping insert (A).
2. Slide base segments together (B).
3. Install 16 x Base Top Screws and Washers (C). Tighten firmly!
4. Install 8 x Base Side Screws (D).

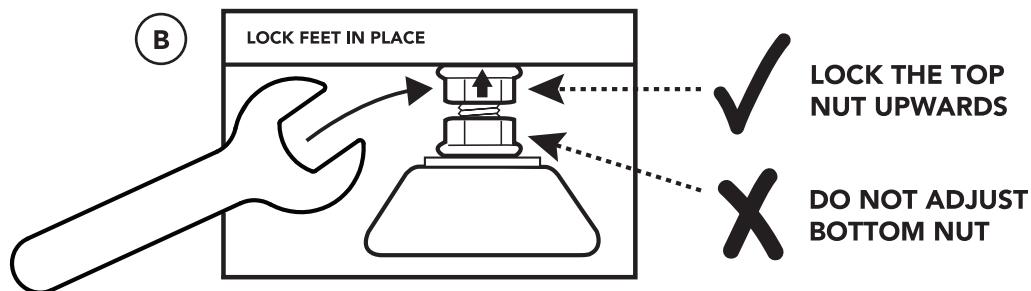
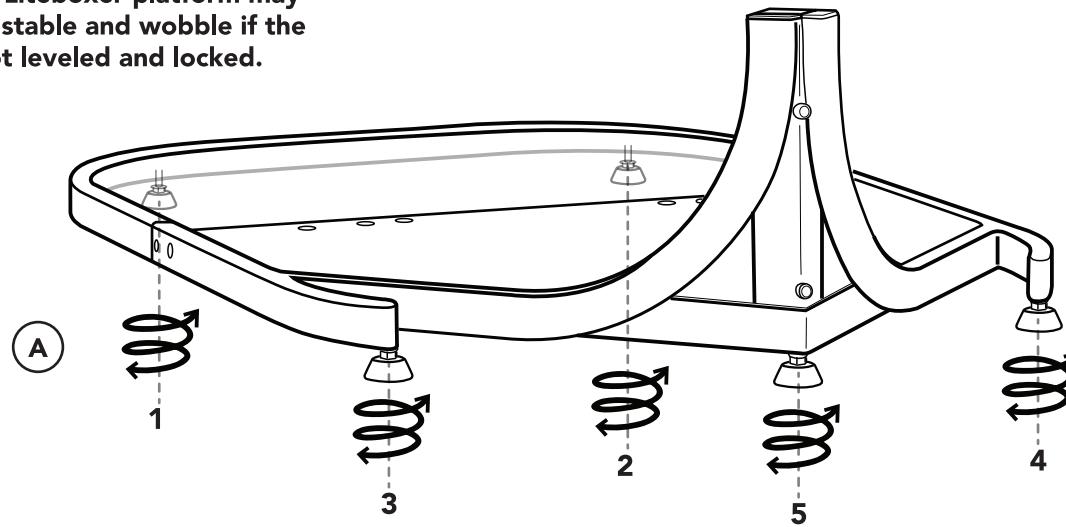


### 3 CALIBRATE FEET (IF NECESSARY)

1. Ensure the rubber feet beneath the platform are firmly grounded.  
Raise or lower the feet as needed by rotating them (A).
2. Tighten the nut located above the foot to lock it in place (B).  
Looking down at the floor, the wrench should rotate counter-clockwise for tightening.

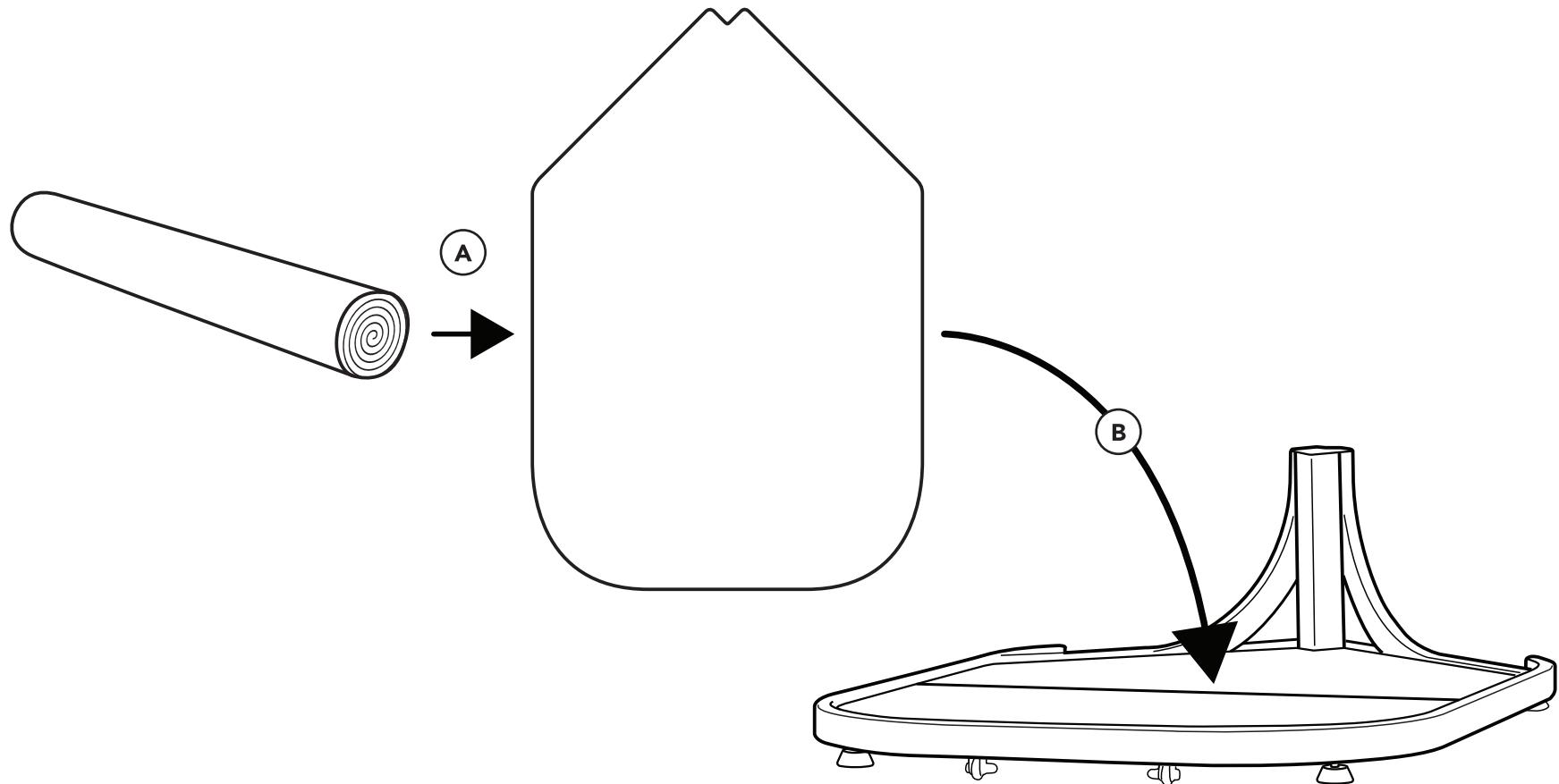


**CAUTION:** Liteboxer platform may become unstable and wobble if the feet are not leveled and locked.



## 4 LAY DOWN THE FLOOR LINER

1. Unroll the Floor Liner (A). If you have a base extender, use the supplied extended floor liner.
2. Set the Floor Liner into the Platform (B).



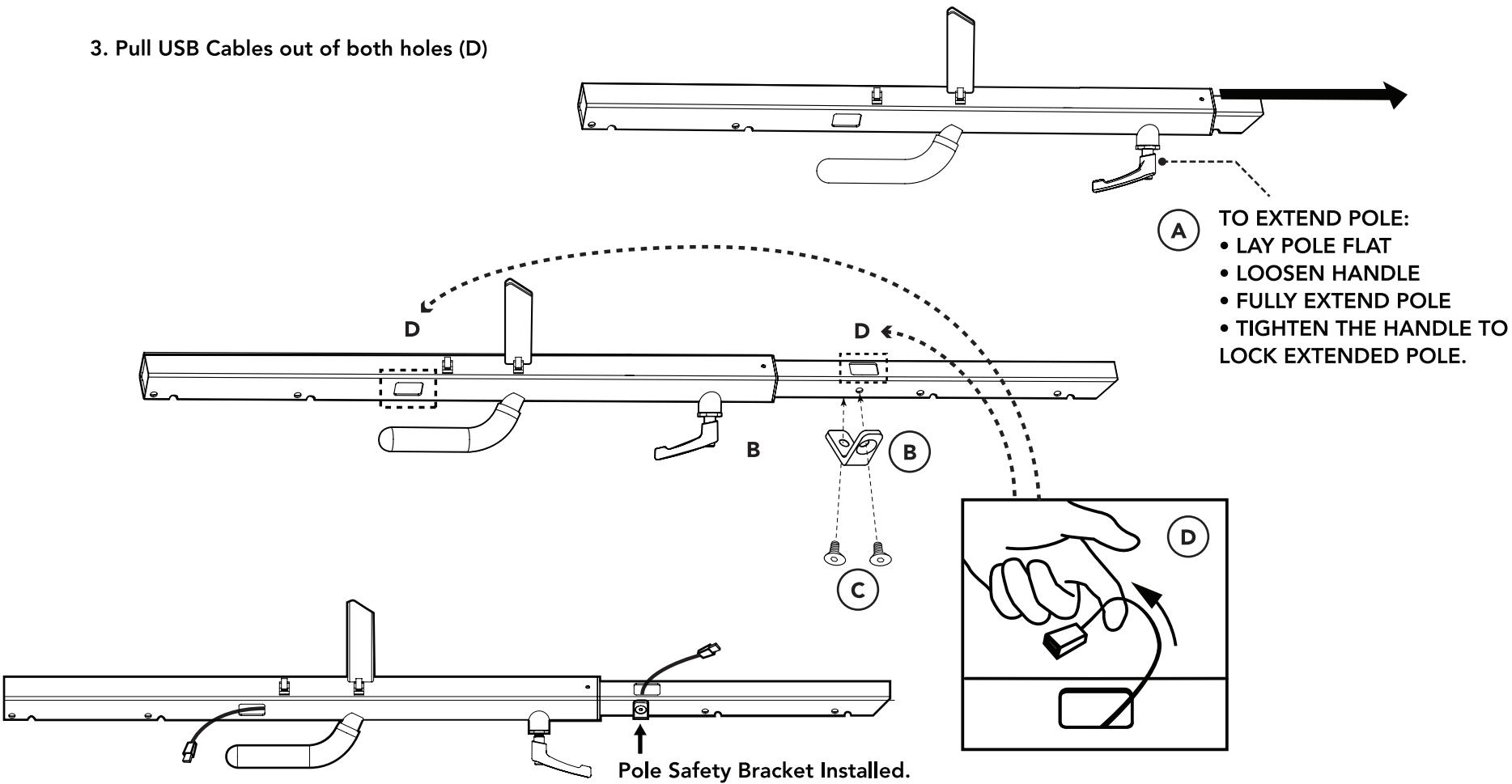
## 5 PREPARE THE POLE

1. Extend the Pole fully, then lock in place with the height adjustment handle (A).
2. Fasten the Pole Safety Bracket (B) to the Pole using the two Pole Safety Screws (C).



**WARNING:** To prevent serious injury, ensure that the Pole Safety Bracket is fully installed & tightened.

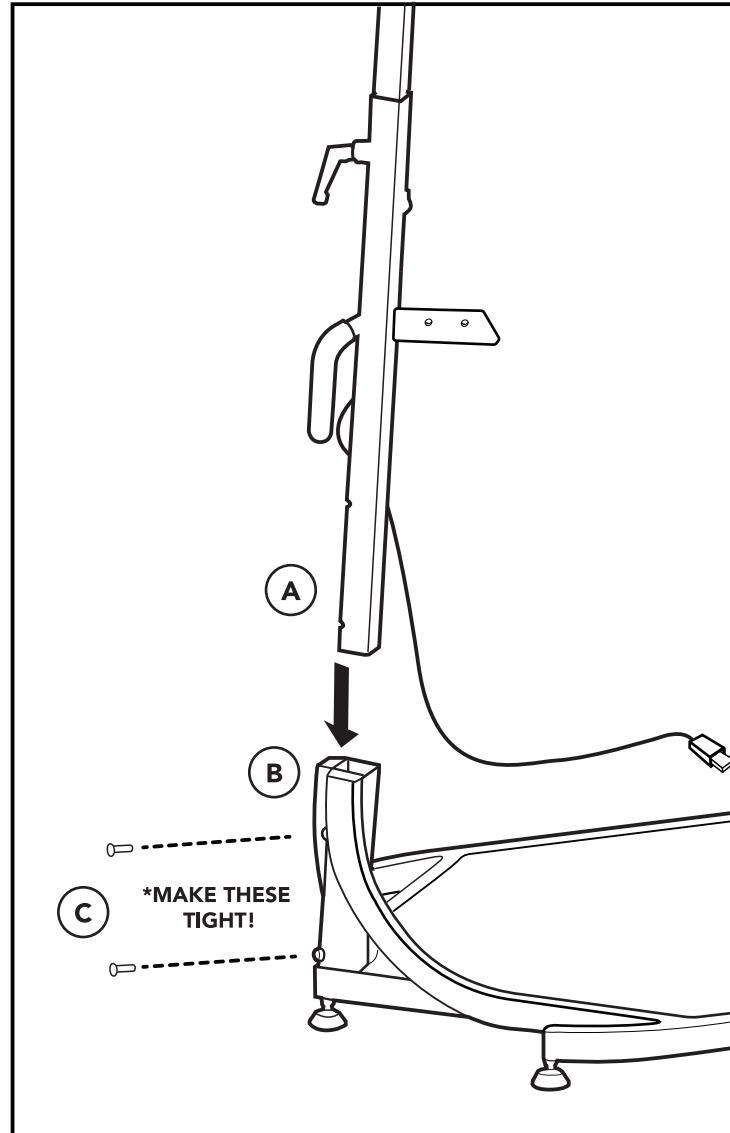
3. Pull USB Cables out of both holes (D)



## 6 INSTALL THE POLE

1. Carefully place the Pole (A) into the Pole Mount (B).

2. Install 2 x Pole Attachment Screws (C).

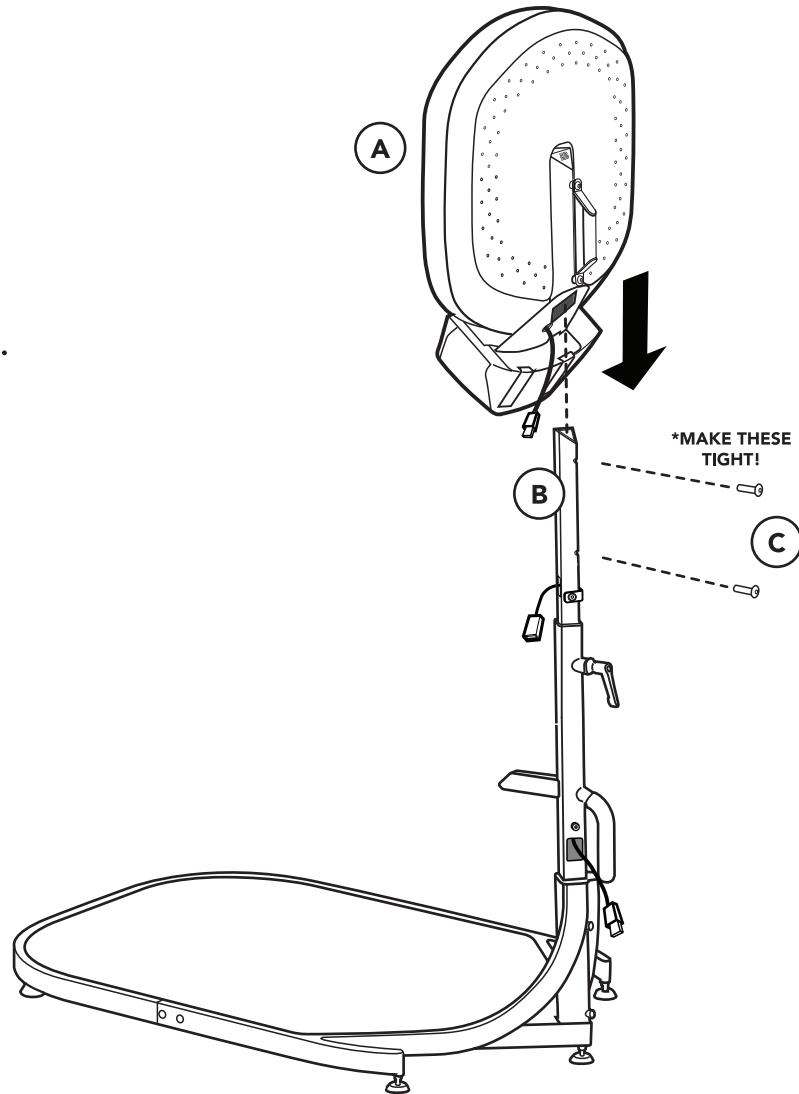
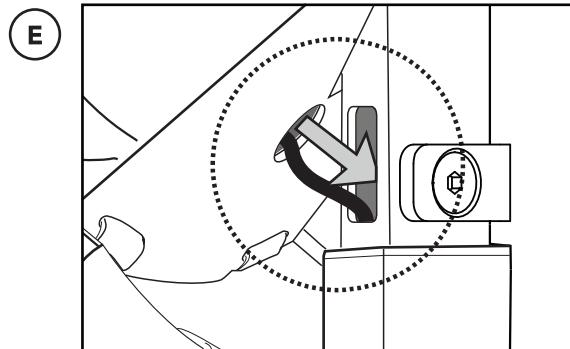
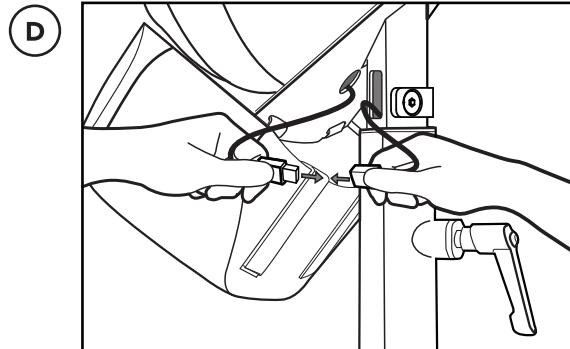


## 7 INSTALL THE LITESHIELD

1. Place Liteshield (A) onto the Pole (B).
2. Install 2 x Liteshield Screws (C) to secure the Liteshield.
3. Connect USB Cable path (D).
4. Insert excess cable into the pole (E).

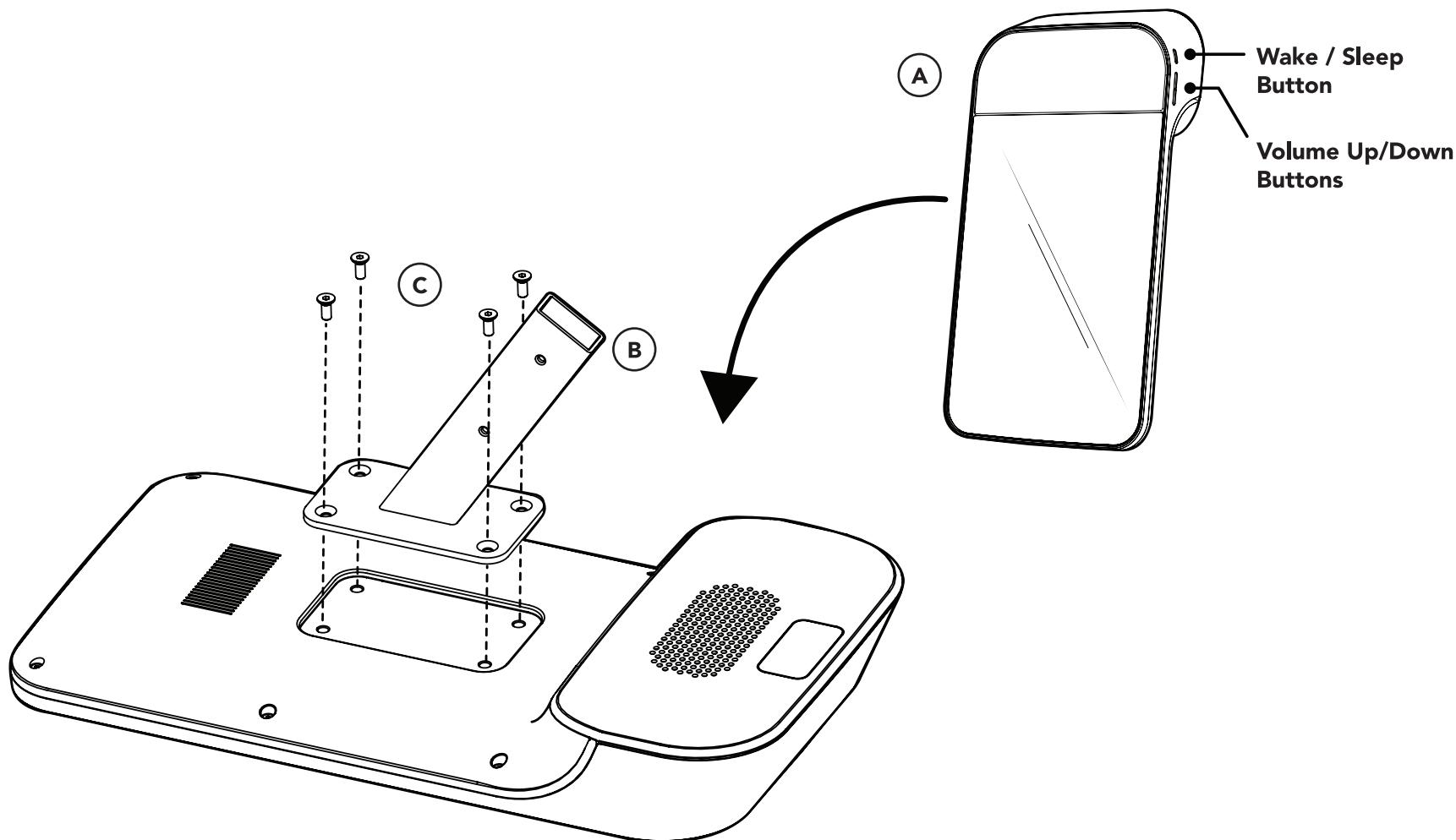


**CAUTION: To prevent serious injury - Support the weight of the Liteshield before adjusting the height.**



## 8 PREPARE THE TABLET

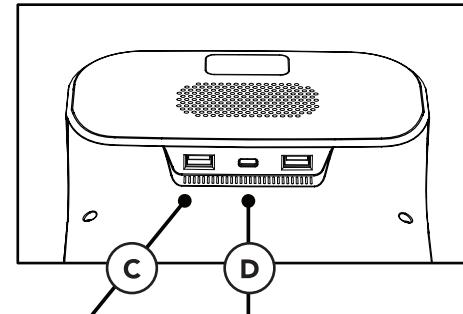
1. Place the Tablet (A) face down on a non-scratch surface.
2. Fasten the Tablet Arm (B) to the Tablet using four Tablet Screws (C).



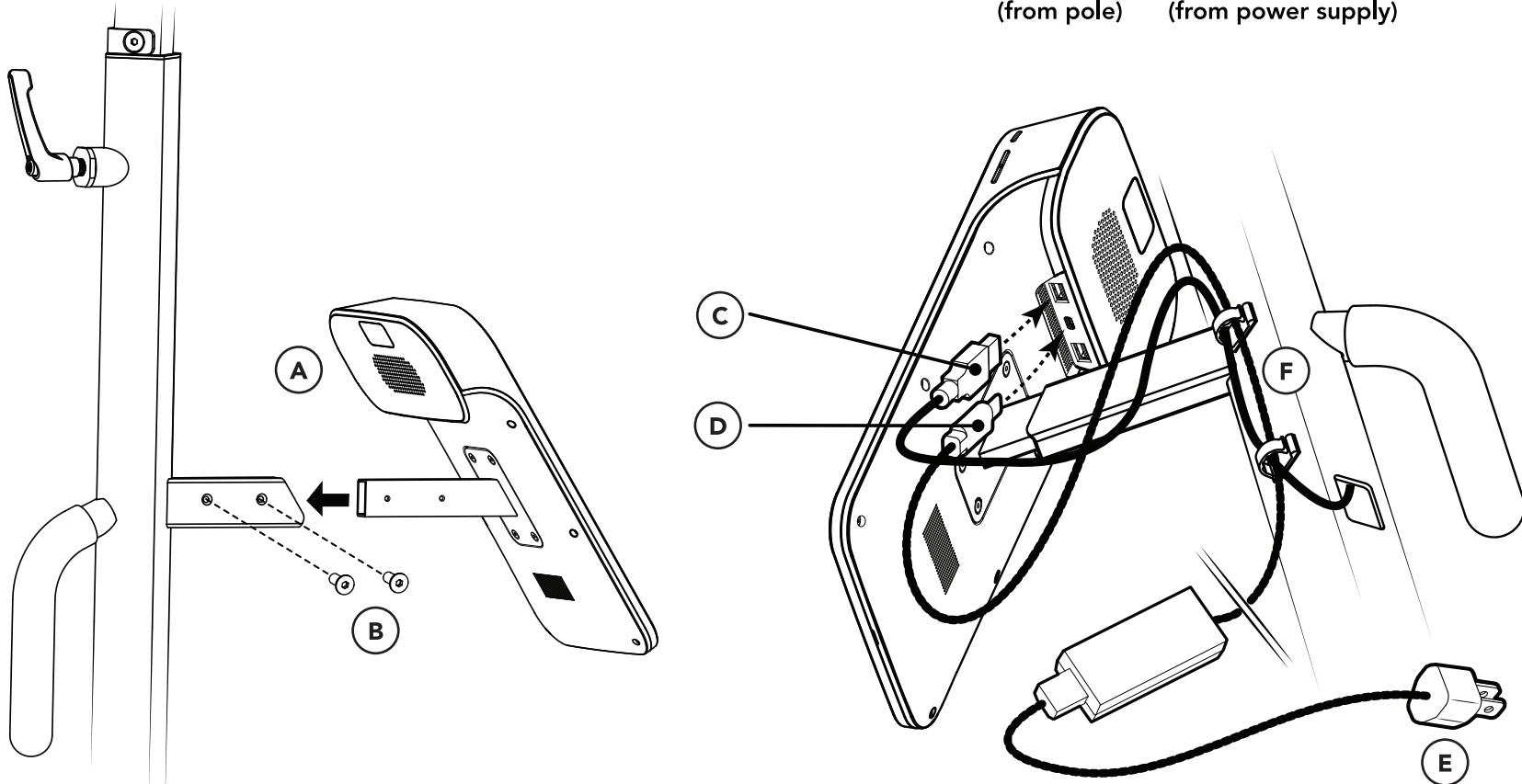
## 9

## INSTALL THE TABLET AND CONNECT TO POWER

1. Slide the Tablet (A) into the Pole Arm.
2. Fasten the Tablet (A) to the Pole arm using two Tablet Screws (B).
3. Plug in the Liteshield Cable (C) from the pole into the left USB-A port on the tablet.
4. Plug in the Power Cable (D) from the Power Supply (E) into the center USB-C port on the tablet.
5. Organize the cables into the Cable Clips (F).
6. Plug the Power Supply (E) into a wall outlet.



Liteshield Port  
(from pole)      Power Port  
(from power supply)

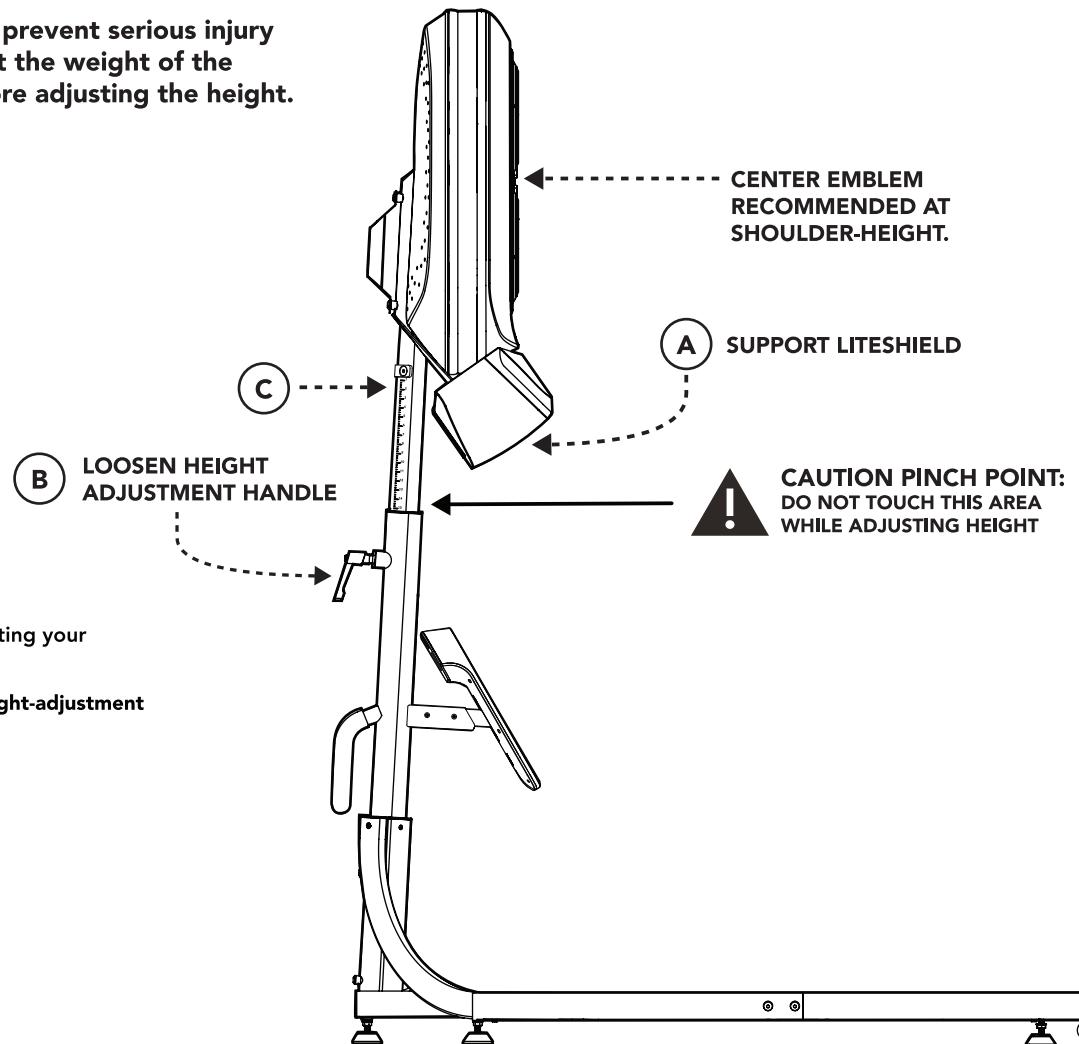


## 10 ADJUST HEIGHT

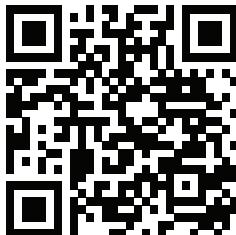
1. Adjust the Liteshield to the desired height by supporting its weight (A), then loosening the height adjustment handle (B). We recommend placing the center "LB" emblem at shoulder-height.
2. Height Adjustment marks are located on the left & right sides of the pole (C).



**WARNING:** To prevent serious injury always support the weight of the Liteshield before adjusting the height.

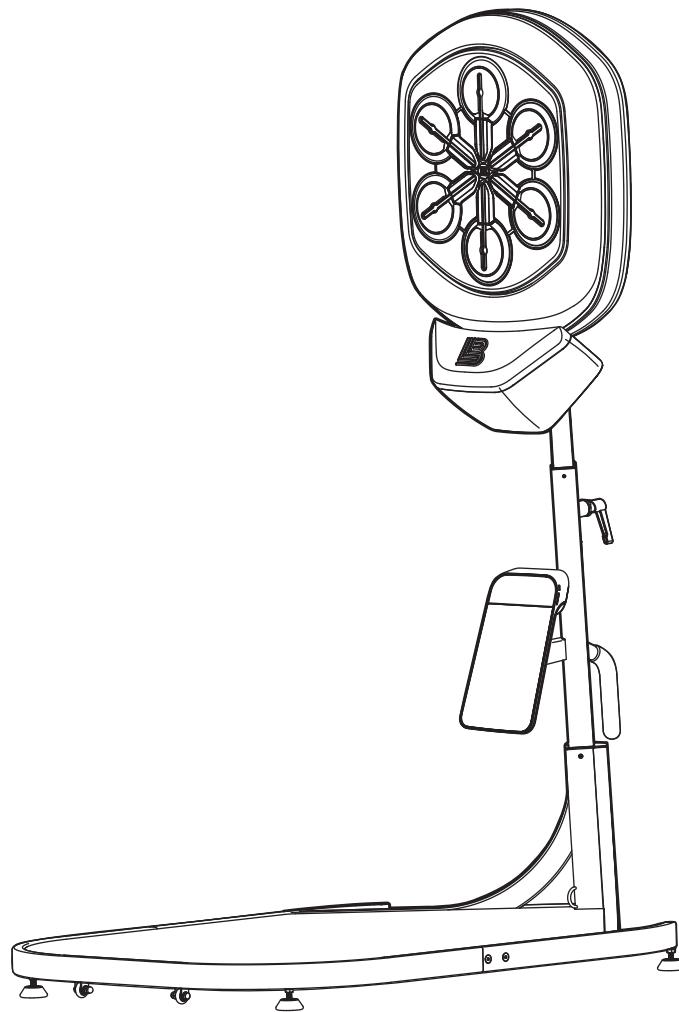


For more information on adjusting your Liteboxer's height, go to  
<https://liteboxer.com/LBFS/height-adjustment>  
or scan the QR code below:



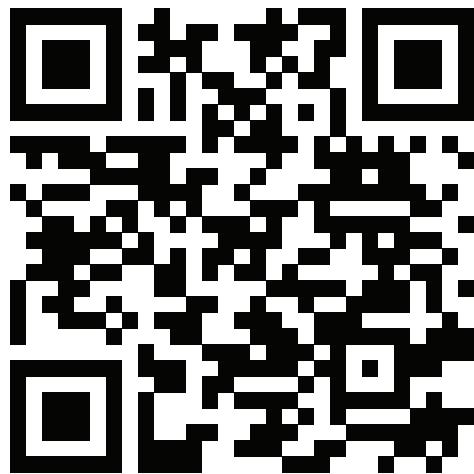
## 11 SETUP THE LITEBOXER APP

1. Download the  Liteboxer App and create and account: [App Store](#) [Google play](#)
2. Go work out!



## GETTING STARTED

For more information on getting started, go to  
<https://liteboxer.com/getting-started> or scan  
the QR codes below:



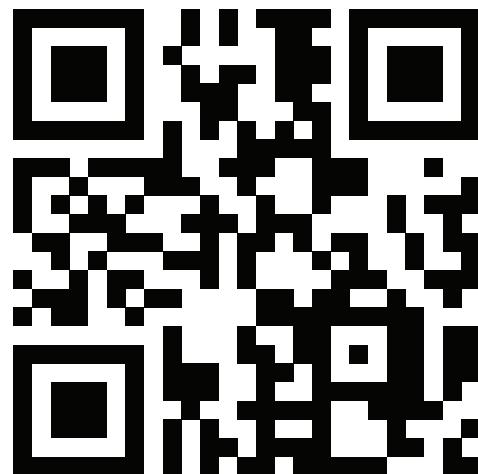
## MAINTENANCE AND CARE

For more information on keeping your Liteboxer in top shape, go to <https://liteboxer.com/maintenance> or scan the QR code below:



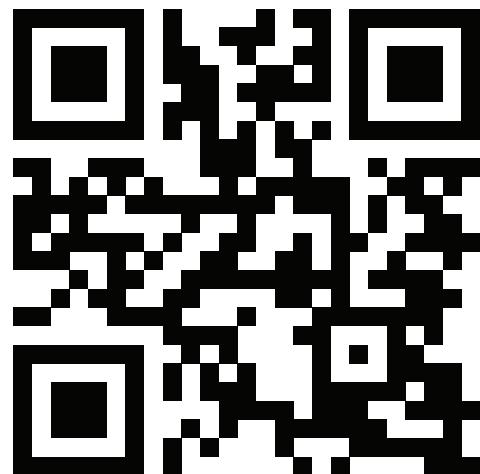
## WARRANTY

For more information on your Liteboxer's  
warranty, go to  
<https://liteboxer.com/warranty>  
or scan the QR code below:



## SUPPORT

Should you have any questions or concerns when setting up your Liteboxer, or would like to learn more about assembly, app installation, and the getting started processes, please visit [support.liteboxer.com](http://support.liteboxer.com) or scan the QR code below:



 Read and understand the assembly guide and safety instructions before using your Liteboxer. For more information visit: [support.liteboxer.com](http://support.liteboxer.com)