

10th gear mode adjustment

## 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

# 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 H01-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  
**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



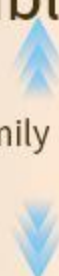
### Ten-speed adjustable

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



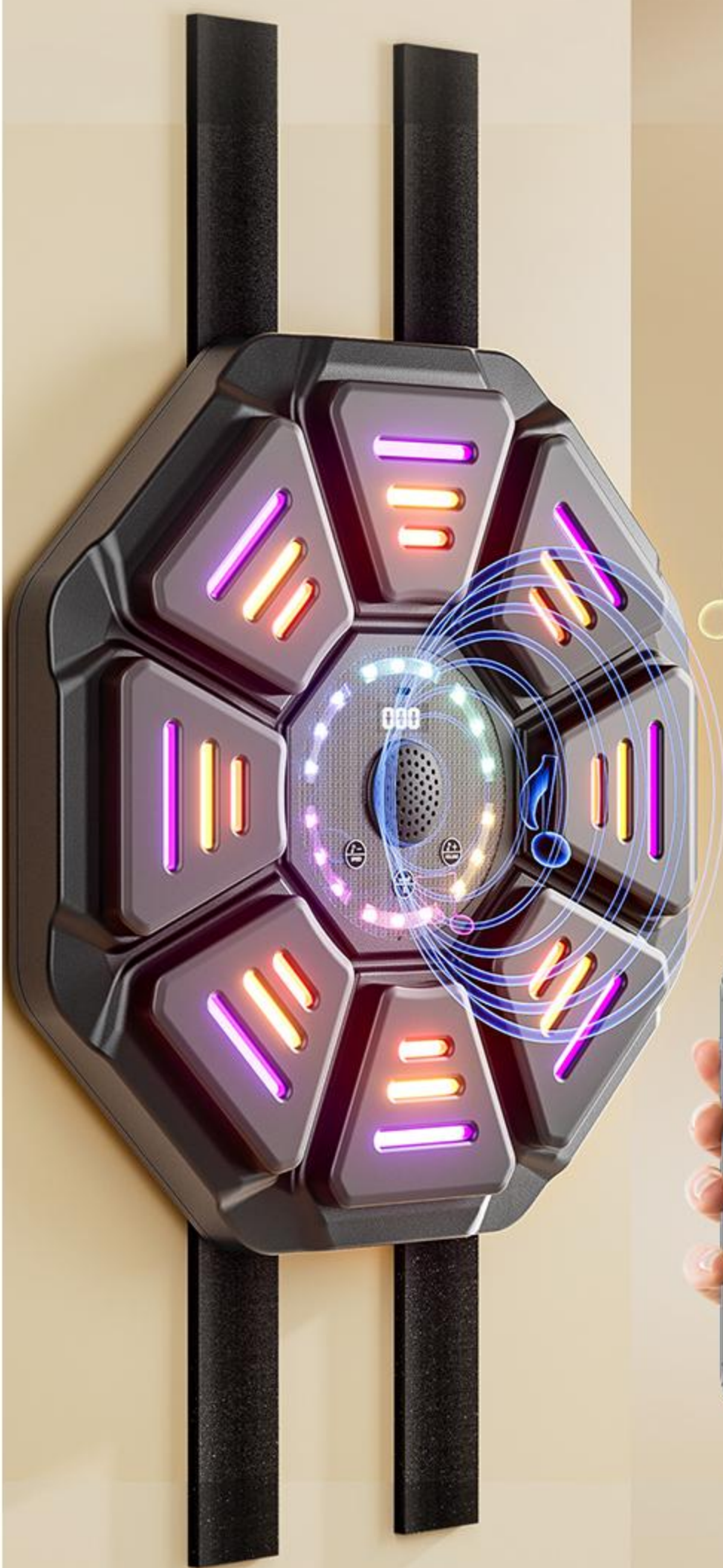


high quality

high quality

Surround sound effect

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





Brand new appearance

## 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