

**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 an odor upon opening, please rest assured that this is a normal 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 have the following conditions, please 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.

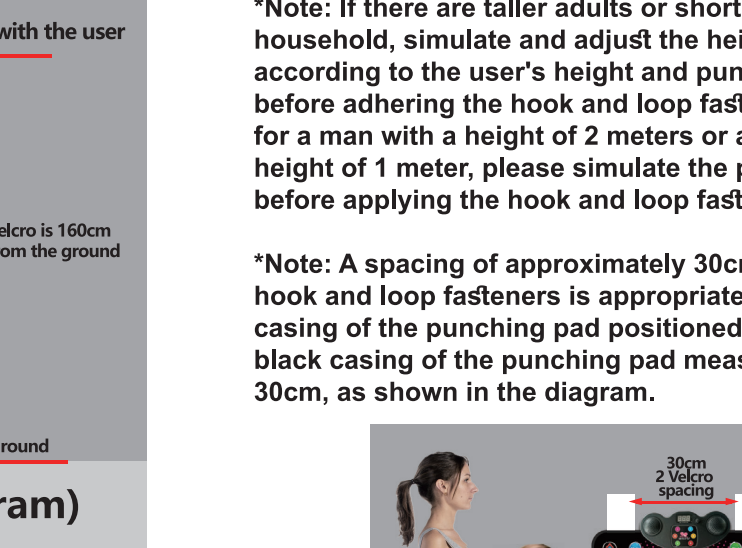
3. Avoid excessive use as prolonged exercise can be harmful to the body. It is recommended to take a break every 30 minutes.  
4. Strictly follow the instructions when using the music boxing pad to avoid affecting normal usage.  
5. Keep pets away.

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

**For family members with heights ranging from 120cm to 180cm, you can adhere the hook and loop fastener as shown in the figure, which can accommodate both adults and children in the household.**

1. Based on your height and boxing position, simulate the height on the wall and choose a suitable wall or column to prevent damage to 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. The distance between the two 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.



**(Wall diagram)**  
\*Note: For heights between 130cm and 180cm, adhere the hook and loop fasteners at the recommended height as shown in the diagram.



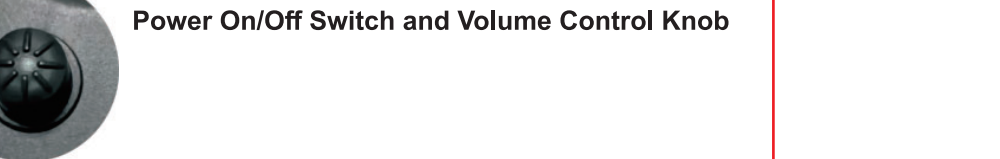
**\*Note: If there are taller adults or shorter children in the household, simulate and adjust the height on the wall according to the user's height and punching position before adhering the hook and loop fasteners. (For example, for a man with a height of 2 meters or a young child with a height of 1 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 is appropriate, with the black casing of the punching pad measures approximately 30cm, as shown in the diagram.**



**Boxing + Dancing Multiplay:**  
In addition to boxing gameplay, it can also be laid on the ground for foot stomping, engaging in music dance challenges.

**Explanation of Boxing Pad Interface and Power Supply:**  
TYPE-C port (Power supply port)  
Power on/off knob  
Microphone interface

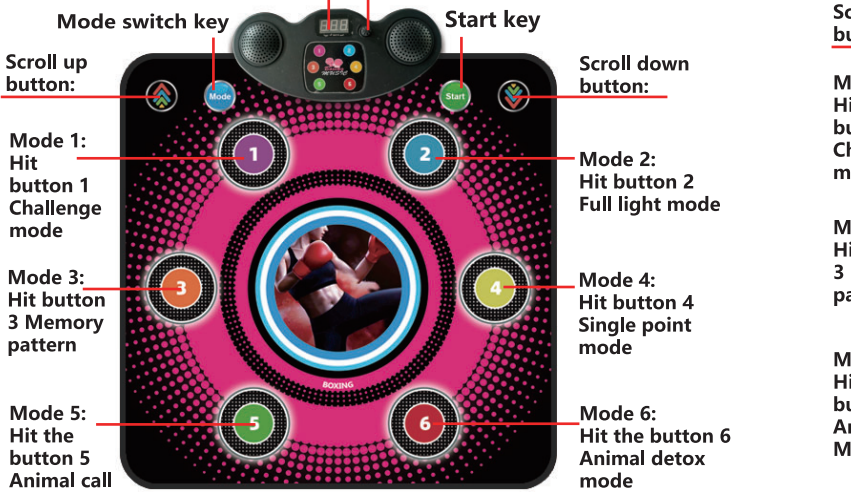


**Power On/Off Switch and Volume Control Knob**

**\*Note:** If the blanket is not hit within 5 minutes, it will enter power-saving sleep mode. You can press any hit button to restore it. If powered by batteries, when the battery voltage is low, the music and prompts will be turned off, and Bluetooth will not connect. Please replace the batteries.

**Power Supply Methods for Exercise Blanket:**  
1. TYPE-C Interface Power Supply: You can use a mobile phone charger and TYPE-C cable to connect, then plug into the boxing pad interface for power.

**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 1 to 4. Modes 5 and 6 do not have difficulty level adjustments.  
Function 2: In Bluetooth mode, short press to switch to the previous track of the connected mobile phone's Bluetooth music.

**Downward Button (No difficulty level adjustment function):**  
Function 1: Long press for 2 seconds to toggle background music or 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 1 - Challenge Mode**  
**(Press the Mode button, then hit button 1, and press the Start button to enter. There are a total of 48 levels.)**

After startup, it will automatically enter Challenge Mode or press the Mode button. All 6 lights will illuminate. Then, press button 1, followed by the Start button to enter Challenge Mode (the display screen will show 100). In Challenge Mode, whichever button lights up, hit the corresponding button. If hit too slowly or incorrectly, a buzzer will sound. A correct hit will trigger a ding sound. Each correct hit increases the LED number by 1. Accumulate 10 correct hits to proceed to the next level, with a total of 48 levels (after 48 levels, it will return to the first level). Pressing the down button will change the background music. 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 48 levels.)**

Pressing the Mode button (Mode), all 6 lights will illuminate. Then, pressing button 2 will enter the Full Brightness Mode (the display screen will show 200). In Full Brightness Mode, all the hit buttons will light up. Each hit will turn off one button light. Successfully hitting all the hit buttons within the specified time will result in a game success, otherwise, a failure sound will occur, indicating game failure. After success or 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 becomes shorter, requiring faster button hits). Pressing the down button can change the background music. 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 first. Remember the sequence of illuminated lights. After the "go" prompt sound, hit the buttons in the remembered sequence.)**  
Pressing the Mode button (Mode), all 6 lights will illuminate. Then, hitting button 3 and pressing Start will enter Memory Mode (the display screen will show 301). After the game starts, the buttons on the boxing pad will randomly light up. Players need to remember the positions of the illuminated buttons. After the button illumination phase, a "go" prompt sound will signal the start of hitting. Players rely on memory to hit the buttons. Hitting correctly will proceed to the next level, while incorrect hits will continue the current level until it is passed. As the levels progress, the sequence of illuminated buttons in Memory Mode will lengthen, increasing the challenge. There are a total of 99 levels. To adjust the level, you can press the up button before pressing Start. Pressing the down button can change the background music (long-pressing the down button for 2 seconds will turn off the music).

**Mode 4 - Single Point Training Mode**  
**(Press the Mode button, then hit button 4, and press the Start button to enter. There are a total of 48 levels.)**

Press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 4 (the display screen will show 400), then press the Start button. This will enter the Single Point Boxing Mode (the display screen will show 010). The buttons on the boxing pad will randomly light up, and players need to hit them quickly. If hit incorrectly or not at all, an explosion sound will occur. If hit correctly, a ding sound will occur. Proceed to the next level. There are a total of 48 levels. After successfully completing all 48 levels, there will be cheering sounds indicating successful completion.

**Mode 5 - Animal Sound Memory Mode**  
**(Press the Mode button, then hit button 5, and press the Start button to enter.)**

Press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 5 (the display screen will show 500), then press the Start button. This will enter the Fun Memory Mode (the display screen will show 500). Buttons 1-6 will light up sequentially once, with each light corresponding to an animal sound (such as crow, cow, cat, dog, horse, tiger). Players need to remember the animal sounds associated with the 6 buttons. After all 6 buttons have been illuminated, a "GO" prompt sound will indicate the start. A random animal sound will then be played, and players need to hit the corresponding button. If hit correctly, the next animal sound will appear, and the player can continue hitting. This continues until all 6 buttons are hit correctly, resulting in cheering sounds indicating success. If hit incorrectly, a ding sound will occur, and the mode will restart. Pressing the down button can change the background music.

**Mode 6 - Animal Match Mode**  
**(Press the Mode button, then hit button 6, and press the Start button to enter.)**

Press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 6 (the display screen will show 600). Buttons 1-6 on the boxing pad will all light up. Hitting each button will produce an animal sound (e.g., crow, cow, cat, dog, horse, tiger). When players hear two identical animal sounds, they need to hit those two buttons, and the lights on those two buttons will turn off. (Note: If two buttons are hit incorrectly, the lights will not turn off.) Continue until all 6 button lights are turned off, resulting in cheering sounds 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.

Press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 5 (the display screen will show 500), then press the Start button. This will enter the Fun Memory Mode (the display screen will show 500). Buttons 1-6 will light up sequentially once, with each light corresponding to an animal sound (such as crow, cow, cat, dog, horse, tiger). Players need to remember the animal sounds associated with the 6 buttons. After all 6 buttons have been illuminated, a "GO" prompt sound will indicate the start. A random animal sound will then be played, and players need to hit the corresponding button. If hit correctly, the next animal sound will appear, and the player can continue hitting. This continues until all 6 buttons are hit correctly, resulting in cheering sounds indicating success. If hit incorrectly, a ding sound will occur, and the mode will restart. Pressing the down button can change the background music.

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**(Press the Mode button, then hit button 6, and press the Start button to enter.)**

Press the Mode button (Mode), all 6 lights will illuminate. Then, hit button 6 (the display screen will show 600). Buttons 1-6 on the boxing pad will all light up. Hitting each button will produce an animal sound (e.g., crow, cow, cat, dog, horse, tiger). When players hear two identical animal sounds, they need to hit those two buttons, and the lights on those two buttons will turn off. (Note: If two buttons are hit incorrectly, the lights will not turn off.) Continue until all 6 button lights are turned off, resulting in cheering sounds indicating successful completion.

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**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.  
(1) 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 50cm between the radiator and your body.

**Precautions for Using the Boxing Pad Music Dance Mat**  
1. Install 4 AA batteries, adjust the volume knob to the appropriate music volume.  
2. If 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 you do not perform any operations, 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 use the boxing pad in damp environments.  
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 its 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. When not in use, store the boxing pad in a cool, 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.