

2024.7.3

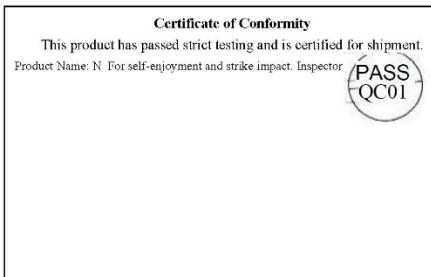
Front

Unfolded: 210*140mm

Back

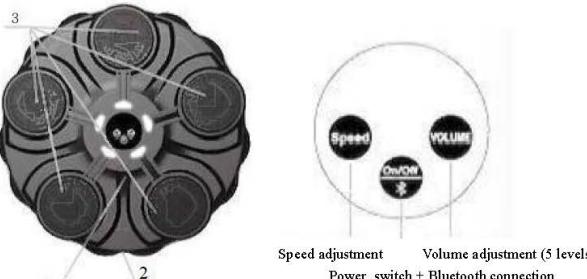
Precautions

1. Please secure this product to a sturdy and reliable wall. When striking, hit within the designated hitting area only. Hitting the corners or edges is strictly prohibited to avoid hand injury or damage to the device.
2. This product is suitable for adult use. Children should only use it under adult supervision.
3. Beginners should avoid hitting too hard to prevent hand injuries. During exercise, prioritize safety. Leg and knee strikes are strictly prohibited.
4. Do not strike the speaker area.
5. If the device cannot power on or behaves abnormally, check if the battery is low. Charge the device in time, and charging should not exceed 8 hours. If the device is not used for an extended period, it is recommended to charge it every 1-2 months.
6. This product is not waterproof. When cleaning the target, use a dry cloth and avoid water contact.
7. Please store this manual properly for future reference in case of emergencies.



Smart Music Boxing Target Instruction Manual

Product Introduction



1. Speaker 2. Type-C charging port 3. Hitting area

Instructions for Use

Bluetooth Connection: Press and hold the "on/off" button for 3 seconds to power on the device. After turning on, double-click the power button to switch to Bluetooth mode. Then, open the Bluetooth function on your phone to find the "Music boxing plate" device. If you do not want Bluetooth mode, you can single-click to switch it off.

Volume Adjustment: There are 5 volume levels. Use the "VOLUME" button to adjust the volume. If the sound is too loud, quickly click to switch between volume levels.

Speed Adjustment: Single-click the "SPEED" button to adjust the speed. There are 9 speed levels in total. The higher the speed level, the faster the reaction time required for striking, helping to train your reflexes.

Installation Instruction

Installation Steps:

1. Align the adhesive Velcro on the back of the product.
2. Remove the protective layer from the top part of the double-sided tape.
3. Position and press the product firmly onto the wall.

Troubleshooting

No.	Issue	Cause	Solution
1	No light and no sound	Product is not powered on	Press the power button once
2	No light and no sound	Battery is drained	Please charge
3	Lights are flashing	Battery is low	Please charge
4	Unable to power on with short press	Main chip capacitor is lacking power due to extended inactivity	Repeatedly press the power button
5	Internal knocking sounds	Caused by internal structural movement under force	This is normal

FCC Warning

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.

NOTE 1: 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.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.