舒搏乐®

PW-060

3000+ MUSIC | **9大模式**

List of items

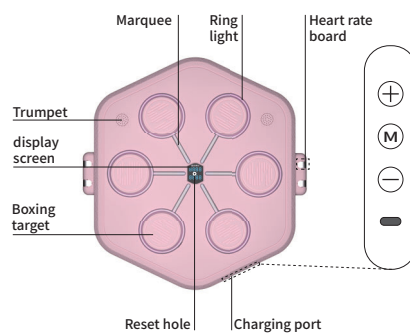|			
Musical boxing machine	Big boxing gloves	Half-finger boxing gloves	Disassemble the rope
Velcro	Phoneholder	Data cable	Tie a hand strap

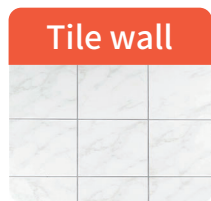Note: Some items may change with the package, pleaserefer to the actual package content picture you have purchased

Key instructions

Marquee | Ring light | Heart rate board
Trumpet
display screen
Boxing target
Reset hole | Charging port

⊕ Mode acceleration speed plus/volume up

⊖ Mode Reduction/Speed Reduction/Volume Reduction

Ⓜ Long press for three secondsto turn on and off, short press Switch modes and double-click to end the workout

1.Boot. The machine charging interface is connected to the data cable and adapter, and after powering on, press and hold M for three seconds Automatically turn on the self-test, and the marquee and ring light will gradually turn on and then turn off during the self-test

2. Offline mode: After the machine self-test ends, it will enter offline mode if it is not connected to Bluetooth or APP.

3. Power off: Long press the M button to turn off, and automatically standby without operation for a long time.

4: Double-click the +- keys to quickly switch songs

5: Double-click the M key to end the workout

6: Heart rate measurement: Hold the heart rate plate with both hands for about 3 seconds, and the display screen will display the heart rate

Installation wallinstructions
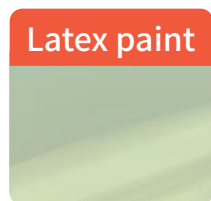
These walls can be pasted√

Tile wall	Solid wood walls	Cement walls
Latex paint	Little white wall	Diatom mud

These walls cannot be pasted✕

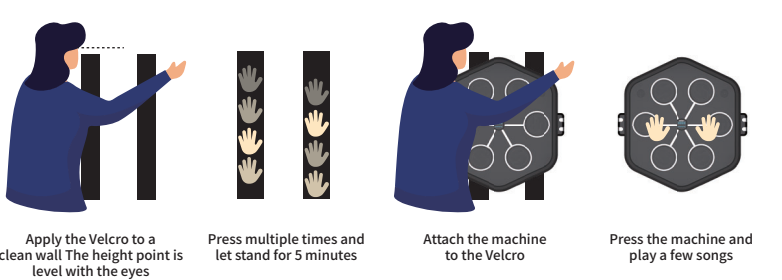| Hollow wall	Lime walls
Partition wall	Glass walls

Equipment installation process

1. Choose a smooth and flat wall (make sure the wall is clean, dry, and does not fall off dust), and put the Velcro on it Stick to the wall, the top of the sticker is slightly higher than the eye level, and fix for five minutes (be careful to press it firmly with your hands)

2. Attach the velvet side of the back of the boxing machine to the velcro and press hard to make sure that the fuselage is in full contact.

3. Connect the power cord of the device, and the machine will automatically turn on and self-test after powering on.

Note: Too high or too low a temperature may lead to a decrease in stickiness, please extend the fixation time to ten minutes

| Apply the Velcro to a clean wall The height point is level with the eyes | Press multiple times and let stand for 5 minutes | Attach the machine to the Velcro | Press the machine and play a few songs |

Equipment disassembly process

1. Put the disassembly rope to the position of the tiger's mouth with both hands, press the rope tightly with your thumbs, and raise your hands flat to the machine.

2. Swipe down along the gap of the machine Velcro, first scratching one side and then the other.

3. After the paddle is loose, grab both sides of the machine with both hands and take it down.

*When removing Velcro, it is recommended to use 530 detergent or alcohol to soften the colloid before removing it Avoid damage to the wall caused by violent operations.

| Disassemble the rope and put it on themouth of the tiger with both hands | Start sliding down from the top of one side | Cross the sides and swipe down | After the device is loose, grab it with both hands and remove it |

Equipment installation process

1. Search by scanning the QR code or app store (Shubol Boxing) Download, currently supports IOS, Android, HarmonyOS, tablet and other platforms.

2. Install and agree to the permission requirements required by the software.

3. Open the APP and register and log in under the guidance of the APP.

4. After pressing and holding the power button of the boxing machine to turn on, click on the APP connection interface Search for Bluetooth device selection (SHUBOLE R7PRO) to connect.

5. Select the connection in the Bluetooth list (SHUBOLE R7PRO music) to turn on sound playback function

6. Select the song on the start screen and click to start exercising (the new song will be automatically downloaded after clicking)

Concentrate:

1. If it cannot be installed and used normally, please check whether the mobile phone system meets the minimum usage requirements Looking for system: Android 8.0, 10S13.0 and above.

2. In order to maintain the best experience of using the APP, it is recommended to continuously update to the latest software version.

3. Some functions are based on network services, please make sure the network is normal when using the software.

Specifications

Product specifications

Product model	PW-060	Body quality	ABS P U foamed electronic parts
Wireless transmission	Bluetooth 5.0	Battery capacity	5000mAh
Input power	220V/110V	Product size	580*600*80mm
Supported devices	IOS 13.0 and above, Android 8.0 and above		

Certificate
Certificate conformity

Product Model:_____

Inspector:_____

Factory Date:_____

This product is qualified by experience and is allowed to leave the factory

Warranty card   Please note that this card warranty is retained

Product Model:	Date of purchase:
Serial Number:	
Sales platform/address:	
Customer Name:	Contact number:
Correspondence address:	

Warranty terms

1. Within three months from the date of sale of the product, if there is a performance failure, the same model can be replaced with the same model to ensure that the accessories and outer packaging of the product itself are intact and free of scratches of goods. (must be sent back for inspection) but does not include man-made damage.

2. The product is guaranteed for one year from the date of sale, accessories are not within the scope of warranty, and the warranty service is only valid under normal use.

3. All external damage caused by artificial damage, self-disassembly, and improper use is not included in the warranty. The card must be provided during the warranty, and the company has the right to treat it as a non-warranty if the card is not provided or the card is altered without permission.

FCC Statement

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 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 int o 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.
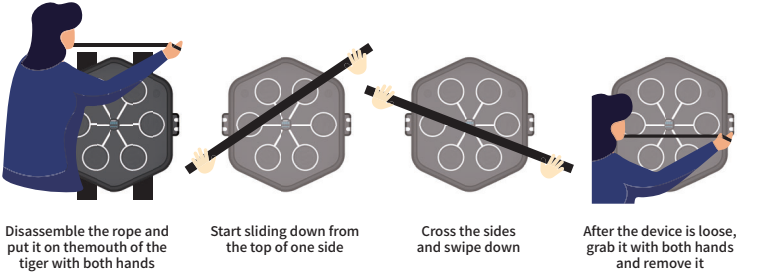
RF Exposure Information

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