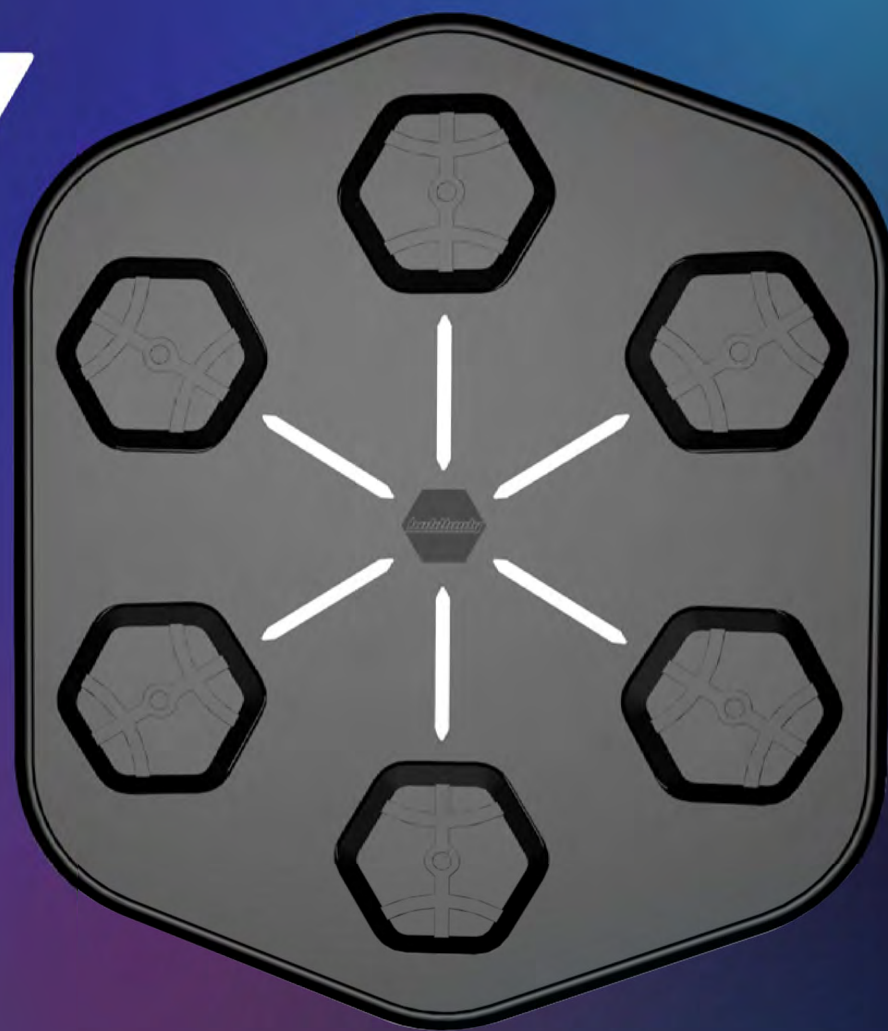


holdbody

***Musical
Boxing Machine***

INSTRUCTION MANUAL



Product Packing List



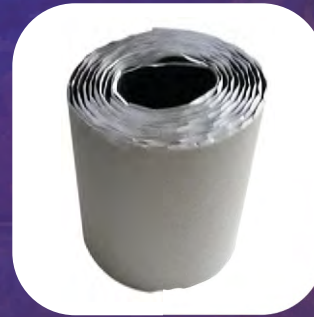
**Boxing machine
(Velcro type)**



Boxing glove



Data cable

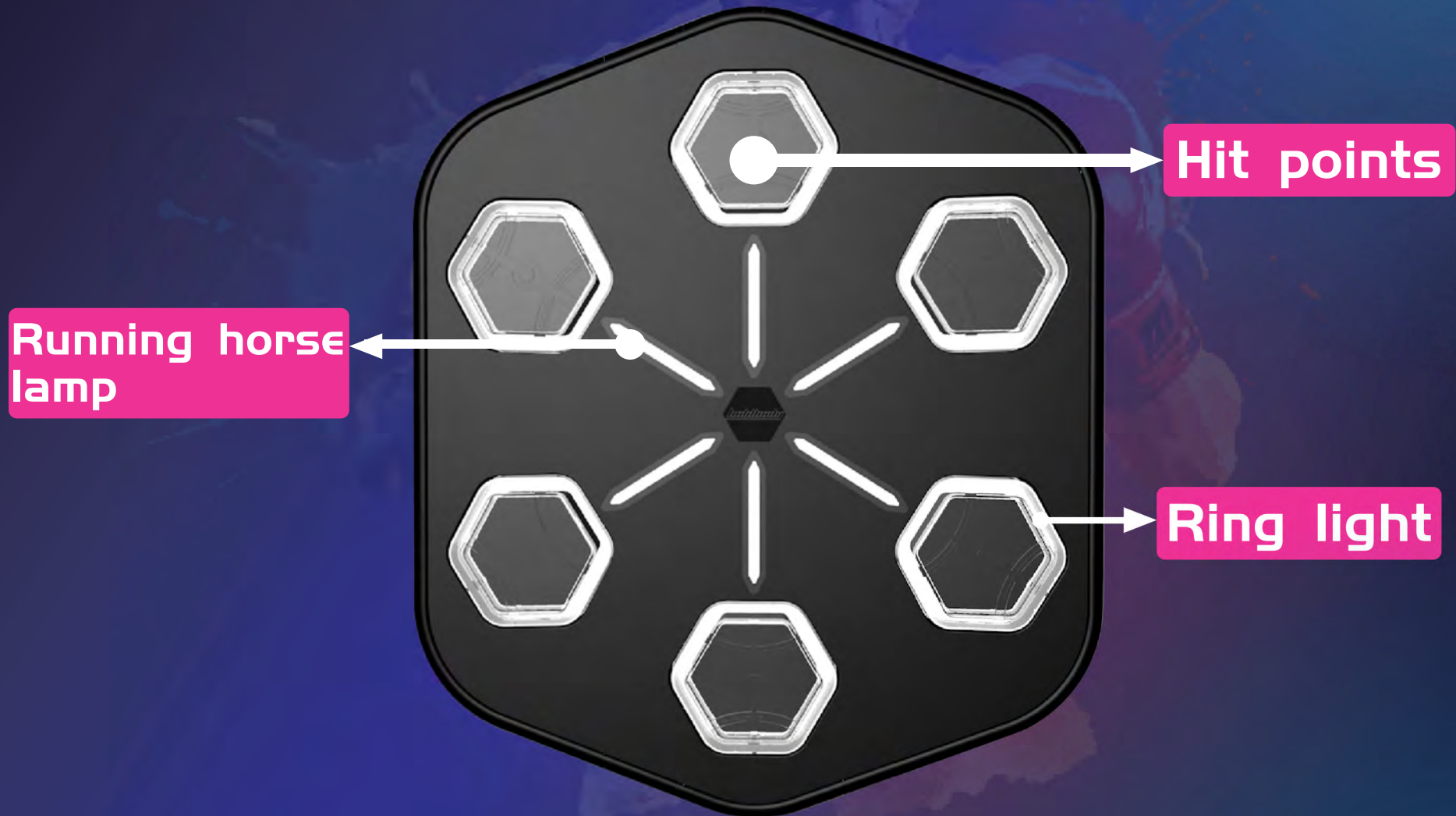


Velcro



**Power
adapter**

Product Schematic

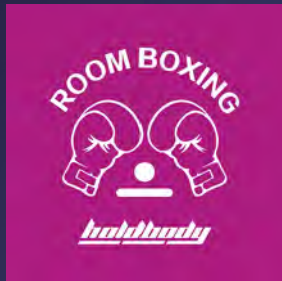


APP Download and Installation

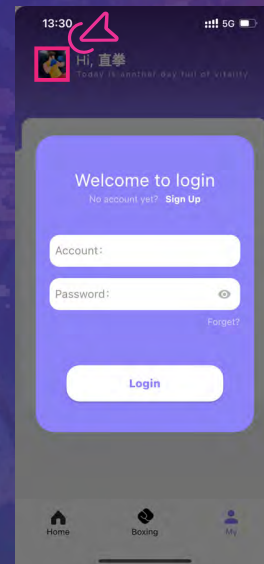


Android and Hongmeng download APP by scanning QR code
Apple phone download by searching (ROOM BOXING) in the app store.

Currently supports IOS, Android, Hongmeng, Tablet, etc.



After opening the APP, click "My" and then click "EN" to change the language.

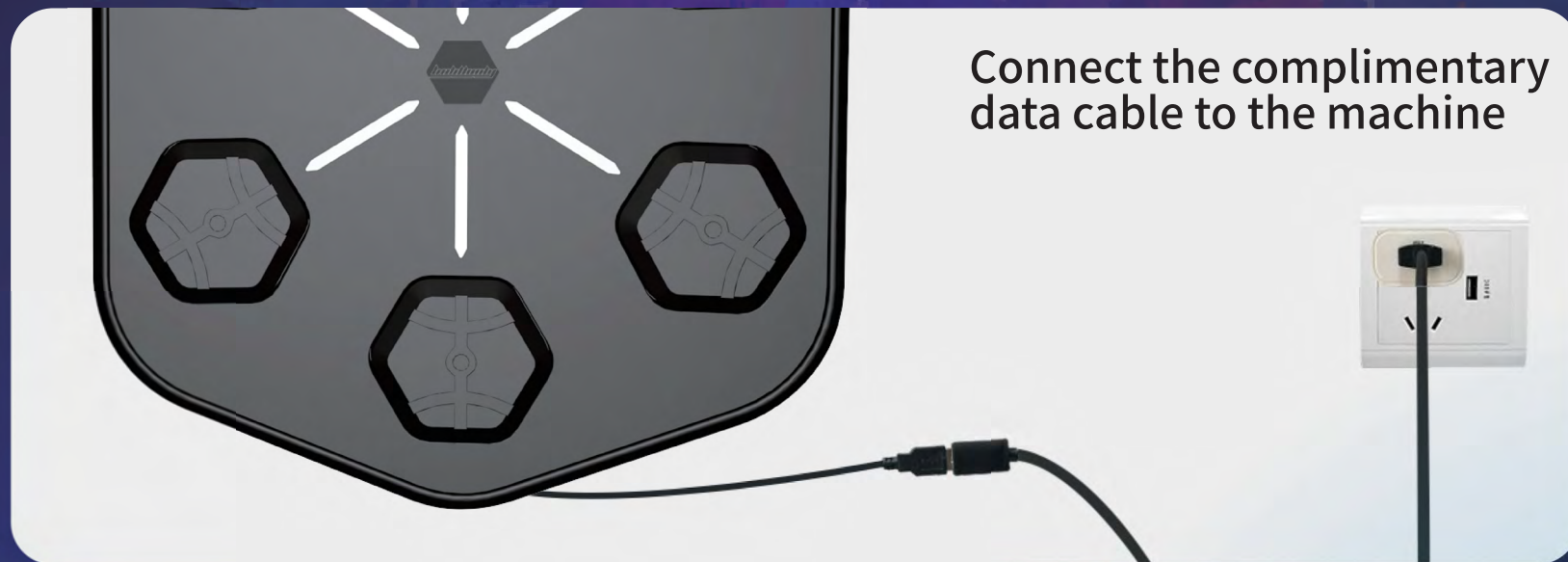


Steps of APP use

The device is powered on when it is connected to the power supply.

Firstly, turn on your phone's Bluetooth and positioning, then open the APP

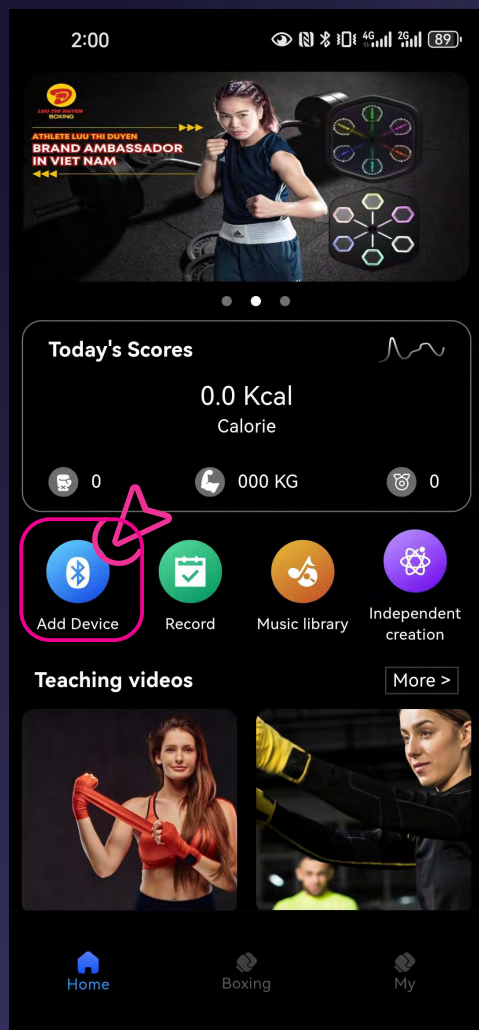
Note: Note: Bluetooth speaker connection: open the phone settings - open the Bluetooth, find "PLUSE 5" click to connect!



A detailed step-by-step schematic is shown on the following page

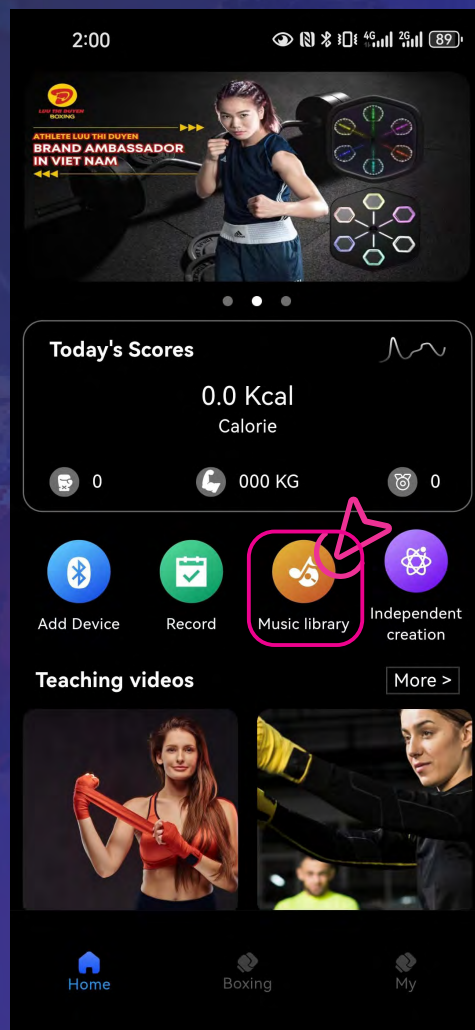


Step one



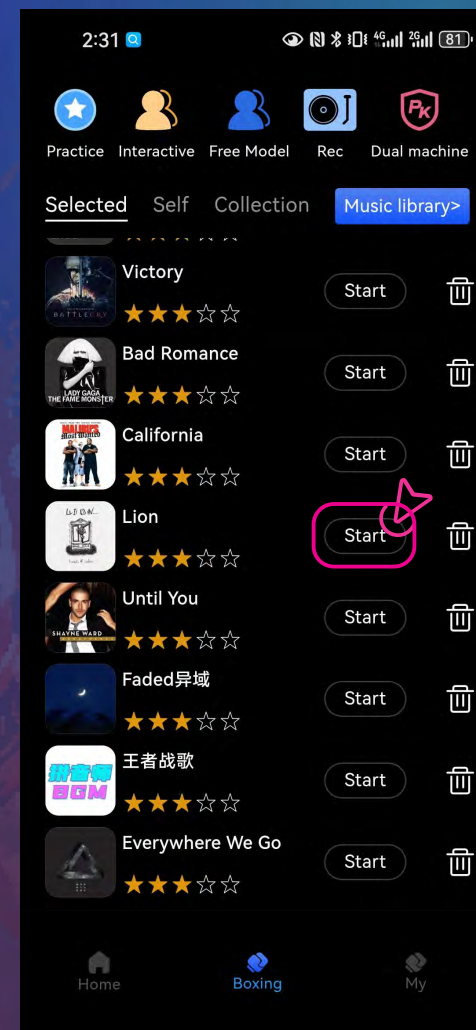
Click to add device and connect to machine

Step two



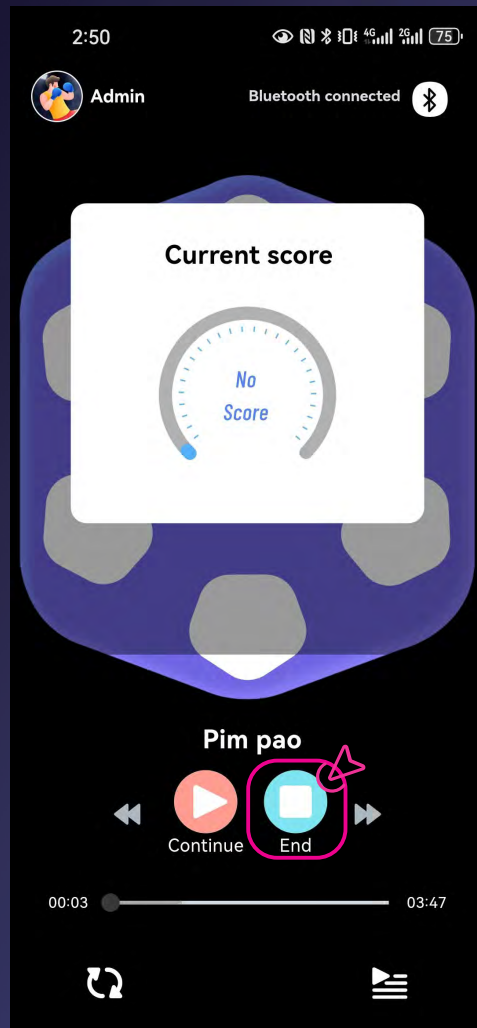
Click on the music library to add music

Step three



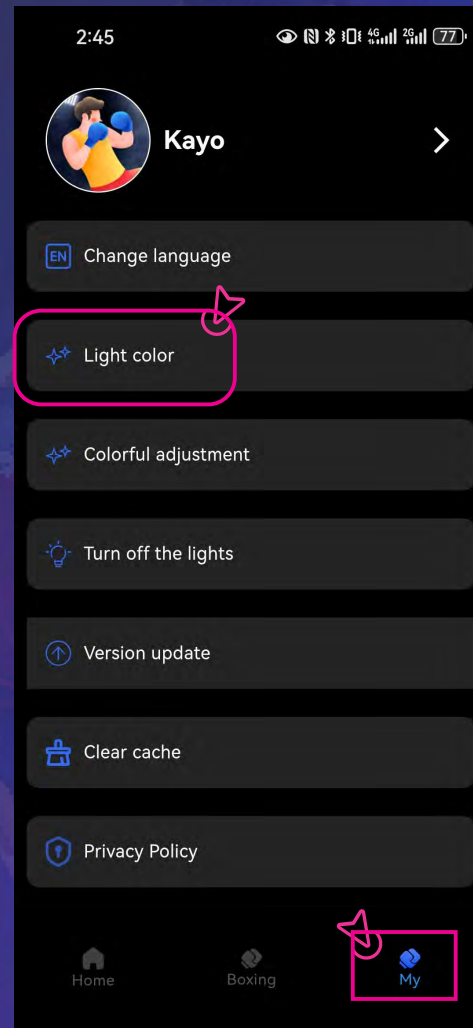
Select the added music on the boxing page to start exercising

Step four



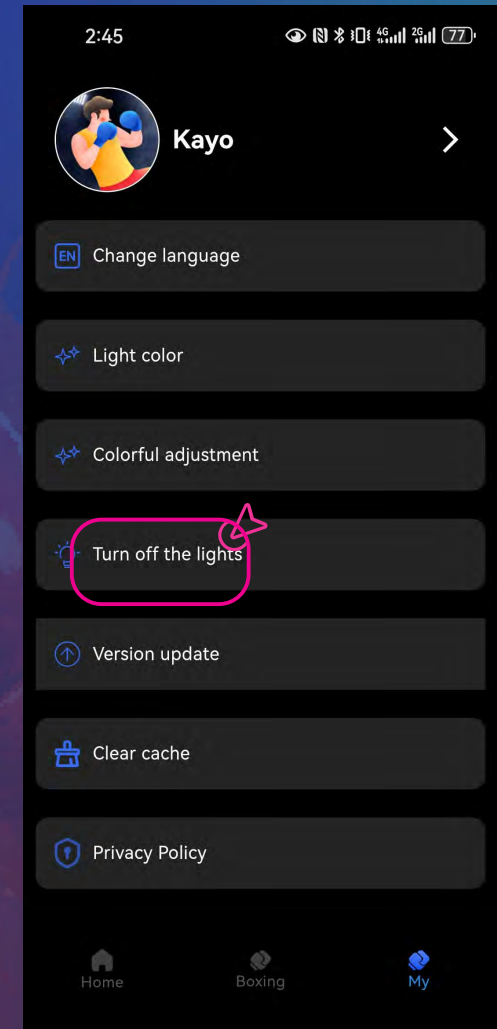
After finishing the exercise, click 'End' to see the exercise data

Step five



Click (mine) to change the color of the light in the dazzling adjustment

Step six



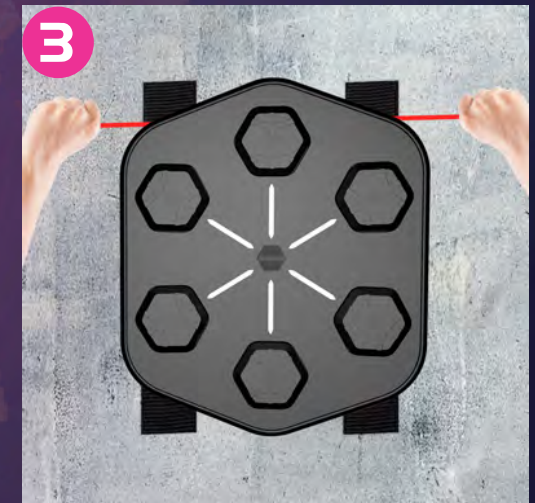
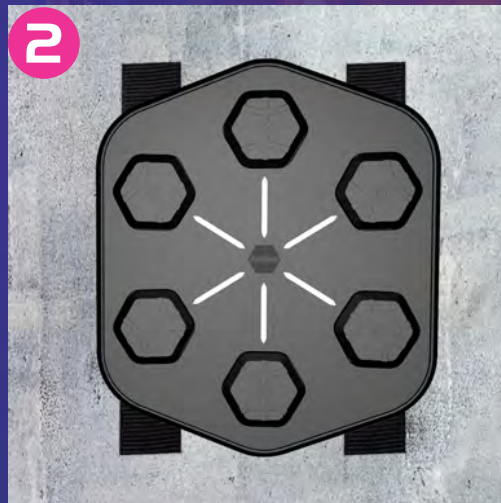
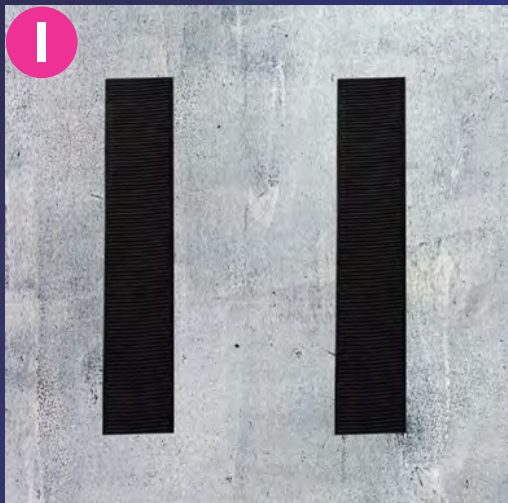
Turn off the lights to turn off the standby lights

Installation Guide

Note: Installation wall must be flat and not lose dust, Mounting height - topmost side of the machine is flush with the forehead;

Installation: (Figure 1) first cut the velcro into two stickers on the wall, velcro between each other 30 centimeters, after sticking the pressure pressure tight, and then hang the machine as in Figure 2; (If you need to adjust the height, you can stick the velcro a little longer) After 30 minutes, then hang the machine as shown in figure 2; (If you need to adjust the height, the velcro can be pasted a little longer)

How to take the machine: (Picture 3) You can use a thin rope to embed it between the back of the machine and the Velcro, and then pull it down on both sides. Then pull it downward and it can be separated easily (Note: please don't use strong force to tear it off directly).



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