Force-measuring boxing target

Operation instruction

Please read the instructions carefully before use

Matters need attention

1. Rest for 30 minutes after meals before use;
2. It is not suitable for use when the body is unwell;
3. Electronic products can not be washed with water, but can be wiped with a rag;
4. Charge the machine in time after it is out of power to prevent power loss;
5. Stop using it immediately if you feel uncomfortable during use;
6. It is recommended to wear boxing gloves when using;
7. It is forbidden to disassemble the product without permission.

1. Installation instructions

Cut the hook and loop to a suitable length and tear it off. Stick the back of the paper on the back of the boxing target. Then measure the height position and for the extra velcro on the wall. Finally, align the boxing target with the hook and loop on the wall, stick it on and press hard.

2. Tips

If the painted walls is powder wall, it needs to be pressed flat to make the paper more firm, and the effect is better after standing for one night. Note that the peeling of the powder wall may lead to slight separation of the powder skin.

3. Operating instructions

Short press to pause/play, short press to pause/continue the game and play the corresponding prompt tone, and cycle alternately. Press and hold for 2 seconds to turn on/off in music background mode, the music stops when the pause is triggered. In Bluetooth mode, the trigger will not pause the sound source, but only pause the game.

Short press to switch the mode (boxing mode/force measuring mode), long press to adjust volume: one gear every 1 second, a total of 7 gears, and the fifth gear is the default when starting, and the digital tube displays the volume for 1 second at the same time.

Short press to switch songs (only switch songs in Bluetooth mode), long press to adjust volume (other same volume).

Short press to turn Bluetooth on/off, long press for 2 seconds to switch the lighting effect.

When Bluetooth is switched on/off, the corresponding prompt tone is played. The connection number is (paid). There is a prompt tone for successful connection and a prompt tone for disconnected connection. After turning off Bluetooth mode, switch back to music background mode. When Bluetooth is turned on but not connected, there will be a prompt tone every 10 seconds.

4. Functional analysis

Power on: all lights and digital tubes will be on for 3 seconds and then enter standby state. In the boxing mode by default, and start the game after playing the corresponding prompt tone. The game lasts for 3 minutes, and the digital tube flashes the current score at the end. After 10 seconds, the digital tube returns to zero and the game starts again. Keep hitting, and you won't go into sleep mode. Sleep automatically after 3 minutes without action. Bluetooth mode does not automatically sleep when Bluetooth is connected. When you switch songs in the game, the game starts again. The digital tube displays zero, and there are five songs corresponding to five speeds. The default start-up speed is 1 (1 is slow and 5 is fast). In Bluetooth mode, only local audio source is not played, and other functions and the same as song mode. Play a prompt tone when switching speed levels in Bluetooth mode.

5. Force measuring mode

There are four levels of game key lights flashing, and the first level is the default when power is on. Play a prompt tone when switching. When hitting the dynamometer plate, the digital tube and the display plate light display patterns, and finally the digital tube displays the hitting number, and the color light displays the grade according to the hitting value. In this mode, no local background sound is played, and only the prompt sound is played when hitting. In Bluetooth mode, no prompt tone is played when hitting. Sleep automatically after 3 minutes without action. Bluetooth mode does not automatically sleep when Bluetooth is connected. Force measurement values are for entertainment only, and do not have professional or medical reference.

6. Charging instructions

By using USB charger to connect wiring for charging, it cannot be used when charging. The low voltage is 3.2V, and it goes to sleep directly without alarm during normal function. Dot yellow indicating the machine and playing the boot tone. It detects low power, and then plays the prompt tone to enter sleep.

Use current = 400 mA; Standby current = 100 microamperes

It takes about 2-3 hours to charge and 2-3 hours to use.