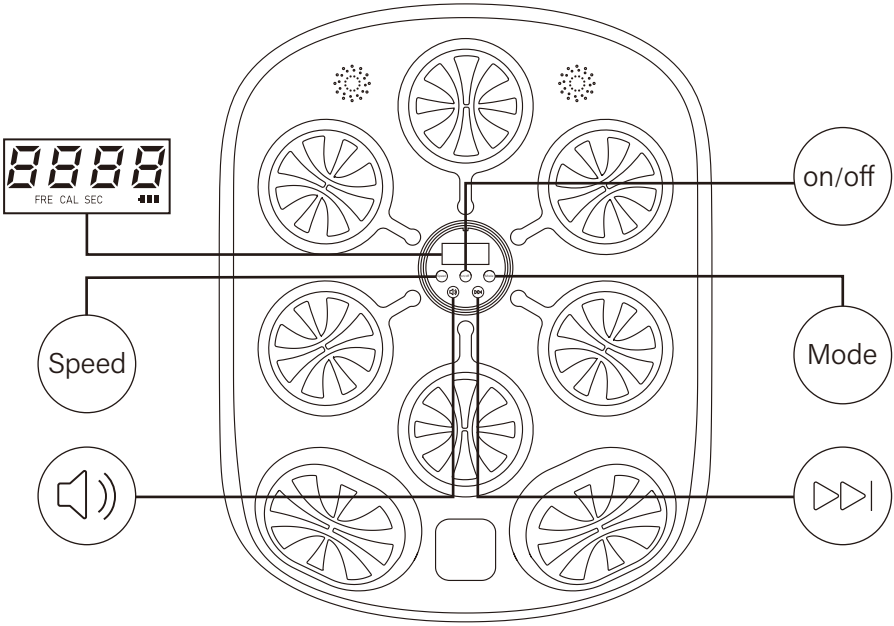
DELUXE BOXING MACHINE

Instructions



Function Instruction:

1. Power On

Long press the middle touch switch "on/off" to turn on.

2. Speed & Mode Adjustment

- Short press the left-side button "Speed" to adjust speed (H01–HAU). The higher the level, the faster the target speed. (HAU Mode: The striking speed automatically changes with the rhythm of the music.)
- Short press the right-side button "Mode" to adjust mode (P01–P09). Different modes change the striking position.
- Press and hold the left-side button "Speed" to decrease volume. Press and hold the right-side button "Mode" to increase volume. Volume levels: U00-U30.

3. Correct/Incorrect Striking

- Correct strike: When the correct target is hit, the indicator light turns off and a hit sound is played.
- Incorrect strike: If the wrong target is hit, an error sound will play.
- Short press the Sound button to turn the sound effects on or off.

4. Change the music

Short press the Next button ⏭ to play the next track.

5. Display Screen Function

Short press the "on/off" button to switch between display modes.

FRE - Hit Counter

Displays the total number of hits.

CAL - Estimated Calories

The calorie value displayed is an estimated training reference generated by the device. It is intended for motivational purposes only and should not be considered an exact measurement of actual calories burned. Actual calorie expenditure varies depending on body weight, exercise intensity, duration, and other individual factors.

SEC - Training Time

Displays the training duration.

6. Wireless Connection

Connect to Bluetooth® (name: GDBX-xxxxxx) to play background music from your phone or other devices. This product is using JieLi Bluetooth 6.0 Audio Solution.

7. Auto Shut-Off

- If no action is detected for 3 minutes, the system will automatically shut down and enters low-power mode.
- When in Wireless connection mode, the machine will not automatically shut down.

8. Charging

- The device is powered by a 4000mAh Li-ion battery.
- Charging state: The digital display shows the battery indicator is cyclic flashing while charging. When charging is complete, the whole battery indicator light flashes continuously.
- Use only the supplied USB cable (Rated Input: DC5V/2A)

Hook & Loop Tape Installation Method

BEFORE YOU START

Make sure the wall surface is clean, dry, and smooth.
The hook & loop tapes are not removable.
Read all instructions before installation.

1. Includes:
   2 x Hook-side strips (For sticking on the wall)
   2 x loop-side strips (For sticking on the back of the machine)
2. Determine the desired height and attach the two hook-side strips to the wall.
(Ensure the distance between the two strips is 29-33 cm)



3. Stick the two loop-side strips to the back of the Boxing Machine. Ensure the spacing matches the hooks on the wall.



4. Press each strip firmly for 30–60 seconds to ensure proper adhesion to the wall and the Boxing Machine. Allow the adhesive to set for 24 hours before mounting the Boxing Machine.



5. Align the hook-side and loop-side strips correctly, then firmly press the Boxing Machine onto the wall.





6. Removal Method: Gently pull the Boxing Machine away from the wall to separate the hook-and-loop fasteners. Keep the hook-side of the tape on the wall. When you need to use the product again, simply reattach the boxing machine to the hook & loop tapes.

7. Before each use, make sure the Boxing Machine is securely attached to the wall.

WARNING: USE ONLY UNDER ADULT SUPERVISION.

WARNING:
SUGGESTED TO USE ON: SMOOTH AND SOLID TILED WALLS, CONCRETE WALLS, STONE WALLS OR OTHER SMOOTH AND STRONG MATERIAL WALLS.
DO NO USE ON: PAINTED WALLS, WALLPAPERED WALLS, PLASTERBOARD WALLS OR OTHER FRAGILE WALLS.

WARNING: THE HOOK & LOOP TAPES BONDS PERMANENTLY AND MAY CAUSE SURFACE DAMAGE OR LEAVE RESIDUE IF REMOVED. DO NOT FOR USE ON DELICATE SURFACES SUCH AS PAINTED WALLS OR WALLPAPERED WALLS.

WARNING: FOR INDOOR USE ONLY. ONLY USE ON FLAT AND EVEN SURFACES. DO NOT USE ON SURFACES WHERE INJURY COULD RESULT IF MOUNTED ITEM FELL.

WARNING: IT IS RECOMMENDED TO WEAR BOXING GLOVES (NOT INCLUDED) TO MINIMIZE THE RISK OF INJURY.

WARNING: DO NOT USE WHILE CHARGING.

Keycode: 43-798-957

MADE IN CHINA

CUSTOMER SERVICE:
KMART AU: 1800 124 125
KMART NZ: 0800 945 995
TARGET AU: 1300 753 567

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