

# CARDIO BOXER



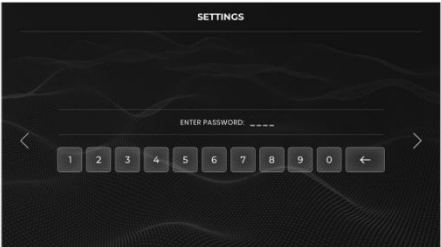
# First start of the device - UPDATE

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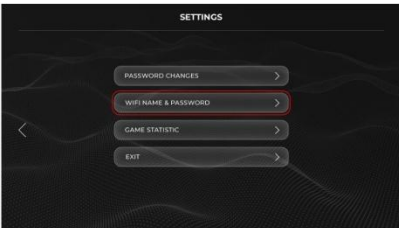
1 IN THE UPPER RIGHT CORNER, CLICK SETTINGS ICON

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2 ENTER YOUR PASSWORD AND PROCEED

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3 SELECT THE 'WIFI NAME & PASSWORD' SECTION FROM THE END OF THE LIST

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4 ENTER WIFI NETWORK NAME AND PROCEED

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5 ENTER WIFI NETWORK PASSWORD AND PROCEED

6 / 9



6 AFTER PROCEED THE PASSWORD, YOU MUST RESET THE MACHINE, TURN IT OFF AND ON

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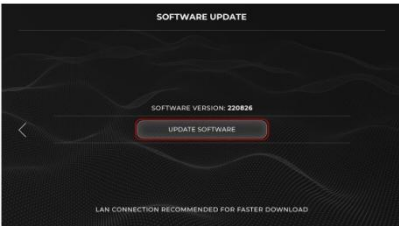


7 RETURN TO SETTINGS PANEL

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8 SELECT THE 'SOFTWARE UPDATE' SECTION



9 UPDATE SOFTWARE

1. In the upper right corner, click settings icon
2. Enter your password and proceed (the primary password is 0000)
3. Select the "WIFI NAME & PASSWORD" section from the end of the list
4. Enter WiFi network name and proceed
5. Enter WiFi Network Password and proceed
6. After proceed the password, you must reset the machine, turn it off and on
7. Return to settings panel
8. Select the "SOFTWARE UPDATE" section
9. Update software

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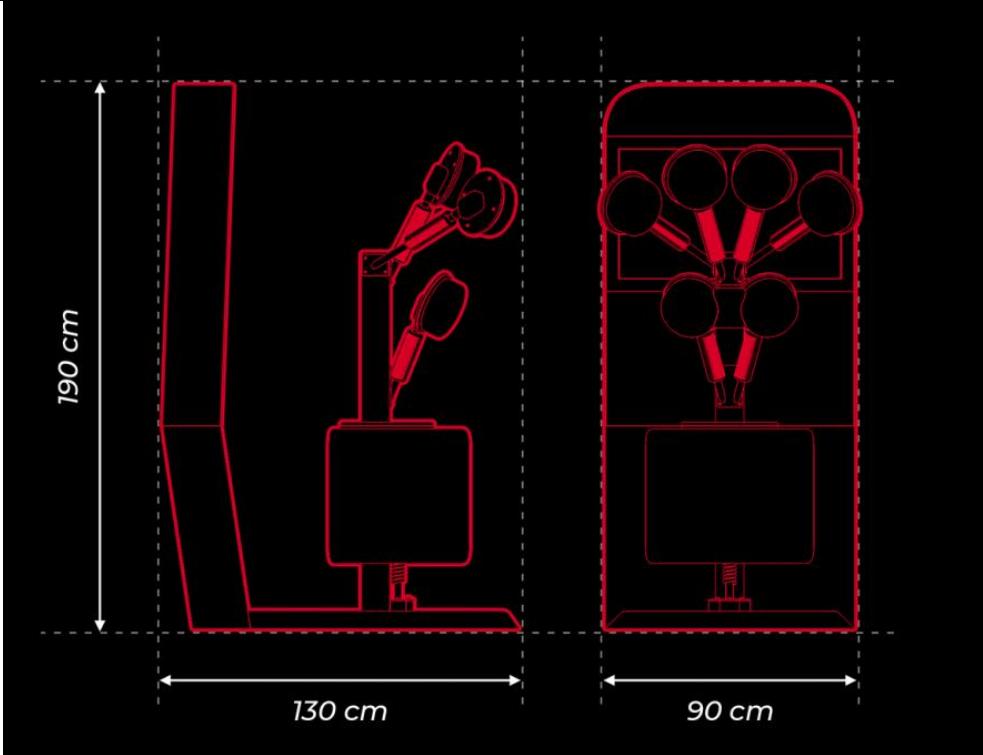
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REMARKS:

- Before proceeding with assembly and use, carefully read the instruction manual.
- Please keep this manual for future reference.
- The product may slightly differ from the photo due to upgrades.
- The device is intended for people who are 160 - 195 cm tall.

1. General data

Name	Metal construction	Cardio boxer
Height	1800 mm	1850mm
Width	818 mm	850mm
Length	1078 mm	1300mm
Weight	---	200 kg
Power	---	220-240V
Power consumption	---	100 W.



Producer guarantees the efficient operation of the device in accordance with the technical and operating data contained in the attached documentation and operating manual. The machine was designed and built of the best materials and parts available on the market. Warranty conditions are described in the next part of the manual.



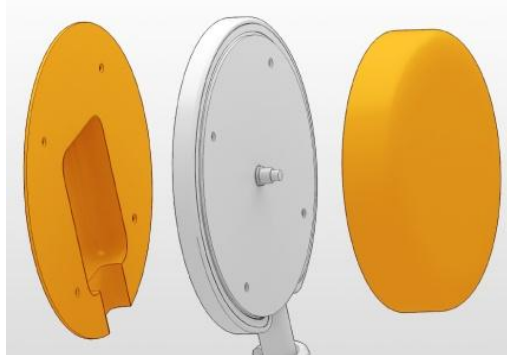
The device consists of a metal structure and impact pads. The pads are mounted on springs and vibro-isolators.

They consist of

- the plastic part (HDPE) on which the RGB LED strip is embedded
- plastic part (cover covering the sensor and wiring)
- cushion made of natural Feather, plastic-HDPE and foam, which the user hits.

The parts are mounted on a metal rim on which a sensor that receives a signal after hitting a pad is mounted.

If the sensor is damaged or worn out, the LED strip (on the rim of a given pad with a damaged sensor) starts flashing yellow. This informs the customer that the sensor is still active(pressed) or defective.



Pads (cushions) are wearing parts as they are directly exposed to many impacts. They are an element that is regularly replaced. It is recommended to purchase from the manufacturer - made of the best materials available. We have extensive experience in the operation and consumption of materials for this part of the equipment.

### **Important!**

**Check the condition of the pads regularly to locate wear or foreign objects that may cause injury during use.**

The equipment is equipped with pads that protect the user from injury and cuts.

The control (training selection) is carried out using two alternative solutions: the touch screen or the four upper pads.



The graphics in the circles show which pad corresponds to which button. It is marked green. Hitting the appropriate pad will activate the indicated option.



Internal components:

- touch monitor
- 12V power supplies
- Sound amplifier
- Loudspeaker
- Motherboard - microcomputer
- Touch sensors
- Silicone RGB LED strip
- Wiring

## 2. User manual

1. Read the manual completely before operating the machine.
2. Insert the plug directly into the socket.
3. The fixed operating time of the device is 18 hours.
4. After joining, wait for the program to load.
5. Select a training plan from the options available on the device panel and start using the device. Adjust options according to your skills during training.

The machine is used for training, which consists in hitting and kicking individual pads with sensors, the so-called "Active pillows". We hit active pillows, the LED illumination of which changes from red to green. Unused circles (inactive ones, which we do not hit) have red lights. In the basic program, striking a pad highlighted in green adds 1 point, while striking a pad highlighted in red subtracts 1 point.

The time and method of training depends on the settings entered by the user. Training settings are done by changing options on the touchscreen or using the top four pads.

The best results are saved and the record list is reset every 24 hours for the best daily result, or once a month for the best result for a particular month.

### ATTENTION!

The device is intended for people who are 160 - 195 cm tall. Be careful when using the device. The manufacturer recommends the use of gloves that protect the fingers, ankles and wrist. For example, boxing gloves or other martial arts gloves that have a protective layer for the ankles, fingers and wrist stabilization. During training, hit only the designated places as described in the instructions. In the event of any noticed faults, stop use and report the fault to the equipment administrator.

#### Touchscreen control:

To avoid damaging the touch screen, do not use excessive force. You can use it by touch, without the use of gloves.

#### Control with the top four pads:

Follow the instructions on the monitor to choose an option by hitting one of the top pads. Can be used with gloves.

#### Device operation:

When using the equipment, use boxing gloves or other martial arts gloves that have a protective layer for the ankles, fingers and wrist stabilization. Only the owner of the purchased device or the user who does not follow the instructions for use is responsible for the lack of such protection.

## 3 . Control description

The device is controlled by a touch screen and four upper pads located at head level. We choose the training options from the devices available in the program.

### ATTENTION!

Do not press too hard on the touchscreen. This may damage it. Objects with sharp points, such as pencils or ballpoint pens, are not allowed. This may scratch the surface of the touch screen or damage it.

The current list of training options. The manufacturer reserves itself

- FREESTYLE MODE
- 3 MINUTE ROUND
- 100 PUNCH
- SPEED TEST
- REACTION TIME
- BOXING TUTORIAL
- 3 MINUTE ROUND TURBO MODE
- 100 PUNCH TURBO MODE

## Description:

### ➤ FREESTYLE MODE

Basic program. This is typical Cardio training, warm-up training. The user scores points by hitting the pads with a green border and loses them by hitting the pads with a red border. If no action is taken, the program will automatically suggest returning to the menu or restarting the game.

At this stage, you can choose 2 types of gameplay:

- Version with all pads active (full body training)
- Version with top and center pads only, excluding kick pad (upper body training only)

Green circles add 1 point, red circles subtract 1 point.

### ➤ 3 MINUTE ROUND

The "three-minute round" program is about scoring as many points as possible within three minutes. Green circles add 1 point, red circles subtract 1 point. If no action is taken, the program will automatically suggest returning to the menu or restarting the game.

At this stage, you can choose 2 types of gameplay:

- Version with all pads active (full body training)
- Version with top and center pads only, excluding kick pad (upper body training only)

### ➤ 100 PUNCH

Program is about getting 100 points in the shortest possible time. Green circles add 1 point, red circles subtract 1 point. If no action is taken, the program will automatically suggest returning to the menu or restarting the game

At this stage, you can choose 2 types of gameplay:

- Version with all pads active (full body training)
- Version with top and center pads only, excluding kick pad (upper body training only)

### ➤ SPEED TEST

The "SPEED TEST" program consists in hitting the user of the device with the pads with a green border as quickly as possible within one minute. For hitting the pad immediately, the user receives the highest number of points, ie 9. The slower reaction is the lower the number of points on the scale of 9-1 points. Hitting the circles with green borders adds 1 point. Hitting a pad with a red border reduces 10 points.

If no action is taken, the program will automatically suggest returning to the menu or restarting the game

At this stage, you can choose 2 types of gameplay:

- Version with all pads active (full body training)
- Version with top and center pads only, excluding kick pad (upper body training only)

### ➤ REACTION TIME

The program measures your average reaction time. The built-in clock calculates the average impact response of three pads in a row with a green border. Hitting a pad with a red border does not count. Two results are given: AVERAGE TIME and REACTION SPEED.

If no action is taken, the program will automatically suggest returning to the menu or restarting the game

At this stage, you can choose 2 types of gameplay:

- Version with all pads active (full body training)
- Version with top and center pads only, excluding kick pad (upper body training only)

➤ BOXING TUTORIAL

three options to choose from:

-beginner

-advanced

-professional

Training of the upper part of the muscles depending on the level of advancement of the user.

Version with top and center pads only, excluding kick pad (upper body training only).

If no action is taken, the program will automatically suggest returning to the menu or restarting the game

➤ 3 MINUTE ROUND TURBO MODE

The "three-minute round" program is about scoring as many points as possible within three minutes. Green circles add 1 point, red circles subtract 1 point. If no action is taken, the program will automatically suggest returning to the menu or restarting the game.

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The "TURBO MODE" changes the speed (accelerates) the lighting and fading out of the rings on the pads. Which makes the training mode much faster and more difficult.

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## 4. Update

The device has update functions, which allows you to use the latest software. Regular updates (every 3 months) are recommended in order to take advantage of the latest device refinements. The manufacturer may suggest an update to eliminate the problem or improve the device options.

Online service:

There is a possibility of remote service repair. This allows you to remove errors and problems related to the uploaded program. You must first inform the service about the problem. Then connect to the device (just like a regular update).

If the manufacturer fixes a serious problem or improves the program, he may suggest updating.

## 5 . Safety instruction

The manufacturer recommends fixing the device to the ground for proper functioning and operation. Designate the places where the device will be located. The equipment has holes that allow it to be attached to the ground.

Before starting the installation, be sure to read the safety instructions included in this manual. It is necessary to check the technical condition of electrical devices and installations (condition of insulation of wires and cables, plugs, switches, sockets), neutralization and earthing, condition of fire protection. Check the technical condition of the current protections.

Most work accidents are caused by disregard or non-compliance with basic safety regulations. Accidents can be avoided by anticipating possible life or health-threatening situations and strictly following the safety procedures. Always make sure that the conditions and technical condition of the device allow for safe operation for the user and nearby third parties.

### **IMPORTANT!**

- The product is not intended for rehabilitation purposes.
- The device is intended for indoor use!
- Use the device only for its intended purpose.
- Any other use of the device is prohibited and may be dangerous. The manufacturer is not responsible for any damages or injuries caused by improper use of the equipment.
- The equipment has been manufactured with safety standards. Potential injury hazards have been ruled out.
- It is recommended to insure the purchased equipment. A policy against accidents can protect you against serious financial consequences of the damage caused.

### **To avoid injuries and / or accidents, follow these simple rules:**

- The device is intended for people who are 160 - 195 cm tall. People shorter or taller should not use the device because they may get injured.
- Persons under 18 years of age, meeting the above criteria of appropriate height, should only use the device under the supervision of an adult.
- Regularly check that all bolts and nuts are tightened and that the handles are properly fastened.

The safety of the equipment can only be guaranteed if it is subject to regular inspections and controls.

- Always use the equipment for its intended purpose. If during use any part proves to be defective or makes disturbing sounds, stop using the device and have the device serviced. A damaged device must not be used.
- Replace any damaged parts immediately and do not use the equipment until it is repaired. You should also pay attention to possible material consumption. Safe use of the equipment can only be ensured if the wearing parts are regularly checked carefully.
- Avoid high temperatures, humidity and contact with water.
- There must be at least 1.5m of free space.
- Place the equipment on a solid and level surface. Use floor protection under the machine. Place the appliance on a straight, stable and hard surface. For safety reasons, 1.5 m of free space on each side for safe use should be left around the device.
- Do not train immediately before or after a meal.
- Consult your physician before starting fitness training.

Before starting any exercise, you should consult your doctor to determine if there are any mental or physical conditions that could endanger your health and safety. Talking to your healthcare professional may also prevent you from misusing your device. Your doctor will determine if medications that affect heart rate, blood pressure or cholesterol are appropriate.

Pay attention to your body's signals. Incorrect or excessive exercise can negatively affect your health. Stop exercising immediately if you experience any of the following symptoms: pain, chest tightness, irregular pulse, abnormally shortness of breath, fainting, dizziness, nausea, etc. If any of the above symptoms occur, contact your doctor immediately and until then stop training.

- Training equipment must never be used as a toy.
- Do not stand on the housing.
- Do not wear loose clothing, but appropriate training clothes, e.g. a tracksuit.

Wear appropriate clothes during training. Avoid loose fitting clothes that could catch on the device or restrict or prevent your movements. It is also recommended to exercise in appropriate sports shoes

- Train in shoes, never barefoot.
- During training, it is necessary to use training gloves - for example, boxing gloves or other gloves used in combat sports with a protective layer for the ankles, fingers and wrist stabilization
- Make sure that there are no third parties in the vicinity of the equipment, as they may be injured by using the machine.
- Do not use while under the influence of drugs or alcohol.
- The safe and effective use of the device can only be ensured when it is maintained and used properly, as described in the manual.
- **TRANSPORT:** Be especially careful when lifting and moving the device. Only transport the device with a forklift or hand pallet truck.
- It is forbidden to hit the leather parts with hard or sharp objects.
- The pads should not be cleaned with chemical agents - it is recommended to use a damp cloth to clean the surface.
- **ELECTRICAL NOTES:**

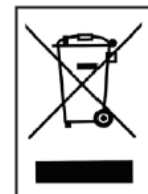
The hardware requires a proper power source to operate. For your own safety as well as the safety of others, please make sure the power source is correct before turning on the device. Any source of power above or below the level can cause significant damage to the equipment and / or user.

This product must be earthed. If the machine fails, grounding provides a path of least resistance from electric current to reduce the risk of electric shock. This product is equipped with an earthed plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Incorrect connection of the equipment may present a risk of electric shock. Check with a qualified electrician or serviceman if you are not sure that the appliance is properly grounded. Do not modify the plug provided with the product. If it does not fit the outlet, have a proper outlet installed by a qualified electrician. Make sure that the machine is

connected to an outlet with the same plug configuration. Do not use an adapter for this product

- After use, this product cannot be disposed of as household waste, but must be taken to a collection point for used electrical and electronic equipment. The materials can be recycled according to their labeling. By recycling, material recycling or other forms of using old appliances, you contribute to the protection of our environment.



## 6. Warranty

Terms of warranty:

- The warranty period is 1 year from the date of sale, if the device was purchased by a customer who runs a business.
- The warranty period is 2 years from the date of sale, if the device was purchased by a customer who does not run a business
- The condition of the warranty is the presentation of the warranty card signed by the manufacturer and a description, photos or video of the failure
- The warranty card includes, among others machine serial number, date of sale, buyer data, manufacturer's company signature. (take care of the condition of the aforementioned document - illegibility of the document excludes the warranty)
- Damaged parts should be sent to the service .
- Any damage caused knowingly by the user is not the responsibility of the manufacturer.
- The manufacturer is not responsible for damage caused by a natural disaster (storm, lightning, hail, etc.), random accidents, improper use and incorrect operation.
- The manufacturer is not responsible for damage in transit
- The manufacturer is not responsible for damage caused by use by players (scratches, bumps, dents, bends, etc.)
- Replacing parts in the device does not extend the warranty period (the warranty covers all free repairs / replacements for a period of 1/2 years, depending on the above-mentioned).
- The manufacturer is not responsible in any way for the time when the device is not functioning during the warranty period.
- The manufacturer is not responsible in any way for damage to property or personal damage caused by improper use of the device.
- The warranty covers a device that has not been modified or has not been repaired by itself without consulting service.
- The warranty covers only the buyer of the device (continued sale excludes the warranty granted for the machine)
- The manufacturer has the right to refuse to repair under the warranty if the customer has outstanding payments with the manufacturer

Repair after the warranty period:

- It is recommended to repair the device only at the manufacturer's. The cost of repair and replacement parts is covered by the customer.

## 6 . Maintenance

- For cleaning, use a damp cloth without harsh cleaning agents. Protect the computer from moisture.
- Parts that come into contact with sweat need only be cleaned with a damp cloth.

- Just wipe the screen with a wet towel, and then wipe dry with a microfiber cloth, lightly polishing any streaks. A badly dirty screen may need to be cleaned again or washed first with water and a little washing-up liquid. It is important that the towel is clean and free from dirt that could scratch the screen.
- Regularly check all parts of the device and the tightness of all screws and connections.
- Report any damaged parts to our service center for replacement. The equipment must not be used until it has been repaired.

## 7. Training

### ***General tips for training:***

- Never exercise right after a meal.
- If possible, orientate your training to your heart rate.
- Before starting training, do a muscle warm-up - relaxation or stretching exercises.
- At the end of your workout, reduce your speed. Never end your training suddenly.
- After completing your workout, do some stretching exercises.

### **Training frequency**

To increase physical fitness and fitness over a longer period of time, it is recommended that you train at least three times a week. This is the average frequency of training for an adult, allowing for long-term fitness and fat burning. As your physical fitness increases, you can increase the frequency of training up to daily. It is especially important to exercise at regular intervals.

### **Training intensity**

Plan your training carefully. You should increase the intensity of your exercise gradually to avoid fatigue in your muscles or locomotor system.

### **Training control**

Both for medical reasons and from the point of view of training physiology, training with heart rate control is the most desirable, and should be oriented towards the individual's maximum heart rate.

This rule applies to beginners, ambitious amateurs as well as professionals.

Depending on the goal of the training and the results achieved, the training is performed at a specific intensity of your individual maximum heart rate (expressed in percentage points).

*Measure your heart rate at the following times:*

1. Before training = resting heart rate
2. 10 minutes after starting training = training / exercise heart rate
3. One minute after the end of training = exercise heart rate

### **Duration of training**

To avoid injuries, training should consist of a warm-up phase, a proper training phase, and a relaxation phase.

#### **Warm-up:**

5 to 10 minutes of moving slowly with increasing intensity (also pedaling slowly).

#### **Proper training:**

15 to 40 minutes of intense training, but not exceeding the strength of training with the intensity mentioned above.

#### **Depressurization:**

5 to 10 minutes of slow moving, followed by exercise or stretching exercises to relax the muscles.

Stop training immediately if you feel unwell or show signs of fatigue.

Report date	Repair date	Description of the repair	Signature