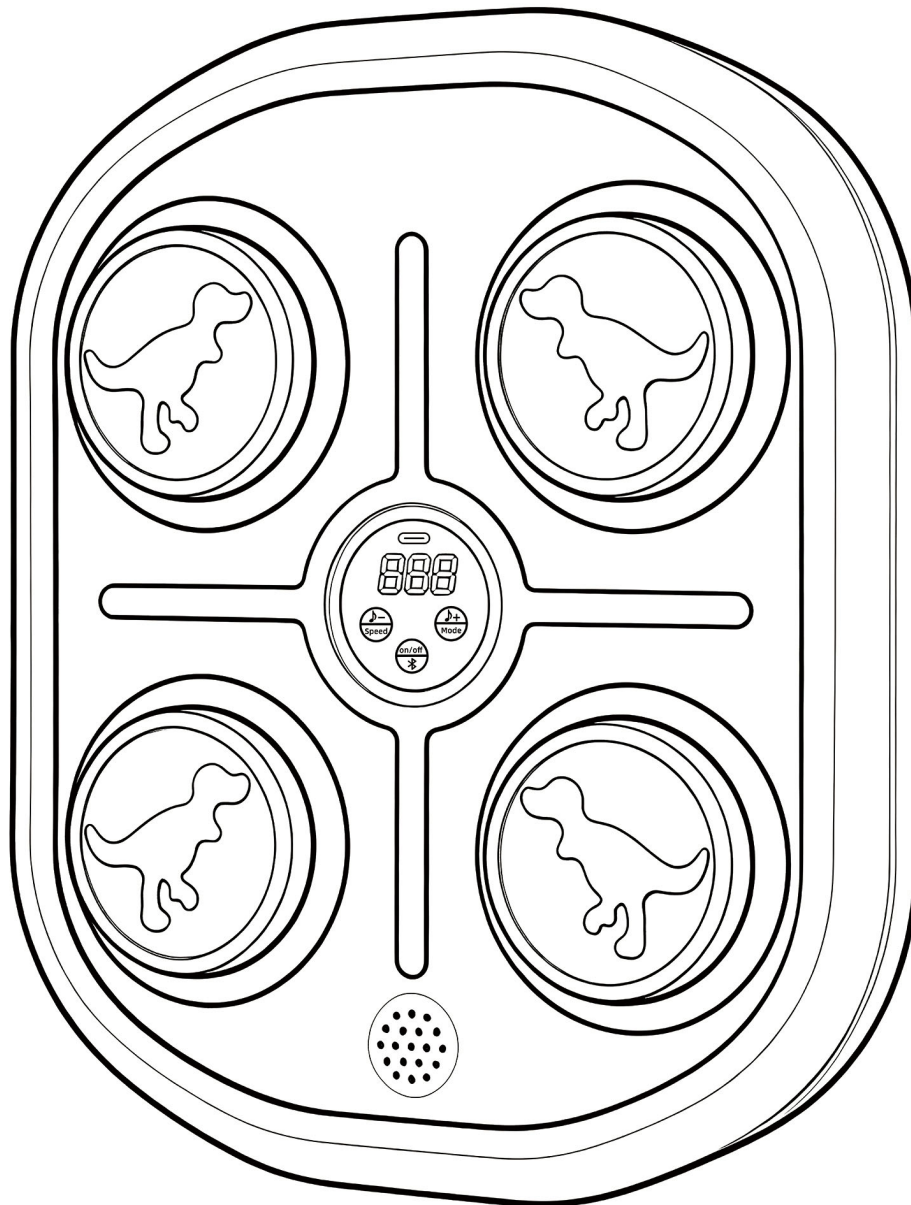


Music Boxing Machine

Instruction Manual



Model: QB16

Please read this manual carefully before use and retain for future reference.

Table of Contents

Safety Instructions & Packing List	1
Product Structure	2
How to Install	3
Operation Guide	4
Product Specifications	5
Troubleshooting	5

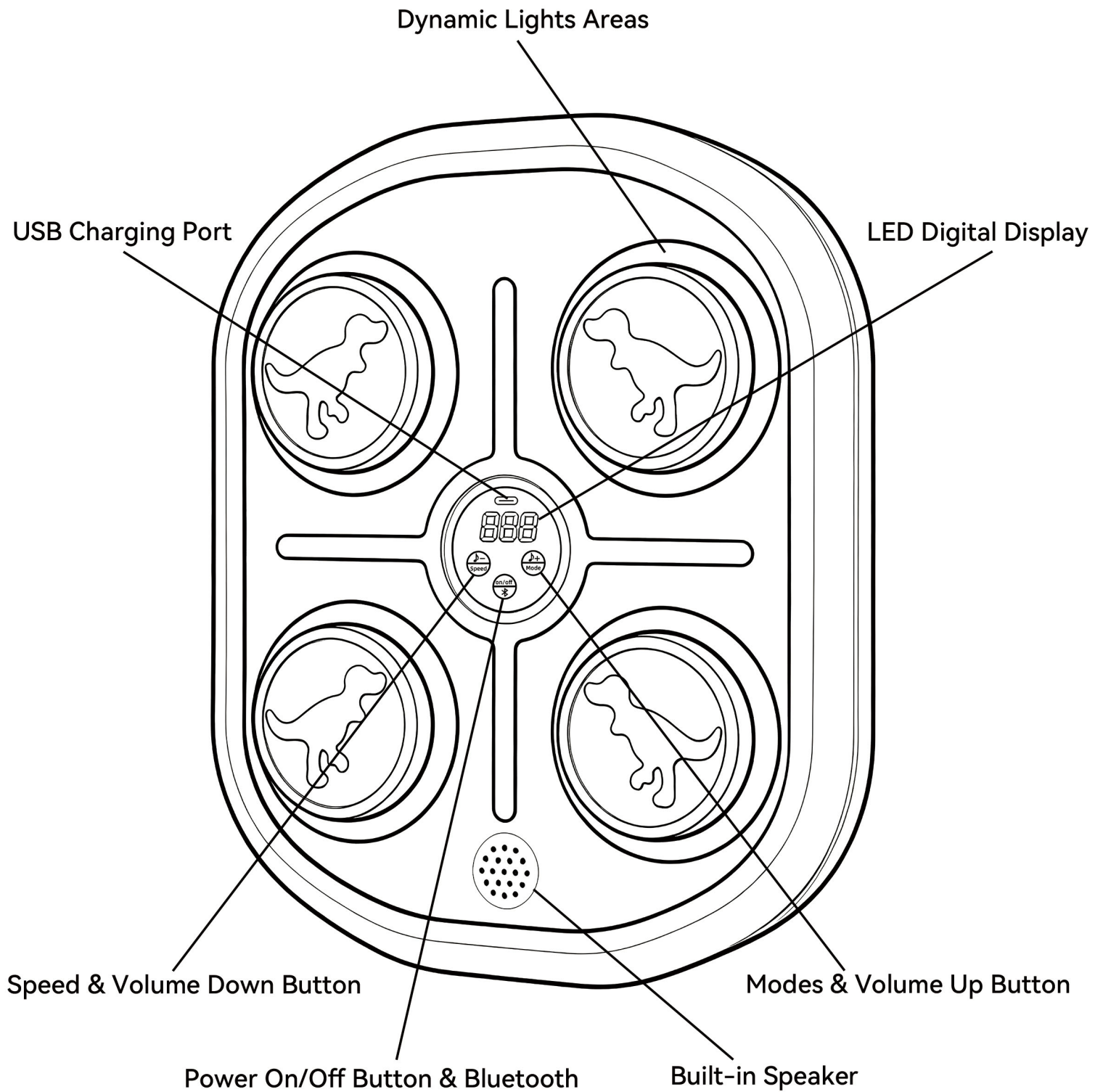
Safety Instructions

1. Not suitable for children under 3 years.
2. This product should only be used under direct adult supervision.
3. Always wear the included boxing gloves to protect your hands during use.
4. Only strike the padded target area. Do not aim at eyes, face, or other body parts. Avoid excessive force that may cause injury or damage.
5. Recharge the device when the battery is low to prevent damage. Do not disassemble, repair, or modify the product.
6. Ensure the product is securely mounted and stable before each use.

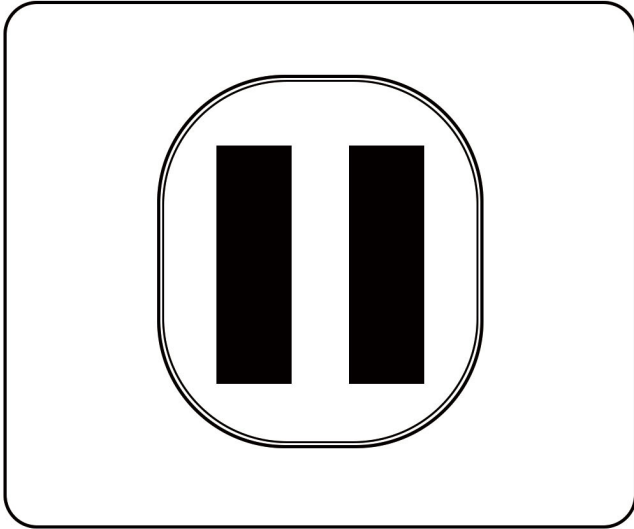
Packing List

- 1 × Music Boxing Machine
- 2 × Boxing Gloves
- 1 × USB Charging Cable
- 4 × Adhesive Straps
- 1 × User Manual

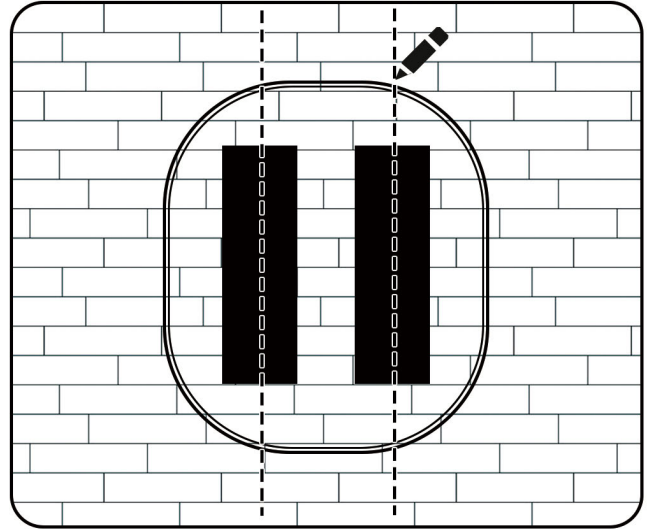
Product Structure



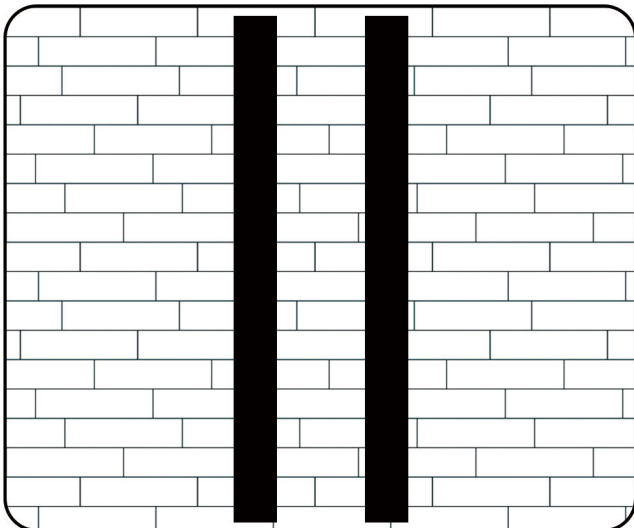
How to Install



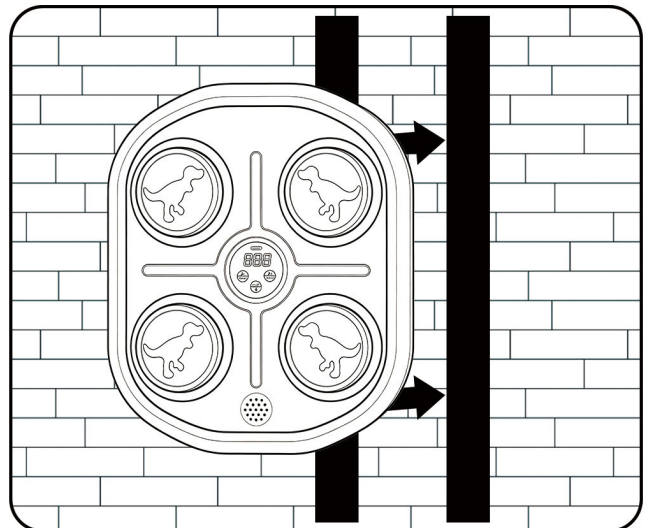
1. Attach the short adhesive strip to the back of the device.



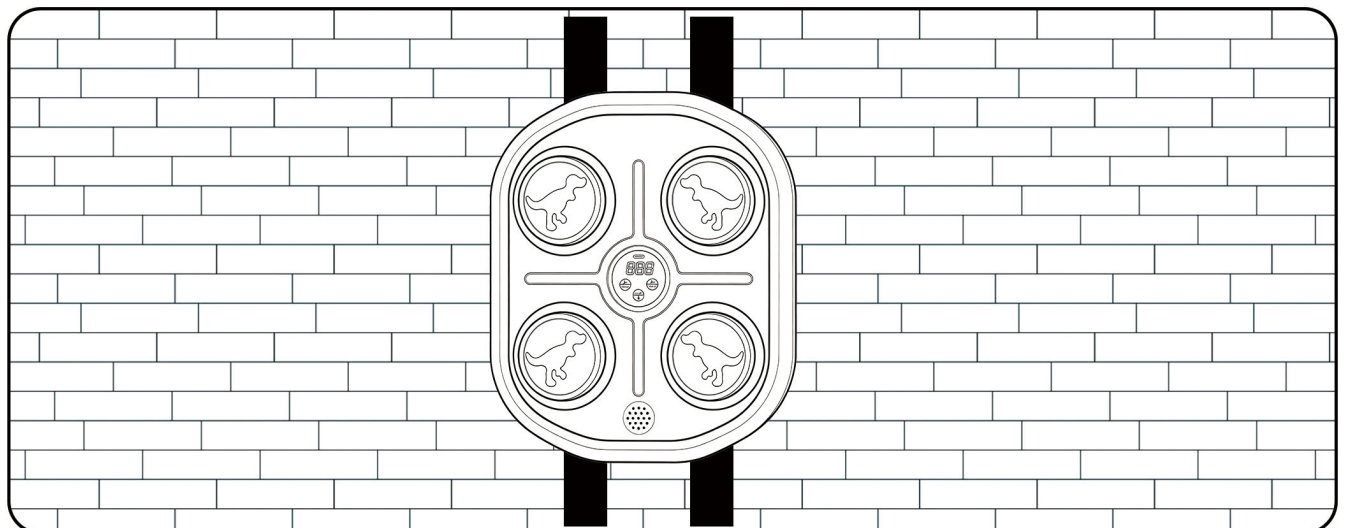
2. Dry-fit the device, find the center of its adhesive strip, and mark it on the wall with a pencil.



3. Attach the long adhesive strip to the wall, aligning its center with the pencil mark you just made.



4. Mount the boxing machine at the desired height.



5. Installation is complete.

Operation Guide

1.Overall Use Process

- 1.Pre-use Check: Fully charge the device before mounting it on the wall.
- 2.Power On: Short press the Mode Button to turn on the boxing target, and the LED screen will light up.
- 3.Function Setting: Adjust game modes, speeds or pair with your phone via Bluetooth following the guide below.
- 4.Power Off: Long press the Mode Button for 3 seconds to turn off the device after use.

2.Function & Bluetooth Integrated Operation Table

Operation Category	Button Action	Specific Operation & Effect
Modes	Short press Mode Button	P01-P03 Levels: Relaxation P04-P06 Levels: Exercise P07-P09 Levels: Professional P10 Level: Random Mode
Bluetooth Pairing	Long press the 'power on/off button' for 3 seconds, then short press the power button	1. Bluetooth turns on & enters pairing state 2. On your phone, search for the device named "Music Boxing Plate" 3. Click to pair (To turn off Bluetooth, press the power button briefly)
Bluetooth Music Play	No extra operation	After pairing, play music on your mobile phone, and the device will automatically sync sound and flashing lights.
Volume Adjustment	Long press MODE / SPEED button	1.Long press MODE button: Increase volume 2.Long press SPEED button: Decrease volume
Sound Effect Switch	Long press MODE + SPEED simultaneously	1.F00 mode: Punch sound effects OFF 2.F01 mode: Punch sound effects ON

Product Specifications

Item	Parameter
Product Size	13.78" × 11.81" × 1.77"
Material	ABS
Battery Type	Built-in Rechargeable Lithium Battery (3.7V 1200mAh)
Optional Colors	Black / Pink

Troubleshooting

- Cannot turn on: Low battery — fully charge then restart; check the charging cable connection.
- Bluetooth connection failed: Turn off other Bluetooth devices, restart phone and boxing machine
- No sound output: Check the volume settings; Disconnect Bluetooth and reconnect

FCC Warning:

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.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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 complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.