

# BOXING COACH

## User Manual

English version



## First start of the device - UPDATE

1. In the upper right corner, click the settings icon.
2. Enter your password and continue (the default password is 0000).
3. Select the "WIFI NAME & PASSWORD" section at the end of the list.
4. Enter the Wi-Fi network name and continue.
5. Enter the Wi-Fi network password and continue.
6. After confirming the password, restart the machine: turn it off and then turn it on again.
7. Return to the settings panel.
8. Select the "SOFTWARE UPDATE" section.
9. Start the software update.

## Contents

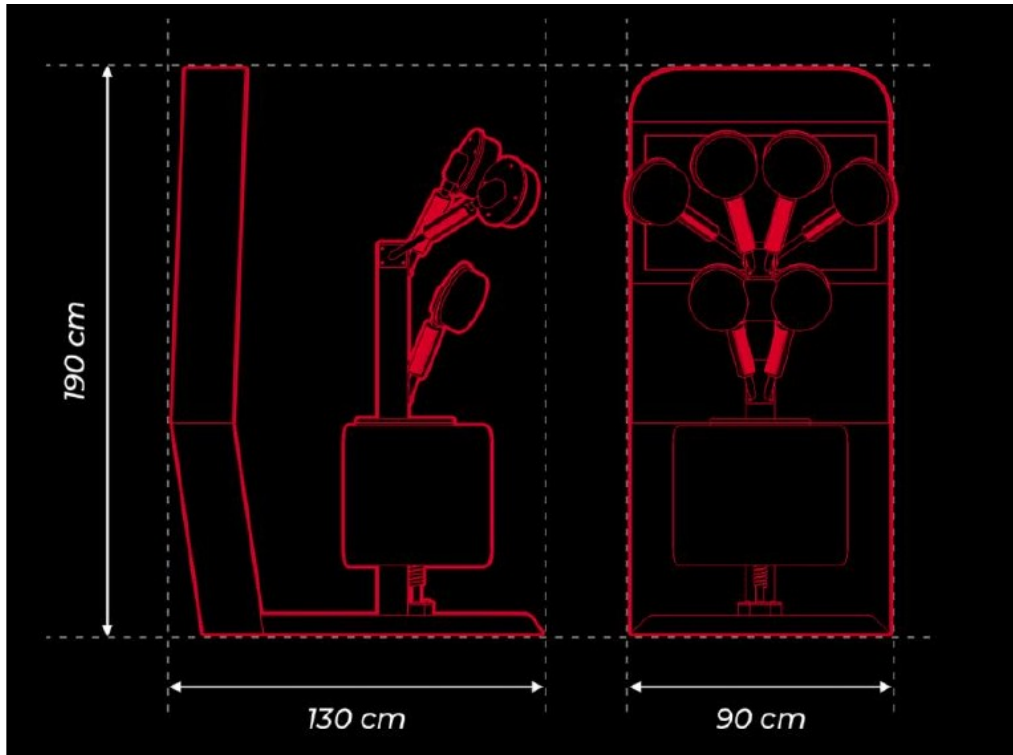
- 1. General data
- 2. User manual
- 3. Control description
- 4. Update
- 5. Safety instructions
- 6. Warranty
- 7. Maintenance
- 8. Training
- Repair register

## Remarks

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

## 1. General data

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



The manufacturer guarantees the proper operation of the device in accordance with the technical and operating data contained in the attached documentation and user manual. The machine has been designed and manufactured using the best materials and components available on the market. The warranty conditions are described later in this manual.



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

### Pad composition

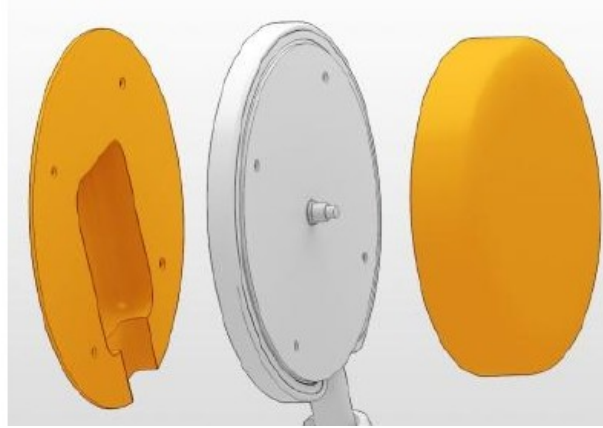
They consist of the following elements:

- a plastic part (HDPE) in which the RGB LED strip is embedded;
- a plastic part serving as a cover for the sensor and wiring;
- a cushion made of natural leather, HDPE plastic and foam, intended to receive the user strikes.

The elements are mounted on a metal rim on which a sensor receiving the signal after the pad is hit is installed.

If the sensor is damaged or worn out, the LED strip on the rim of the affected pad starts flashing yellow. This indicates that the sensor is still active (pressed) or defective.

CLIVE.



Pads (cushions) are wearing parts because they are directly exposed to many impacts. They must be replaced regularly. It is recommended to purchase these parts from the manufacturer, who uses the best available materials. We have extensive experience with the operation and wear of materials for this part of the equipment.

### Important!

Regularly check the condition of the pads to identify wear or foreign objects that could cause injury during use.

The equipment is fitted with pads that protect the user from injuries and cuts.

Control (training selection) is performed using two alternative solutions: the touchscreen or the four upper pads.



The graphics in the circles show which pad corresponds to which button. The corresponding pad is marked in green. Hitting the appropriate pad activates the indicated option.

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### Internal components

- touchscreen
- 12 V power supplies
- audio amplifier
- loudspeaker
- motherboard - microcomputer
- touch sensors
- silicone RGB LED strip
- wiring

## 2. User manual

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

The machine is intended for training, which consists of punching and kicking individual pads equipped with sensors, called active pads. Hit the active pads whose LED illumination changes from red to green. Unused circles (inactive ones that should not be hit) are illuminated in red.

In the basic program, hitting a pad illuminated in green adds 1 point, while hitting a pad illuminated in red subtracts 1 point.

The duration and method of training depend on the settings entered by the user. Training settings are changed on the touchscreen or by using the four upper pads.

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

### **ATTENTION!**

The device is intended for people who are 160-195 cm tall. Use the device with caution. The manufacturer recommends using gloves that protect the fingers, knuckles and wrist, for example boxing gloves or other martial arts gloves with a protective layer and wrist stabilization. During training, strike only the designated areas as described in the instructions. If any fault is detected, stop using the device and report the problem to the equipment administrator.

### **Touchscreen control**

To avoid damaging the touchscreen, do not apply excessive force. It can be operated by touch, without gloves.

### **Control with the four upper pads**

Follow the instructions displayed on the monitor to choose an option by hitting one of the upper pads. This method can be used with gloves.

### **Device operation**

When using the equipment, use boxing gloves or other martial arts gloves with a protective layer for the fingers, knuckles and wrist stabilization. If this protection is not used, responsibility rests solely with the owner of the purchased device or with the user who does not follow the instructions for use.

## **3. Control description**

The device is controlled by a touchscreen and four upper pads located at head height. Training options are selected from the modes available in the program.

### **ATTENTION!**

Do not press too hard on the touchscreen. This could damage it. Pointed objects, such as pencils or pens, are not allowed. They may scratch or damage the surface of the touchscreen.

Current list of training options, subject to change by the manufacturer:

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

### **Mode descriptions**

#### **FREESTYLE MODE**

Basic program. This is typical cardio training, suitable for warm-up. The user scores points by hitting pads with a green border and loses points by hitting 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

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

#### **3 MINUTE ROUND**

The three-minute round program consists of 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

### **100 PUNCH**

This program consists of reaching 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

### **SPEED TEST**

The SPEED TEST program consists of hitting pads with a green border as quickly as possible within one minute. When the pad is hit immediately, the user receives the highest number of points, i.e. 9. The slower the reaction, the lower the number of points awarded on a scale from 9 to 1. Hitting circles with a green border adds 1 point. Hitting a pad with a red border subtracts 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

### **REACTION TIME**

The program measures your average reaction time. The built-in clock calculates the average impact response for three consecutive pads with a green border. Hitting a pad with a red border is not counted. Two results are provided: 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

### **BOXING TUTORIAL**

Three options are available:

- beginner
- advanced
- professional

Training of the upper body according to the users level of advancement. Version with only the upper and center pads active, excluding the 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 consists of 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 between 2 types of gameplay:

- version with all pads active (full body training);
- version with only the upper and center pads active, excluding the kick pad (upper body training only).

TURBO MODE changes the speed by accelerating the lighting and fading of the rings on the pads. This makes the training mode much faster and more difficult.

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## **4. Update**

The device has update functions that allow you to use the latest software version. Regular updates (every 3 months) are recommended in order to benefit from the latest improvements to the device. The manufacturer may suggest an update to eliminate a problem or improve the device options.

## Online service

Remote service repair is possible. It allows errors and problems related to the installed program to be removed. You must first inform the service department about the problem and then connect the device as for a standard update.

If the manufacturer fixes a major problem or improves the program, an update may be recommended.

## 5. Safety instructions

The manufacturer recommends fixing the device to the floor to ensure proper functioning and operation. Determine the locations where the device will be installed. The equipment has holes that allow it to be fixed to the floor.

Before starting 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 wire and cable insulation, plugs, switches and sockets), neutralization and grounding, as well as the condition of fire protection. Check the technical condition of the electrical protections.

Most work accidents are caused by disregard for, or failure to comply with, basic safety rules. Accidents can be avoided by anticipating situations that may endanger life or health and by strictly following safety procedures. Always make sure that the conditions and technical condition of the device allow safe use by the user and by third parties nearby.

### 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 damage or injuries caused by improper use of the equipment.
- The equipment has been manufactured in accordance with safety standards. Potential injury hazards have been eliminated as far as possible.
- It is recommended to insure the purchased equipment. Accident insurance may protect you against significant financial consequences of damage caused.

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

- The device is intended for people who are 160-195 cm tall. Shorter or taller people should not use the device, as they may be injured.
- Persons under 18 years of age who meet the above height criteria should use the device only under adult supervision.
- 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 checks.
- Always use the equipment for its intended purpose. If any part proves defective or makes disturbing sounds during use, stop using the device and have it serviced. A damaged device must not be used.
- Replace any damaged parts immediately and do not use the equipment until it has been repaired. Also pay attention to possible material wear. Safe use of the equipment can only be ensured if wearing parts are checked regularly and carefully.
- Avoid high temperatures, humidity and contact with water.
- At least 1.5 m of free space must be provided.
- Place the equipment on a solid and level surface. Use floor protection under the machine. For safety reasons, leave 1.5 m of free space on each side of the device.
- Do not train immediately before or after a meal.
- Consult your physician before starting fitness training.

Before starting any exercise, consult your doctor to determine whether there are any physical or mental conditions that could endanger your health or safety. Advice from a healthcare professional may also help you avoid improper use of the device. Your doctor will determine whether medications affecting 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 training immediately if you experience any of the following symptoms: pain, chest tightness, irregular pulse, abnormal shortness of breath, fainting, dizziness, nausea, etc. If any of these symptoms occur, contact your doctor immediately and stop training until further advice.

- Training equipment must never be used as a toy.
- Do not stand on the housing.
- Do not wear loose clothing; wear appropriate training clothes, such as a tracksuit.
- Wear suitable clothes during training. Avoid loose-fitting clothes that could get caught in the device or restrict your movements. It is also recommended to wear suitable sports shoes.

- Train with shoes, never barefoot.
- During training, it is mandatory to use training gloves, for example boxing gloves or other gloves used in combat sports, with protection for the knuckles, fingers and wrist stabilization.
- Make sure that no third parties are near the equipment, as they may be injured while the machine is in use.
- Do not use the device while under the influence of drugs or alcohol.
- Safe and effective use of the device can only be ensured if it is maintained and used properly, as described in this manual.
- TRANSPORT: Be especially careful when lifting and moving the device. Transport the device only with a forklift or hand pallet truck.
- It is forbidden to hit the leather parts with hard or sharp objects.
- The pads must not be cleaned with chemical agents. It is recommended to use a damp cloth to clean their surface.

## Electrical notes

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

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

Incorrect connection of the equipment may present a risk of electric shock. Consult a qualified electrician or technician if you are not sure that the device is properly grounded. Do not modify the plug supplied 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 configuration as the plug. Do not use an adapter for this product.

After use, this product must not be disposed of as household waste. It must be taken to a collection point for used electrical and electronic equipment. Materials can be recycled according to their marking. By recycling materials or using other forms of recovery for old appliances, you contribute to the protection of the environment.

## 6. Warranty

Warranty conditions:

- 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 warranty is conditional on presentation of the warranty card signed by the manufacturer, together with a description, photos or video of the failure.
- The warranty card includes, among others, the machine serial number, date of sale, buyer data and the signature of the manufacturers company. Take care of the condition of this document: if it is illegible, the warranty is excluded.
- Damaged parts must be sent to the service department.
- Any damage caused intentionally 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 or incorrect operation.
- The manufacturer is not responsible for damage during transport.
- The manufacturer is not responsible for damage caused by use by players (scratches, impacts, 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 or 2 years, depending on the conditions above.
- The manufacturer is in no way responsible for the time during which the device does not function during the warranty period.
- The manufacturer is in no way responsible for property damage or personal injury caused by improper use of the device.
- The warranty covers a device that has not been modified and has not been repaired by the user without consulting the service department.
- The warranty covers only the buyer of the device. Subsequent resale excludes the warranty granted for the machine.
- The manufacturer has the right to refuse warranty repair if the customer has outstanding payments to the manufacturer.

## Repair after the warranty period

- It is recommended to have the device repaired only by the manufacturer. The cost of repair and replacement parts is borne by the customer.

## 7. Maintenance

- For cleaning, use a damp cloth without aggressive cleaning agents. Protect the computer from moisture.
- Parts that come into contact with sweat should only be cleaned with a damp cloth.
- Simply wipe the screen with a damp towel and then dry it with a microfiber cloth, lightly polishing any streaks. A very dirty screen may need to be cleaned again or first washed with water and a little dishwashing 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.

## 8. Training

### General training tips

- Never exercise right after a meal.
- If possible, base your training on your heart rate.
- Before starting training, warm up your muscles with relaxation or stretching exercises.
- At the end of training, reduce your speed. Never finish training suddenly.
- After training, do some stretching exercises.

### Training frequency

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

### Training intensity

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

### Training control

For medical reasons and from the point of view of training physiology, heart-rate-controlled training is the most desirable and should be oriented toward the individual's maximum heart rate.

This rule applies to beginners, ambitious amateurs and professionals alike.

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

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 = post-exercise heart rate

### Training duration

To avoid injuries, training should include a warm-up phase, a main training phase and a cool-down phase.

#### Warm-up

5 to 10 minutes of slow movements with increasing intensity.

#### Main training

15 to 40 minutes of intense training, without exceeding the recommended intensity described above.

#### Cool-down

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

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

# Repair register

Report date	Repair date	Description of the repair	Signature