

SPORTNOW A91-378V00BK

SPORTNOW Musical Boxing Machine Instruction Manual

Model: A91-378V00BK

INTRODUCTION

Thank you for choosing the SPORTNOW Musical Boxing Machine, Model A91-378V00BK. This intelligent wall-mounted boxing trainer is designed to enhance your fitness and coordination with its interactive features. Please read this manual thoroughly before use to ensure proper installation, operation, and maintenance.



Image: A user engaging with the SPORTNOW Musical Boxing Machine, demonstrating its interactive design.

Safety Information

To prevent injury and ensure safe operation, please observe the following safety guidelines:

- Consult a physician before starting any new exercise program.
- Ensure the machine is securely mounted to a sturdy wall surface before use.
- Wear appropriate protective gear, such as the included boxing gloves, during training.
- Do not allow children to operate the machine unsupervised.
- Keep hands and feet clear of moving parts.
- Stop exercising immediately if you feel pain, dizziness, or discomfort.
- Do not expose the machine to water or extreme temperatures.

Package Contents

Verify that all components are present in the package:

- 1 x SPORTNOW Musical Boxing Machine

- 1 x Pair of Boxing Gloves
- Mounting Accessories (Hook-and-loop fasteners, adhesive stickers)
- 1 x USB Type-C Charging Cable
- 1 x User Manual (this document)



Image: Illustration of the product packaging, indicating one unit per package.

SETUP AND INSTALLATION

The SPORTNOW Musical Boxing Machine is designed for easy wall-mounted installation. No assembly of the main unit is required.

Choosing a Location:

- Select a sturdy wall capable of supporting the machine during vigorous activity.
- Ensure sufficient clear space around the machine for safe movement.

Mounting Options:

The machine can be installed using either hook-and-loop fasteners or adhesive stickers, depending on your wall type and preference for permanence.

1. Using Hook-and-Loop Fasteners:

- Clean the wall surface thoroughly where the machine will be mounted.
- Attach the hook-and-loop fasteners to the back of the boxing machine.
- Press the machine firmly against the chosen wall location, ensuring a strong bond.

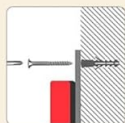
2. Using Adhesive Stickers:

- Clean the wall surface thoroughly.
- Apply the adhesive stickers to the designated mounting points on the back of the machine.
- Carefully align and press the machine onto the wall, holding it in place for a few moments to secure adhesion.

INSTALLATION FACILE



Attaches auto-agrippantes



Autocollants adhésifs

Image: Visual guide for wall mounting using either hook-and-loop fasteners or adhesive stickers.

OPERATING INSTRUCTIONS

Power On/Off:


- Press the **"on/off"** button located on the central control panel to power on the machine.
- Press and hold the **"on/off"** button to power off the machine.

Bluetooth Connection:

Connect your device via Bluetooth to play music and synchronize the punching targets with the rhythm.

1. Ensure the boxing machine is powered on.
2. On your mobile device, navigate to Bluetooth settings.
3. Search for available devices and select the SPORTNOW boxing machine (e.g., "SPORTNOW Boxing").
4. Once connected, you can play music from your device, and the illuminated targets will respond to the beat.

Les lumières LED s'allument au rythme de la musique



MACHINE DE BOXE MUSICALE INTELLIGENTE

Connexion Bluetooth pour écouter de la musique

Image: The boxing machine demonstrating its Bluetooth music synchronization feature with illuminated targets.

Adjusting Speed and Modes:

The machine offers 9 adjustable speeds (H01-H09) and 9 modes (P01-P09) to customize your training experience.

- Short press the **"Speed"** button to cycle through the 9 speed levels (H01 to H09).
- Short press the **"Mode"** button to cycle through the 9 training modes (P01 to P09).



Image: Detailed view of the control panel for adjusting speed and mode settings.

Volume Control:

Adjust the audio volume for music and system sounds.

- Long press the "**Speed**" button to decrease the volume.
- Long press the "**Mode**" button to increase the volume.



Image: Instructions for controlling the volume using the Speed and Mode buttons.

Charging the Machine:

The machine is equipped with a Type-C charging port.

- Locate the Type-C charging port on the side of the machine.
- Connect the provided USB Type-C cable to the port and a suitable power source (e.g., USB wall adapter, computer USB port).
- The charging indicator (if present) will show the charging status.



Coussin en cuir
polyuréthane

Port de charge de type C



Image: Details of the machine's construction, highlighting the polyurethane cushion and the Type-C charging port.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your boxing machine.

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- **Storage:** Store the machine in a dry environment, away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the wall mounting for security. Ensure all components are intact and functioning correctly.
- **Gloves:** The included boxing gloves are breathable. Clean them according to their care instructions to maintain hygiene.

TROUBLESHOOTING

If you encounter issues with your SPORTNOW Musical Boxing Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Low battery or power button not pressed correctly.	Charge the machine using the Type-C cable. Ensure the "on/off" button is pressed firmly.
Bluetooth connection fails.	Machine not in pairing mode, device too far, or interference.	Ensure the machine is on. Check your device's Bluetooth settings. Move closer to the machine. Restart both devices.
Lights do not sync with music.	Bluetooth connected but music not playing, or specific mode not active.	Verify music is playing on your connected device. Ensure the machine is in a mode that supports light synchronization.
Volume is too low/high.	Incorrect volume adjustment.	Long press "Speed" to decrease volume. Long press "Mode" to increase volume. Check volume on your connected device.

If the problem persists, please contact customer support.

SPECIFICATIONS

Brand	SPORTNOW
Model Number	A91-378V00BK
Color	Black
Dimensions (L x W x H)	41.8 cm x 44.6 cm x 7.5 cm (16.5 in x 17.6 in x 3.0 in)
Net Weight	2.4 kg (5.3 lbs)
Main Material	Polyurethane
Connectivity	Bluetooth
Speed Levels	9 (H01-H09)
Training Modes	9 (P01-P09)
Included Accessories	Boxing Gloves, Mounting Accessories

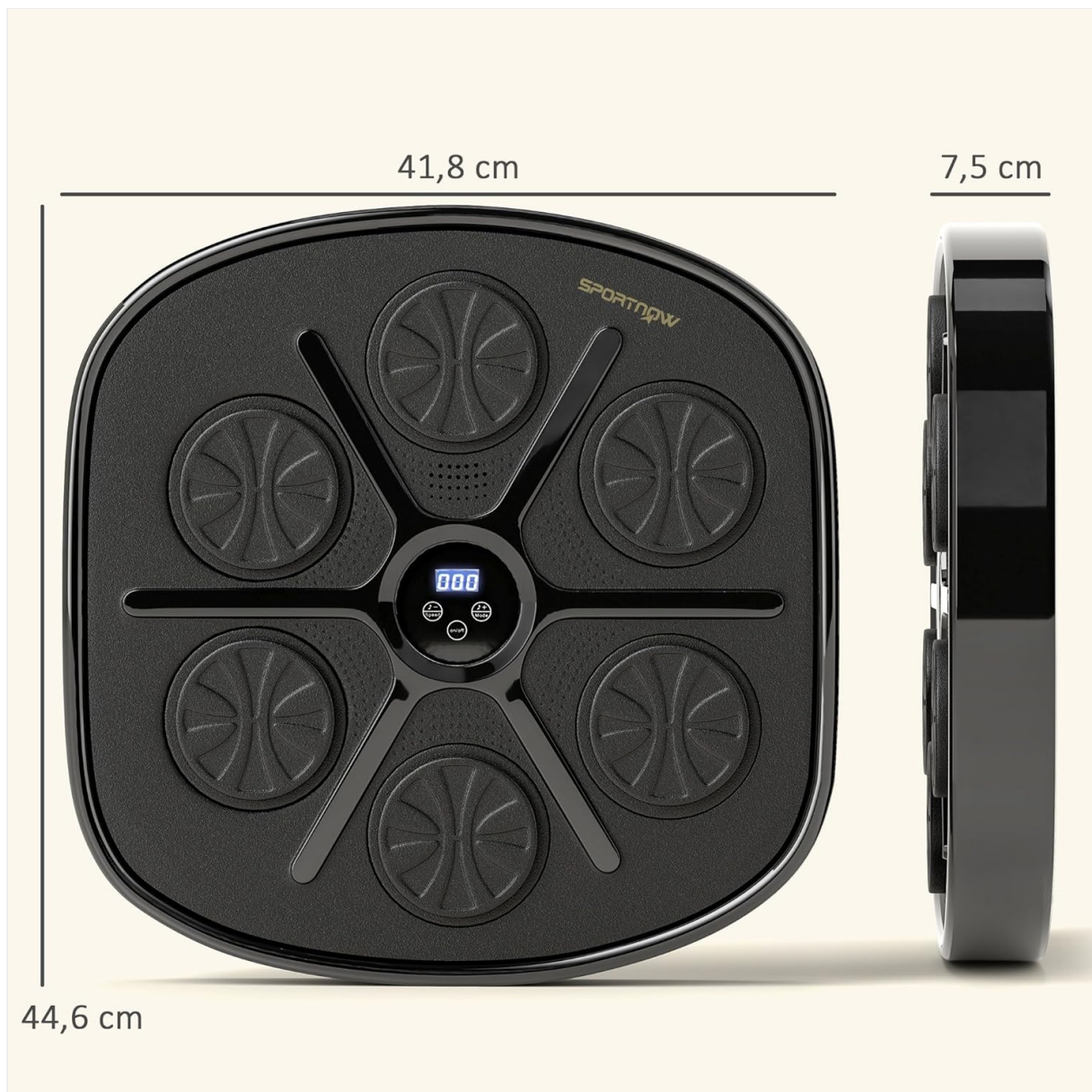







Image: Dimensional overview of the boxing machine.

WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the retailer's policy or contact SPORTNOW customer service. Keep your purchase receipt as proof of purchase.

For further assistance, please visit the official SPORTNOW website or contact your local distributor.

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	<p>SPORTNOW A91-378V00: Third Generation Smart Music Boxing Target Instruction Manual</p> <p>This manual provides detailed instructions for the SPORTNOW A91-378V00 Third Generation Smart Music Boxing Target, covering product description, installation, troubleshooting, usage, and precautions.</p>
	<p>SPORTNOW Weight Plates: Safety, Usage, and Product Information</p> <p>Official product information for SPORTNOW weight plates, including safety warnings, usage guidelines, warm-up advice, and product specifications (SKU, weight). Learn how to use your weight plates safely and effectively.</p>
	<p>SPORTNOW Kettlebell User Safety and Usage Guide</p> <p>Essential safety warnings, usage instructions, and contact details for SPORTNOW Kettlebells (Models A91-340V00, A91-340V01, A91-340V02, A91-340V03). Learn how to use your kettlebell safely.</p>
	<p>SPORTNOW Multi Gym A91-290V00/A91-290V01 User Manual and Safety Guide</p> <p>Comprehensive safety instructions, assembly guidance, usage tips, and maintenance information for the SPORTNOW Multi Gym models A91-290V00 and A91-290V01. Includes important warnings for safe operation.</p>
	<p>SPORTNOW Pull-up Bar User Manual & Assembly Instructions (A91-352V00/A91-352V01)</p> <p>Comprehensive user manual and assembly guide for the SPORTNOW Doorway Pull-up Bar (Models A91-352V00, A91-352V01). Includes installation steps, safety precautions, and load capacity reference.</p>



This manual provides instructions and safety information for the Sportnow A91-383V00 weight bench. It covers assembly, usage, cleaning, and maintenance, along with important warnings for users.