VERIMARK

# MAXXUS KNOCKOUT

AS SEEN ON TV

# INSTRUCTION MANUAL

## PLEASE READ ALL INFORMATION CAREFULLY BEFORE STARTING

### Installation:

A.

Peel off the white film behind the black adhesive tape and stick the Maxxus Knockout board to the wall.

**CAUTION**
**Sticking the Velcro strips on the wall may cause the paint to come off when removing the Velcro strips. Tips: Stick Velcro strips onto a wall surface that has no paint. If you opt to stick the Velcro strips onto a painted wall, make sure that you want to use that area as your dedicated workout area for your MAXXUS KNOCKOUT.**

B.

Peel off the rectangular area of the white film on the left and right at the back of the board, and stick the two short Velcro strips in place. Stick the two long Velcro strips onto the wall and mount the board onto the strips.

C.

Drill holes in the wall, and mount the boxing board and bracket to the wall with screws.

### Technical Data:

Input: DC 5V  Power: 5W  Working Voltage: 5V
Size: 44*44*5 cm  N.W./G.W.: 1.3 kg/2.0 kg
Battery: 2000mAh
Bluetooth name: MAXXUS

### Charging:

Use the mobile phone charger (5V/1A-2A) to charge via the attached cable link. Mounting Boxing Pro should be considered close to the wall socket position

### Caution

1. Do not use it within 30 minutes after a meal.
2. It should not be used during pregnancy or menstruation.
3. Do not wash, instead wipe with a soft cloth.
4. Charge your Maxxus when it automatically shuts off.
5. Your Maxxus should also be charged every 15 days.
6. Initial charge is 30 minutes.
7. Use with or without boxing gloves.
8. Do not dismantle the product.

### Operation:

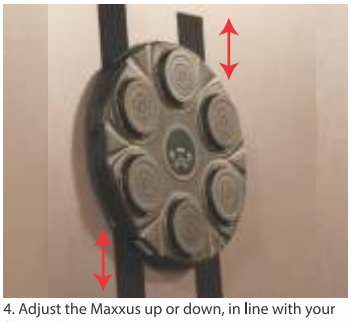
1. On/Off ------Long press the “On/Off” button for 3 seconds to switch the machine on and off. After no key operation and strike for one minute, the boxing light switches to the music flashlight mode, the key operation or strike automatically exits, if the Bluetooth is not connected, it will automatically shut down after three minutes.
2. The Bluetooth is standby for bluetooth connection when the machine is powered on. Bluetooth name: MAXXUS
3. Mode ------Press the “Mode” key to switch mode, P01-P09 cycle switch. P01 is random mode, and P02-P09 is preset sequence. Long press the “Mode” key to decrease the volume.
4. Speed ------Speed&Sensitivity: Press the “Speed” key to switch the preset fixed speed(H01-H06) or Sensitivity(HA1-HA3), which is variable speed. Long press the “Speed” key to increase the volume.
5. Audio ------Background audio: Press this button, and the display “ON” is turned audio on, and the display “OF” is turned audio off.
6. ------Slience. Background audio and music sound are silent.
7. Count: Display 000-999.

### Mounting:

1. Attach the two short Velcro strips to the Maxxus.

2. Place the Maxxus on the wall to mark the spot, then stick the two long Velcro strips onto the wall.

3. Mount the Maxxus onto the long Velcro strips.



4. Adjust the Maxxus up or down, in line with your face or chest.

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## Exercise disclaimer

Before participating in any exercise programme or completing any exercise please ensure you have read and understood the following:

You should always consult with a medical professional before commencing any new exercise program or activity.

If you have any underlying medical conditions you should consult with your GP or healthcare professional to confirm that the exercises/exercise program you are looking to follow is appropriate for you and your needs.

If you are fit and well, or been given approval to take part in exercise by your GP / Healthcare provider, please ensure that you take responsibility with regard to your health and always stop activity if a new health issue occurs or an existing condition worsens.

Be aware that taking part in exercise does have an element of risk of injury. Therefore please take appropriate steps to ensure you are working in a safe environment, wearing appropriate attire, following instructions correctly, and have medical clearance to take part.

If you are not feeling well before you start exercise do not continue and seek advice from a professional.

Verimark and partners will not be held liable for any injuries caused, and will be released from any claims of negligence. Please ensure your exercise or activity programme is safe and effective at all times.