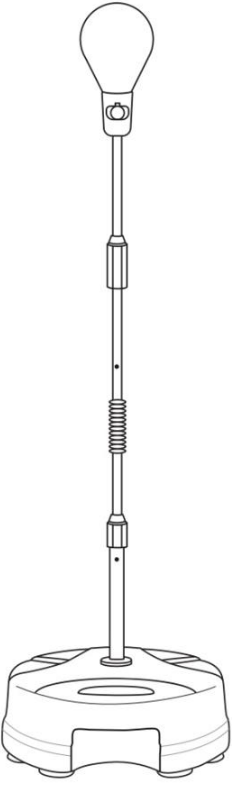
Move It™



Move It Speed v2 Quickstart Guide

MVPB0010 (v2.2.1)

Move It APP

1. Download the Move It app

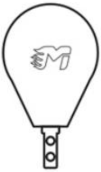
Search "Move It" from Google Playstore or Apple Appstore OS Support: Android 5.0 or iOS 9.0 and above

2. Pairing the Device with the App

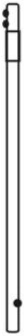
The device may only be paired through the Move It app.

1. Turn on your smart phone's Bluetooth.
2. Open the Move It App, register or login.
3. Proceed to "Me", "Device Management", then select the device and follow the onscreen prompts to complete the setup process.

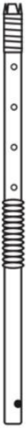
List



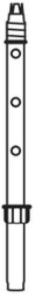
PU Foam Ball x1



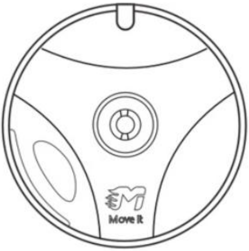
Upper Rod x1



Spring Middle Rod x1

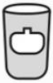


Base Rod x1

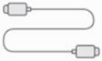


Base x1

Smart Module + Smart Module Holder x1

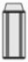


Smart Module Protection Cover x1

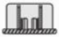


Charging Cable x1

Base Rod Cover x1



Spring Middle Rod Cover x1



Bottom Bracket x1

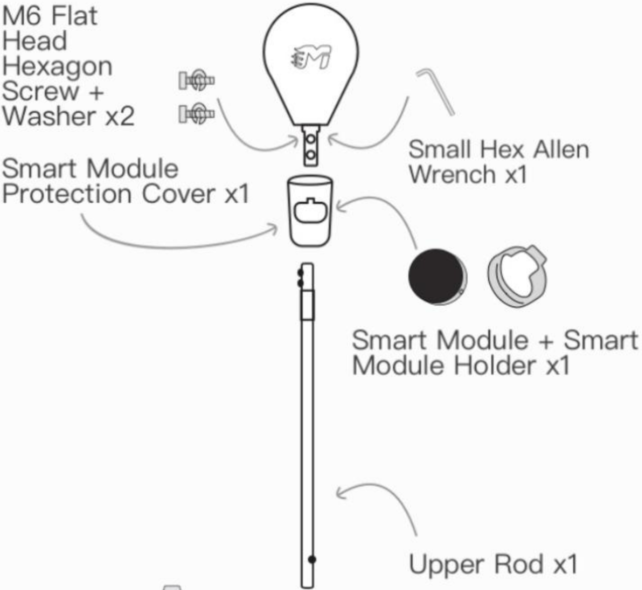
Small Hex Allen Wrench x1

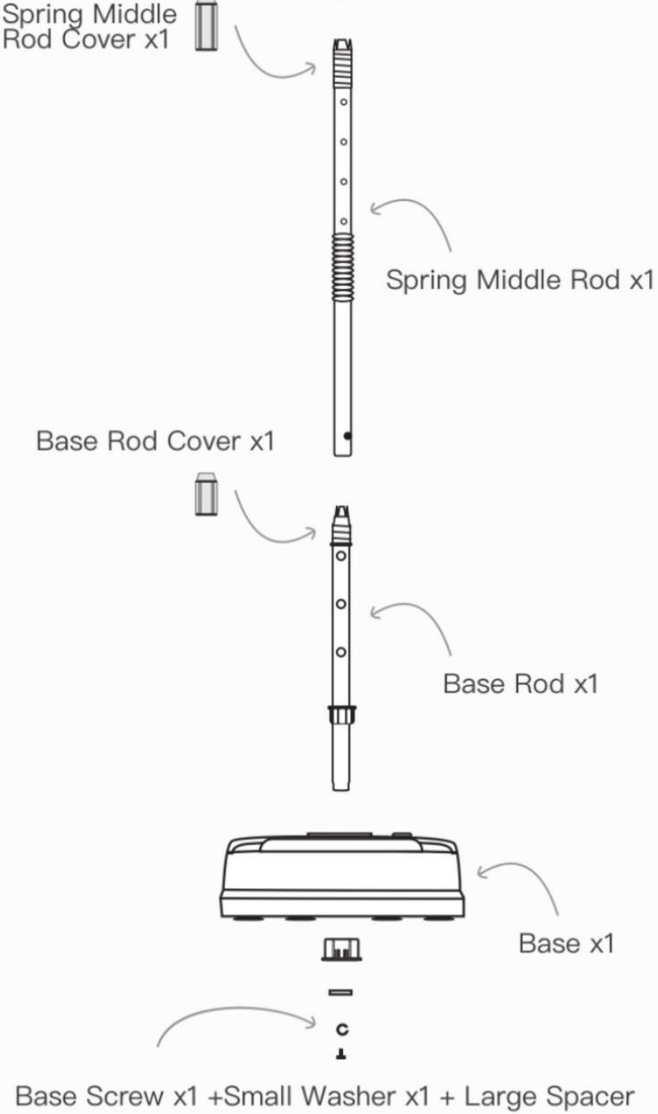
Large Hex Allen Wrench x1

Base Screw x1 +Small Washer x1 + Large Spacer

M6 Flat Head Hexagon Screw + Washer x2

Installation details


M6 Flat Head Hexagon Screw + Washer x2
Smart Module Protection Cover x1
Small Hex Allen Wrench x1
Smart Module + Smart Module Holder x1
Upper Rod x1


Spring Middle Rod Cover x1
Spring Middle Rod x1
Base Rod Cover x1
Base Rod x1
Base x1
Base Screw x1 +Small Washer x1 + Large Spacer

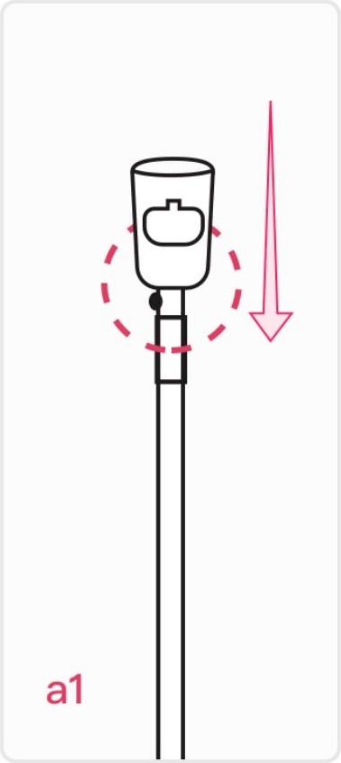
Step 1: Secure the PU Foam Ball

Refer to a1, a2

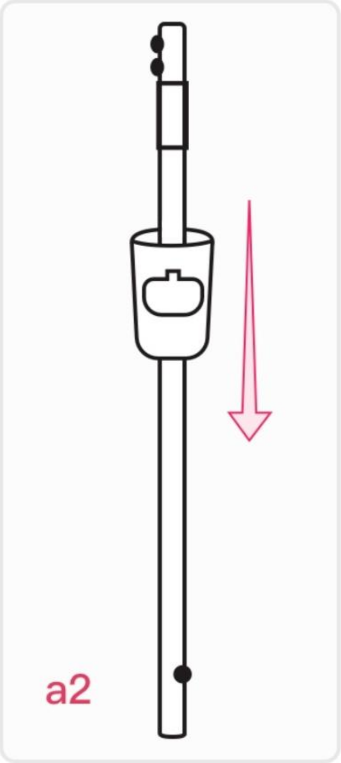
Insert the smart module protection cover into the foam ball upper rod

Refer to a3-a6

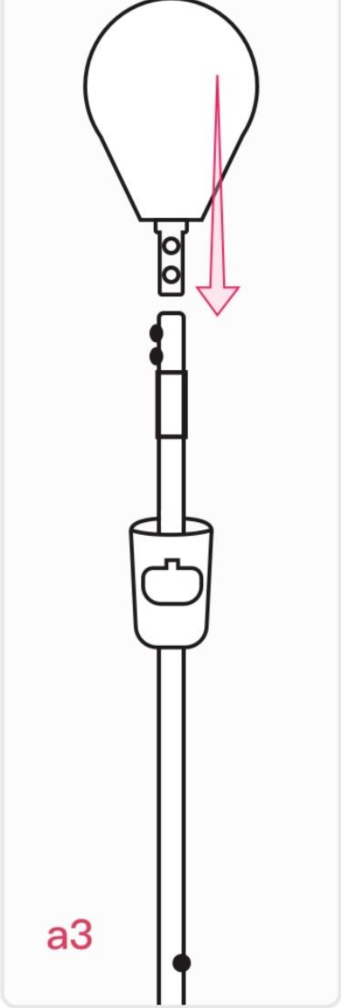
Insert the flat head hexagon screw through the bagand the upper rod, use the provided tool to keep the screw nut in place as you tighten the bolt in



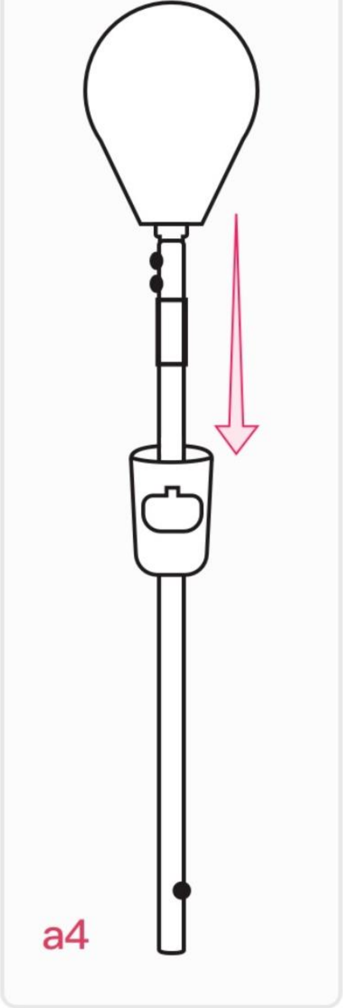
a1



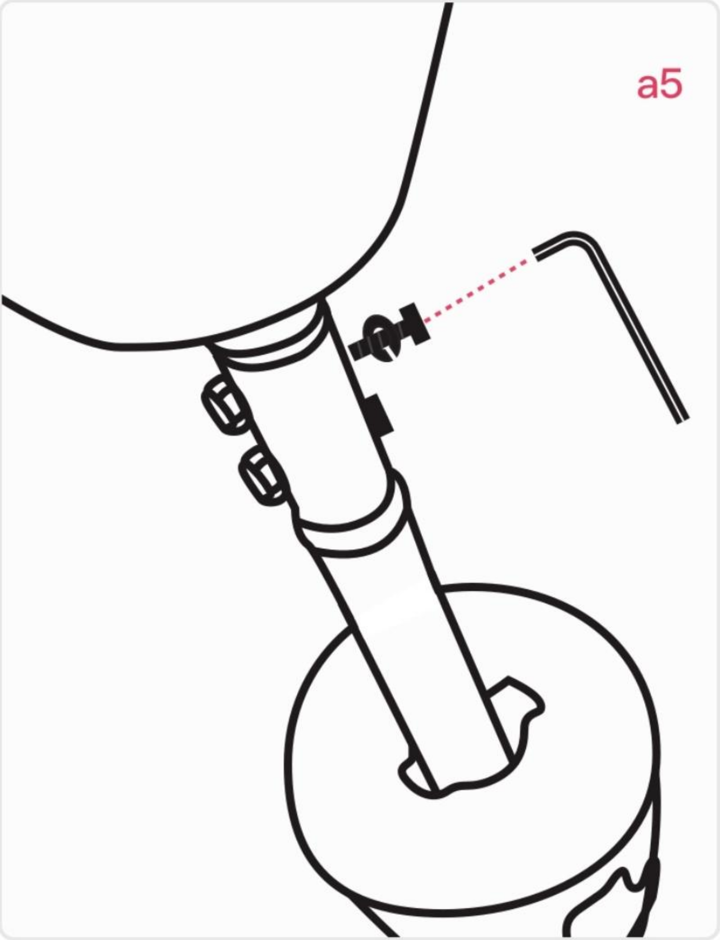
a2

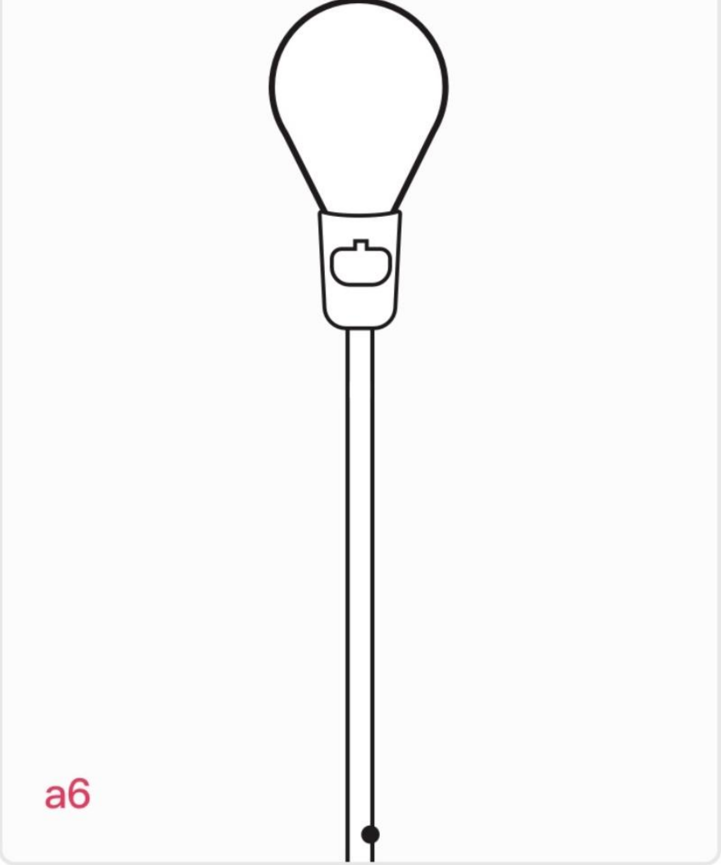


a3



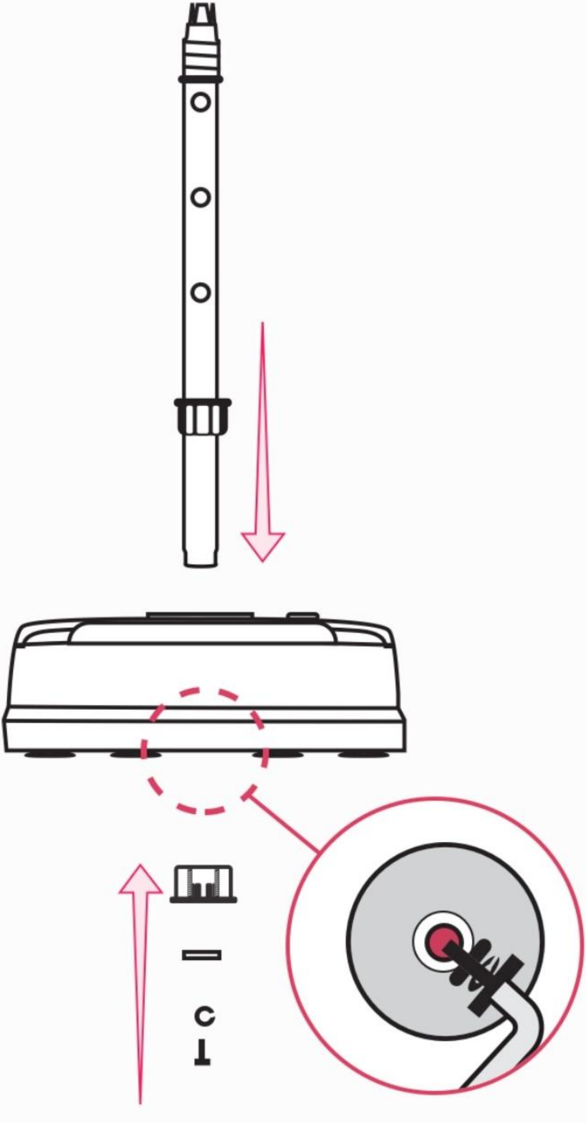
a4





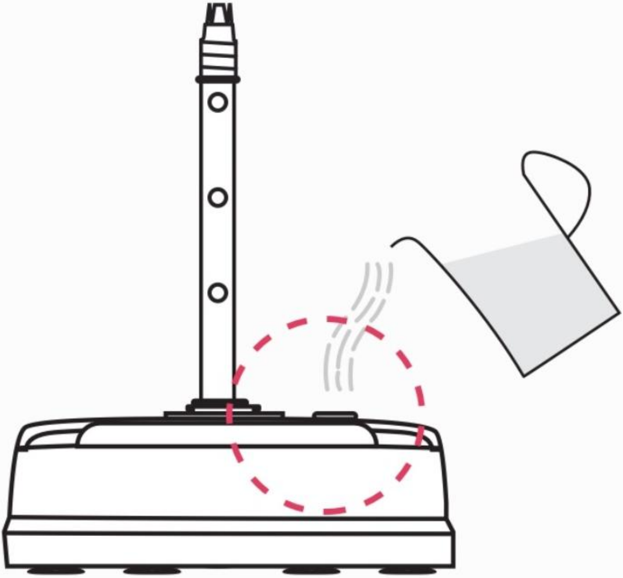
Step 2: Secure th Base Rod

Insert the base rod throughtop bracket, base, bottom bracket, small washer, tighten everything in place as picture shown with the large hex Allen wrench



Step 3: Fill up the Base with Water

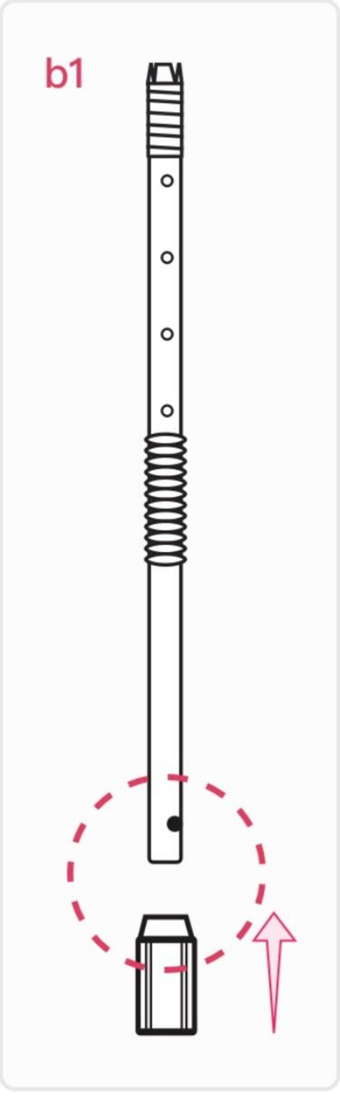
Loose the base cap, then fill up the base 13L with water. Close and tighten the base cap once the base is filled close to the brim.For additional grip, you may wet the suction feet prior to setting it on a smooth Surface.

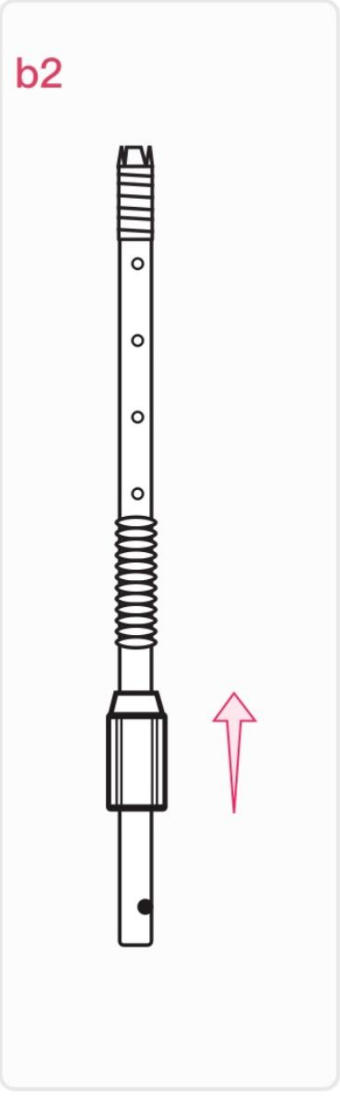


Step 4: Connect the Middle Rod

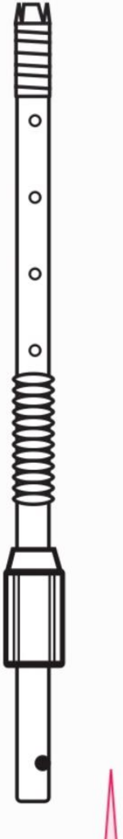
Refer to b1-b4

Secure the spring middle rod cover into the spring middle rod, insert spring middle rod cover into the base, and turn it clockwise to tighten the spring middle rod cover in place.

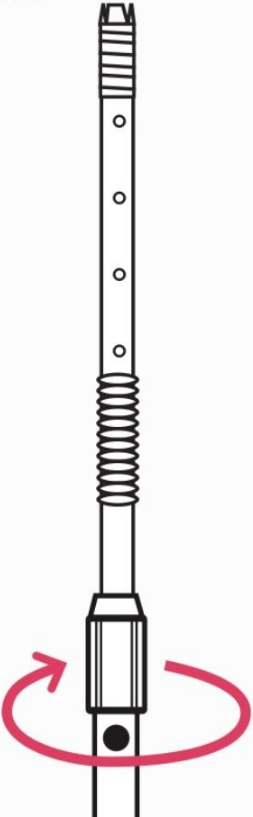


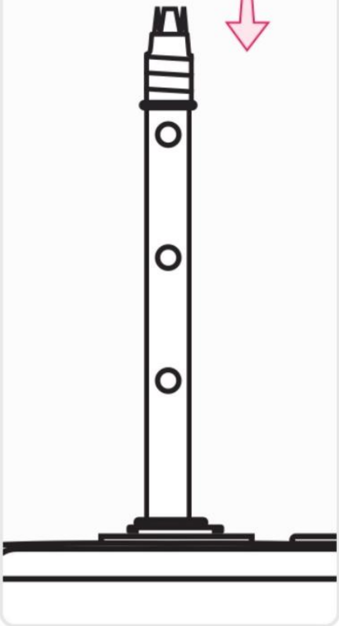


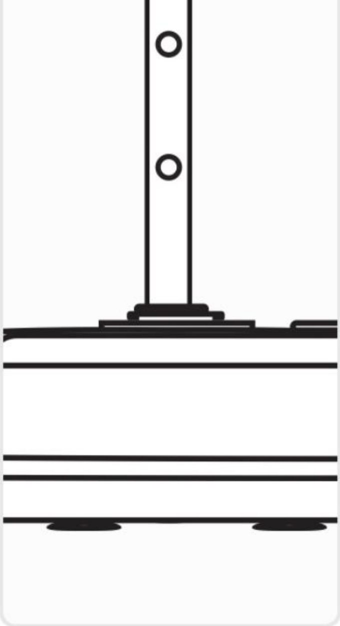
b3



b4





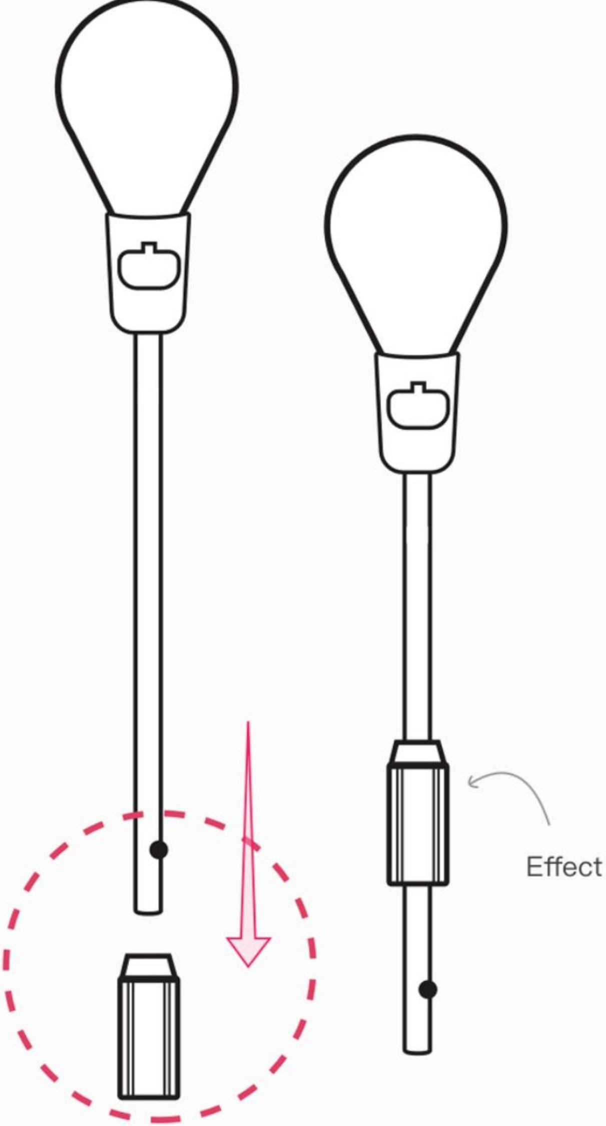


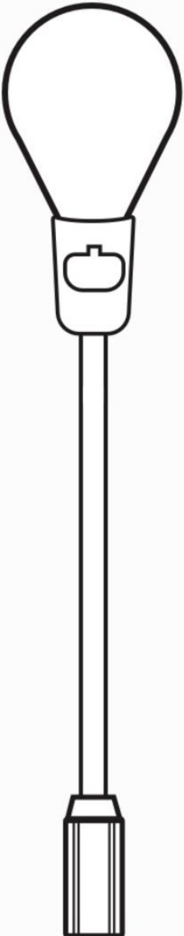
Step 5: Foam Ball and Base

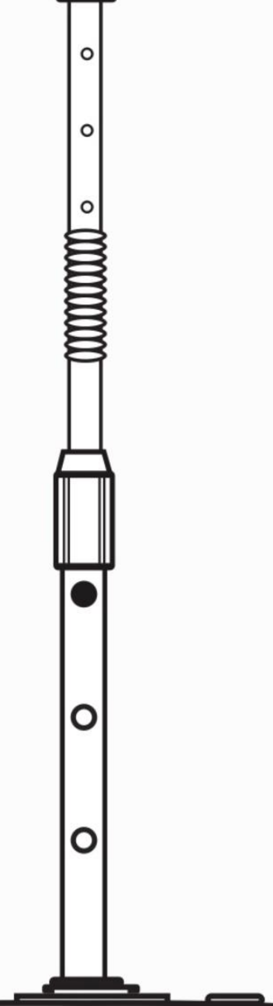
Refer to c1-c2

Insert the upper rod through the Spring Middle Rod Cover first.

Then, insert the Upper Rod into the Spring Middle Rod, turn the Spring Middle Rod Cover to tighten it in place.

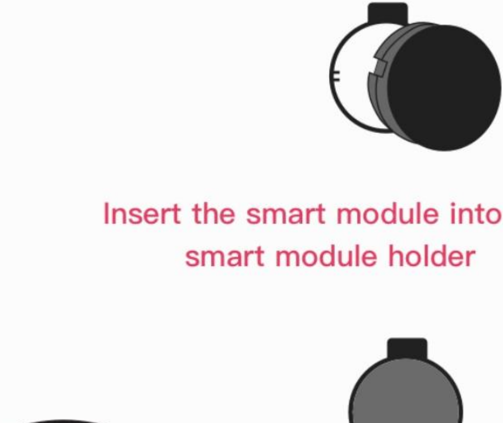




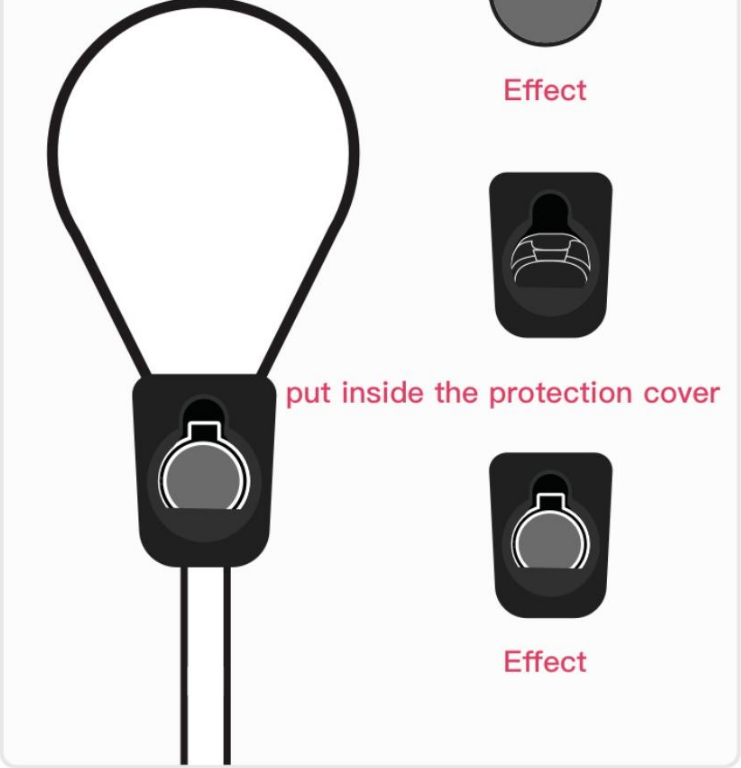


Step 6: Charge the Smart Module and the Installment

Fully charge the smart module Insert the smart module into the smart module holder, then put inside the protection cover.



Insert the smart module into the smart module holder

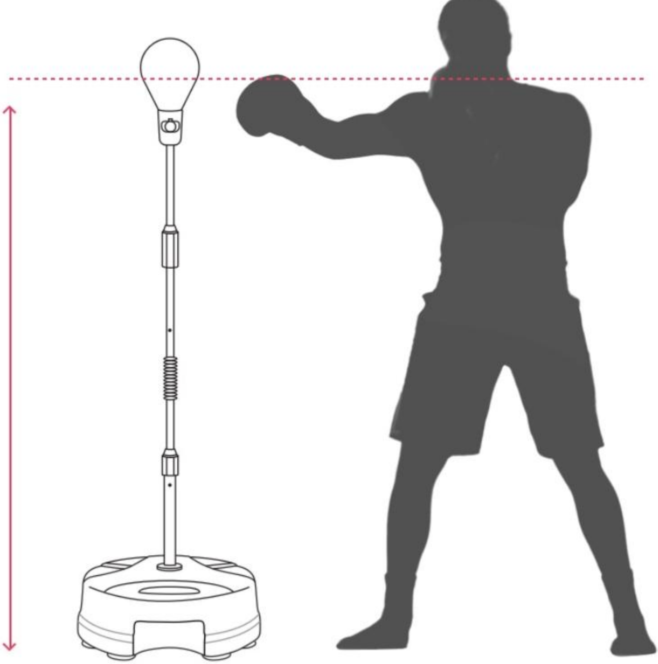


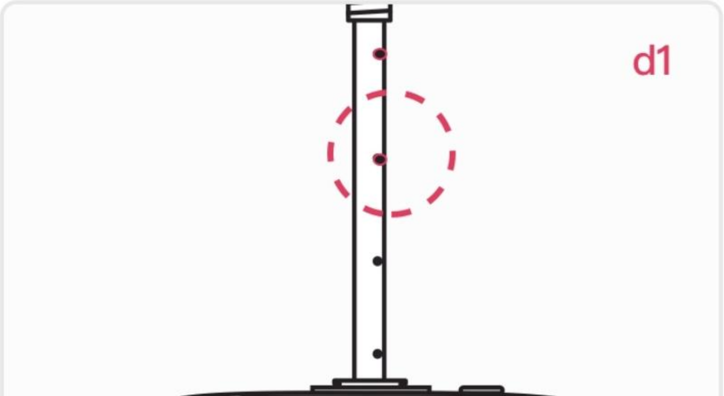
Optimal Bag Height

For optimal punching accurancy, it it recommended to adjust the top rod so the top of the bag aligns approximatedly to the height of your shoulders.

Refer to d1:

Adjust Optimal Bag Height





Pair the Device

Notice: Please pair the product through Move It app, and not by the mobile phone's system Bluetooth setting.Based upon Google's framework requirement, Android users may be required to turn on GPS to maintain a stable connection with the product.

For newly registered app accounts:

Turn on phone's bluetooth, enter Move It app, register a new account, select and pair Punch Bag, then follow the onscreen pairing process.

For existing app acounts:

Turn on phone's bluetooth, enter Move It app to [Me], [Device Management], select and pair Punch Bag, then follow the onscreen pairing process.

FAQ

Q: The device is having trouble pairing or connecting to the Move It app.

A: Nearby wireless signals may interfere with the initial pairing process or connection with the Move It app. For android phones, please enable GPS for better detection of the product's Bluetooth signal. Alternatively, you may resolve the issue by restarting both the App and the Bluetooth.

Q: How do I charge the Sensor Battery?

A: With your left hand, press down on the red tab located behind the Sensor, then gently slide out the battery with your right hand. Insert the charging cable into a USB power source, then connect it to the battery's micro USB slot.

Q: How long do I have to charge the Sensor Battery until it is full?

A: A full charge takes approximately 2 hours. The Sensor Battery LED lights up red while charging. The light turns off when it is fully charged.

Q: How long can the battery last?

A: On a full charge, the sensor battery can last up to about 6 hours of continuous use. On standby, the sensor battery can last for up to about one month.

Specification

Model:	MVPB0010
Platform:	Android 4.4 & iOS 9.0 and higher
Connection:	Bluetooth4.0
Sensor:	6-Axis Gyro Sensor
Battery:	190mAh Lithium Battery
Input:	5V1A
Dimension:	H143(can extend up to 173cm) x W42cm x D42cm
Net Weight:	Approx. 3.7kg(about 15kg when base(13L) filled with water
Materials:	Steel, ABS Plastic, PU Leather
producer:	Eggplant Technologies Limited
Address:	Unit 510, Blk A1, 411 Shougouling Road, Tianhe, Guangzhou, China
Email:	support@eggplant-tech.com
Webpage:	https://move-it.club