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**USER MANUAL**

# Product Introduction

*Thank you for purchasing the **Rival Punch Sensors**.  
This manual describes the features and usage of the product. Please read this manual carefully before using the sensors.*

## **Product Specifications**

Sensor Size: 35x25x7.3mm

Sensor Weight: 12g

Battery: 40mAh

Battery life: 25 hours

Waterproof grade: IP67

Working temperature: 0°C ~ 40°C

Communication mode: ANT+ and BLE



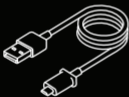
# Package Contents



Sensors x2



Charging Box



USB Cable



User Manual + QR Code



Wrist Strap x2

2

## Sensor Button and Light Description

- A. ON/OFF: Short press the power button to turn on the sensor, the light will start to flash **green**. Short press the power button again to turn off the sensor, the sensor will turn off after the light flashes **green** and **blue** several times.
- B. Bluetooth Connection: When the light flashes **green**, it indicates Bluetooth is not connected, when the light flashes **blue** it indicates Bluetooth is connected.
- C. Battery Running Low: When the light flashes **red**, the battery is running low.
- D. Charging: The light will flash **red** and **green** while charging.
- E. Fully Charged: When the light is solid **green**, the sensor is fully charged.



# Charging

Put the sensors into the corresponding slot in the charging box ('L' for left sensor, 'R' for right sensor). Connect the charging box to a USB adapter with USB cable. The light will alternate flashing red and green to indicate the sensor is charging, when the light stops alternating it means the sensor is fully charged.



# Connect with APP

Lorem ipsum

- A. Scan the provided QR Code or search for **POWA** in the Google Play Store or the iOS App Store to download the App.
- B. Open the **POWA** App. Bluetooth is required to be enabled on your phone to connect the sensors.
- C. Short press the power button to turn the device on (green light flashing).



- D. Once the sensors have paired to the device, ensure the paired IDs match the sensor ID printed on the back of each sensor.

# Wearing the Sensors

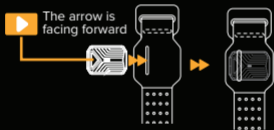
Wearing the sensors correctly will ensure the accuracy of the device.

*\*please pay attention to the color of each sensor when wearing.*

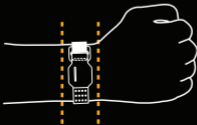
**Red = Left "L" and Yellow = Right "R".**

**As the picture shows:**

- ① Turn the sensor ON and put the sensor into the strap



- ② Adjust the length of the strap, and tie it comfortably to your wrist.



# Start Training

- A. Make sure you have followed the instructions above.
- B. After pairing, press “START” on the **POWA** app to begin your boxing training. The Rival Punch Sensors will track and record your punch data.
- C. Stay within range (~10 meters) of your mobile/tablet device during training to maintain Bluetooth connection.

## Compatible Mobile and Tablet Models

- A. Any iOS device with iOS version 13.0 and above.
- B. Any Bluetooth 4.0 enabled Android device with Android 4.3 and above.

