

Assembly Guide | Wall Mount

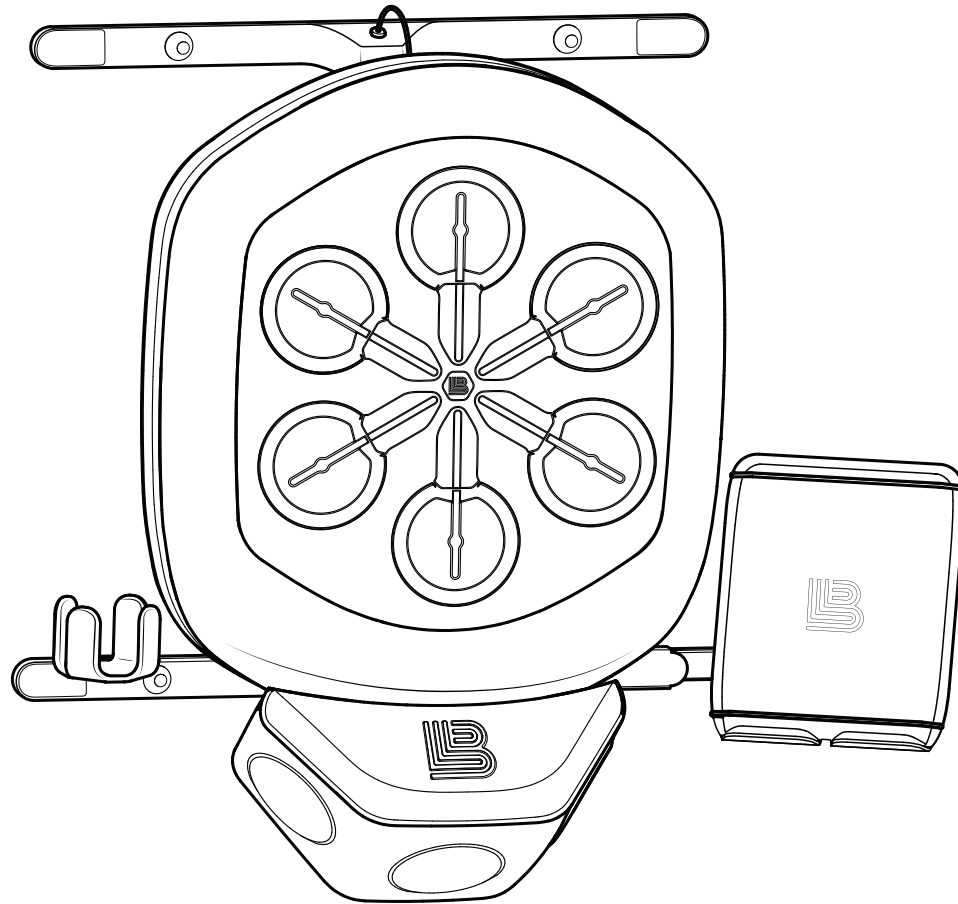


TABLE OF CONTENTS

IMPORTANT SAFETY INFORMATION	2
NOTICES	3
PACKAGE CONTENTS	4
LITEBOXER WALL MOUNT DIAGRAM / SPECIFICATIONS	5
LOCATION REQUIREMENTS	6
BEFORE YOU START	7
LITEBOXER WALL MOUNT ASSEMBLY	8
GETTING STARTED	22
MAINTENANCE AND CARE	23
WARRANTY	24
SUPPORT	25

IMPORTANT SAFETY INFORMATION

! Read and understand the manual and safety instructions before assembling, installing, and using Liteboxer Wall Mount. Failure to do so can result in serious injury or death. Save this document.

! **WARNING:** It is important that Liteboxer Wall Mount is assembled and installed according to the directions provided. If the unit is assembled and or installed incorrectly, it could become insecure, collapse, and cause injury to person and damage to equipment and property. Liteboxer Technologies, Inc. is not responsible for any damages due to improper assembly or installation.

! **CAUTION:** The impact of using Liteboxer Wall Mount is absorbed by the wall. Some walls and wall finishes may show signs of cosmetic damage (such as but not limited to paint cracking, blemishes, and impact deformation) over time or with sufficient use.

! **CAUTION:** The wall mount bolts must go into solid wood of wall studs or solid brick or concrete of a masonry wall. For proper wood installation, the wall mount must be secured with the wall mount bolts. For proper masonry installation, the wall mount must be secured with the anchors/bolts. Avoid pipes and wires to prevent serious injury or property damage.

Additional Safety Information:

1. Read all safety information prior to using the Liteboxer. Heed all warnings. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.
2. Use this device only for its intended use as described in the manual.
3. Children aged 13 and younger and persons with reduced physical, sensory, or mental capabilities that impair safe use of the device must not use Liteboxer.
4. Children aged 14 and older and persons with a lack of experience and knowledge must be given supervision and instruction before using Liteboxer.
5. Keep children and pets away from Liteboxer, cord, and power supply.
6. Liteboxer is for indoor use only. Do not use or store the Liteboxer outdoors, near water, or at high humidity levels.
7. Liteboxer is for personal home use only. It is prohibited to use Liteboxer in a commercial environment.
8. Liteboxer Wall Mount is designed to be installed on wood stud walls or masonry (brick/concrete - at least 1.5" thick). For wood studs, use a stud finder to determine the spacing (16" or 24"). Provide at least 18" of space from doorways and wall edges.
9. Liteboxer Wall Mount installation must be performed by someone skilled with the required tools and installation procedures described in this guide.
10. To reduce the risk of electric shock: Always unplug the device from the electrical outlet immediately after using and before cleaning. Keep cord away from heated surfaces.
11. Before beginning any new fitness routine, consult your doctor to ensure that it is right for you. Excessive training or incorrect technique can result in injury. If at any point during use you experience faintness, chest pain, or shortness of breath, stop exercising immediately and consult your doctor.
12. To prevent injury, always adjust the Liteboxer to your height as recommended within the Liteboxer App. Watch for pinch points when adjusting height.
13. To ensure safe operation and optimal performance, check for wear and damage on a regular basis.
14. In-app metrics may be inaccurate and should only be used for reference.
15. Use only original parts provided by Liteboxer Technologies, Inc. Changes or modifications to this unit not approved by Liteboxer Support could void the warranty.

NOTICES

This device complies with part 15 of the FCC Rules and with RSS-210 of the IC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules and RSS-210 of the IC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

This device complies with FCC and ISED Canada radiation exposure limits set forth for general population. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This product contains FCC ID: S9NSPBTLE-RF
This product contains IC: 8976C-SPBTLERF



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local authority or retailer for recycling advice.

Apple, the Apple logo, iPad, iPhone, and iPod are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Bose Corporation is under license.

Google and Google Play are trademarks of Google LLC.

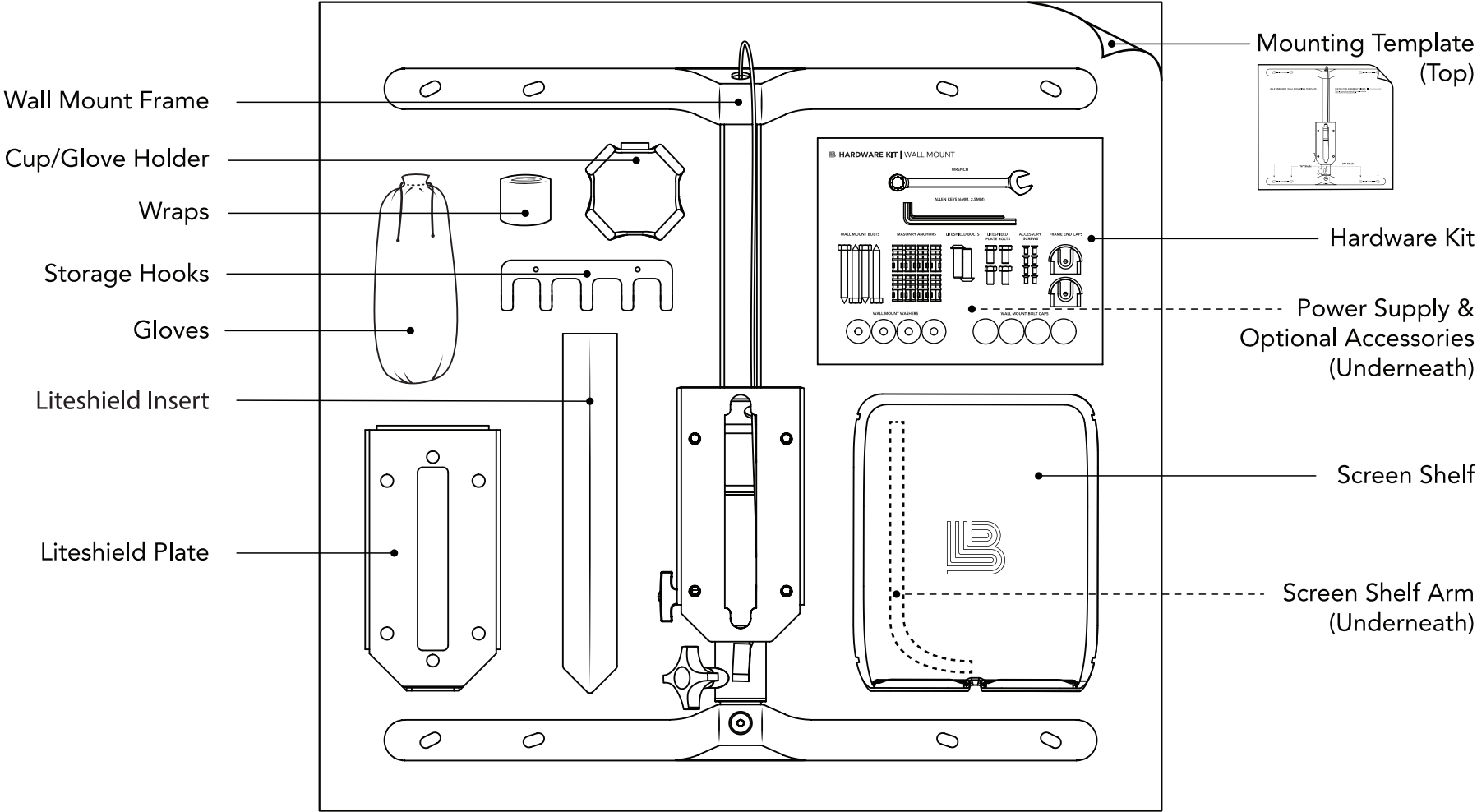
Liteboxer Technologies Inc. products, methods, and related services are protected under U.S. Patent Nos. 10,124,227 and 10,705,597. Other domestic and international patent applications are pending.
DESIGNED IN USA. MADE IN TAIWAN.

All returns must be shipped in their original packaging. Please save the box and packing material.

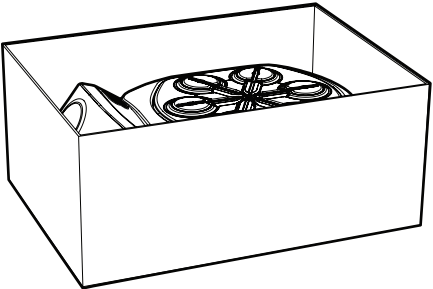
For warranty information, visit <https://liteboxer.com/pages/warranty>

Should you have any questions or concerns when setting up your Liteboxer, or would like to learn more about assembly, app installation, and getting started processes, please visit support.liteboxer.com or email our team at support@liteboxer.com.

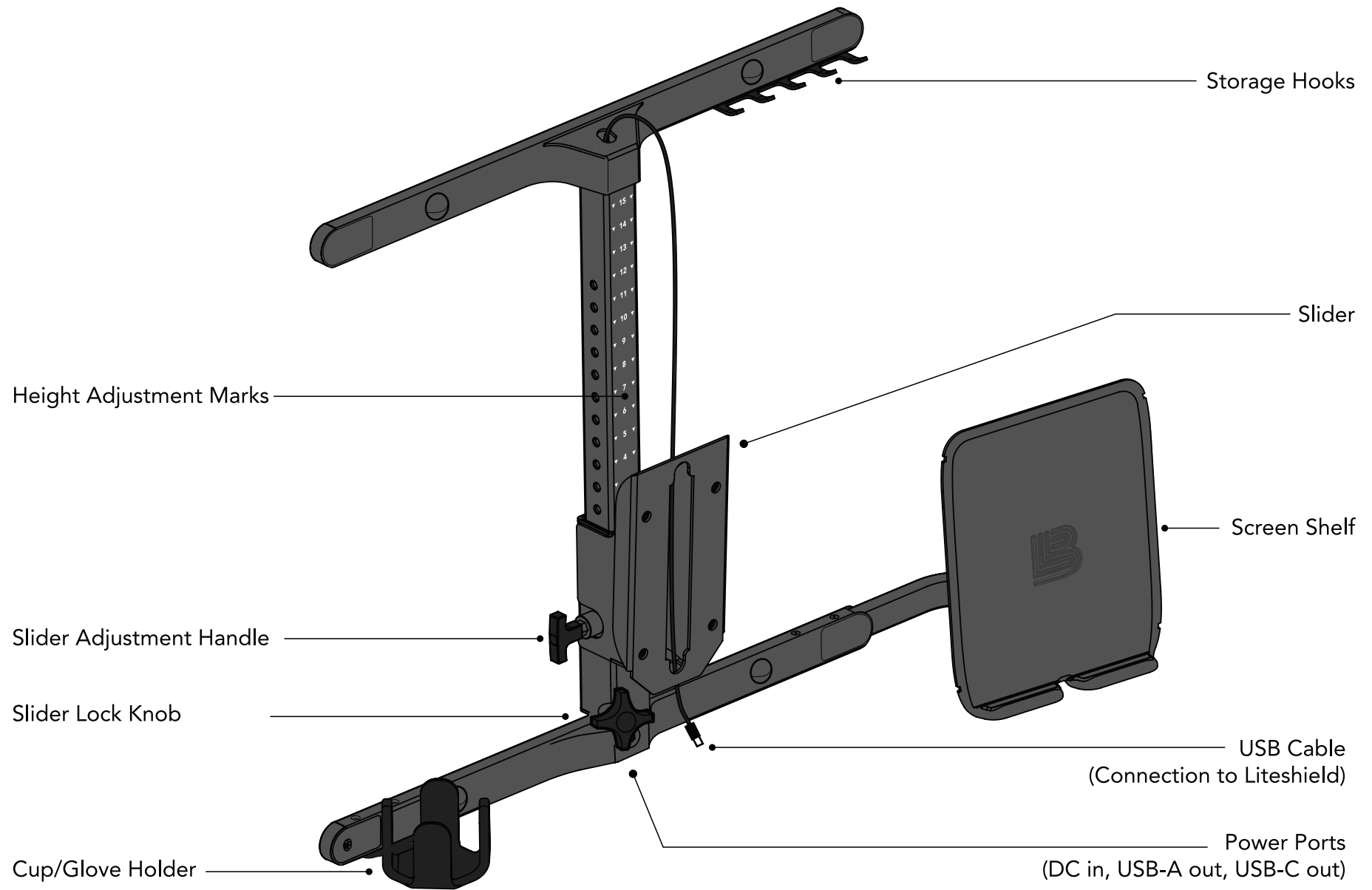
PACKAGE CONTENTS



Note: A Liteshield is required to complete the installation and comes in a separate box.



LITEBOXER WALL MOUNT DIAGRAM / SPECIFICATIONS

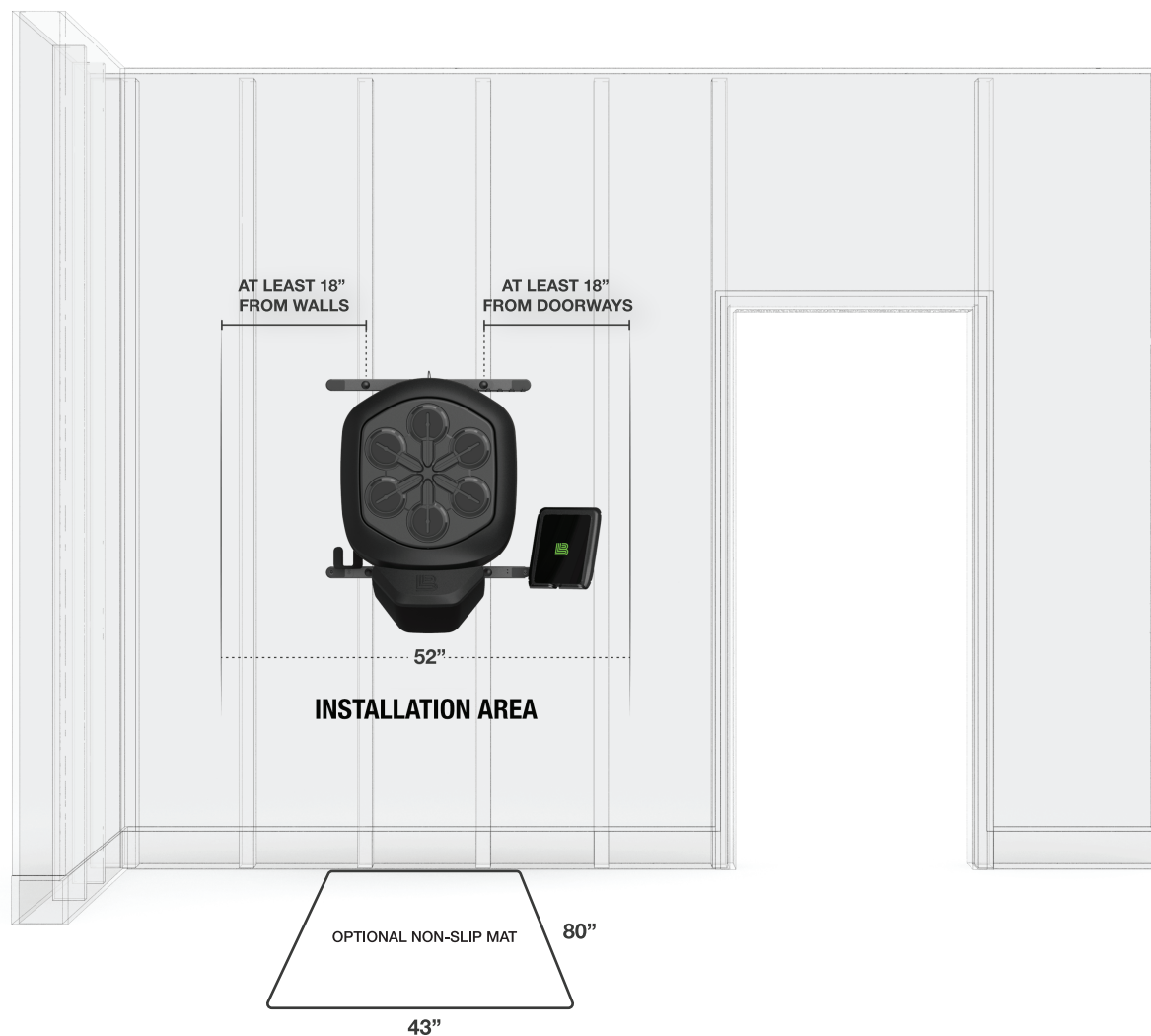


LOCATION REQUIREMENTS

Prior to unboxing, we recommend designating a wall space for your Liteboxer.

This location will need to have an electrical outlet within 5.5 feet, and ideally should be within close proximity to your wireless router or stable LTE connection*. We recommend at least 18" of clearance from the installation bolts to adjacent walls or doorways.

*Data rates may apply.



WALL MOUNT DIMENSIONS:
37.5" Width x 33" Height x 17" Depth

WEIGHT : 56 lbs / 25 kg
HEIGHT : Adjustable range of 13" after installation at preferred height
USER HEIGHT RANGE : 4'10" - 6'11" / 147-210 cm
MAX USER WEIGHT : No Maximum

BEFORE YOU START

The Liteboxer Wall Mount was designed to be installed on wood stud walls or masonry (brick/concrete - at least 1.5" thick). For wood studs, use a stud finder to determine the spacing (16" or 24"). Provide at least 18" of space from doorways and wall edges.

WATCH THE ASSEMBLY VIDEO:

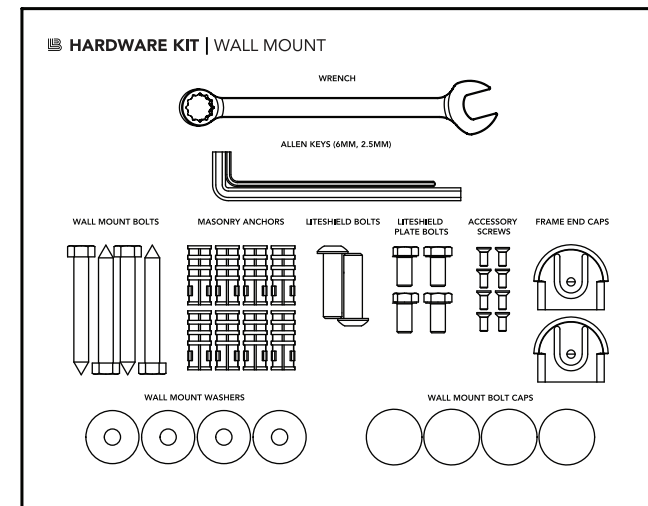
All returns must be shipped in their original packaging.
Please save the box and packing material.



(www.liteboxer.com/setup)

Supplied Tools & Hardware ▶

- Wrench
- 6 mm Allen Key
- 2.5 mm Allen key
- Wall Mount Bolts
- Masonry Anchors
- Liteshield Bolts
- Liteshield Plate Bolts
- Accessory Screws
- Frame End Caps
- Wall Mount Washers
- Wall Mount Bolt Caps



Required Tools ▶

Wood Stud Walls

- Safety Glasses
- Leveling Tool
- Tape measure
- Stud finder
- Power drill + 7/32" drill bit

Masonry Walls (Concrete/Brick)

- Safety Glasses
- Leveling Tool
- Tape measure
- Hammer drill + 1/4" masonry bit + 1/2" masonry bit*

* A hammer drill is required to ensure an accurate hole in a masonry wall. Failure to use a hammer drill may result in oversized holes which will not secure the wall mount. A masonry drill bit is required for hard walls to reduce the risk of cracking.

LITEBOXER WALL MOUNT ASSEMBLY

1 IDENTIFY YOUR WALL

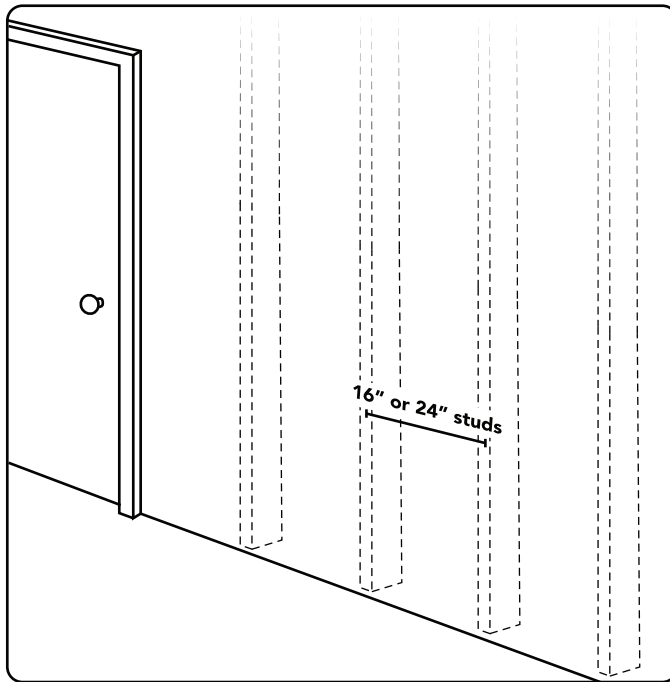
The Liteboxer Wall Mount was designed to be installed on wood studs or masonry. Reserve at least 18" of space from doorways, wall edges, and corners.

A

For wood stud installation:

A stud finder is required to determine your stud spacing and find the middle of the stud for proper fastening.

CONTINUE to page 7



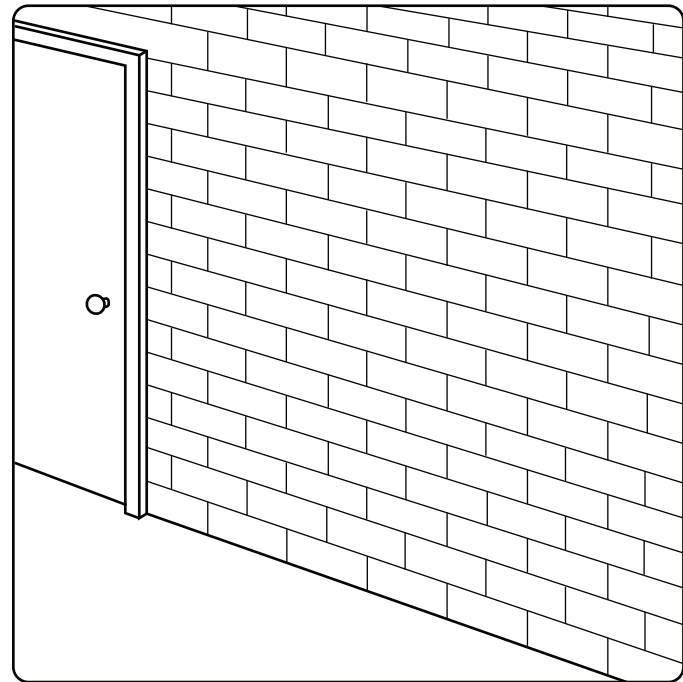
Wooden studs (16" & 24" adjacent stud spacing)

B

For masonry installation:

Stud finding is not necessary for concrete/brick installations. You may locate and level the mounting template anywhere along a flat masonry wall.

SKIP to page 9



Masonry (brick/concrete at least 1.5" thick)

—OR—

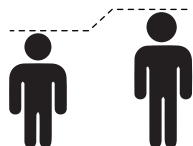
Choose your installation height

The wall mount has 14" of height adjustability. The chart below recommends installation heights for most users (right side). The Wall Mount may be installed outside of the recommended installation heights to accommodate users below 4'10" or above 6'11".

1. From the chart below, choose a Height Range that includes the people who will be using Liteboxer. This range corresponds to an installation height, which is the distance from the floor to the bottom Wall Mount bolts.

Height Range of Users Recommended Installation Height

4' 10" - 6' 0"	32"
4' 11" - 6' 1"	33"
5' 0" - 6' 2"	34"
5' 1" - 6' 3"	35"
5' 2" - 6' 4"	36"
5' 3" - 6' 5"	37"
5' 4" - 6' 6"	38"
5' 5" - 6' 7"	39"
5' 6" - 6' 8"	40"
5' 7" - 6' 9"	41"
5' 8" - 6' 10"	42"
5' 9" - 6' 11"	43"



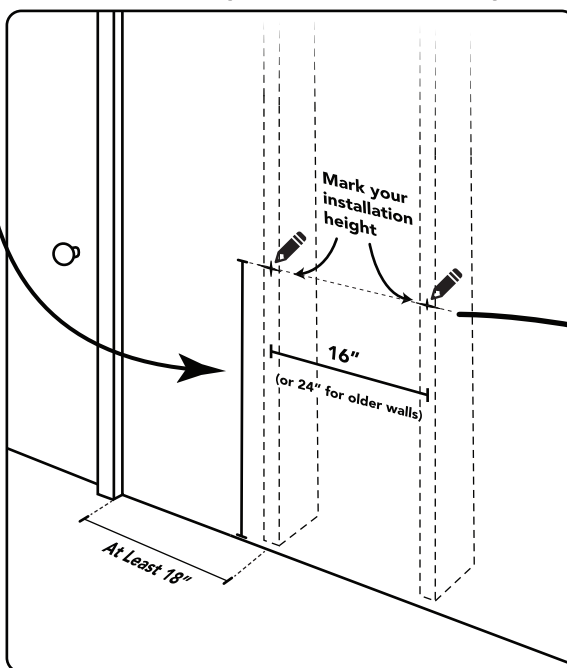
Mark the installation height (and stud centers)

The drilling template and wall mount can accommodate either 16" & 24" stud spacing (24" can be found in older walls). We recommend at least 18" of space from the studs to doorways & wall edges.

2. Use a stud finder to locate two adjacent studs behind the wall.

3. Lightly mark a vertical line in the middle of both studs at the desired installation height.

Note: Installation height is measured from the ground.



Locate the drilling template on the wall

4. Carefully remove the sticker covers from the back of the wall mounting template.

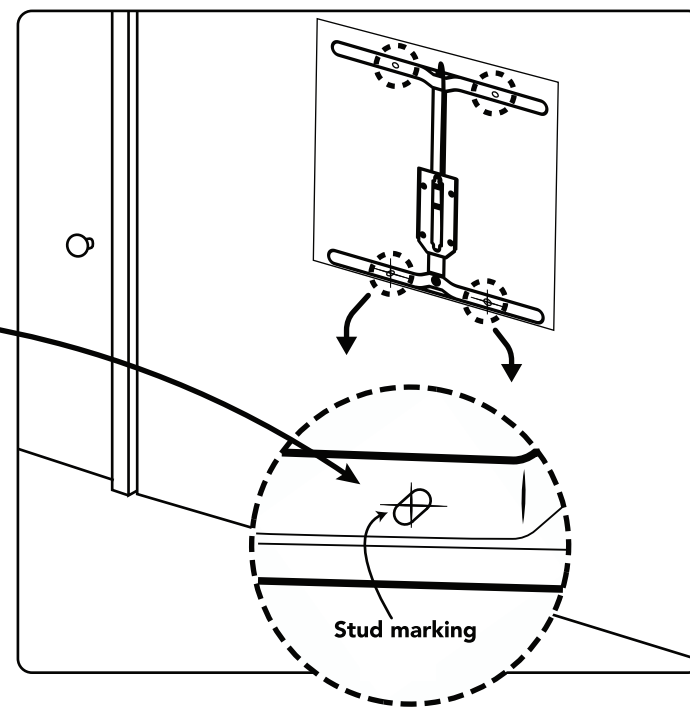
5. Hold the Wall Mounting template to the wall and align your markings from steps 3 & 4 with the bottom holes (16" or 24" spacing).

6. Adhere the template to the wall by pressing the sticky surface to the wall.

7. Verify the template is properly aligned using a bubble level. Adjust the template as needed until level.

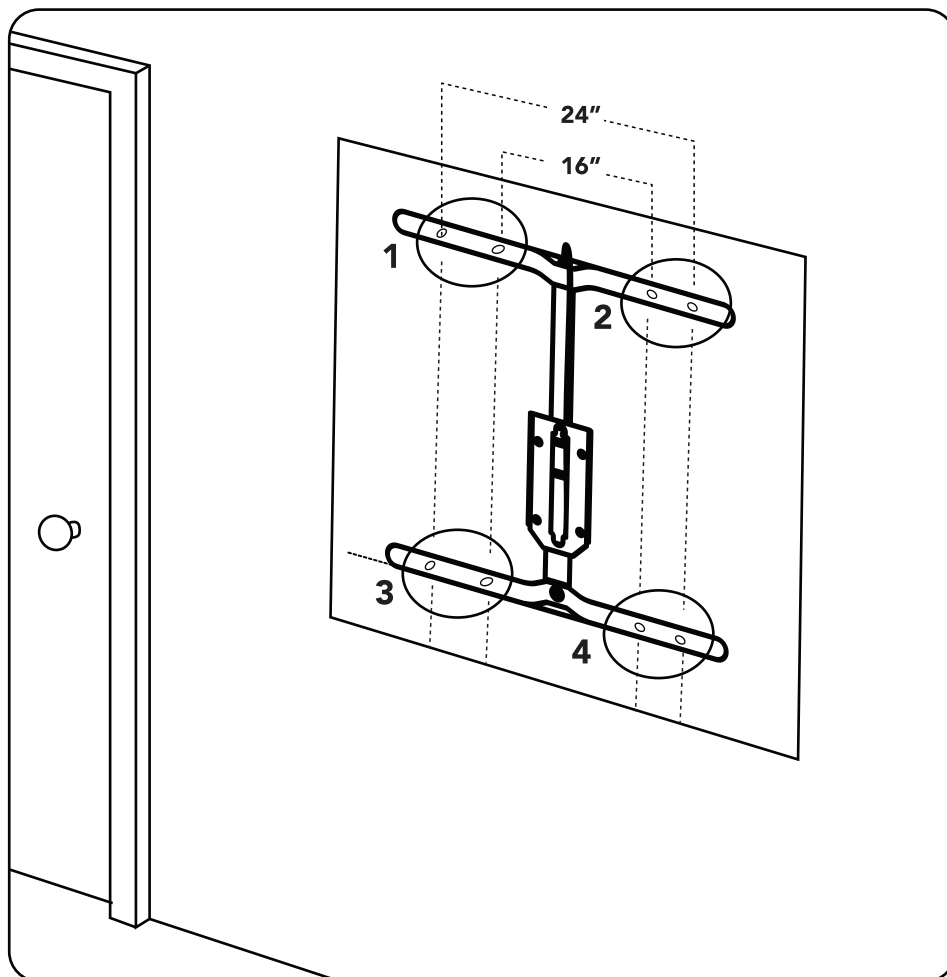
8. Use a stud finder to mark the center of both studs within the top template holes.

9. Notice the four holes in the template that align with your stud markings (16" or 24" spacing). These will be drilled next.



Drill your four wall bolt locations

1. Use a **power drill (A)** and **7/32" bit** to drill at least 2" into the wall & underlying stud.
2. Remove the **mounting template** from the wall (**B**).

**A**

Drill four holes (one for each corner) using the spacing that matches your studs the drilling template.

B

Remove template from wall.

SKIP to page 11

PLACE YOUR MOUNTING TEMPLATE

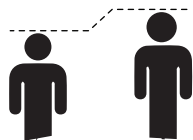
Choose your installation height

The wall mount has 14" of height adjustability. The chart below recommends installation heights for most users (right side). The Wall Mount may be installed outside of the recommended installation heights to accommodate users below 4'10" or above 6'11".

1. From the chart below, choose a Height Range that includes the people who will be using Liteboxer. This range corresponds to an installation height, which is the distance from the floor to the bottom Wall Mount bolts.

Height Range of Users Recommended Installation Height

4' 10" - 6' 0"	32"
4' 11" - 6' 1"	33"
5' 0" - 6' 2"	34"
5' 1" - 6' 3"	35"
5' 2" - 6' 4"	36"
5' 3" - 6' 5"	37"
5' 4" - 6' 6"	38"
5' 5" - 6' 7"	39"
5' 6" - 6' 8"	40"
5' 7" - 6' 9"	41"
5' 9" - 6' 11"	43"

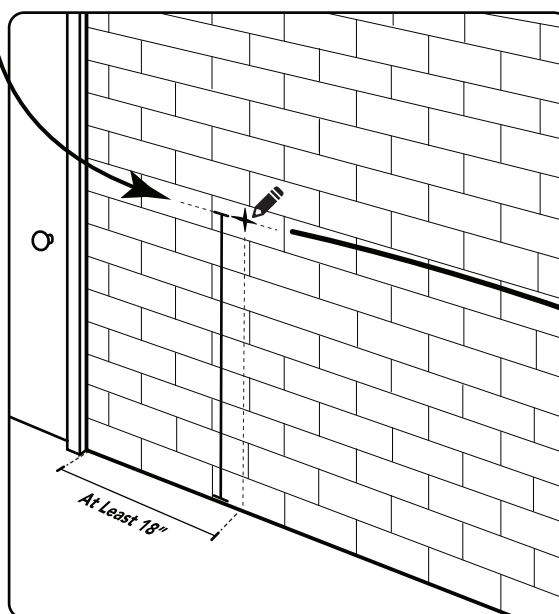


Mark the installation height

2. Choose an area along your masonry wall to install the Wall Mount.

3. Lightly mark the wall at the desired installation height. Avoid grout, and ensure the marking is at least 18" from doorways and wall edges. Measure from the floor if needed. This marking will indicate one of the bottom Wall Mount Bolts.

Note: Installation height is measured from the ground.



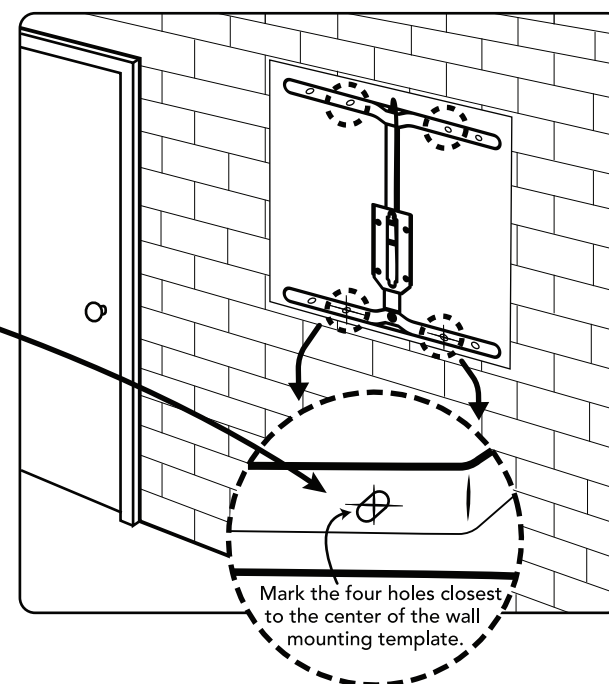
Locate the mounting template on the wall

4. Carefully remove the sticker covers from the back of the Wall Mounting Template.

5. Hold the Wall Mounting Template to the wall and align one of the two 16" bottom holes with your marking from step 3. Keep both template holes at least 18" away from doors and wall edges.

6. Adhere the template to the wall by pressing the sticky surface to the wall.

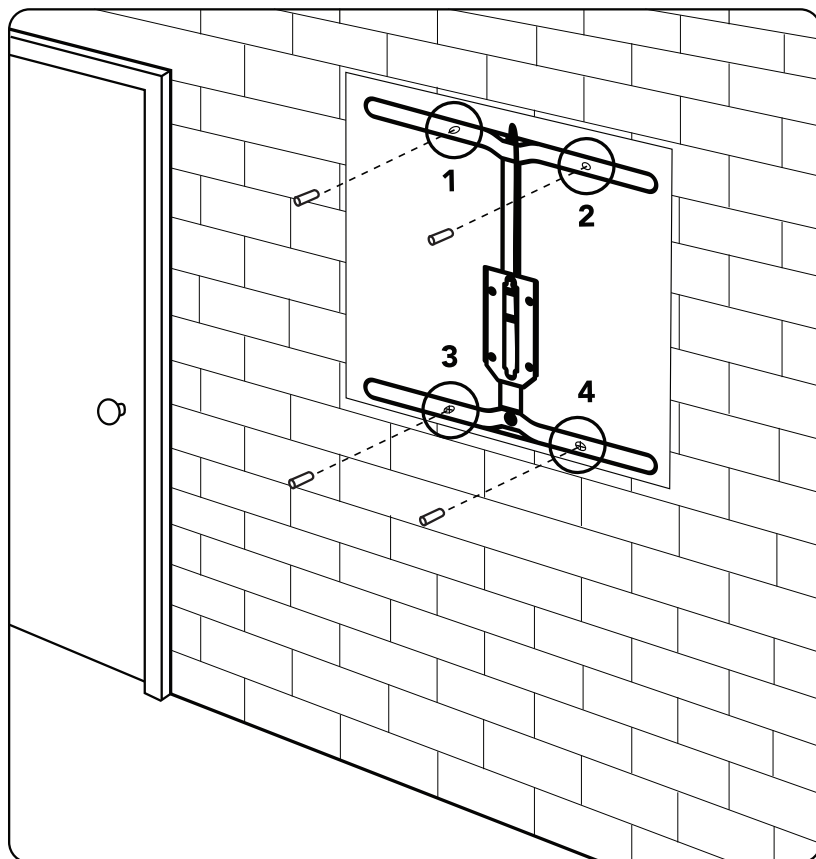
7. Properly align the template using a bubble level, while ensuring all four holes (16" spacing) on the template are not placed in grout. Adjust the template on the wall as needed, then mark the remaining holes through the template.



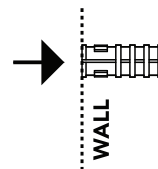
DRILL YOUR WALL HOLES

Drill your four wall bolt locations

1. Use a **hammer drill (A)** and **1/4" masonry bit** to drill a pilot hole at least 1.5" into the wall. Use tape to mark depth on the drill bit if needed. Hammer mode must be on.
2. Use a **hammer drill (A)** and **1/2" masonry bit** to drill a 1.25" - 1.5" hole into the wall. Use tape to mark depth on the drill bit if needed. Hammer mode must be on.
3. Use a vacuum to remove debris from the holes.
4. Carefully press **masonry anchors (B)** into the holes (ribbed side first) so they are flush (or slightly sub-flush) to the wall surface.
5. Remove the **mounting template (C)** from the wall.

**A**

Drill four holes (one in each corner) using the 16" spacing on the drilling template.

B

Press-insert masonry anchors flush into wall

C

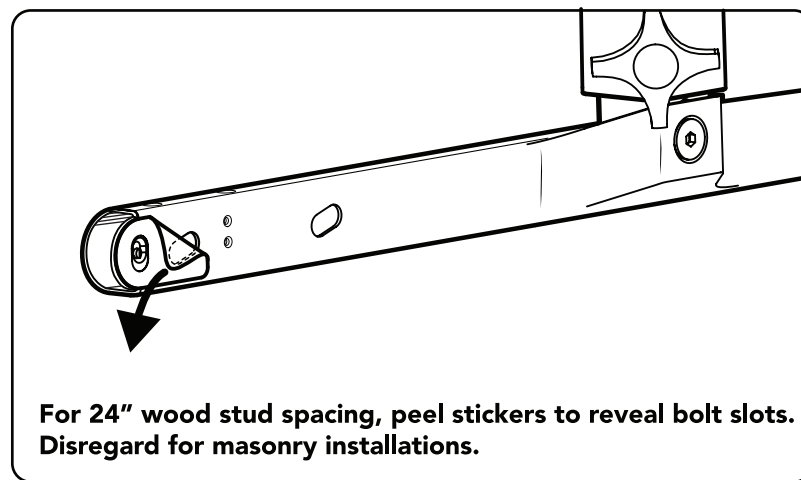
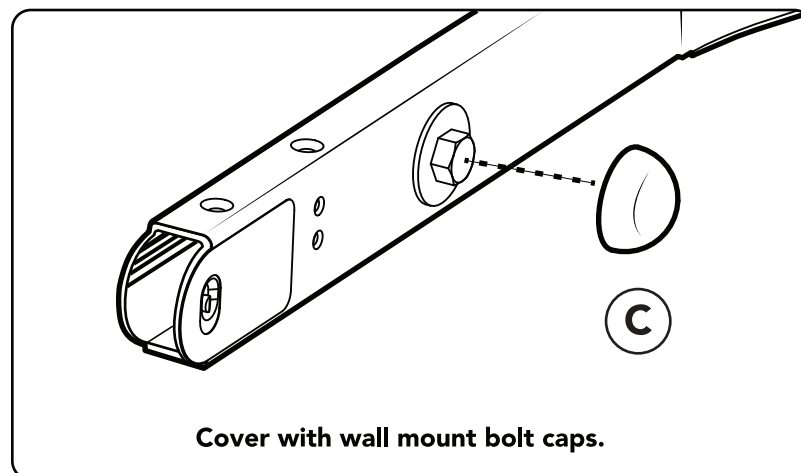
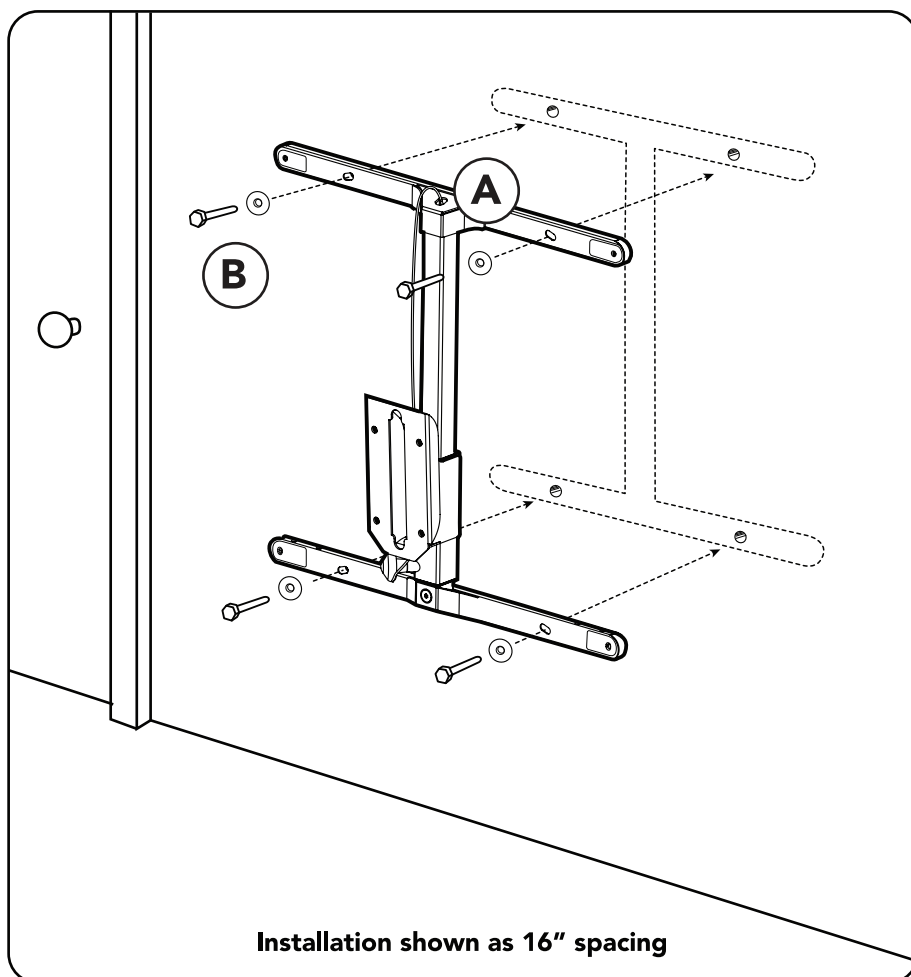
Remove template from wall

4 INSTALL FRAME

Bolt the frame to the wall

NOTE: For wooden studs - If you have 24" wooden stud spacing, peel away the sticker covers at the ends of the rails.

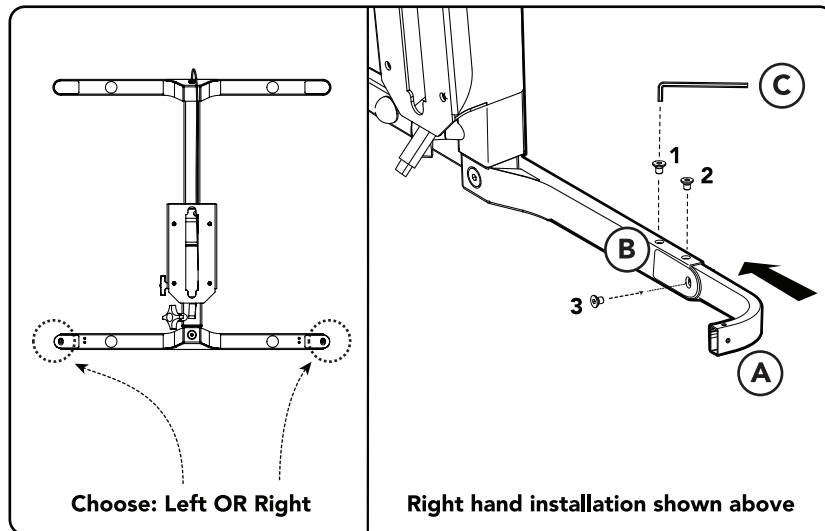
1. Hold the **wall mount frame (A)** up to the wall and align the drilled holes to the slots in the frame.
2. Fasten the top two **wall mount bolts & washers (B)** using the wrench (a friend is helpful here!). Carefully tighten the bolts until the washers are no longer loose, then rotate the wrench an additional 90°. Repeat with the two bottom bolts. All 4 bolts need to be very snug, otherwise the installation won't be secure. Once tightened, a securely mounted frame will not budge if tugged on.
3. Cover with **wall mount bolt caps (C)**.



5 SETUP SCREEN SHELF

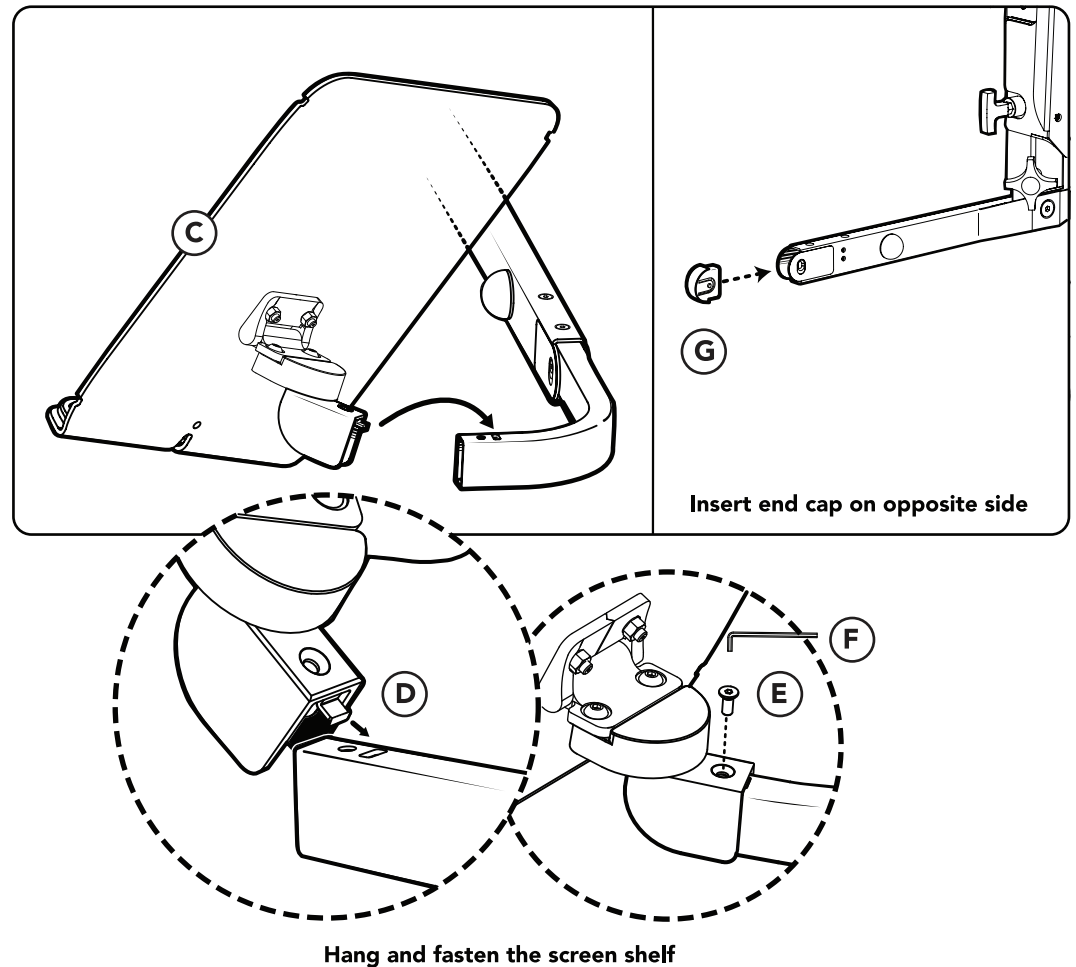
Install Shelf Arm

1. Choose a side on the bottom rail (left or right) to install the screen shelf.
2. Insert **screen shelf arm (A)** into the side of the rail and align the screw holes between the rail and the arm.
3. Fasten the shelf arm with **three accessory screws (B)** using the **small allen key (C)**.



Install Screen Shelf

4. Hang the **screen shelf (C)** on to the tablet arm by hooking the **tab (D)** into place.
5. Fasten the screen shelf in place with an **accessory screw (E)** with the **small allen key (F)**.
6. Insert an end cap on the **opposite side of the rail (G)**.

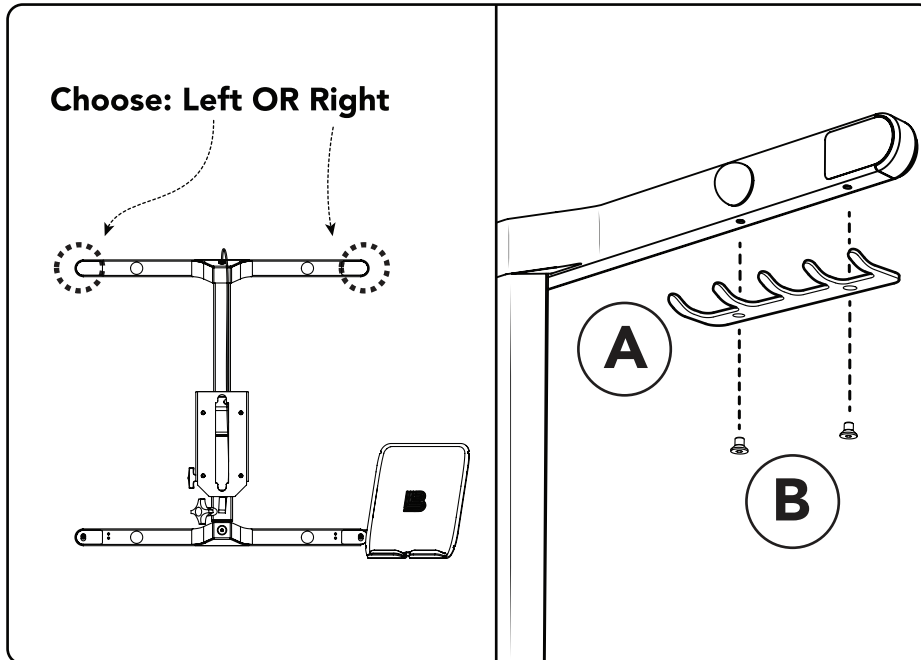


6 ATTACH ACCESSORIES

Storage Hooks

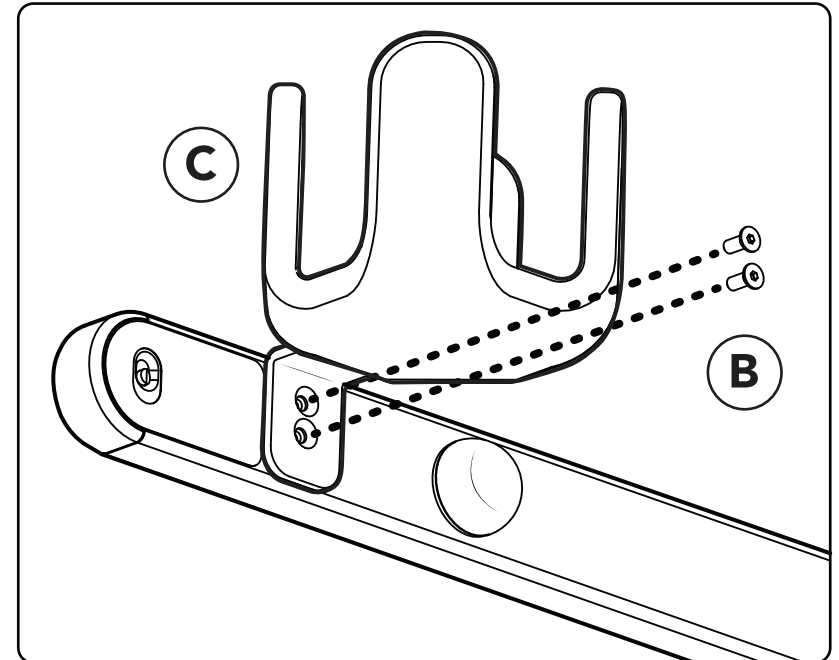
Use these to hang resistance bands, keys, etc.

1. Choose a left or right installation on the top rail.
2. Secure the **storage hooks (A)** with **two accessory screws (B)**.



Cup/Glove Holder

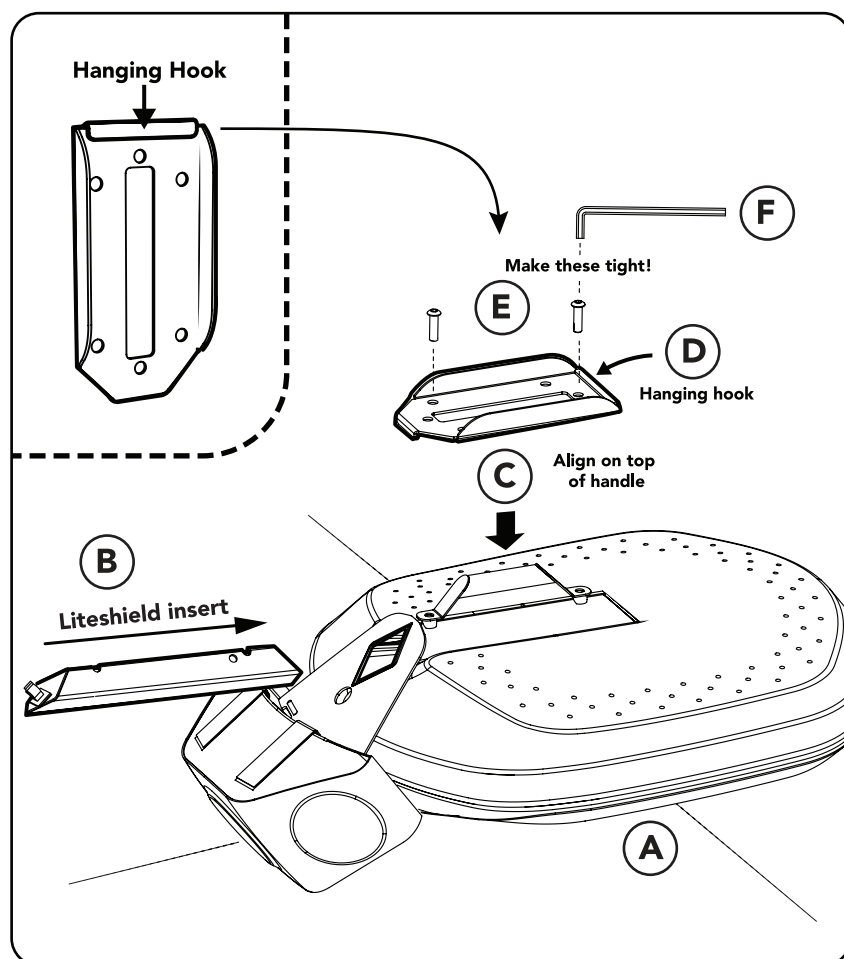
3. Secure the **cup/glove holder (C)** to the bottom rail using **two accessory screws (B)**.



7 INSTALL LITESHIELD

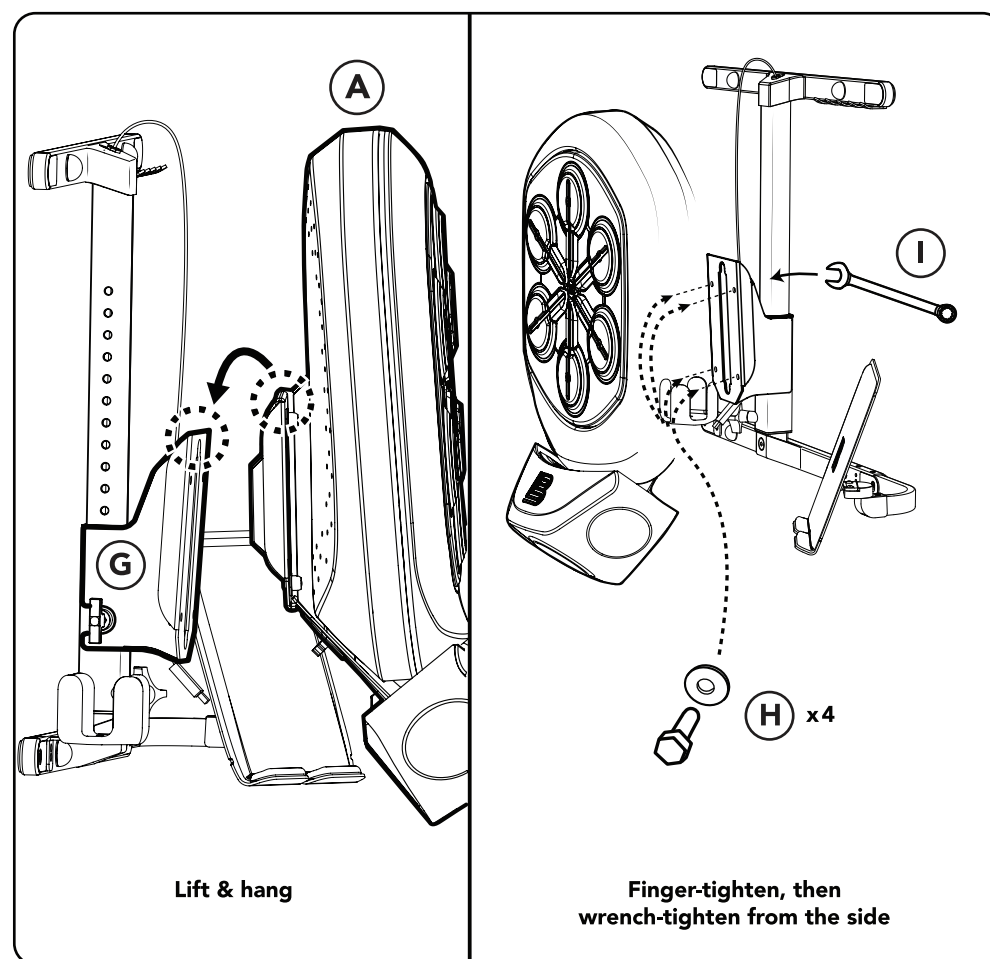
Prepare Liteshield

1. Place the **Liteshield (A)** face down on a non-scratch surface.
2. Slide the **Liteshield insert (B)** into the diamond-shaped hole.
3. Align the **Liteshield plate (C)** on the rear handle and ensure the **hanging hook (D)** is at the top.
4. Secure the **Liteshield plate (C) + Liteshield (A) + Liteshield insert (B)** together with **two Liteshield bolts (E)** using the **large allen key (F)**.



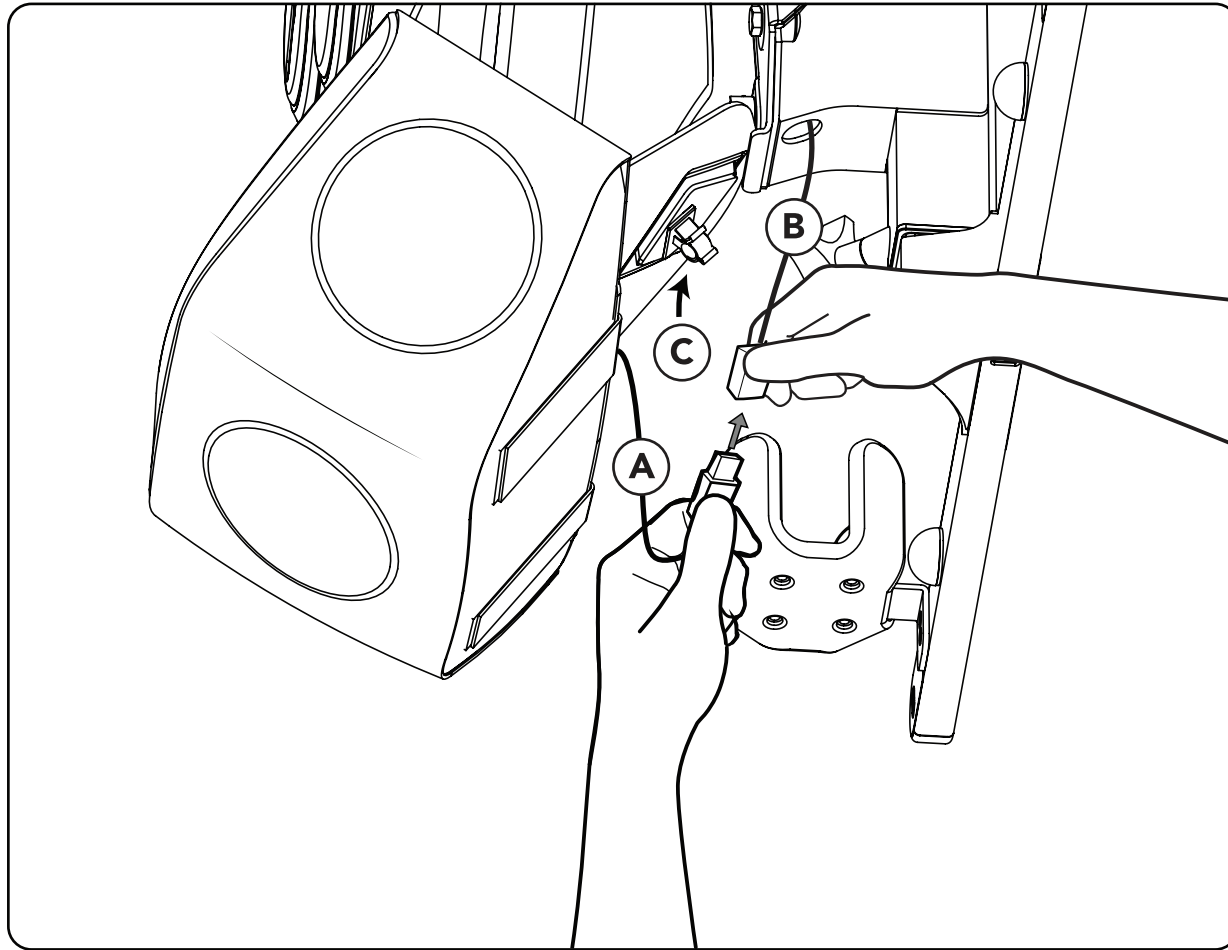
Attach Liteshield

5. Carefully lift the **Liteshield (A)** and place on the **slider (G)** using the hanging hook on the Liteshield plate.
6. Insert the **four Liteshield plate bolts & washers (H)** into the slider, located behind the Liteshield. Finger-tighten as much as you can, then use the **wrench (I)** to fully tighten from the side.



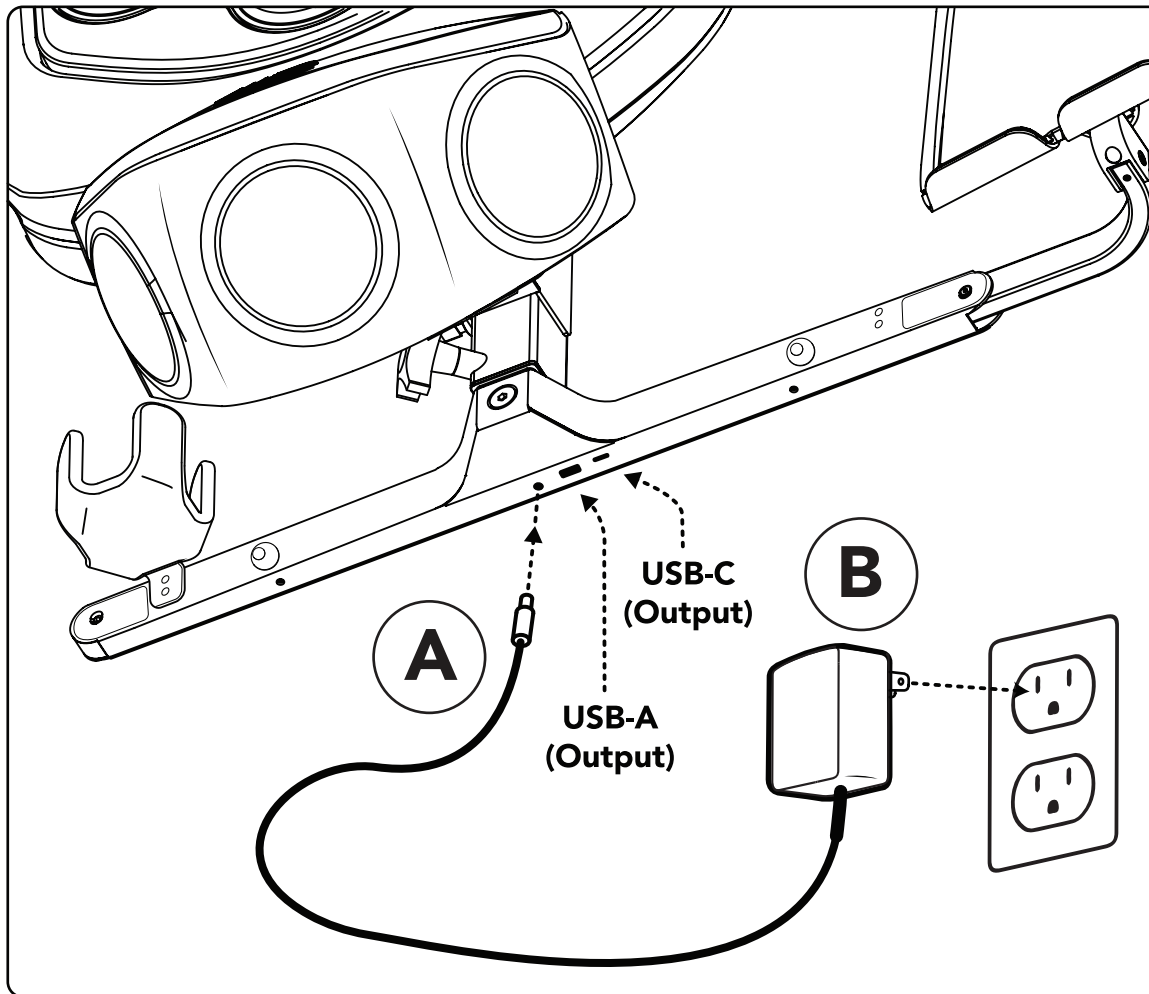
8 CONNECT LITESHIELD

1. Connect the **USB pigtail from the Liteshield (A)** to the **cable on the slider (B)**.
2. Secure the USB pigtail to the **retainer clip (C)** located on bottom of the Liteshield insert.



9 CONNECT POWER

1. Plug the power supply into the frame using the **barrel plug (A)**.
2. Plug in the **power supply** to the wall outlet (**B**).
3. There are two USB ports (USB-A & USB-C) to keep your phone or tablet charged while on the shelf.

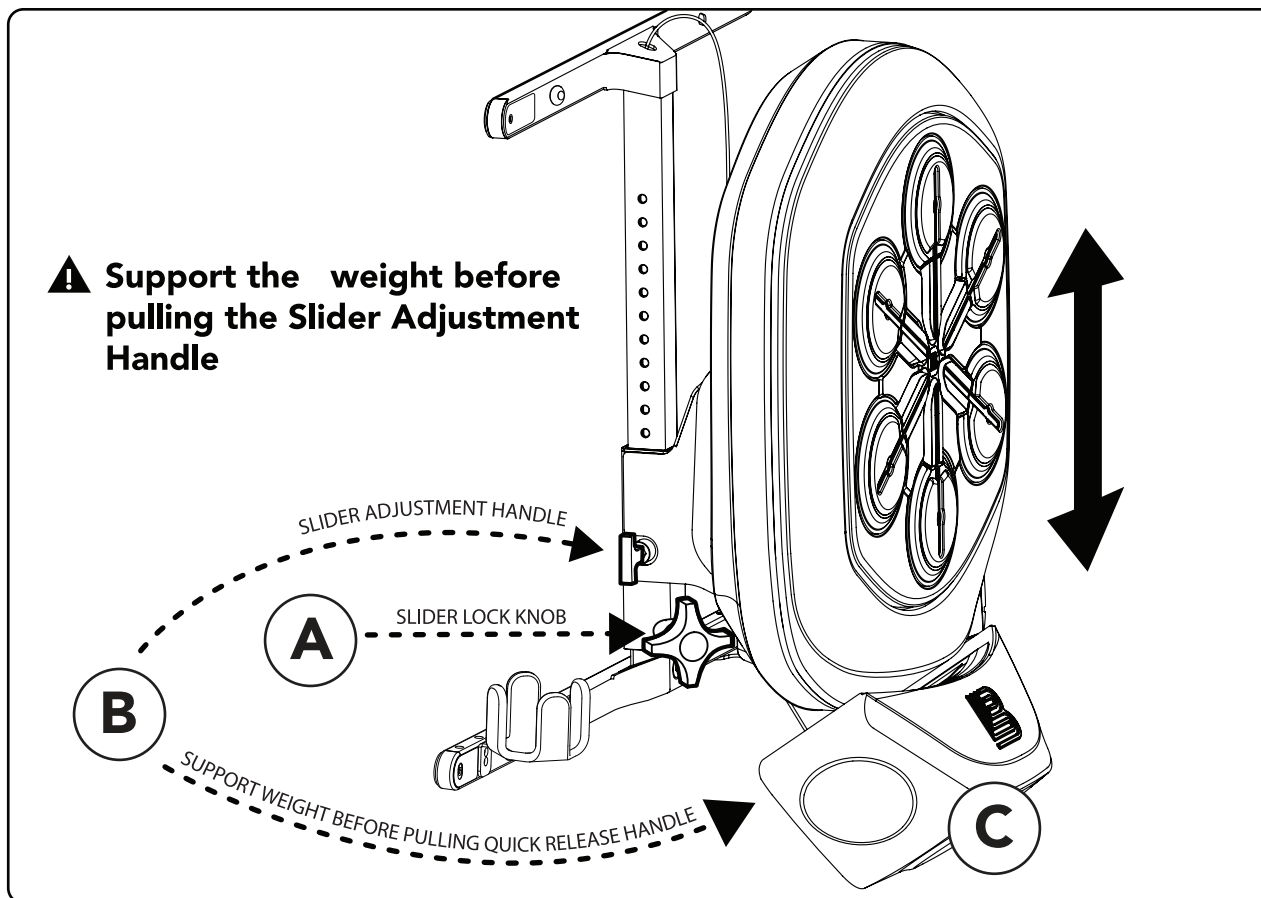


10 SET LITESHIELD HEIGHT

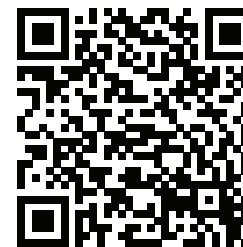
There are two touch points for height adjustment:

- The Slider Adjustment Handle (left side) allows you to conveniently set the height.
- The Slider Lock Knob secures the slider in place.

1. Loosen the **Slider Lock Knob (A)**.
2. Pull the **Slider Adjustment Handle (B)** while supporting the **Liteshield (C)**. The Liteshield should freely slide on the rail.
3. Adjust the height of the Liteshield to your liking by sliding it up and down the rail, then let the Slider Adjustment Handle fall into the closest hole setting. A good starting point for Liteshield height is to place the center emblem at shoulder-height.
4. Secure by tightening the **Slider Lock Knob (A)**.



For more information on adjusting your Liteboxer's Height, go to liteboxer.com/LBWM/height-adjustment or scan the QR code below:

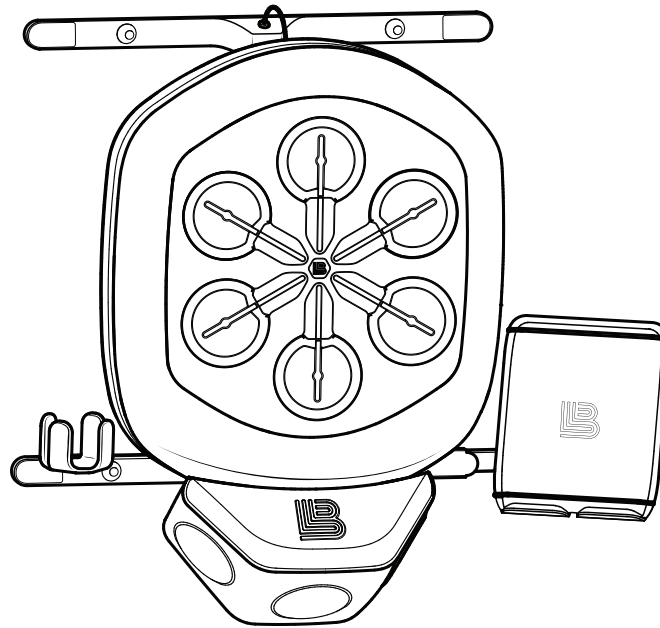


11 SETUP THE LITEBOXER APP

1. Download the  Liteboxer App and create an account:



2. Go work out!



GETTING STARTED

For more information on getting started, go to liteboxer.com/getting-started or scan the QR code below:



MAINTENANCE AND CARE

For more information on keeping your Liteboxer in top shape, go to liteboxer.com/maintenance or scan the QR code below:



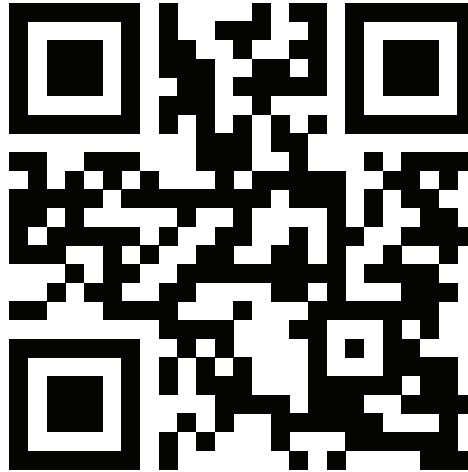
WARRANTY

For more information on your Liteboxer's warranty, go to liteboxer.com/warranty or scan the QR code below:



SUPPORT

Should you have any questions or concerns when setting up your Liteboxer, or would like to learn more about assembly, app installation, and the getting started processes, please visit support.liteboxer.com or scan the QR code below:



 Read and understand the assembly guide and safety instructions before using your Liteboxer. For more information visit: **support.liteboxer.com**