

# N<sup>3</sup>youth



## USER MANUAL

# SAFETY

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**Read and understand all warnings in manual and on unit before assembly.**

Keep bystanders and children away from the Nexersys you are assembling at all times.

Do not assemble this Nexersys outdoors or in a wet or moist location.

Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.

Set up this Nexersys on a solid, level, horizontal surface and level the base with the adjustable feet.

Do not try to change the design or functionality of this machine. This could compromise the safety and can void the warranty.

Do not use or put the Nexersys into service until the machine has been fully assembled and inspected for correct performance in accordance with Owner's Manual.

Before each use check all bolts, pads, and framework for wear and proper function. Tighten all fasteners as necessary.

Always wear gloves or wraps when using this product to avoid injury to your hands and damage to the pads from rings or other objects. Wear proper exercise clothing and shoes for your workout.

Do not hit the machine with excessive force. This can cause injury to you or the machine and will invalidate the warranty. You will be warned by a loud buzz if you strike too hard.

If you strike with truly excessive force, the software will pause and provide a warning. This is for your safety and to protect the machine.

Supervise teenagers and children using the Nexersys. Replace warning labels if damaged, illegible, or missing.

Do not rock the unit.

Turn OFF and unplug the Nexersys when adjusting cables, frame, and monitor. To prevent shock, keep all electrical components, such as the monitor, power cable etc., away from water or other liquids. Never place liquids on any part of the unit.

Do not overexert yourself or work to exhaustion. Stop your workout immediately and consult your physician if you feel any pain, dizziness, shortness of breath, or other abnormal symptoms.

You should always consult your physician before beginning a new exercise program or nutrition plan.

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Read all precautions and instructions in this manual before using this equipment. Improper use or maintenance can void the warranty. Keep this manual for future reference.

# SPECIFICATIONS

## LCD TOUCH SCREEN TABLET

18.5" High-Definition touchscreen delivers crisp, 3D graphics

## STRIKE PADS

High-Density foam with multi-axis relief reduces user impact and sensors in each pad provide performance feedback

## 3-AXIS ACCELEROMETER

Measure impact in each pad

## BILATERAL ARM MOVEMENT

Provide realistic impact resistance from any angle

## REALISTIC SINGLE BODY PAD

Compression coil springs enable movement on 3 axis (X, Y, Z)

## INDUSTRIAL MATERIALS

Industrial-grade steel frame and mechanics provide optimal resistance

## HEIGHT

### ADJUSTABLE FRAME

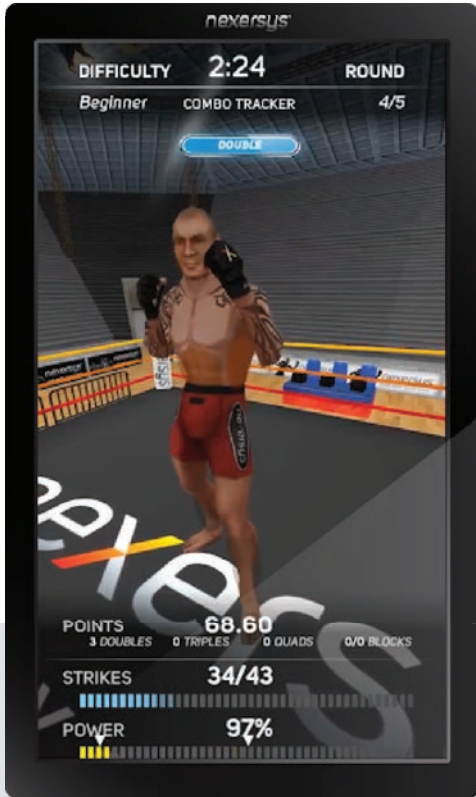
Easy height-adjustable frame for people of all sizes and abilities

## STABLE & MOBILE

Large base provides stability for every punch & wheels allow for easy movement



# SPECIFICATIONS CONTINUED



**NEXERSYS SOFTWARE**  
Cloud-based N3 Software provides  
video & animated training



**LOCATED ON  
BACK OF TABLET**

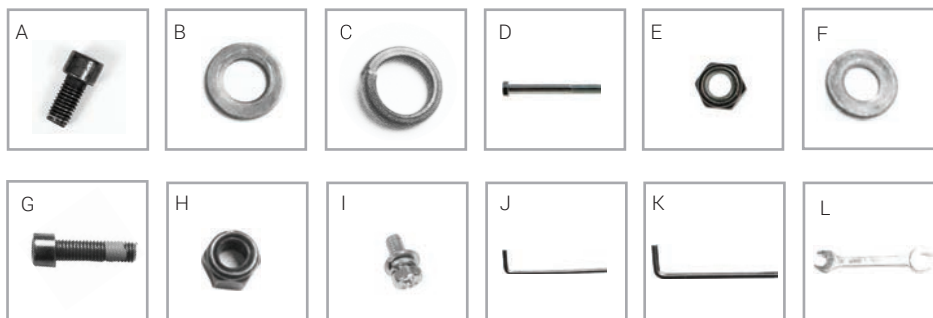
Power Button  
Power Cable  
USB Connectors

## Unit Specifications

Weight: NW/GW: 141lbs / 176 lbs	Nexersys Software running on "Android" App
Box: 43" x 42" x 30"	18.5" LCD touch screen tablet
Equipment Footprint: 4'W x 4'L x 6'8"H	Aggregated Printed Circuit Board
Workout Area: 6'W x 10'L	Live tested for 3,500 hours of continuous use
Industrial grade steel frame	
3-axis accelerometer in each pad	

# PARTS REFERENCE GUIDE

## Parts



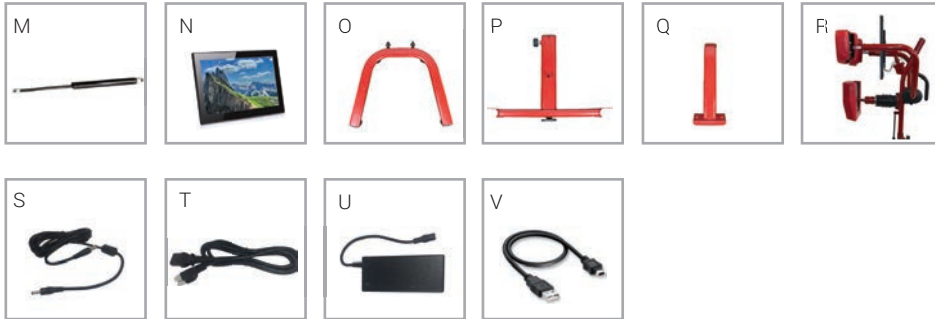
Item	Quantity	Description
A	8	M10 30mm Bolt
B	10	M10 Flat Washer
C	8	M10 Spring Washer
D	1	M10 105mm Bolt
E	1	M10 Nylock Nut
F	4	M8 Flat Washer
G	2	M8 35mm Bolt
H	2	M8 Nylock Nut
I	4	Tablet Screw & Washer
J	1	Allen Wrench (size – 6)
K	1	Allen Wrench (size – 8)
L	1	Open End Wrench (13mm-16mm)



For video instructions please visit [youtube.com/c/nexersys](https://www.youtube.com/c/nexersys)

# PARTS REFERENCE GUIDE CONTINUED

## Parts



Item	Quantity	Description
M	1	Gas Shock
N	1	18.5" Tablet
O	1	Base
P	1	Lower Spine
Q	1	Spine Support
R	1	Upper Spine
S	1	DC Power Cable
T	1	AC Cable
U	1	AC Power Brick
V	1	USB Cable

# ASSEMBLY

## LOWER SPINE ASSEMBLY

**Parts Needed:** Base (O), Lower Spine (P), 6-M10 30 mm Bolt (A), 6-M10 Flat Washer (B), 6- M10 Spring Washer (C)

**Tools Needed:** Box Cutter, Allen Wrench

1) With Base (O) flat on the ground, slide grooves of Lower Spine (P) over Base (O) until holes line up.



2) Assemble the attachment pieces by sliding the Spring Washer (C) onto the M10 Bolt (A), followed by the Flat Washer (B). - repeat 6 times



3) Secure the Lower Spine (P) to the Base (O) with the previously assembled attachment pieces.



Follow the manual for the most efficient assembly. We recommend 2 people for assembly.  
A power drill will speed up assembly. Estimated Assembly time is 1 Hr.



# ASSEMBLY CONTINUED

## LOWER SPINE ASSEMBLY CONTINUED

**Parts Needed:** 2-M10 30 mm Bolt (A), 2- M10 Flat Washer (B), 2- M10 Spring Washer (C), 1- M10 105 mm Bolt (D), 2-M10 Flat Washer (B), 1- M10 Nylock Nut (E)

**Tools Needed:** Allen Wrench, Open End Wrench

4) Align holes on bottom of Spine Support (Q) with holes on Base (O), and align holes on top of Spine Support (Q) with holes on Lower Spine (P).



5) Attach top of the Spine Support (Q) to Lower Spine (P) by sliding M10 Flat Washer (B) onto M10 105 mm Bolt (D). Then slide Bolt (D) through holes. Complete attachment with Flat Washer (B), and tighten down with Nylock Nut (E).



6) Attach bottom of Spine Support (Q) to Base (O) with Spring Washer (C), M10 Bolt (A), and Flat Washer (B). Tighten down all bolts.



# ASSEMBLY CONTINUED

## UPPER SPINE ASSEMBLY

**Parts Needed:** 1- Upper Spine (R), 1- Gas Shock (M), 2- M8 35 mm Bolt (G), 2- M8 Flat Washer (F), 2- M8 Nylock Nut (H)

**Tools Needed:** Allen Wrench (I, J), Open End-Wrench (K)

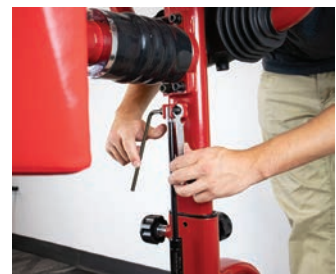
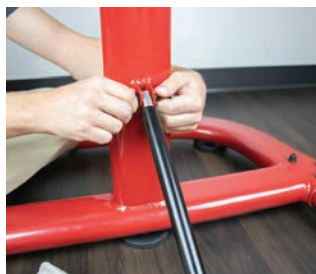
6) Feed DC cable (S) from bottom of Upper Spine (R) through Lower Spine (P).



7) Using 2 people, lift the Upper Spine (R) and place it into the Lower Spine (P)



8) Attach bottom of Gas Shock (M) to Lower Spine using M8 35 mm Bolt (G), M8 Flat Washer (F) and M8 Nylock Nut (H). Attach top of Gas Shock (M) to Upper Spine (R) using M8 35 mm Bolt (G), M8 Flat Washer (F) and M8 Nylock Nut (H).



# ASSEMBLY CONTINUED

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## TABLET INSTALLATION

**Parts Needed:** 1- 18.5" Tablet (N), 5- Tablet Screw & Washer (I), 1- DC Power Cable (S), 1- AC Cable (T), 1- AC Power Brick (U), 1- USB Cable (V)

**Tools Needed:** Screwdriver

9.) To mount the tablet, unscrew Bolts and Washers (I) from Tablet (N). Align holes on Tablet (N) onto spider plate of Upper Spine (R) and screw Bolts and Washers (I) in, securing the Tablet (N).



10.) Insert USB (V) and DC Power Cable (S) from Upper Spine (R) into Tablet (N).



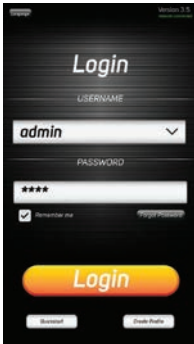
11.) Attach end of DC Power Cable (S) from bottom of Spine into AC Power Brick (U) and plug into wall.



 Inspect your Nexersys to ensure that all fasteners are tight and components are properly assembled.

# GETTING STARTED

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## Initial UI Set Up

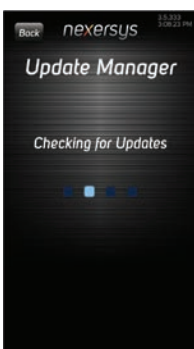
- 1.) Power On your Nexersys Tablet
- 2.) Login as Administrator.

**Username: Admin** **Password: 1234**



## Connect to Wifi

- 1.) Select Wifi in the settings menu
  - 2.) Select the Wifi network you wish to connect to
- when you are connected, the network will be highlighted



## Update Your System

- 1.) Return to the Settings menu
- 2.) Select Update Manager
- 3.) Select Start Download
- 4.) After download is complete select Install  
(make sure you have 'Approximate Location' Network-Based selected)
- 5.) After a successful install, select Open

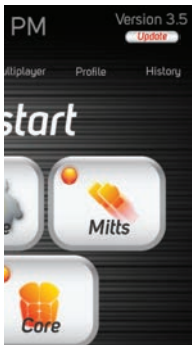
# GETTING STARTED CONTINUED

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## Selecting Your Device

- 1.) In Device Setup, select N3 Youth
- 2.) Select Consumer use case



## Check Messages

- 1.) Login or Create a Profile
- 2.) At the top right section of the screen, look for any new messages from the Nexersys Team. You will have messages regarding updates to your software.

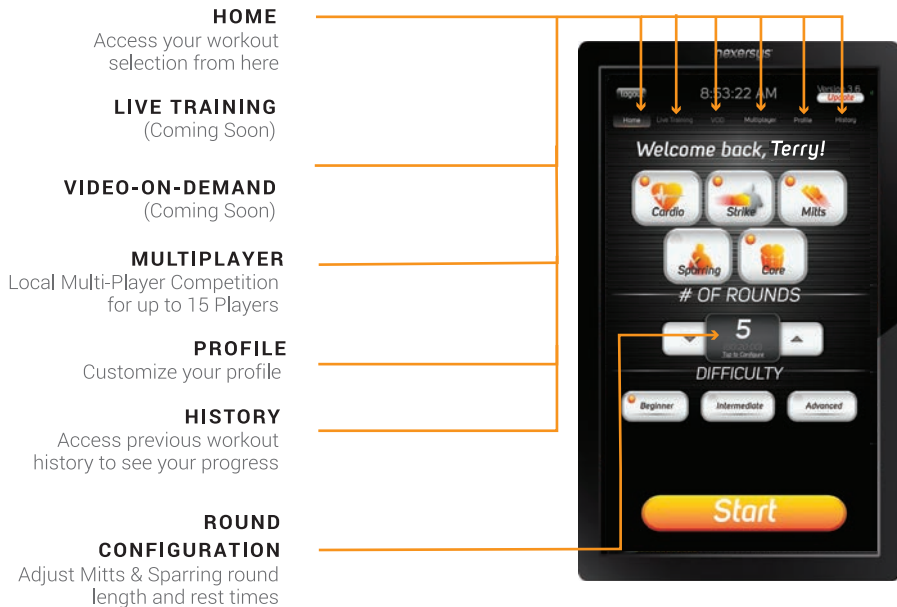


## Create a Profile

At the login page select Create Profile. Up to 5 user profiles may be created. Once a user has logged into their profile, Nexersys will remember user names for quick and easy logins.

If inactive for 5 minutes, your Nexersys will go to sleep to conserve power. To wake up, simply tap a pad or touch anywhere on the screen.

# THE WORKOUTS



## ROUND TYPES

### Cardio Rounds

Cardio workouts are designed to get your heart rate up while becoming familiar with the Nexersys.

### Strike Rounds

Strike workouts are designed to teach striking technique and form. You will learn how to pivot and turn as well as basic strike types you will be using.

### Mitts

Mitts training is the time to practice everything you've learned in Strike workout. Follow the 3D avatar's prompts for targeted strikes and see how far you have come. Points are awarded based on how accurate and consistent your strikes are. Lose points by missing strikes. Nexersys is able to intelligently design a workout based on your previous history.

### Sparring Rounds

Sparring workouts are freelance practice rounds. This is the perfect time to put everything you've learned together and practice strike combos.

In sparring the user is expected to block any oncoming strikes thrown by the 3D avatar. To block, lightly tap one of the pads. In Sparring, combos and successful blocks award extra points. No points will be lost by missed strikes, but not striking at all loses points.

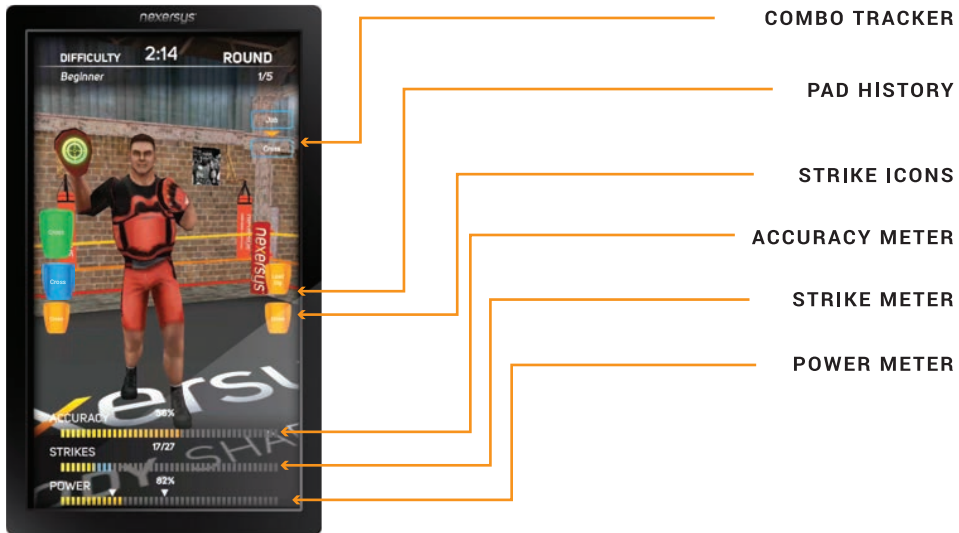
### Core Rounds

Finish your workout with corebusting moves that strengthen your abs. A strong core will also help you maintain good posture and avoid issues like lower

### Wrap Up

At the end of each workout, you are provided with feedback on your progress. This includes suggestions for improvements, trip and tricks. From here you can determine if you are ready to move up to the next level of difficulty. Review your feedback in the "History Tab" in the home menu.

# IN WORKOUT FEEDBACK



## Strike Icons

The strike icons provide a visual cue on which strike you are supposed to throw. They will pop up next to the strike zone where you should throw your strike.

## Pad History

The pad history consists of three pads in descending order. In pad history you will see what strike you should throw now as well as the prior two. The first pad indicates the current strike that should be thrown and will appear on the side you use to throw the strike. Facing the screen, in Traditional stance, the Jab would appear on the left side of the screen. The current pad will be blue and has the strike name on it. If you land your strike in time, the current pad will turn green. Fail to land your strike in time, it will turn orange.

## Combo Tracker

The Combo Tracker displays prompts in the top right-hand side of the screen. The next set of combos the user will strike will be displayed. EX: Jab > Cross > Jab

## Power Meter

The power meter is seen the bottom of the workout screen. It provides active power feedback for each strike. You can adjust the sensitivity for power reading in both personal profile settings as well as admin menu settings.

To avoid strain or injury insure you are striking at a 100% power reading.

## Strike Meter

The strike meter is seen the bottom of the screen between the Accuracy and Power meters. The strike meter reports feedback based on strike repetition and pace. The first strike number shown is the active number of strikes during the current. The second number is the suggested pace for the current difficulty level.

## Accuracy Meter

The accuracy meter is seen in the bottom of the screen on the top row of the feedback meters. Displayed is a reading for strike accuracy based on the proximity to the axis required for each. The axis will be different based on straight strikes vs lateral strikes. EX: If you strike a Hook on the "X" of the pad the accuracy will be below 80%. This is because hooks are lateral strikes not straight strikes.

## Audio Cues

**Double Clap** – 10 seconds before the first bell to indicate your workout is about to start and 30 seconds before the last bell.

**Single Bell** – Single bell starts a 3 minute round.







**Double Bell** – The double bell ends a 3 minute round.

**Buzzer** – indicates that you have hit too hard.







# LEVEL VARIATION

## BOXING STRIKES & MOVES

### Offense

-  Jab
-  Cross
-  Lead Body
-  Power Body
-  Lead Dig
-  Power Dig
-  Lead Upper Cut
-  Power Upper Cut
-  Lead Hook
-  Power Hook

### Defense

-  Step Left
-  Step Right
-  Slip Left
-  Slip Right
-  Bob Left
-  Bob Right

BOXING	Offense	Defense	Combos
<b>Beginner</b>	Jab, Cross, Lead Body, Power Body, Lead Dig, Power Dig	Lead Step, Power Step, Lead Slip, Power Slip, Lead Bob, Power Bob	Jab, Jab / Jab, Cross / Lead Slip, Lead Dig / Power Slip, Power Dig / Burn out
<b>Intermediate</b>	All Beginner + Lead Hook, Power Hook, Lead Uppercut, Power Uppercut	All Beginner	All Beginner + Lead Bob, Lead Dig / Power Bob, Power Dig / other various 2-4 strike combos
<b>Advanced</b>	All Intermediate	All Beginner	All Intermediate + other various 2-6 strike combos



# LEVEL VARIATION CONTINUED

## MMA STRIKES & MOVES

### Offense


All Boxing +

 Lead Elbow

 Power Elbow

 Lead Swipe

 Power Swipe

 Lead Knee

 Power Knee

### Defense

 Step Left

 Step Right

 Slip Left

 Slip Right

 Bob Left

 Bob Right

MMA	Offense	Defense	Combos
<b>Beginner</b>	All Boxing Beginner	All Boxing Beginner	All Boxing Beginner
<b>Intermediate</b>	All Beginner + All Boxing Intermediate + Lead Elbow, Power Elbow, Lead Knee, Power Knee	All Beginner + All Boxing Intermediate	All Beginner + All Boxing Intermediate + other 2-4 strike combos incorporating the MMA moves
<b>Advanced</b>	All Intermediate	All Intermediate	All Beginner + All Boxing Intermediate + other 2-4 strike combos incorporating the MMA moves

# MAINTENANCE & CARE

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## **Cleaning**

Wipe down all parts and components with a soft cloth. Avoid water. To disinfect, a gentle cleaning solution may be used on the pads and a screen cleaner solution on the monitor.

## **Frame**

Before each use check all bolts, pads, cables, and framework for wear and proper function. Tighten all fasteners as necessary.

## **Pads**

**IMPORTANT NOTE:** Never hang a pad from a cable. Make sure the pads are always securely attached to the pad arms. Wear gloves made for striking – MMA or Boxing gloves – every time you use your Nexersys. If you want additional protection for your hands, wrap them first and then put on gloves.

## **Tablet**

Every time you use Nexersys, make sure the tablet is securely fastened to the frame. If the tablet comes loose during use, it could fall to the floor and break. Therefore, be sure to tighten all fasteners as necessary before each use.

## **Power Cords and Cables**

Avoid twisting or creasing the power cords and cables. Contact customer service if you are having problems with your cords or cables.

# TROUBLESHOOTING

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## **TRY THIS FIRST**

**1.) Power down Nexersys, and power back up.**

### ELECTRONIC EQUIPMENT

#### **My Nexersys is Not Turning On**

Check that the tablet power cable is inserted properly, that your Nexersys is plugged in, and that the power cable is securely connected to the AC Power Brick and the LED on the AC Power Brick is illuminated.

After turning your Nexersys on, it will need at least 5 seconds to boot up before you will see activity on the screen.

#### **Time Not Saving**

The battery on your tablet may be poorly seated. Contact Nexersys Support for further information.

#### **Long Term Storage**

For ideal storage, set-up Nexersys in a climate-controlled environment.

#### **Pads Not Working Correctly**

Upon power up, if one or more pads report "Check pad cabling" during startup, contact Nexersys Support. All pads should be oriented such that the white corner of the 'X' is in the top left position.

### HARDWARE EQUIPMENT

#### **One or more pads register my strikes incorrectly**

Ensure that your Nexersys is level and stable. Otherwise, intense vibrations could cause false hits.

#### **I cannot hear any sound coming from my Nexersys OR music/ voice volume is too loud**

Adjust the music and voice/sound effects volume by user under My Training > Other > Set Volume. Master Volume is controlled by Admin account. User Volume is controlled in User account



Submit a service request at [www.nexersys.com/connect/](http://www.nexersys.com/connect/)

# WARRANTY

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## Who is Covered

This warranty is valid for the original purchaser of the N3 Youth from an authorized Nexersys Dealer and is not transferable or applicable to any other person(s).

## What is covered

XFit, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Owner's Manual. This warranty is good only for authentic, original, legitimate machines manufactured by XFit, Inc. and sold through an authorized agent.

## How XFit, Inc. Will Support the Warranty

Throughout and as set forth under the terms of the Warranty, XFit, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. XFit, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty. In the event that replacement parts or components do not correct the issue, XFit, Inc. reserves the right to replace the product or apply a limited credit reimbursement toward another XFit, Inc. brand product, at our discretion. Reasonable substitution may be required depending upon product availability. Any

replacement of the product under the terms of the warranty in no way extends the original warranty period. These remedies are the exclusive and sole remedies for any breach of warranty.

## Owner's Responsibility

Retain appropriate and acceptable Proof of Purchase from an Authorized Nexersys Dealer. Operate, maintain, and inspect the product as specified in the Product Documentation (Owner's Manual). Product must be used exclusively for the purpose intended. Notify XFit, Inc. within 30 days after detecting an issue with the product and request a return authorization. If a return authorization is issued, you must return the defective part to XFit, Inc. for inspection. Install replacement parts or components in accordance with any Nexersys instructions. Perform diagnostic procedures with a trained XFit, Inc. representative if requested. The warranty does not cover labor costs or related charges.

## What is Not Covered

Damage due to commercial use, abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Owner's Manuals), rust or corrosion as a result of the product's physical location, misuse, mishandling, accident, natural disasters, or

power surges. Damage caused by striking the machine too hard as noted in the Owner's Manual and on the Warning Label. Damage due to normal usage and wear and tear.

## Exclusions

The preceding warranties are the sole and exclusive express warranties made by XFit, Inc.. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the warranty of merchantability and any warranty of fitness for a particular purpose, are limited in direction to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

## How to Obtain Warranty Support

Submit a Service Request at <http://nexersys.com/connect/>.

# WARRANTY CONTINUED

## Limitation of Remedies

Except as otherwise required by applicable law, the purchaser's exclusive remedy is limited to repair or replacement of any component deemed by XFit, Inc. to be defective under the terms and conditions stated herein.

In no event will XFit, Inc. be liable for any special, consequential, incidental, indirect or economic damages, regardless of the theory of liability (including, without limitation, product liability, negligence or other tort) or for any lost revenue, profit, data, privacy or for any punitive damages arising out of or related to the use of the fitness machine even if XFit, Inc. has been advised of the possibility of such damages.

This exclusion and limitation shall apply even if any remedy fails of its essential purpose. Some states do not allow the exclusion or limitation of consequential or incidental type damages so the above limitation may or not apply to you.

## State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

## Expirations

If the warranty has expired, XFit, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact XFit for information on post-warranty parts and services. XFit, Inc. does not guarantee availability of spare parts after expiration of warranty period.

## International Purchase

If you purchased this machine outside of the United States consult your local distributor or dealer for warranty coverage.

## Terms

<b>Mechanical &amp; Electronic Parts:</b> Tablet, AggPCB, cables, accelerometers, power supply, pads, boots, springs, bushings & connectors	1 Year
<b>Frame</b>	5 Years
<b>Upholstery</b>	1 Year

# SUPPORT

For Service:

[www.nexersys.com/connect](http://www.nexersys.com/connect)

Technical/Customer

E-mail: [support@nexersys.com](mailto:support@nexersys.com)

Phone: 512-782-2940

XFit, Inc.

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USA

Website: [www.nexersys.com](http://www.nexersys.com)

Videos: [youtube.com/c/nexersys](https://youtube.com/c/nexersys)



Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders. Be sure to check that all pads are properly installed and that X's on pads are oriented correctly.

**N<sup>3</sup> youth**

*nexersys*<sup>™</sup>