Nexersys - Home

NXS-H Owner's Manual

Contents

Introduction

Nexersys is high intensity interval cross training that delivers an Effective and Total Body workout to all users – those with no striking experience, to those trained in Boxing or MMA. With 5 different workout programs, 3 difficulty levels, over 100 instructional videos, and thousands of workout possibilities, Nexersys Training adapts to your fitness needs.

The on-board Nexersys trainer will begin training with basic strikes from base level fitness and incrementally progress users to advanced-level strike combinations. Inexperienced strikers will learn new skills while engaging in active cardio, striking and core intensive workouts and experienced strikers alike, will pick up some new techniques while honing existing skills and improving all areas necessary for peak performance.

Please review the Assembly Manual to check your component inventory and to ensure you assemble your unit properly. Please review all safety, maintenance and usage instructions and warranty and return policies as are included in this Owner's Manual before using your Nexersys.

Customer Satisfaction is our priority. Please call with any questions or issues and we will do our best to serve you – (512) 782-2940.

Thank you!
Team Nexersys

Before Assembly

Select where you are going to locate your Nexersys iPower Trainer carefully. The best place for the machine is on a sturdy, level surface. For best results, assemble the Nexersys in the location where you intend to use it. Allow a workout area of at least 10ft by 6ft of free space for safe operation of the Nexersys. Below are a few basic tips that will make your assembly of the Nexersys iPower Trainer quick and easy. By using these principles, you can simplify each process and save yourself extra time and effort.

- To make the assembly process go faster, remember the location of the pieces you need for each step and thoroughly read the assembly instructions for that step prior to starting assembly for the step.
- When tightening a locknut on a bolt, use a combination wrench to grip the locknut and ensure that it is fastened securely.
- When attaching two pieces, gently lift and look through the bolt holes to help guide the bolt through the holes.
- As a general rule, and for all bolts and nuts on the machine, turn bolts or nuts toward the right to tighten (clock-wise) and left to loosen (counter clock-wise).

Tools

In order to construct your machine, you will need:
- Wrench (Included)
- Hex Keys (Included)

Unpacking Your Nexersys

Inside the Nexersys box you will find: tools to help you with assembly, each unique piece, and all necessary hardware to assemble the Nexersys. To make set-up easier, lay out each piece in the box where it is visible and check the lists on the following pages to make sure that the box contains the correct amount of each component. Try and remember where you laid out each piece so that you can find them quickly when you need them.

Important Safety Instructions

Be careful when dealing with larger Nexersys components, as they might require effort to lift and attach; Some steps require two individuals, have a second person assist you during assembly. Before each Nexersys use, make sure that all screws have been tightened securely, as the Nexersys will endure shock forces during most workouts.

⚠️ This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Obey the following warnings:

⚠️ Read and understand all warnings on this machine.
Carefully read and understand the Nexersys iPower Trainer Assembly Manual.

• 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.

• Some components of the Nexersys can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.

• Set up this Nexersys on a solid, level, horizontal surface.

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

• If replacement parts are necessary use only genuine Nexersys replacement parts and hardware. Failure to use genuine replacement parts can cause a risk to users, keep the Nexersys from operating correctly or 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.

• Do not defeat the safety purpose of the polarized or grounding-type plug. A polarized plug has two blades with one wider than the other. A grounding type plug has two blades and a third grounding prong. The wide blade or the third prong are provided for your safety. If the provided plug does not fit into your outlet, consult an electrician for replacement of the obsolete outlet.

• Protect the power cord from being walked on or pinched particularly at plugs, convenience receptacles, and the point where they exit from the CPU and monitor.

• Only use attachments/accessories specified by the manufacturer.

• Unplug this product during lightning storms or when unused for long periods of time.

Important Safety Instructions

- 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.

- Do not hit the machine with excessive force. THIS CAN CAUSE INJURY to you or to 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.

- **This machine is for home use only.**

- Misuse or abuse of this equipment may lead to serious injury.

- Supervise teenagers and children using the Nexersys.

- Replace warning labels if damaged, illegible, or missing.

- Assemble and operate the Nexersys on a solid, level surface.

- Do not rock the unit.

- Do not attempt to service the Nexersys yourself other than the assembly and in a manner found in the maintenance instructions of this manual. See Assembly Manual (separate document), Maintenance, and Service and Support sections for details.

- 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.

- Obtain, read, and understand this owner's manual prior to use.

- Wear proper exercise clothing and shoes for your workout.

- 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.

Product Specifications

Nexersys Equipment

- Weight: 256 lbs

- Frame Box: 55" x 33" x 27"

- Equipment Footprint: 4'W x 4'L x 6'4"H

- Workout Area: 10'L x 6'W

- Commercial grade steel frame

- Professionally tested for 10,000 hours of continuous use

Monitor, CPU and Software

- 19" LCD monitor

- Carton Size: 19.5" x 5" x 18"

- Custom built computer utilizing TI OMAP Processor

- Custom Nexersys software running on Linux Operating System

- 3-axis accelerometer on PCB mounted in each pad to capture strike data

- Software Features: Video Training, Avatar Training (gaming), Multiplayer Programs, Custom Programs, 5 Saved Profiles, Preferences and Workout History

- Feedback: Accuracy, Strike Count, Power, Points, Heart Rate and Calories Burned

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

#54

#52

#56

#64

#65

#66

#68

#70

#91

#90

#71

#72
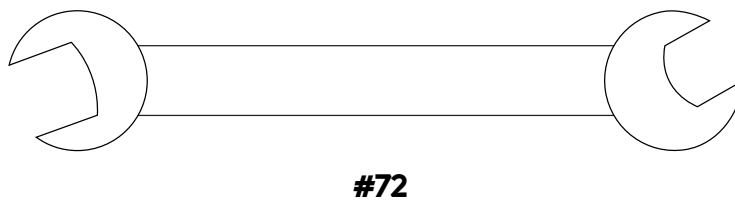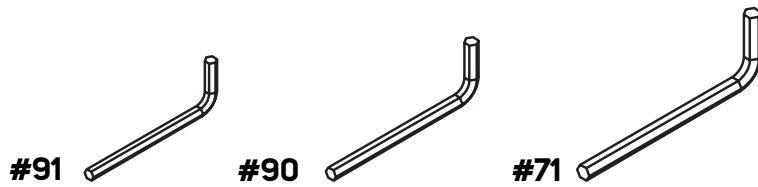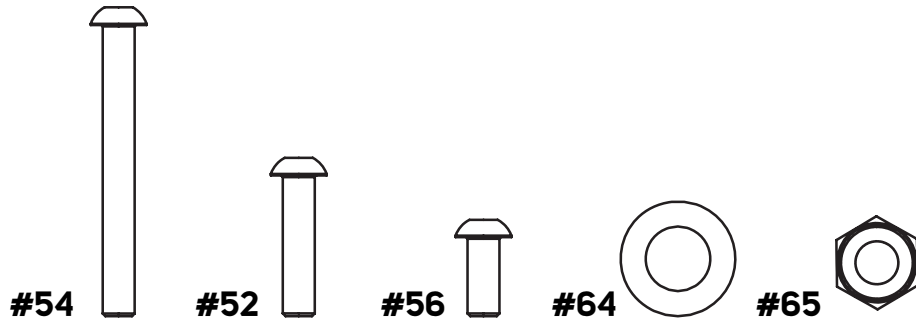
Parts & Reference Guide

Item	Quantity	Description
#54	1	M10 105mm Bolt
#52	4	M10 75mm Bolt
#56	10	M10 25mm Bolt
#64	20	M10 Flat Washer
#65	5	M10 Nylock Nut
#66	28	M8 20mm Bolt
#68	28	M8 Flat Washer
#70	28	M8 Lock Washer
#91	1	Hex Key, size = 5/32"
#90	1	Hex Key, size = 5
#71	1	Hex Key, size = 6
#72	1	Wrench

Parts & Reference Guide
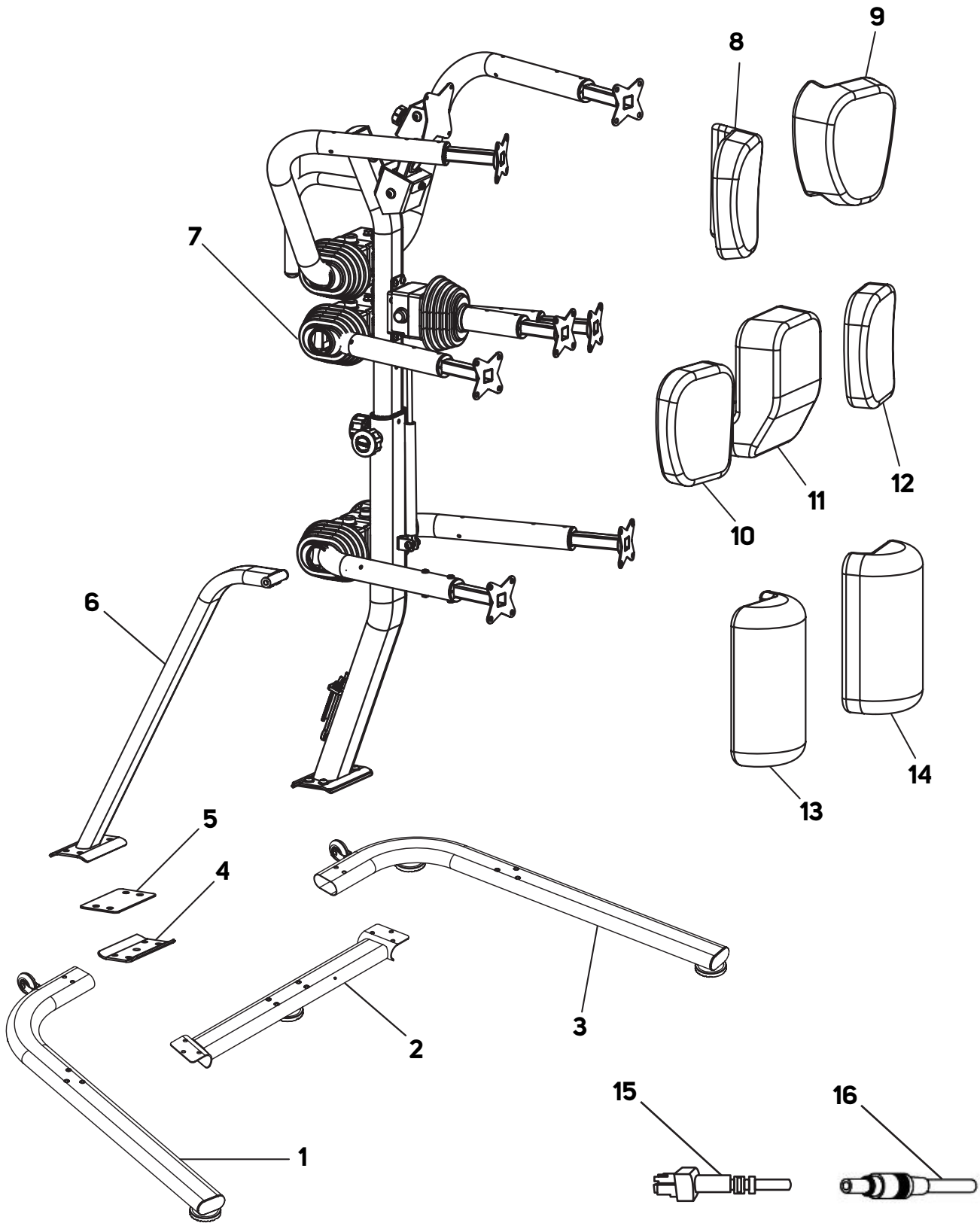
Parts & Reference Guide

Item	Quantity	Description
1	1	Left Base Edge
2	1	Center Base Connector
3	1	Right Base Edge
4	1	Plate 1
5	2	Rubber Gasket
6	1	Spine Support
7	1	Spine
8	1	Left Head Pad
9	1	Right Head Pad
10	1	Left Body Pad (Kidney Pad)
11	1	Center Body Pad
12	1	Right Body Pad (Kidney Pad)
13	1	Left Kick Pad
14	1	Right Kick Pad
15	7	Accelerometer Cables
16	1	DC Power Cable
17	1	Sit Up Bar

Assembly

Step 1: Spine Support Assembly and Base Assembly

Parts Needed: Left Base Edge, Right Base Edge, Plate 1, Rubber Gasket, Spine Support
Hardware Needed: 4 - M10 75mm Bolt (#52); 8 - M10 Flat Washer (#64); 4 - M10 Nylock Nut (#65)

#52

#64

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4

#64

#65
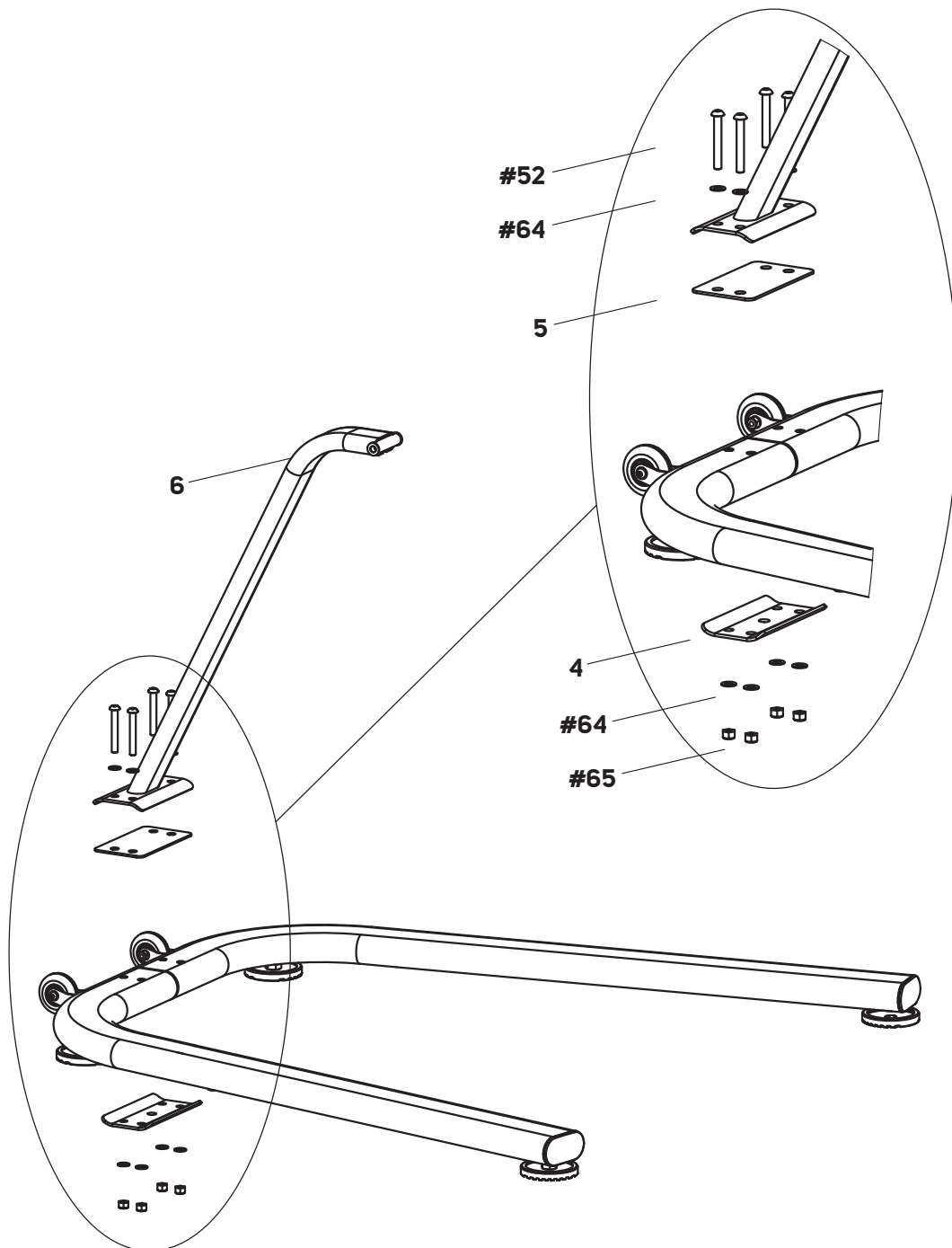
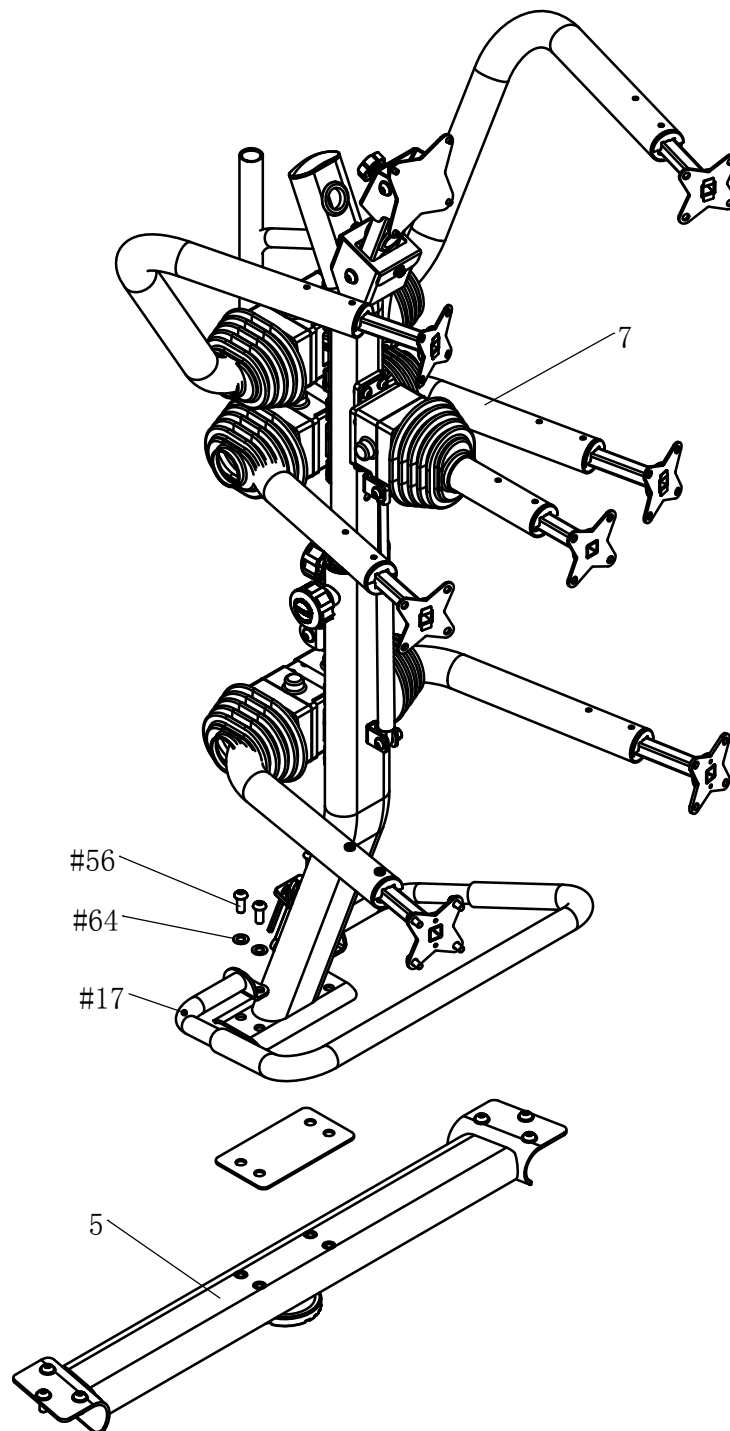**Note:** Do not tighten the M10 75mm Bolts until after Step 3.

Assembly

Step 2: Spine Support Assembly

Position the Spine horizontally so that the Center Base Connector can be attached to the Spine.
Parts Needed: Spine; Rubber Gasket; Center Base Connector
Hardware Needed: 4 - M10 25mm Bolt (#56); 4 - M10 Washer (#64);

7

#56

#64

#17

5

Step 3: Spine Assembly

Additional Parts Needed: Upper Spine Assembly; Base Assembly
Hardware Needed: 6 - M10 25mm Bolt (#56); 8 - M10 Washer (#64); 1 - M10 105mm Bolt (#54);
                      1 - M10 Nylock Nut (#65)

#56 **#64** **#64** **#65**

7

#56

#64

#56

#64

Note: Now tighten the M10 75mm Bolts from step 1 (connecting the spine support to the base assembly).
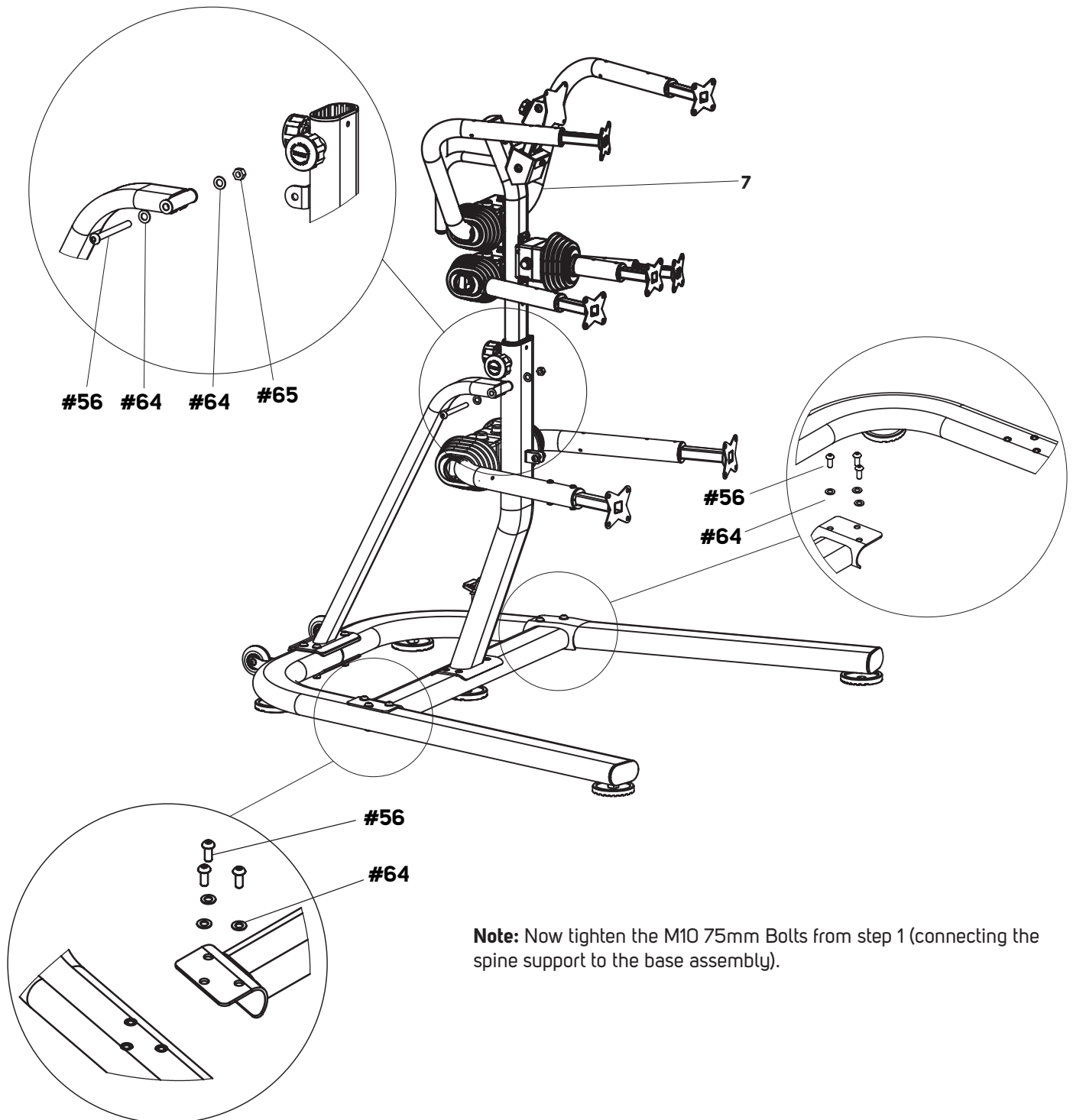
Nexersys CPU & Monitor

Warning / Caution

WARNING/CAUTION

RISK OF ELECTRIC SHOCK
DO NOT OPEN

TO REDUCE THE RISK OF ELECTRIC SHOCK DO NOT REMOVE COVER (OR BACK). NO USER SERVICEABLE PARTS INSIDE. REFER TO QUALIFIED SERVICE PERSONNEL.

The lightning flash with arrowhead symbol, within an equilateral triangle, is intended to alert the user to the presence of uninsulated "dangerous voltage" within the product's enclosure that may be of sufficient magnitude to constitute a risk of electric shock to persons.

The exclamation point within an equilateral triangle is intended to alert the user to the presence of important operating and maintenance (servicing) instructions in the literature accompanying the appliance.

FCC Notice

Class B Digital Device

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.

These limits are designed to provide resonable 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.

Caution

Changes or modification not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Do not attempt to modify this product in any way without written authorization from the manufacturer. Unauthorized modification could void the warranty and user's ability to operate this product.

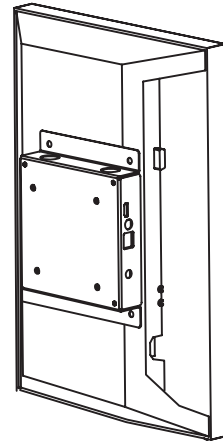To prevent fire or shock hazards, do not expose this product to rain or moisture.

Parts and Reference Guide

A

B

C
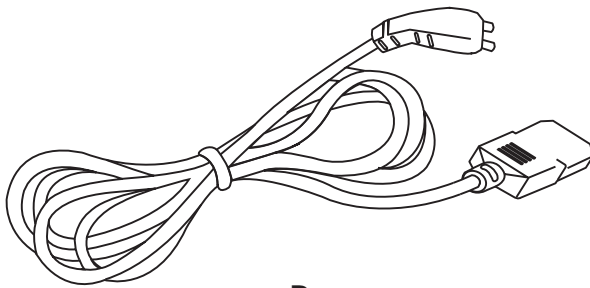
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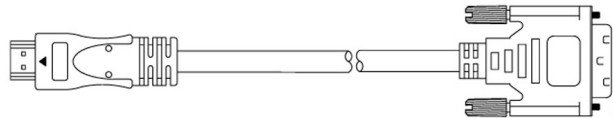
E
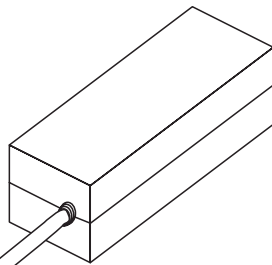
F
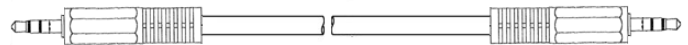
G

Parts and Reference Guide

Item	Quantity	Description
A	4	M6 Nylon Lock Nut
B	4	M3.5 Flat Washer
C	1	19" LCD Monitor
D	1	AC Cable
E	1	HDMI to DVI Cable
F	1	AC Power Brick
G	1	Audio Cable

Step 4 - Mount CPU and Monitor to Nexersys

Note: Both the lock washer and flat washer are required for proper assembly.
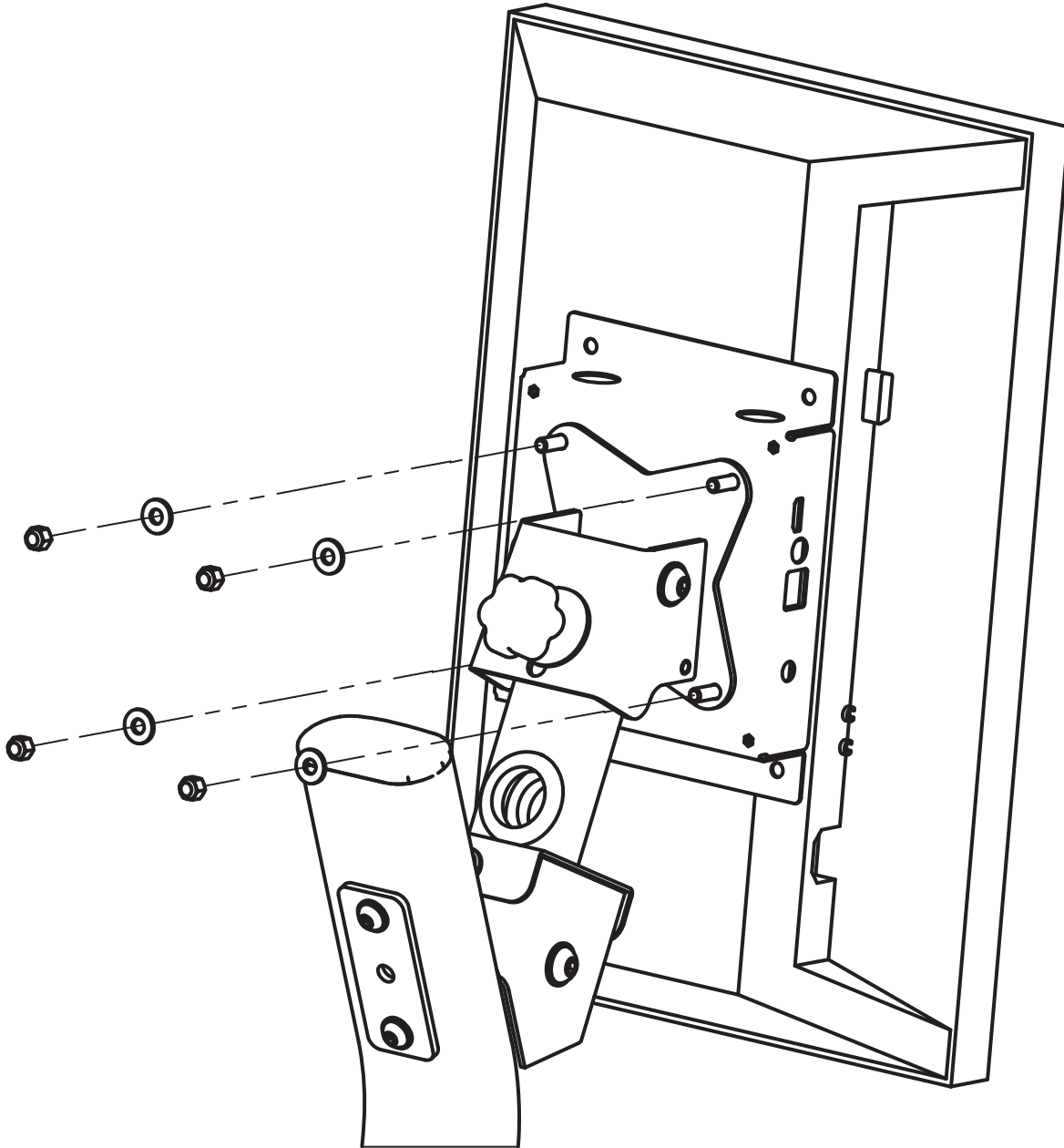
Warning: Be sure to install washers per instructions to avoid potential damage to the CPU.

Assembly

Step 5 - Connect Accelerometer Cables

Note: Plug-in left to right (1-7) when facing back of monitor.
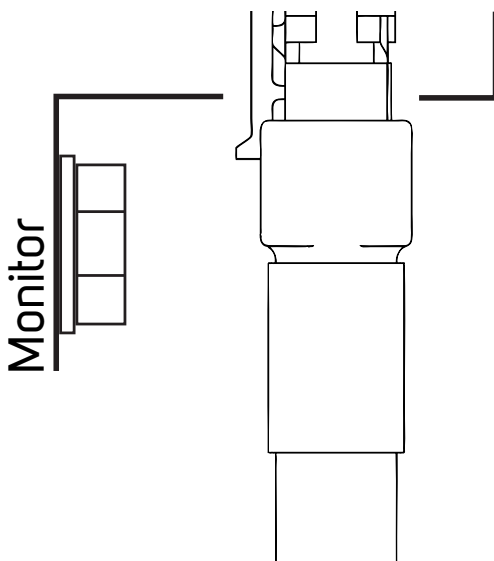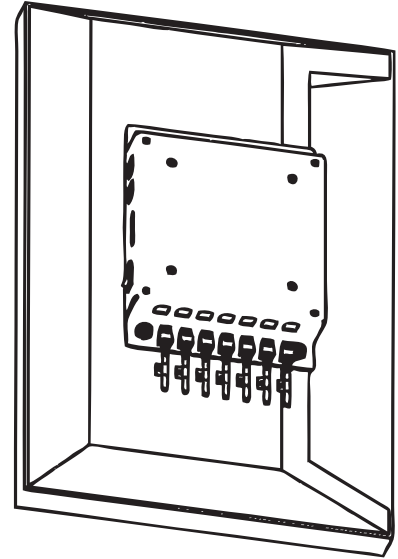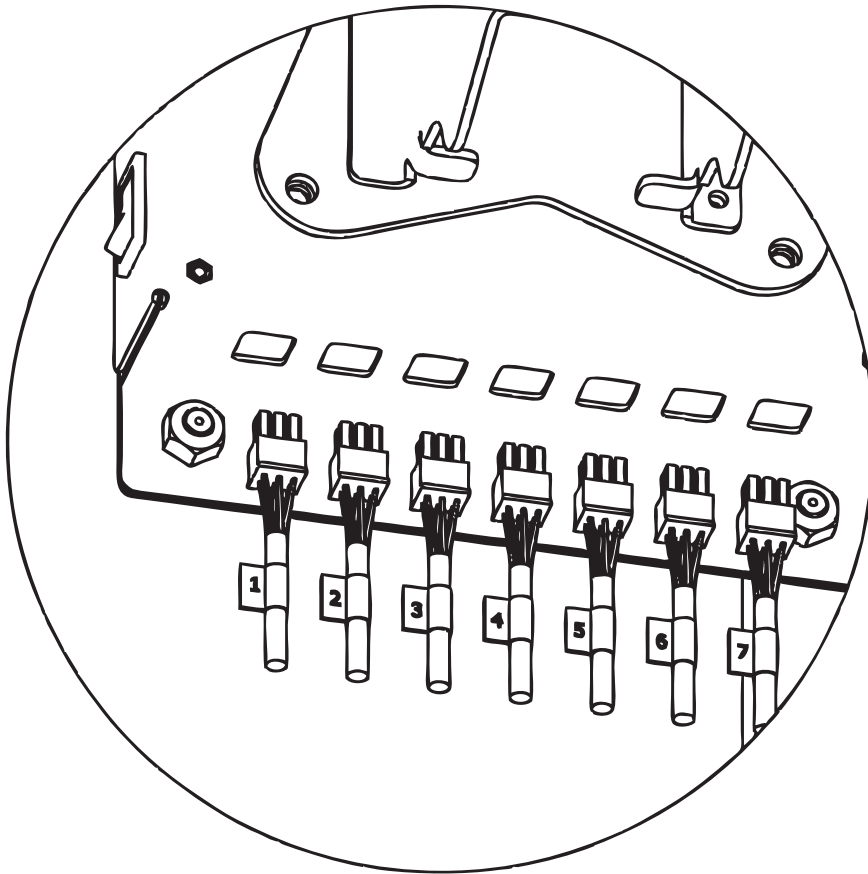
Monitor

Make sure the clip on the accelerometer cable faces the monitor when installed.

Assembly

Step 6 - Connect Audio, Video & USB Cables

HDMI to DVI-D Cable

VGA Port (Not Used)

Audio Cable
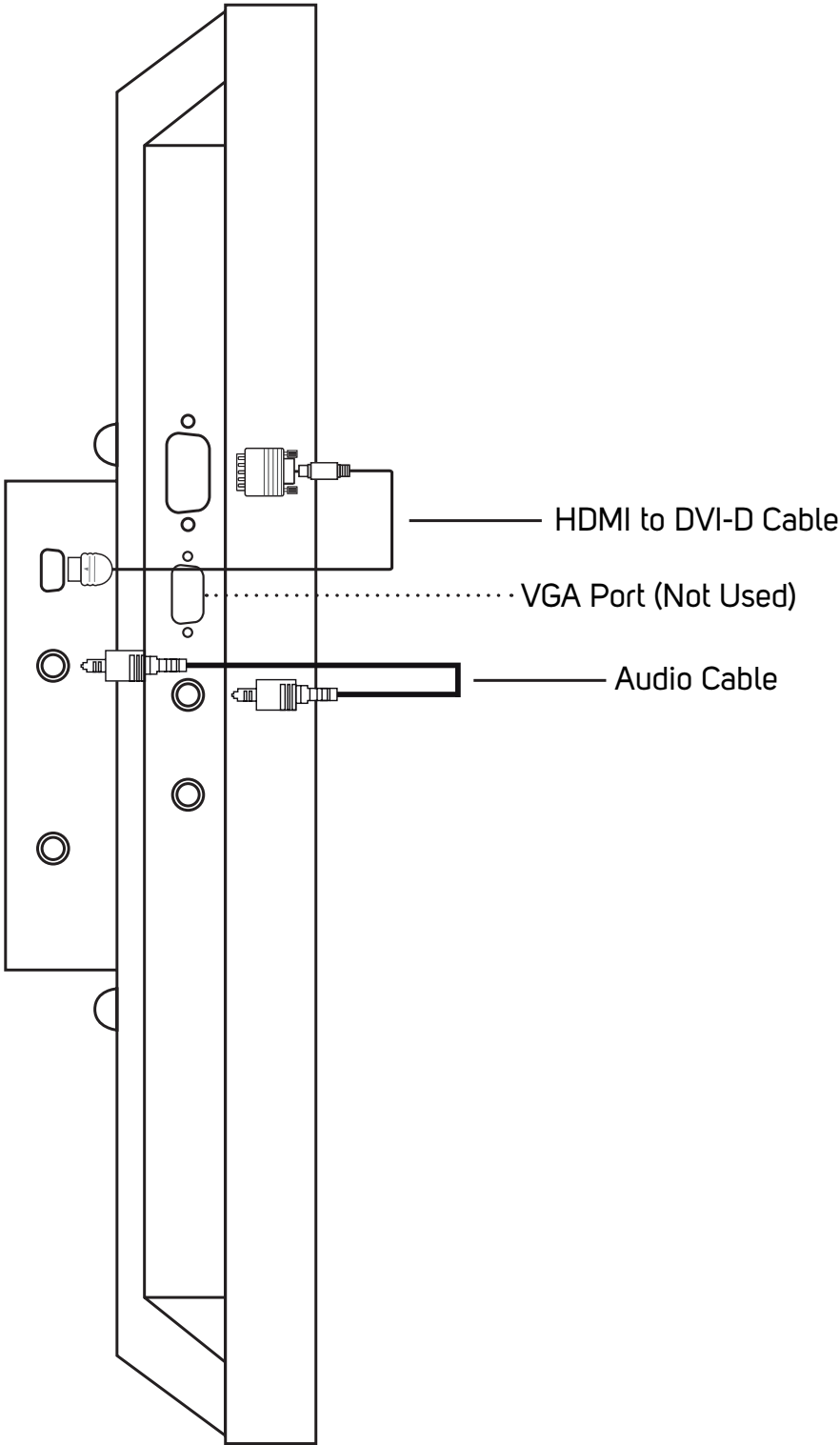
Assembly

Step 7 - Connect AC Power Supply

Note: Connect DC Cable from AC power supply to DC cable at base of Nexersys.

DC Cable

G

E
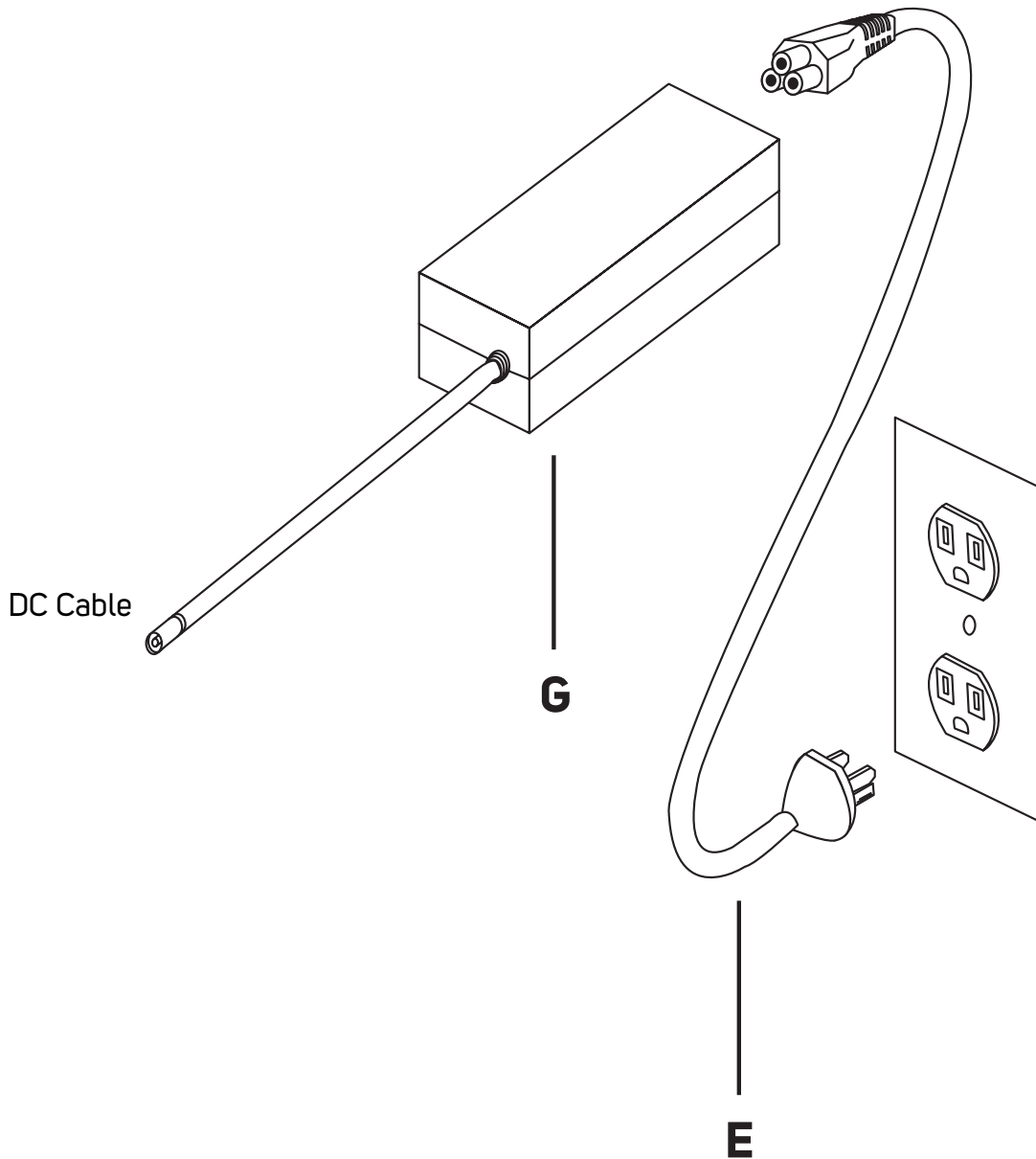
Assembly

Step 8 - Connect DC Power Cables to CPU and Monitor

Note: The DC cable is routed through the spine of the Nexersys iPower Trainer.

DC Power Supply
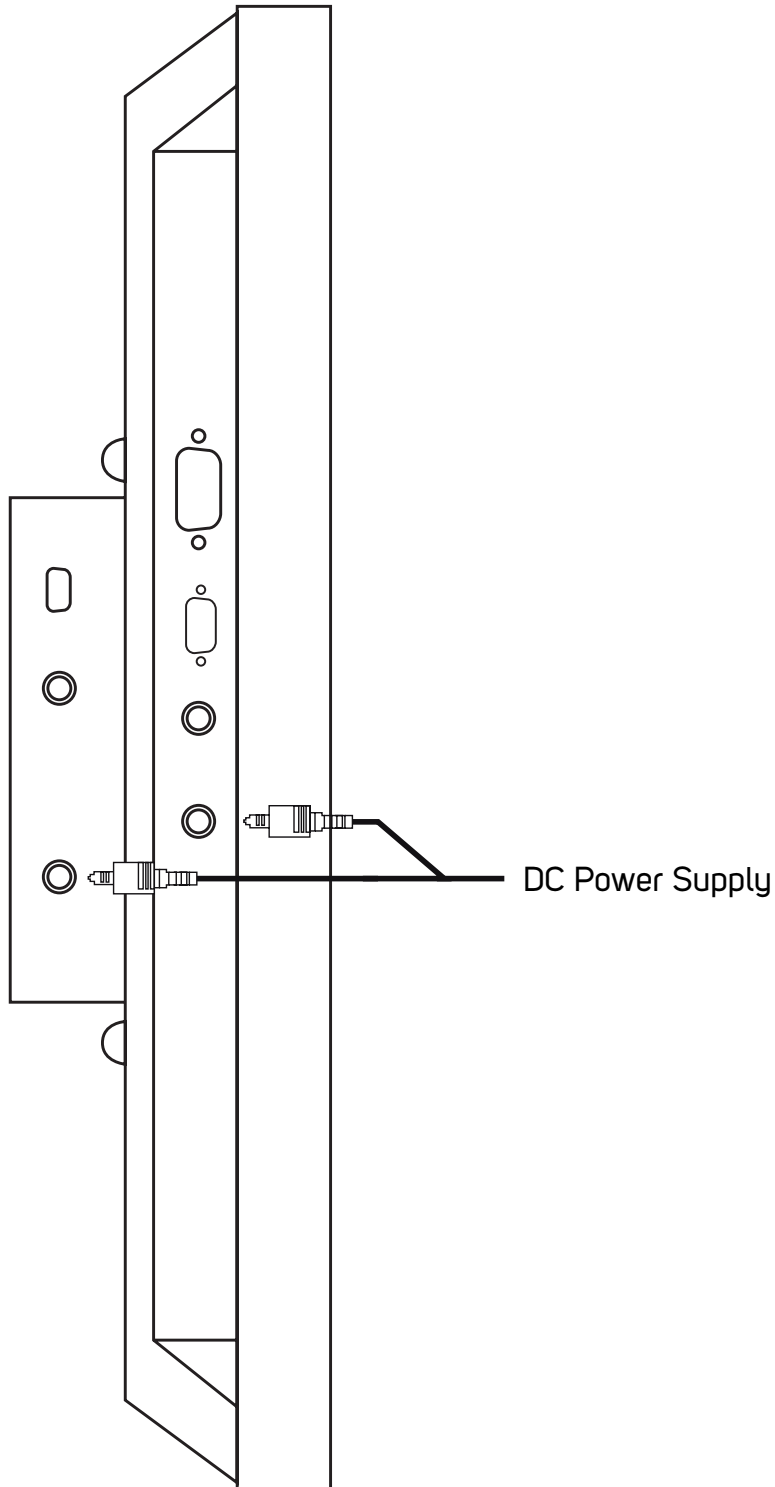
Assembly

Step 9 - Insert SD Card

Note: Insert SD card into slot fully until spring mechanism locks SD card into place.
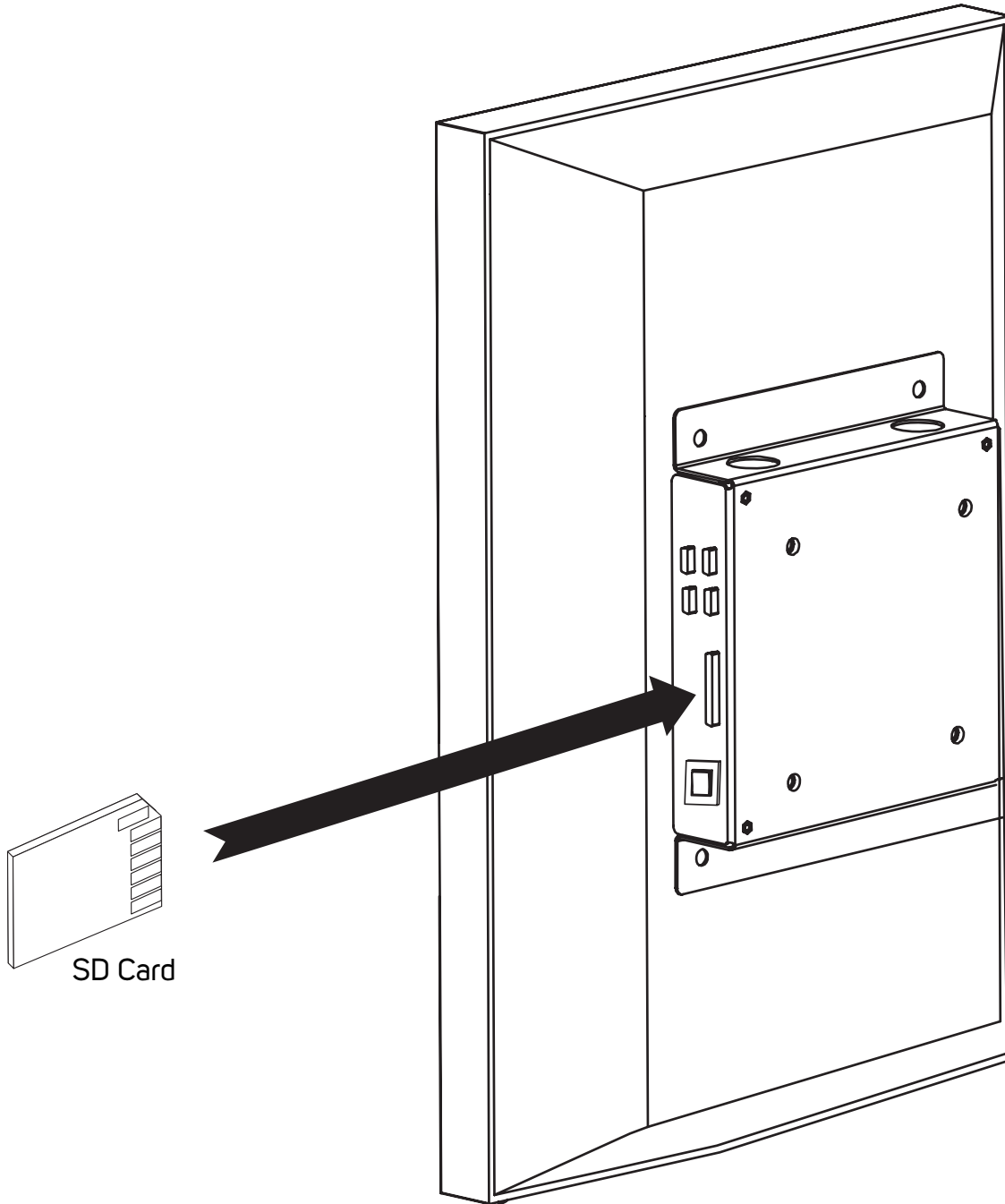
SD Card

Assembly

Step 10 - Turn On Power

Note: Please wait at least 20 seconds for software license screen.

CPU Power Switch

Monitor Power Switch
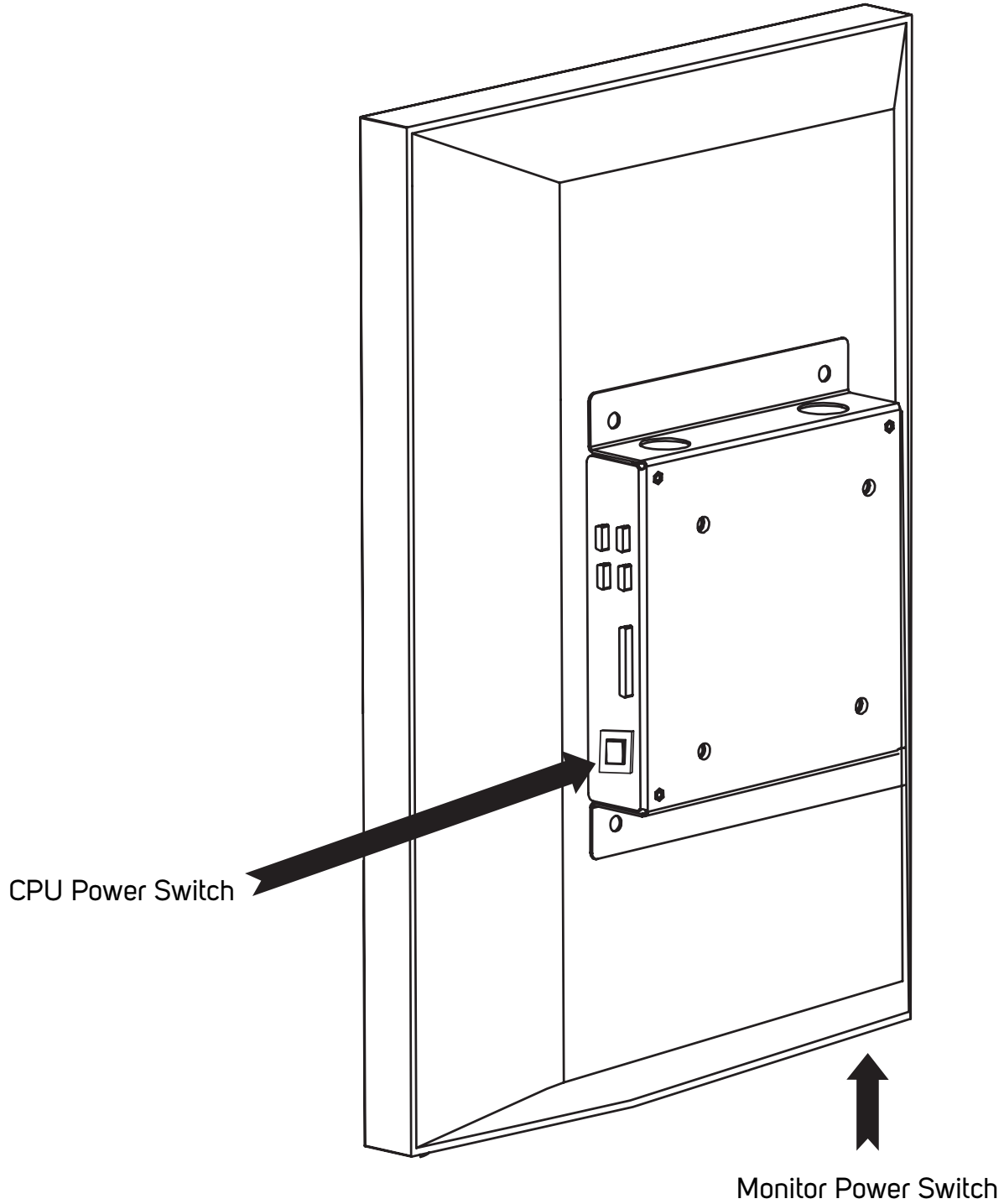
Monitor Specifications

Input Voltage

DC 12V ~ 4A (Please consult the back label of your monitor.)

Indicator	Mode
No light	Power off
Green light	Normal operation
Green light flash	No signal input

Keys Function

7 Keys Model

Key	Function
① MENU	Show OSD menu / select function
② UP	Move icon down / decrease value
③ DOWN	Move icon up / increase value
④ EXIT	Back to last menu / Auto adjust
⑤ SCALE	Change ratio (wide or normal)
⑥ SOURCE	Display or change input signal
⑦ ⏻	Turn ON / OFF monitor

Monitor Specifications

Main Menu

- Color Adjust
- Image Adjust
- Color Temp
- Tools
- Language
- Misc

Explanation of Individual Options:

1. Color adjustment

1.1 Brightness adjustment:
This option will adjust your displays brightness. Use the up and down buttons to increase or decrease brightness setting.

1.2 Contrast adjustment:
This option will adjust the amount of difference between white values and black values. Use the up and down buttons to increase or decrease the contrast setting.

1.3 DCR Function
Press MENU to show the main menu, press MENU into DCR choice item, press up or down to select ON or OFF, press MENU to open or close DCR function.

2. Image Adjust

2.1 Horizontal position adjustment:
This selection will adjust the horizontal position of the video on your display. This mode is only available in VGA mode. Use the up and down buttons to move your video display area left to right.

2.2 Vertical position adjustment:
This selection will adjust the vertical position of the video on your display. This mode is only available in VGA mode. Use the up and down buttons to move your video display area up and down.

2.3 Phase adjustment:
To press menu into main choice menus, press menu into phase adjustment, and then press up or down to start pixel sampling by phase improving stabilization.

2.4 Clock adjustment:
To press menu into main choice menus, press menu into Frequency adjustment, and then press up or down to adjust clock image display to track stability.
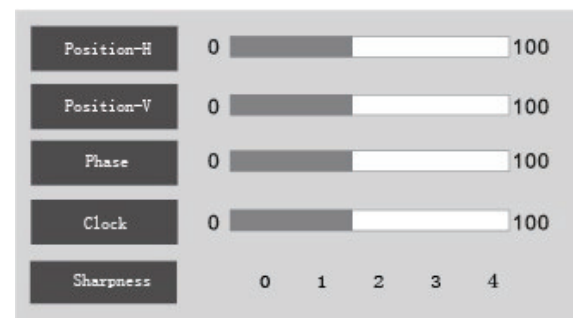
Monitor Specifications

2.5 Sharpness function

To press Menu into main choice menu, press Menu into sharpness adjustment, and then press Up or Down to select the value, and then press Menu to change sharpness of image.

3. Color temperature Adjust

This selection will change the amounts of red, green, and blue present in the image. Warm mode will give more red, Cool mode will give more blue, and User mode will allow you to make your own adjustments to the red, green, and blue levels.
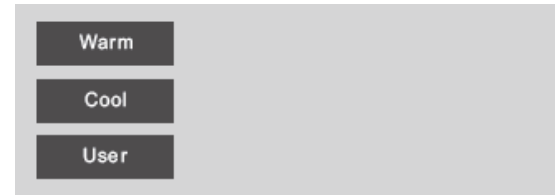
4. Tools

4.1 OSD H-position adjustment

This selection will change the horizontal position of the On Screen Display Menu. Use the up and down buttons to change the position left to right.
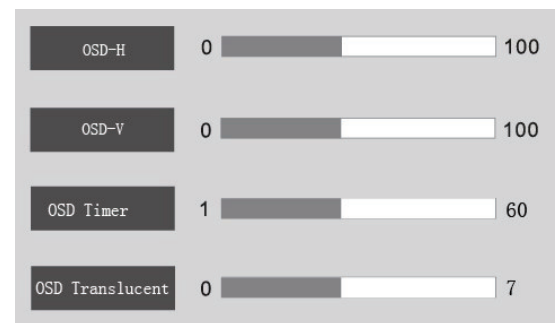
4.2 OSD V-position adjustment

This selection will change the vertical position of the On Screen Display menu. Use the up and down buttons to move the display up and down.

4.3 OSD Timer

This selection will adjust OSD menu display time on the screen.

4.4 OSD Translucence

This selection will adjust OSD menu transparency on the screen.

5. OSD choice language setting

This selection will allow you to select the language you want the menu to appear in. Select between English, Spanish, French, Italian, Deutch, or Korean. (Depending on your model, additional languages may be present.)

6. Miscellaneous

6.1 Auto configuration

This selection will automatically adjust your image setting to the best viewing.

6.2 Auto color

This selection will automatically adjust your color setting to the best viewing.

6.3 Factory reset

This selection will reset the monitor to factory statement.
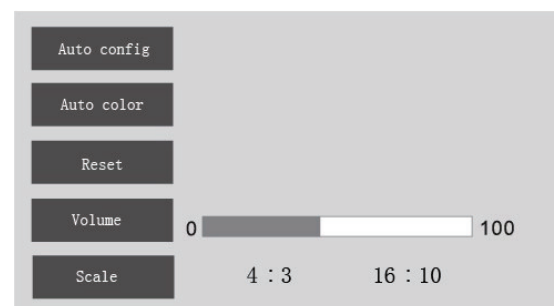
Monitor Specifications

VGA input	Input interference	D-SUB 15Pin
	Input signal	Analog 0.7pp anode signal/75 Ω
DVI input	Input interference	DVI-D 18Pin
	Input signal	10bit digital signal
Audio In	2X2W	
Audio In	30 ~ 80 KHz	
Audio In	60 ~ 75 Hz	
Temperature	Storage Temp	-20°C to 60°C
	Operation Temp	0°C to 40°C
Humidity	Operation	10% to 85%

Troubleshooting

My Nexersys is Not Turning On

The red light on the power switch does not turn on

Both the monitor and CPU require power. Check that both the monitor and CPU power cables are inserted properly, that your Nexersys is plugged in, and that the power cable is securely connected to the AC power brick.

The red light on the power switch turns on but nothing happens

Check that the monitor's power and video cables are connected properly. Also make sure that the monitor is on. Check that the green light on the left side of the monitor is lit to indicate the monitor is ON.

Ensure that the card is inserted into the CPU properly.

After turning your Nexersys on, it will need at least 20 seconds to boot up before you will see activity on the screen.

Aggregator and Accelerometer Bootload

The computer must program each accelerometer when the Nexersys iPower Trainer is first powered on. This process is called bootloading. You may receive an error message during the bootload process that identifies an accelerometer is not connected – or the bootload process may stop (i.e. hang). Please turn off the CPU, check the connection of any reported pad error, and then restart the CPU.

The pad layout corresponding to the accelerometer numbers is shown below:

Physical Layout of Pads

LEFT HEAD		RIGHT HEAD
PAD 1		PAD 2

LEFT KIDNEY	BODY	RIGHT KIDNEY
PAD 3	PAD 4	PAD 5

LEFT LEG		RIGHT LEG
PAD 6		PAD 7
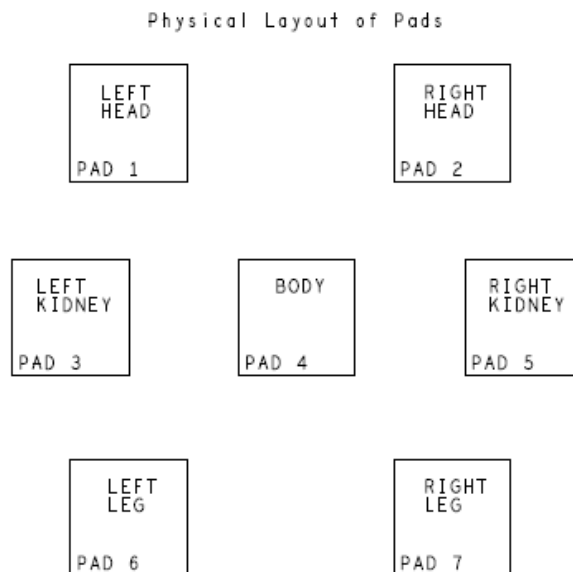
Please don't hesitate to contact Nexersys support if you have any questions.

Troubleshooting

Pads Not Working Correctly

One or more pads do not register my strikes
Upon power up, are you asked to check pad cabling?
If one or more pads report "Check pad cabling" during startup, contact Nexersys Support.

Are pads in the correct orientation? All pads should be oriented such that the white corner of the 'X' is in the top left position.

Are you on the proper difficulty setting? More advanced rounds require you to hit harder.

One or more pads register my strikes incorrectly
Are cables in the proper order?
See physical layout of pads on page 18.

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

Monitor

Monitor is on but the colors are wrong
Check that the monitor cable is inserted properly on both the monitor and CPU side.

Video does not fill the screen
The aspect ratio on the monitor may be set wrong. The SCALE will toggle the display from 4:3 aspect ratio to 16:10.

I cannot hear any sound coming from my Nexersys OR Music or voice volume is too loud
Check that audio cable is inserted all the way on both the monitor and CPU side.

Ensure that the volume on the monitor is turned up. You can change the monitor volume using the DOWN key. This will bring up the Volume setting on the monitor. Increase volume using the UP key. Decrease volume using the DOWN key.

Adjust the music and voice/sound effects volume by user under My Training > Other > Set Volume.

Time Not Saving

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

USB Data

Check that the USB stick is plugged in properly, and that you have enough memory left on your USB stick.

If you removed your USB stick or turned off your Nexersys during a "Do not unplug USB or turn off the

machine" screen, you may have corrupted your USB stick. To fix this, insert the USB stick into a PC computer and run a disk repair.

My Nexersys is not saving my workout data

Check that the switch on the SD card is up, meaning the card is unlocked.

Software

1. Power down Nexersys, remove the SD card, reinsert it and power back up.
2. Call Customer Service.

Long Term Storage

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

Maintenance

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.

Monitor/CPU
Every time you use Nexersys, make sure the monitor is securely fastened to the CPU and the CPU to the frame. If the monitor and CPU come loose during use, they could fall to the floor and break. Therefore, be sure to tighten all fasteners as necessary before each use.

SD Card
If you encounter any problems, please contact customer service for troubleshooting support and/or a replacement.

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.

Final Inspection

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

⚠️ 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.

NOTICE

MAINTENANCE	Daily	Weekly	Monthly	6 Months	Yearly
Clean: Pads	✖				
Inspect: Frame bolts. Tighten if needed.			✖		
Inspect: CPU/Monitor mount and bolts. Tighten if needed.			✖		
Inspect: Pad bolts. Tighten if needed.			✖		
Inspect: Arm screws. Tighten if needed			✖		
Inspect: All decals and replace if missing or torn.			✖		
Inspect: Spine spring cover bolts. Tighten if needed.				✖	
Inspect: Boot cover bands. Call to replace if needed.				✖	

Features and Use

Using Safety Features

Nexersys will alert you when you are hitting the machine too hard with a warning buzz. If you continue to hit too hard, the machine will automatically pause and warn you to adjust your stance and your power. Hitting too hard does not help improve the effectiveness of your workout. Additionally, excessive force can cause premature wear and tear, damage your machine, and cause injury to you.

DISCLAIMER: Sparring is about exercise, technique and form.

Interactive Feedback and Cues

Nexersys provides many visual and auditory cues detailed below to prompt and respond to your action, as well as performance summaries at the conclusion of each workout.

Visual Cues

Visual cues include pad history, strike icons, a combo counter, and a combo tracker.

Audio Cues

- **Double Clap –** happens 10 seconds before the first bell to indicate your workout is about to start. It happens again 30 seconds before the last bell to indicate that it's time to give it all you've got for the last 30 seconds.
- **Single Bell –** the single bell starts the 3 minute round.
- **Double Bell –** the double bell ends the 3 minute round.
- **Buzzer –** indicates that you have hit too hard.

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 written on it as seen in Figure 1. If you land your strike in time, the current pad will turn green. If you fail to land your strike in time, it will turn orange. The current pad will then move down, as either green or orange, as the next strike pad pops up. Figure 1 shows the pad history.

Figure 1. Pad History

Features and Use

Strike Icons

The strike icons listed below 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. For instance, the knee icon will appear at the waistband, the hook icon next to the head and the kick icon next to the legs

Lead Knee   Power Knee

Lead Sweep   Power Sweep

Lead Elbow   Power Elbow

Lead Hook   Power Hook

Lead Uppercut   Power Uppercut

Figure 2. Rotational Strike Icons

Round Wrap-up

At the end of each round, you will receive a round wrap-up showing the average accuracy, total number of strikes, average power, total calories burned, and total points scored as relevant for that round. Figure 5 is a screenshot of a typical round wrap-up.

At the end of a program (1-15 rounds), you will receive a workout wrap-up that provides a summary of all rounds completed (Figure 4 left) and a detail page with the round wrap-up stats from each round (Figure 4 right). These workout wrap-ups will be stored in the Historical Data folder found under Profiles & Settings / View Historical Data.
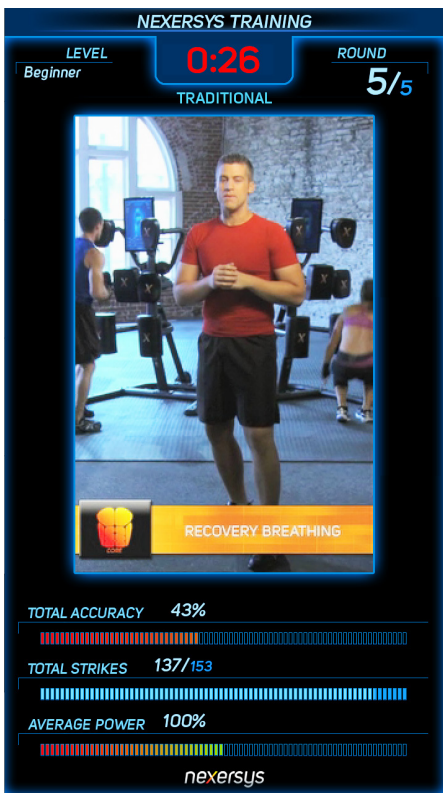

Figure 3. Round Wrap-up

Figure 4. Workout Summary

Intensity Levels

Nexersys allows you to train at three different intensity levels of increasing difficulty – Beginner, Intermediate, Advanced.

Beginner Level

Beginner level moves at a slower but consistent pace allowing the trainer to teach each move. Beginner does not mean easy. The goal is to learn basic punches, kicks, and a jab/cross combo using excellent form while getting the user striking and working immediately. This workout program will build on the strikes learned in the Beginner level to add more challenging moves, combinations and speed to increase complexity as a user progresses. The Beginner level includes two technique training rounds that provide detailed instruction on how to throw each strike worked during this level. Training videos measure accuracy, power and the number of strikes per round. Based on the measurements captured over time, Nexersys will tell the user when it's time for them to move to the next level.

Intermediate Level

Intermediate level builds on the foundation created during the Beginner level videos. The Intermediate levels will include all direct strikes taught in Beginner training, and add instruction on more challenging, rotational strikes including knees, elbows, lead and power sweep kicks, and more complex combinations. There are two technique training videos in the Intermediate level that provide detailed instruction on new strikes in this level. The pace is faster and the trainer will call for more strikes during these sessions. Training videos measure accuracy, power, and the number of strikes per round. Based on the measurements captured over time, Nexersys will tell the user when it's time for them to move to the next level.

Advanced Level

Advanced level training works all Beginner and Intermediate strikes in challenging combinations and in both stances. The trainer will teach the combinations at the beginning of each round, set the pace, and get the user working at a high level of intensity. The number of strikes per round increases again. The goal for the user is to combine what they have learned, work at their highest intensity level, and have fun doing it. The Advanced level also includes two technique rounds that focus on using flow, momentum and timing to work the Advanced combos like a pro. Training videos measure accuracy, power, and the number of strikes per round. Based on the measurements captured over time, Nexersys will show where a user can focus to improve performance and results in the round and workout wrap-ups.

Strike Technique

(Please see the tutorial video for examples of both stances and all strikes)

- **Traditional Stance**

  Choose this stance if your right hand is your power hand. For foot placement, stand hip width apart and take a step back with your right leg. Drop your back knee to the ground. Your back knee should be even with the heel of your front foot. Your weight is balanced in the center and your knees are slightly bent. Left hand is your lead hand, right hand is your power hand. Both hands are in a fist, arms are bent, fists are up by your face, protecting the jaw. Ab muscles are tight and you have a slight hunch in your torso.

- **Southpaw Stance**

  Choose this stance if your left hand is your power hand. For foot placement, stand hip width apart and take a step back with your left leg. Drop your back knee to the ground. Your back knee should be even with the heel of your front foot. Weight is balanced in the center and your knees are slightly bent. Right hand is your lead hand, left hand is your power hand. Both hands are in a fist, arms are bent, fists are up by your face protecting the jaw. Ab muscles are tight and you have a slight hunch in your torso.

- **Jab**

  Lead hand punches opposite head pad.

- **Cross**

  Power hand punches opposite head pad.

- **Lead Body**

  Squat into stance, lead hand to center body pad. Fully extended strike.

- **Power Body**

  Squat into stance, power hand to center body pad. Fully extended strike.

- **Lead Dig**

  Lead hand to same side kidney pad. Tight strike.

- **Power Dig**

  Power hand to same side kidney pad. Tight strike.

- **Lead Kick**

  Lead leg kicks front of same side kick pad. With balance, pull lead leg knee up, extend leg with slight push into kick pad – no more than 1-2 inches compression, bend leg again and replace foot back into stance.

- **Power Kick**

  Power leg kicks front of same side kick pad. With balance, pull power leg knee up, extend leg with slight push into kick pad – no more than 1-2 inches compression, bend leg again and replace foot back into stance.

- **Lead Hook**

  Lead hand throws a hook to the inside of the opposite head pad. Fist to elbow is parallel to the ground. Big rotation in the core.

- **Power Hook**

  Power hand throws a hook punch to the inside of the opposite head pad.

Strike Technique

- **Lead Elbow**   Lead elbow to the opposite head pad. Step in and strike through the pad with your elbow.

- **Power Elbow**   Power elbow to the opposite head pad. Step in and strike through the pad with your elbow.

- **Lead Uppercut**   Lead hand comes under and up into the center body pad. Tight strike.

- **Power Uppercut**   Power hand comes under and up into the center body. Tight strike.

- **Lead Knee**   Lead knee to the center body pad.

- **Power Knee**   Power knee to the center body pad.

- **Lead Sweep**   Lead leg sweeps around, as body pivots with it. Lead leg strikes the inside of the opposite leg pad.

- **Power Sweep**   Power leg sweeps around, as body pivots with it. Power leg strikes the inside of the opposite leg pad.

Limited Warranty

Nexersys SATISFACTION Guarantee

Your satisfaction is guaranteed. If you're not 100% satisfied with your Nexersys purchase or its accessories, simply contact our Customer Service department within six weeks of delivery for a Return Authorization. Returns must include any accessories and be in original condition and packaging. Once received, you will be refunded the full purchase price, less shipping and handling. Items must be postmarked no later than 2 weeks after your Return Authorization is given. Please note: products returned without a Return Authorization Number or outside the return period will not be refunded.

Nexersys LIMITED WARRANTY

Who is Covered
This warranty is valid for the original purchaser 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 Product's Assembly and Owner's Manual. This warranty is good only

for authentic, original, legitimate machines manufactured by XFit, Inc. and sold through an authorized agent and used in the United States or Canada.

Terms
- Mechanical and Electronic Parts (CPU, monitor, accelerometers, cables & power supply)   1 year
- Wear Parts (pads, boots, springs, bushings and connectors)   3 years
- Frame   7 years
- Upholstery   1 year

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.

What You Must Do

- Retain appropriate and acceptable Proof of Purchase

- Operate, maintain, and inspect the product as specified in the Product Documentation (Assembly Manual, Owner's Manual, etc.)

Limited Warranty

- 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.

- 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 abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly and Owner's Manuals, etc.), rust or corrosion as a result of the Product's physical location, misuse, mishandling, accident, natural disasters, power surges.

- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or private entity that has a machine for use by its members, customers, employees or affiliates.

- Damage caused by hitting 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.

- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Warranty Support

For Products purchased directly from Nexersys Corporation contact the Nexersys office listed on the Contacts page of the Owner's Manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nexersys Corporation.

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.

Limited Warranty

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 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 Nexersys for information on post-warranty parts and services.

XFit, Inc. does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

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

For questions regarding assembly, how to use Nexersys, parts, components or accessories, please call

(512) 782-2940

Your satisfaction is guaranteed. If you're not 100% satisfied with your purchase, simply contact our Customer Service department at (512) 782-2940 within six (6) weeks of delivery for a Return Authorization.

Returns

This policy applies to products purchased direct from XFit, Inc. and includes the Nexersys unit.

XFit, Inc. accepts returns of merchandise only under the following conditions:
- You must receive a Return Merchandise Authorization Number from Nexersys before shipping the product to us.

Limited Warranty

- The merchandise must be returned within the Satisfaction period specified.

- Products returned must be received no later than two (2) weeks after we have provided your Return Authorization Number (RMA).

- Products must be returned undamaged in suitable packaging (preferably original cartons).

Return Policy

- Must be in original condition with all accessories and materials included.

- Refunds do not include shipping and handling fees.

- Please DO NOT refuse to accept delivery of your Nexersys. If you would like to return the product for a refund, please go through the proper return/refund procedures described above.

Unauthorized Returns

XFit, Inc. defines an unauthorized return as any merchandise returned to our facilities without a valid and current Return Merchandising Authorization (RMA) number issued by Nexersys. Failure to properly mark packages with a valid RMA number, or allowing an RMA number to expire, will cause Nexersys to consider a return unauthorized. Any merchandise returned without a RMA number will not be subject to a refund or credit and XFit, Inc. will discard the product. The customer assumes all shipping and handling charges for any unauthorized return.

Important Warranty Information

Please visit www.nexersys.com/warrantyapp to register your Nexersys. In order to receive FREE basic Nexersys software upgrades and to activate your warranty, you must visit the link above and enter in complete and accurate information within 30 days of receiving your Nexersys. If you fail to register your product within the time frame listed above, your warranty will be voided.

Contacts

TECHNICAL / CUSTOMER SERVICE

E-mail: support@nexersys.com
Phone: (512) 782-2940
Website: www.nexersys.com

CORPORATE HEADQUARTERS

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USA
Phone: (512) 782-2940
E-mail: support@nexersys.com

Frame Serial Number
CPU Serial Number
Monitor Serial Number
Date of Purchase