

Owners Manual



STRIVE[®]

3KICK[™]

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Congratulations...

and welcome to the world of

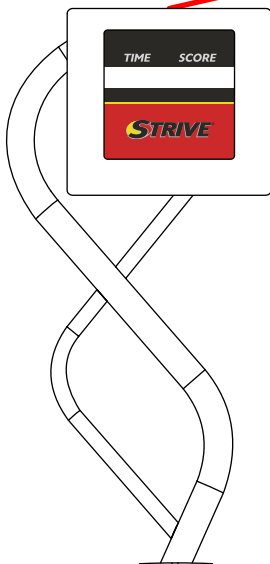


The following parts identification listing and the step by step assembly procedures have been assembled to make the set-up of the Strive 3 Kick as quick and easy as possible.



IMPORTANT SAFETY INSTRUCTIONS !

- ***Do not** allow people to participate if: They have had back, neck, leg, hip, arm, or heart problems or injuries.
- *Kicking, punching or slapping is inherently strenuous & potentially injurious. Strive **will not** be liable for any injuries incurred. Each owner of a **Strive 3 Kick** unit should have their own liability insurance coverage.
- ***Do not** allow people to hit or kick any area except the soft part of the large pads provided.
- *Person participating must be in good health.
- *It is recommended that people **stretch out** before participating in this or any physical activity.
- *Operate **Strive 3 Kick** on a clean level surface with plenty of traction, and allow only one participant at a time to play.
- *Participant **should not** be under the influence of alcohol.
- ***Do not** allow people to attempt to kick pads they cannot easily reach with their foot.
- *Promotion of and participation in this activity is at **your own risk**. As an owner of a **Strive 3 Kick** unit, you are responsible for safety of all participants.
- *Keep unit dry and out of prolonged exposure to the sun and natural elements.
- *Components of the **Strive 3 Kick** are heavy, always be sure to use adequate help and proper lifting techniques when lifting these components.
- *It is the responsibility of the owner of the **Strive 3 Kick** units to adequately inform users of precautions.



WARNING

SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.

1. Read all warnings and obtain proper instruction on use of machine prior to using.
2. Obtain a medical exam prior to beginning an exercise program.
3. Inspect machine prior to use, do not use if any part seems worn or damaged.
4. Use the machine only for the intended use. **DO NOT** modify the machine.
5. Children should always be supervised during use of machine.
6. Always perform exercise in a controlled type movement.

3KICK™ USE INSTRUCTIONS

- Push **"TIME/SET"** button to set workout time.
- Strike any pad to start game.
- Listen for tones and look for lights, then strike in targeted area on pad with the light on.
- The sooner you strike the pad after it lights up the more points you receive.
- The **"6 PAD/9 PAD"** toggle switch will deactivate the 3 top pads for shorter users.

WARNING

This unit should not be struck in a full force type of manner, always strike the pad in a controlled type manner in the three targeted areas of each pad.

Limited Warranty

(Strive 3 Kick Limited Warranty for Commercial Use)

Conditions and Products covered

Each Strive 3 Kick unit is a commercial piece of equipment designed for commercial supervision.

*Each unit comes with a full 90-day one-time part replacement warranty against defects.

*Additional coverage includes a full 1-year one-time part replacement warranty on all circuit boards and circuit board components.

*Additional coverage also, includes a full 3-year warranty on all steel components including all frameworks.

Items and Conditions not covered

*Products damaged by vandalism, improper care, accidents, excessive use, or improper maintenance. "Strive 3 Kick is not designed to be a heavy bag to be kicked or hit repetitively with full force, and should not be used as one. It is for light touch speed training/acuity".

*Shipping costs of returned warranty parts. "If a warranty part is sent out and the faulty part is requested to be sent back, a credit card will be charged upon sending new part and credited when faulty part has been received".

*Products exposed to moisture and excessive dust, dirt or the elements. Strive 3 Kick should be operated in dry conditions and out of direct sun exposure.

*Electronics that are damaged due to power surges and other naturally generated power spikes. Use only UL listed surge protectors.

*Any Labor, including labor incurred in diagnosis of problems, the changing of parts or the shipping of parts.

Precautions

*It is the responsibility of the owner of the Strive 3 Kick units to adequately inform users of precautions and proper usage of the unit.

*Do not allow people to participate if: They have had back, neck, leg, hip, arm, or heart problems or injuries.

*Kicking, punching or slapping is inherently strenuous & potentially injurious. Strive will not be liable for any injuries incurred. Each owner of a Strive 3 Kick unit should have their own liability insurance coverage.

*Do not allow people to hit or kick any area except the soft part of the large pads provided.

*Person participating must be in good health.

*It is recommended that people stretch out before participating in this or any physical activity.

*Operate Strive 3 Kick on a clean level surface with plenty of traction, and allow only one participant at a time to play.

*Participant should not be under the influence of alcohol.

*Do not allow people to attempt to kick pads they cannot easily reach with your foot.



As you receive your Strive 3 Kick, you may be wondering what you can expect from the Foam Contact Pads as they are the primary wear item on the machine. This document should help define expectations and answer questions you may have.

Foam process

Each of our foam pads are custom made just for us. We have created several rigid casts or molds formed from hard fiberglass and aluminum material. The mold is a negative image of what you see as a finished foam part. The mold is prepped by attaching all inserts such as our sensor configuration, wires, light bracket etc., then a slippery mold release is sprayed against the mold so the part won't stick, followed by an in-mold color coating which is sprayed on the mold to give the part an initial shiny finish. The foam material is mixed as a liquid, special chemistry formulates an A component of liquid and a B component of liquid. Just before these liquids are poured into our custom molds, the A and B components are supplied to a high speed highly accurate mixing head. This mixing head mixes the material down to fractions of a ml and then dispenses the foam into the mold. The mixing head is calibrated each day and often several times a day in an effort to maintain exacting formulations. The precise amount of liquid foam needs to be dispensed into the mold, with-in minutes the liquid foam grows forming small air bubbles in the material to fill the entire cavity. As the material chemically pressurizes itself against the sides of the mold, a layer of foam (or skin) is created around all the surfaces of the parts, the inner part of the pad stays soft and porous. The hardness or softness of a finished part can be greatly influenced by just a few ounces of raw liquid foam material. The part is left in the mold for several minutes as it cures, once the part cures the mold is stripped from the part, and the part is placed on a shelf to cure on it's own for an additional 24-48 hours.

Factors in the process

Creating foam parts is a combination of science and art. Chemistry of the A and B liquid components, edges and surfaces of the molds, calibration of the mixing head, mold releases, in-mold coatings, mold inserts, and even temperature and humidity levels all come into significant play in the creation of a part.

Our objective

We endeavor to have pads that are not too soft-if pads are too soft they easily rip and deteriorate quickly, also if they are very soft the sensor mechanisms cannot feel the flexure or vibration of the material. Though the pads are soft to strike the game does not perform as well and pads break apart quickly. We endeavor to have pads that are not too hard- if pads are too hard, it's like hitting a brick wall, and again the sensor systems cannot pick up the signals from the materials and machines need to be struck very hard. Though they last longer, player usage goes down. We endeavor to have pads that don't have an excess of flaws in cosmetic appearance. We endeavor to have pads free of large air bubbles on or just under the skin surface. **To summarize--**we want a pad that is firm-but not too hard or soft, has a consistent feel all the way around, can be contacted by a small child to set off the sensor, and yet take a repetitive blow from an adult.



Our Control

- *We feel each part all over, pushing and pulling in an effort to find weakness in the part.
 - *We thoroughly inspect the part visually.
 - *We randomly choose parts for resilience testing, as well as test our material against new and different materials.
- Below is a picture of our repetitive testing machine striking a blow at the light area of two pads of two different materials:



- *We reject parts that have cracks and flaws beyond our predetermined acceptable level--based on experience viewing a large number of parts, and gaining realistic expectations.
- *Once the machine is assembled, we test each pad one by one and again inspect the foam.

Functional vs. cosmetic, what should be expected

Your 3 Kick machine will have or quickly develop cosmetic flaws it is the nature of foam. You may begin to see small cracks—under 3 inches—often around the light, bolt hole, seam line, targets etc. These cracks in the skin are expected, and should be regarded as only cosmetic and will not affect the function of the pad.



You may begin to see a black ash like substance flaking from the surface of the pad, this is also expected, it is the in-mold coating that helps give the pad it's high luster appearance and will not affect the function of the pad.



You may choose to replace the pad for these flaws, this will of course be at your discretion, and would not be covered under warrantee.



3KICK™ Foam Contact Pads

The foam pad can be broken in several places with very large—8 inches or larger—cracks and the machine will likely continue to function. Some have elected to even duct tape their pads together rather than replace them (though we do not recommend that) and the machine continues to function normally.

Under the 90 day pad warrantee period what types of cosmetic items will be considered for replacement?

Large cracks—4 inches or longer—across the middle of the pad with no signs of vandalism.



Large rips above the light, with no signs of vandalism.



Rips like this one are typically caused by using the bottom of a shoe aiming for the light in an upward kicking motion which grabs the upper rim of the light pocket and rips it upward.

Please be aware of vandalism, items determined to be caused will not be covered under warrantee. Machines should be supervised at all times

Some signs of vandalism are:



Notice the "heavy scuff marks" across the pad. No fighting instruments or heavy shoes should be used on the pad. This pad saw some abrasive use. Notice the "sneaker sole marks" on the display box, a definite sign of unsupervised vandalism.



When the pad is out of warranty when do I absolutely need to replace them?

You may choose to replace it when it has just minor flaws or wait for major ones, Replacement of pads is an individual decision. Even though the pad may still be functioning properly, we recommend replacing a pad when the crack becomes long and deep, or large chunks of the pad are missing as these may affect the safety of use.



How can I prolong the pad life?

The machine should be used as a reaction trainer and not a Heavy Bag. It has been designed to score the user based on speed not power. Adequate training should be given to each user so they understand how to properly use it. Instruments other than foam should not be used, and we recommend open hand contact or boxing gloves, and soft or no shoes when kicking. Also when kicking--using the top of the foot in a more round house style rather than a toe punch or the bottom of the foot/shoe. Aim for the targets and do not aim for the light. Also, pad covers may be purchased for a fraction of the cost of a pad, and can help prolong the pad life. The more you supervise, teach users, and take care of the machine the longer it will perform well in your facility. To clean- Use a clean soft rag in warm soapy water like dish detergent, ring out rag and wipe pad.

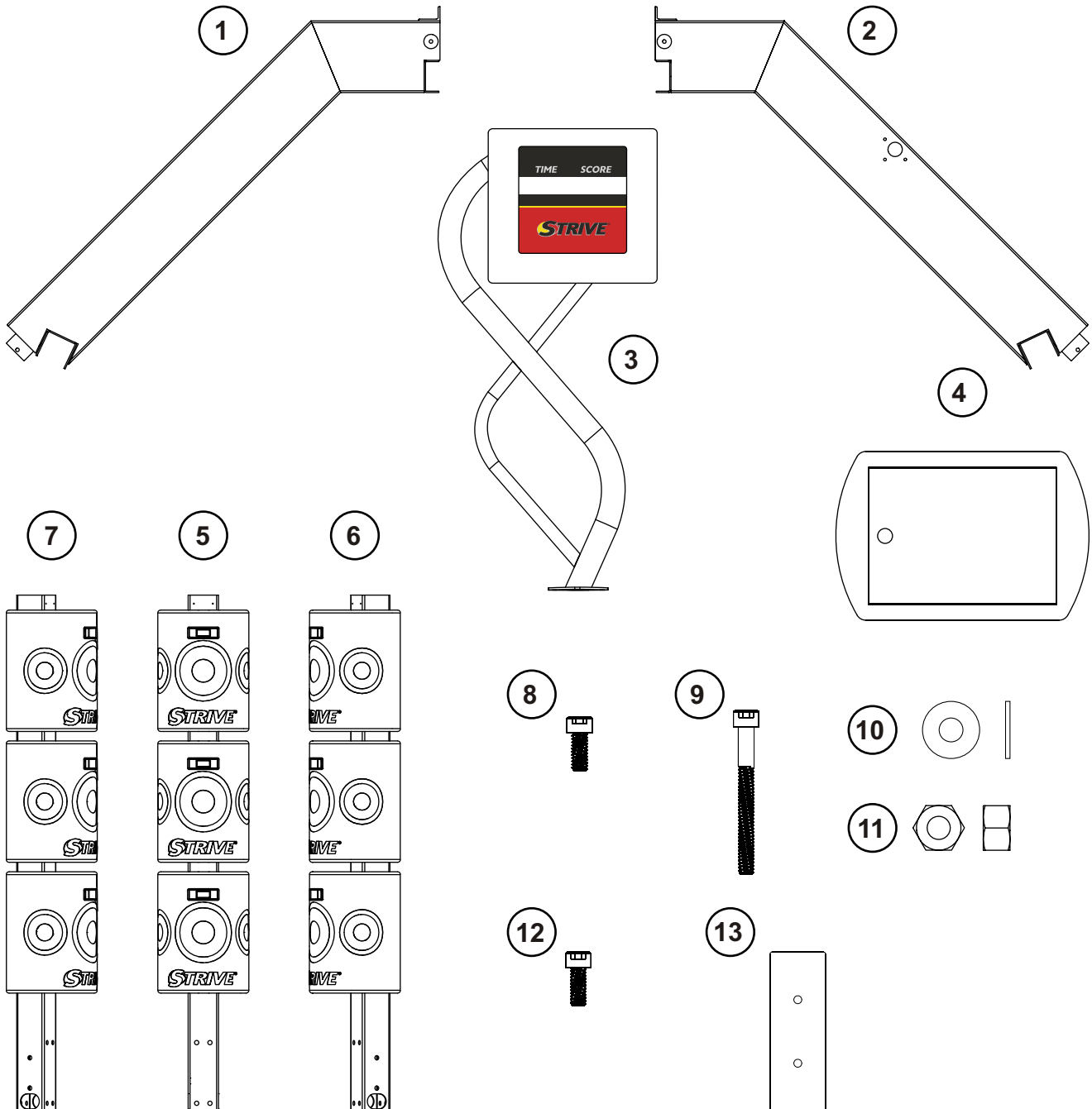


TOOLS REQUIRED FOR ASSEMBLY...

Phillips Head Screw Driver, 9/16 Wrench, 5/16 Allen Wrench.

1	LEFT BASE	Qty: 1	2	RIGHT BASE	Qty: 1
3	CONTROL PANEL	Qty: 1	4	FOOT PADS	Qty: 3
5	POST 1	Qty: 1	6	POST 2	Qty: 1
7	POST 3	Qty: 1	8	5" X 3/8" SOCKET HEAD BOLT	Qty: 14
9	1.25" X 3/8" SOCKET HEAD BOLT	Qty: 1	10	3/8" WASHER	Qty: 33
11	3/8" NYLOCK NUT	Qty: 15	12	1" X 3/8" SOCKET HEAD BOLT	Qty: 3
13	Plate	Qty: 2			

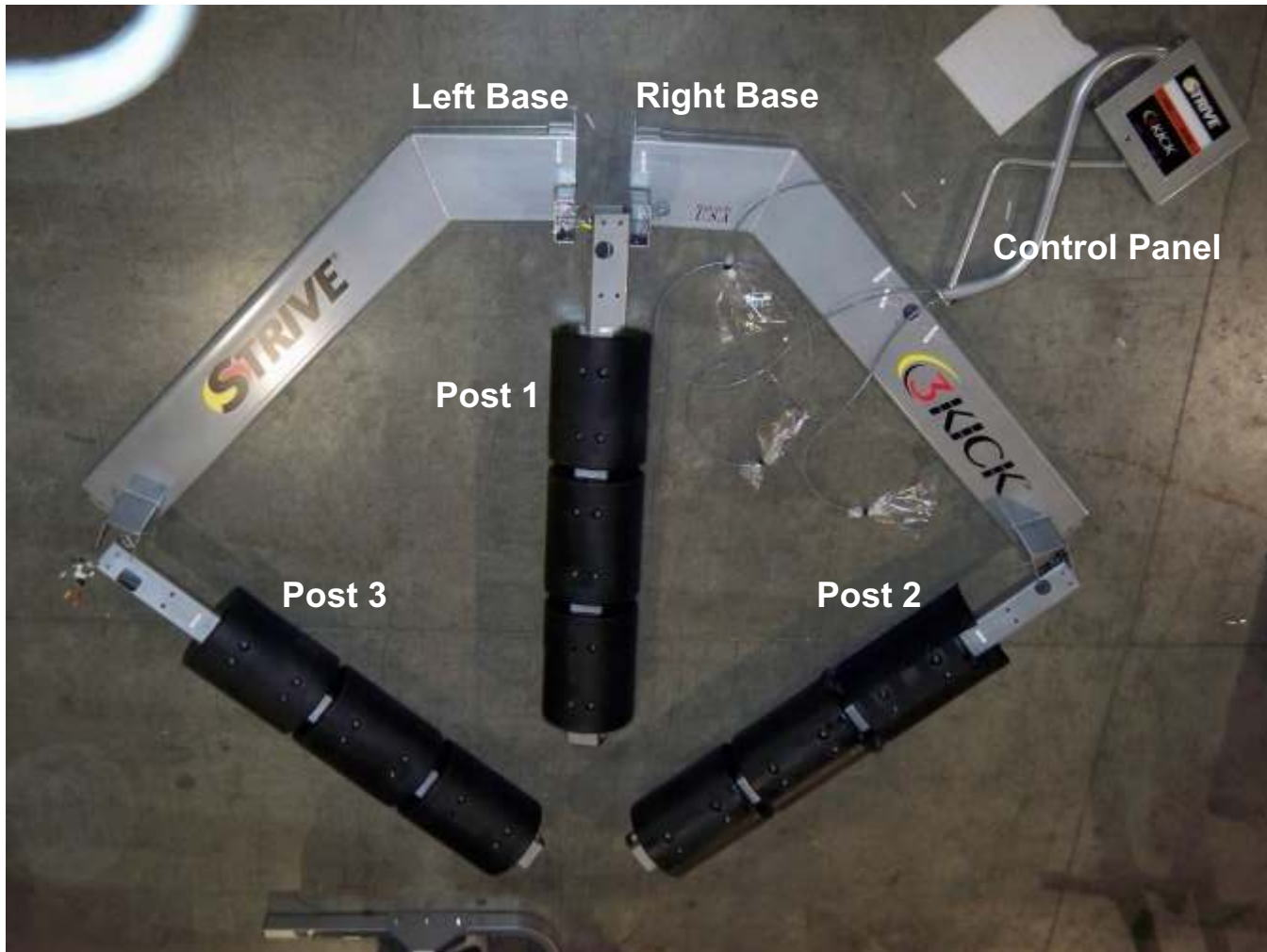
Parts not shown actual size.





Assembly Instructions

1. First, open the box and remove it's contents.
2. Check to make sure all parts were included. Use the parts list on the previous page to verify the contents.
3. Now layout the frame pieces as shown in **Figure 1** below.



4. From the control panel, take the wires marked "Post 1" and tie the wires to the corresponding post 1 string coming out of the hole in the right base piece.





Assembly Instructions

5. Using the string in the left bracket on the right base, gently pull the wire thru the base using the string marked post 1.



6. Repeat step 4 and 5 for "Post 2".



7. Locate "Post 3" wires coming from the "Control Panel". Tie wires to the corresponding "Post 3" string coming from the hole in the left base. Pull the wire thru the base using the string marked "Post 3" on the left side of the right base.



8. Next, tie the string for "Post 3" coming from the right base piece to the string marked "Post 3" coming from the left base.





Assembly Instructions

9. Pull the wires thru using the string marked "Post 3" in the left bracket on the left base. "Post 3" wire should look like the second picture after pulling it thru.



10. Locate "Post 1". Make sure the post is lying with the lights facing down. Make sure the wires are going towards the right coming out of the post.



11. Next, stand up the "Control Panel" and attach it using the bolts provided.



12. Remove the plastic bag from the "Post 1" wires.





Assembly Instructions

13. After removing the plastic bag, locate the "Post 1" wires coming from the post and the base. The wires will be color coded. Attach the red to red, blue to blue, and yellow to yellow.



14. Now connect the 2 prong speaker wire.



15. After plugging in all of the wires for "Post 1", be sure to stuff the excess wire back into the hole in the base piece.



16. Stand "Post 1" and move it into position. As you move the post closer to the bracket, **make sure you push the wires into the base piece to avoid pinching them.**





Assembly Instructions

17. While one person holds the post the other will insert the bolts. Start with the right base piece and top bolt. Then insert the other bolts.



18. Slide in the left base piece and install the bolts. Secure each bolt with a washer and nut provided.



19. First tighten the two bolts in the side of the post to pull everything together, then tighten the rest of the bolts in "Post 1".



20. Using the 1.25" bolt, secure the tabs located on the center of the bottom base pieces near "Post 1".





Assembly Instructions

21. Goto "Post 2". Lay the post with the lights down and the wires coming out towards the base.



22. Now matching all of the colors on the wires, plug in "Post 2" wires. Red to red, blue to blue, and yellow to yellow. Then the two pronged speaker wire.



23. Shove the wires back into the base and stand the post into it's position. Make sure as you moving the post closer to the bracket you shove the wires into the hole as you move, **to avoid pinching the wires!**



24. Install the outer plate provided using the 5" bolts. Then install all bolts and tighten the two side bolts first, pulling everything together.





Assembly Instructions

25. For "Post 3" repeat steps 21-24 to complete install. Remember, pay close attention to the wires, **do not pinch the wires**.



26. Install the black plastic cap next to "Post 1" on the base.



27. Plug in the power supply wire and test the units operation.



28. Finished.

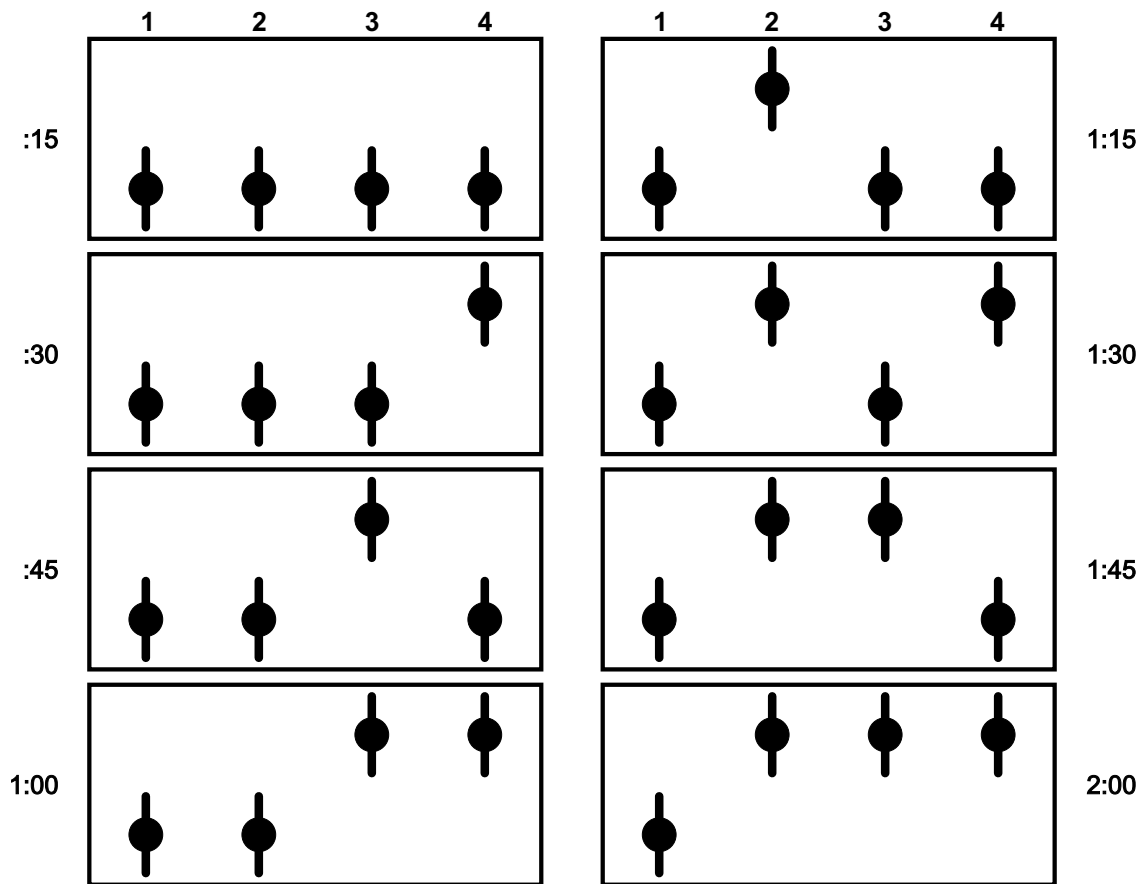


Time Adjustment

The diagram below shows you how to change the time on your 3 kick unit. If you want to increase the time to 1 minute 15 seconds per game, change the dip switches on the back of the circuit board to match the following chart below. **(Figure 1)** To locate the circuit board you have to remove the back panel of the display on the 3 Kick. The dip switch will be located at the bottom right hand corner of the circuit board. The switches are white and numbered 1,2,3,4. You can move the switches with a ballpoint pen.

NOTE: Switch 1 is used only to change your unit from three active posts to post one only being active. It must remain in the down position if you want all three posts to be active.

Figure 1



Volume Adjustment

The diagram below shows you how to change the volume on your 3 kick unit. Locate the back of the control panel, shown in **(Figure 1)**. Remove the back panel using a torx bit screw driver. Now locate the blue adjustment knobs. If you want to increase the volume, turn the blue knob counter clockwise. To decrease the volume, turn the blue knob clockwise. Each blue knob in **(Figure 2)** controls a post. The knobs from left to right are “**Post 1**”, “**Post 2**”, and “**Post 3**”.

Figure 1

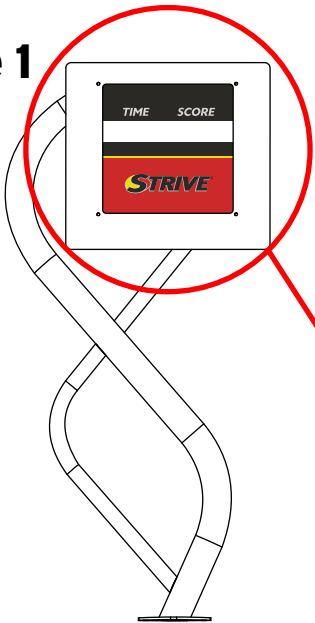
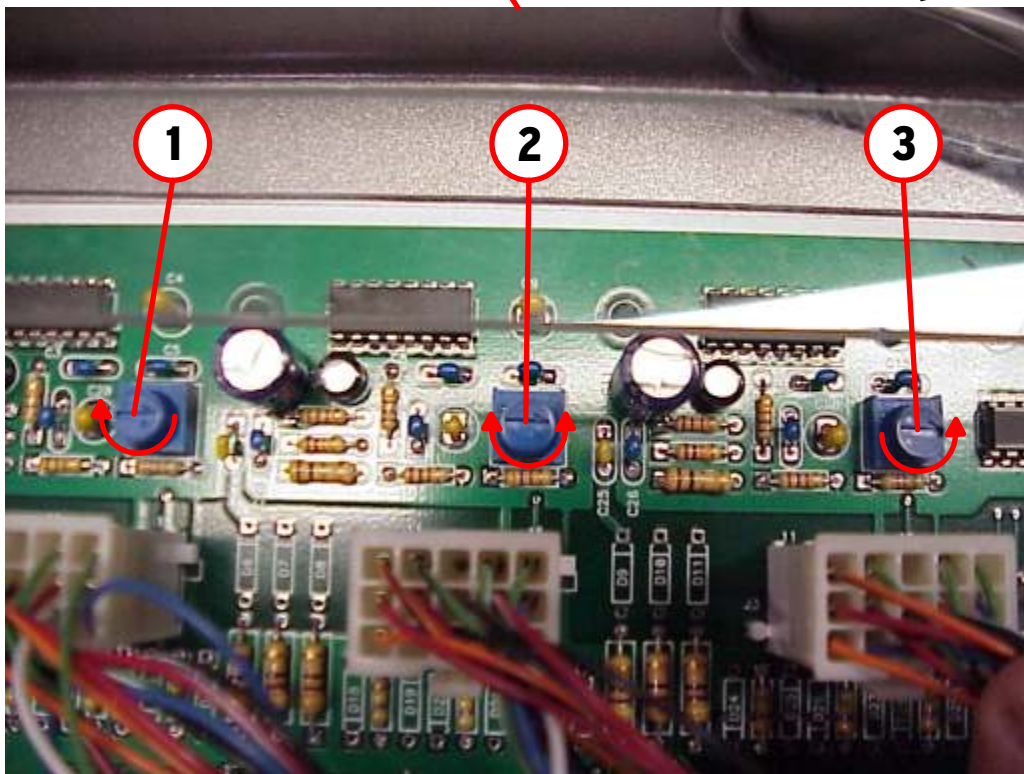


Figure 2





Trouble shooting

1. Light comes on in a pad, but when struck nothing happens.

Problem: Circuit board is not receiving signal from sensor, or sensor is bad.

The goal: to isolate where the signal is lost and resolve.

Where the problem could be:

- At the bottom of the post where the wires feed from the post to the large metal base piece, that wire may have been smashed or pinched during assembly.
- In the grey junction box at the base of the center post, all of the wires are secured into connectors in this box, wires can be loose or broken here. (this is the most likely spot for the problem to be).
- Areas where the insulation was cut from the wire both on the cable with the multiple wires and the individual wires where the insulation was stripped to put into the connector.
- On the back of the circuit board where the cat 5 wires are cut and crimped into the white connectors that attach to the circuit board.

Actions to take:

- Go to the grey junction box and find the connection that corresponds to the problem pad. Inspect both the male and female connectors to make sure wires are secure in the connectors, and that no wires are broken anywhere between the connector and where the insulation has been cut from the cable. If there is a problem here, fix it and retry the machine.
- If all looks fine with the connectors and wires around them, we want to unplug the connectors and swap with the pad next to it to see if the problem moves to another pad or stays with the problem pad.
- If problem stays with the same pad, it means the problem exists between the connector in the grey junction box and sensor in the pad. If this is the case, we have installed a back up sensor in the pad, find the extra wires coming from the pad cable, they should be blue and white, use these two wires to replace the red and the black wires in the connectors, this should fix the problem.
- If the problem transfers to another pad, it means the problem exists between the connector in the junction box and the circuit board. In this case the problem is likely in the blue cat 5 cable, and it is likely to be a broken wire where the insulation was stripped from the wire or the cable. Inspect to find broken wire and repair it with soldier, small wire connector or coupler.

If these actions don't fix the problem, please call our service department for continued help.

2. Light doesn't work.

Problem: electrical current is not making a complete circuit, or LED light fixture is bad.

The goal: to isolate where the circuit is broken and resolve.

Where the problem could be:

- At the light fixture or behind the actual fixture itself where the wires attach to the light.
- At the bottom of the post where the wires feed from the post to the large metal base piece, that wire may have been smashed or pinched during assembly.
- In the grey junction box at the base of the center post, all of the wires are secured into connectors in this box, wires can be loose or broken here. (this is the most likely spot for the problem to be).
- Areas where the insulation was cut from the wire both on the cable with the multiple wires and the individual wires where the insulation was stripped to put into the connector.
- On the back of the circuit board where the cat 5 wires are cut and crimped into the white connectors that attach to the circuit board.

Actions to take:

- First try getting a screw driver and tighten down the light fixture until it is snug, there is a eyelet crimped onto the grounding wire that need to make contact to the back of the light, when screws vibrate loose the grounding ring is no longer pressed between the light and the pad, so the ground is lost. Tightening the screws fixes the majority of the problems.
- Go to the grey junction box and find the connection that corresponds to the problem light. Inspect both the male and female connectors to make sure wires are secure in the connectors, and that no wires are broken anywhere between the connector and where the insulation has been cut from the cable. If there is a problem here, fix it and retry the machine.
- If all looks fine with the connectors and wires around them, we want to unplug the connectors and swap with the pad next to it to see if the problem moves to another pad or stays with the problem pad.
- If problem stays with the same pad, it means the problem exists between the connector in the grey junction box and light in the pad. In this case inspect the cable coming from the pad, the light current will run on the green (ground) and the orange (hot leg or positive) re inspect all wires and connections. If problem remains, test the light itself with a 12volt battery like a lantern battery, if one is unavailable you can use a 9 volt or 6 volt but light may be very dim. If LED bulbs do not illuminate then the problem is the light fixture.
- If the problem transfers to another pad, it means the problem exists between the connector in the junction box and the circuit board. In this case the problem is likely in the blue cat 5 cable, and it is likely to be a broken wire where the insulation was stripped from the wire or the cable. Inspect to find broken wire and repair it with soldier, small wire connector or coupler.

If these actions don't fix the problem, please call our service department for continued help.



3KICK™ Sensor Change Out

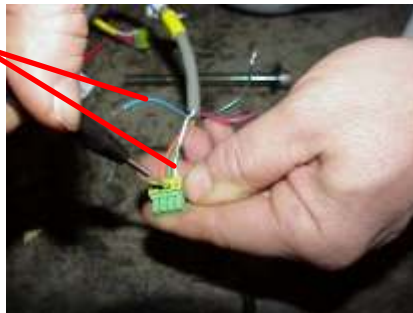
1. Remove the bottom bolt from the post that's not working and tilt the plate out of the way.



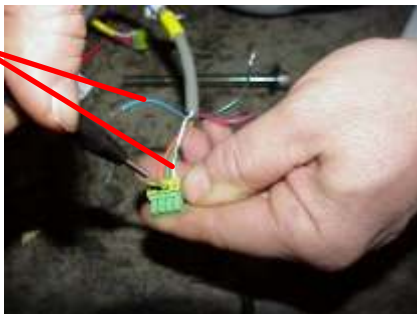
2. Pull the wires out of the hole, Find the pad that's not working by locating the wires with the tag that corresponds to the malfunctioning pad.



3. Locate the secondary sensor wires which will be the blue and white wires taped back on the harness wire. Remove the tape and free the wires.



4. Using a small flat head screw driver, loosen the screws in the green plug that are securing the red and black wires. Replace the red wire with the blue wire, and replace the black wire with the white wire **in the same exact spot**.



5. After swapping out the wires, shove them back into the hole and replace the cover and bolt. The backup sensor swap out is now complete.



Ordering Parts

Replacement parts can be ordered by calling Strive Customer Service at **1-800-991-2399 ext228**, or faxing the Parts Order Form (**on the next page**) to **724-589-0653**. It is **very important** that you provide the following information when calling or faxing to the Strive Customer Service Representative:

- 1) **Ship To Address**
- 2) **Contact Name**
- 3) **Phone and Fax Number**
- 3) **Best Time To Be Reached**
- 4) **Product Name** - Located on instruction placards.
- 5) **Serial Number** - Located on the back of post 1.
- 6) **Frame Color** - Please provide color required.
- 7) **Pad Color** - Please provide color required.
- 8) **Quantity** - Number of parts needed.
- 9) **Item Number** - See page 10 for part list.
- 10) **Part Description** - See page 10 for description.
- 11) **Payment** - C.O.D. or Credit Card. (If applicable.)
- 12) **Shipping Service** - DHL Ground, Overnight, or 2nd Day.
- 13) **Credit Card Bill To Address** (If applicable.)
- 14) **Credit Card Number** (If applicable.)
- 15) **Expiration Date** (If applicable.)

- All Inventoried Parts ordered will be shipped within 1 - 2 days.
- Fabricated Parts and Upholstery ordered will be shipped within 10 - 14 days.
- Payments can be made via C.O.D. or Credit Card. (Visa or MC) A 2% surcharge will be added to all credit card purchases. A C.O.D. charge will be added to all C.O.D. purchases.
- All orders will include shipping charges.
- Sales Tax will be added to all PA sales. If tax exempt, proper documentation must be provided.
- All orders will be shipped DHL Ground Service. Overnight and 2nd Day Services are available at the customer's request. Extra fees will apply.



Parts Order Form

Parts Order Form

Date: _____

Name of Facility: _____

City: _____ State: _____ Zip Code: _____

Address: _____

Contact: _____

Phone Number: _____ Fax Number: _____

Best Time To Be Reached: _____

Product Name: _____

Serial Number: _____

Frame Color: _____

QTY.	ITEM #	Part Description
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Payment: C.O.D. AMEX VISA MC DISCOVER

Shipping Service: DHL GROUND OVERNIGHT 2ND DAY

Credit Card Bill To: _____

Card Number: _____

Expiration Date: _____ Security Number: _____

- Fax To Strive Customer Service - 724-589-0653 -



Strive Enterprises Inc. Customer Services

(888) 991-2399 ext.228

Sales

(800) 368-6448

Prior to your call, please be sure you have located and noted the
MODEL NUMBER & SERIAL NUMBER.

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