
BOXING BUDDY

User Manual

Product: Boxing Buddy

Category: Smart Combat Training Device





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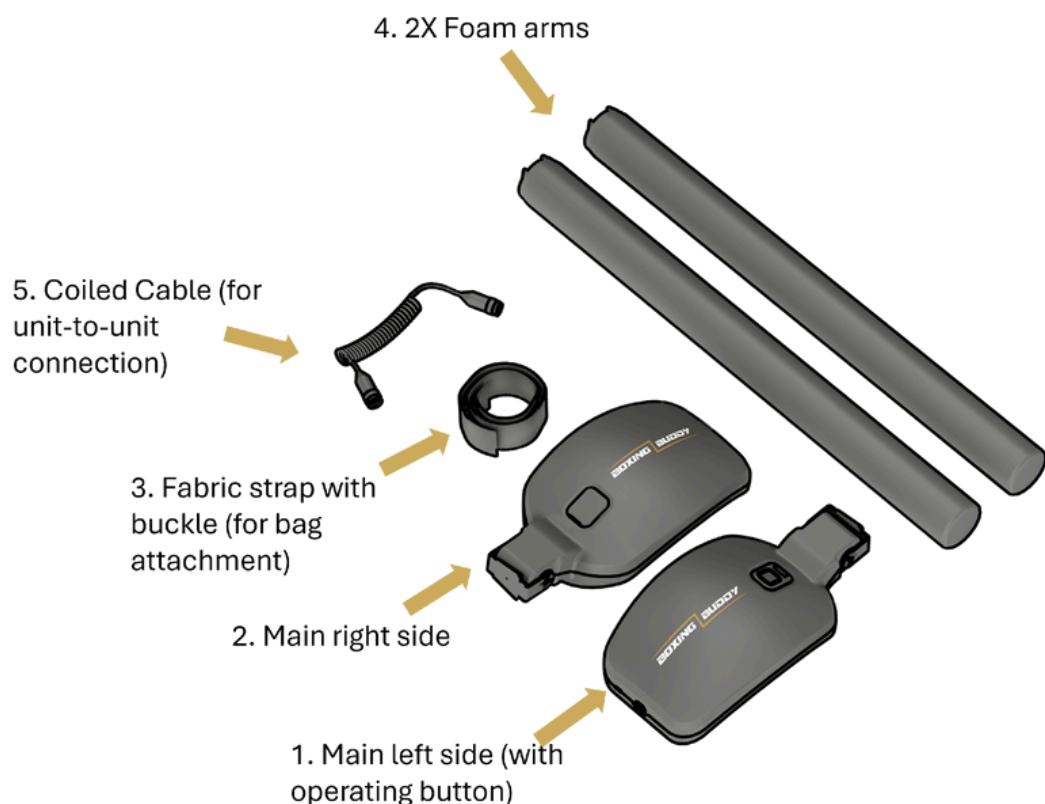
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General Overview

Boxing Buddy is a smart combat training device designed to improve reaction speed, timing, accuracy, and defensive skills. The system uses motorized foam arms controlled via a mobile app to simulate realistic attack patterns during training.

Package Contents

- 2 × Main Units (Left & Right)
- 2 × Foam Arms
- 1 × Fabric Strap with Buckle
- 1 × Coiled Connection Cable (between the two units)
- 1 × USB-C Charging Cable
- 2 × Protective Pads (placed between strap and bag)
- 1 × Carry Bag



Safety Instructions (Read Carefully)

- Keep clear during power-on: When the device is turned on, the motor will automatically perform a fast calibration movement.
- Stand to the side of the bag during power-on.
- Do not place hands, head, or body in front of the arm mount during startup.
- Keep other people at least 1 meter (3 feet) away during use.
- Children must use the device only under adult supervision.
- Do not modify, replace, or alter the foam arms.
- Do not open the housing or remove screws.
- Do not use the device in rain, humidity, or wet environments.
- After 60 minutes of continuous use, allow the device to rest for 10 minutes.
- Charge only with a certified USB-C cable

Installation & Setup

Step 1 – Attach the Strap to the Bag

1. Wrap the fabric strap around the punching bag at approximately head height.
2. Position the buckle at the back of the bag.
3. Fasten the buckle loosely – do not tighten yet.



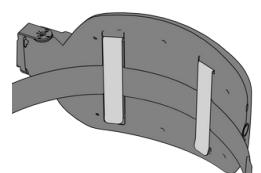
Step 2 – Create Space Under the Strap

1. Insert two fingers between the strap and the bag.
2. This creates space for sliding the main unit clips onto the strap.



Step 3 - Mount the Main Units

1. Slide one side of the first unit through the gap under the strap.
2. Secure the main unit until both clips secure on the belt.
3. Repeat for the second unit.
4. Once both units are mounted, tighten the strap until the units are firmly held against the bag.



Step 4 - Connect the Units

1. Connect the two units using the coiled cable. Connect and secure with the rotating secure ring.
2. Ensure both connectors are fully inserted.



Power-On & Calibration (IMPORTANT)

1. DO NOT install the foam arms yet.
2. Press and hold the power button on one unit for 2 seconds, then release.
3. The LED indicator will light up.
4. The device will automatically perform a calibration movement: The metal arm base will rotate quickly to its neutral (zero) position.
5. Stay to the side of the bag and do not touch the units during this movement.
6. Wait until all movement stops.



Step 5 - Install the Foam Arms (After Calibration)

1. Insert each foam arm into its corresponding unit.
2. Slide straight and down until fully seated and aligned.
(do not use excessive force)
3. Make sure the arms are straight and secure.



App Installation & Pairing

1. Download the Boxing Buddy app from the App Store or Google Play.



Android



Apple

2. Enable Bluetooth on your phone.

3. Open the app and tap Add Device.

4. Select the device labeled BB-XXXX.

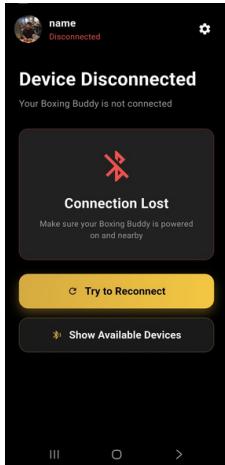
5. Wait for the status to show Connected.

6. If prompted, complete any firmware updates before training.

7. Connect to Your Device:

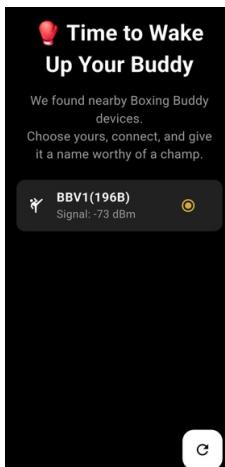
a. In the app, tap “Show Available Devices.”

b. Select your Boxing Buddy from the list (**BBV1(XXXX)**).



d. Tap “**Connect & Begin Training**” to complete setup.

Once paired, the Boxing Buddy will remember your connection. The next time you open the app, simply press “**Try to Connect**” to reconnect instantly.



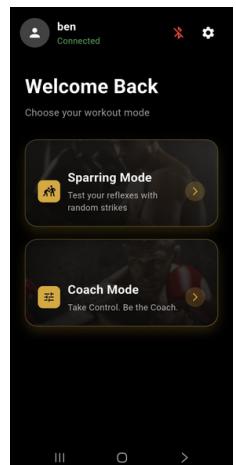
Main Page – Choose Your Workout

After your Boxing Buddy is connected, you'll reach the Main Page. Here you can choose between two workout modes, depending on your training style:

Training Modes (via App)

- Sparring Mode Randomized strikes simulating a live opponent.
- Coach Mode Manual control of arm movements by a trainer.

Each mode can be selected with a single tap. You can switch between modes at any time by returning to this screen.



Sparring Mode

Sparring Mode simulates the experience of training with a live opponent. The device activates strikes at randomized intervals within the timing and speed range you choose, improving reflexes, reaction time, and defensive skills.

1. Select your Reaction Speed – Slow, Medium, Fast, or Fastest.
2. Set the Random Delay Between Attacks (e.g., 2–5 seconds).
3. Press “Start Session” to begin your workout.

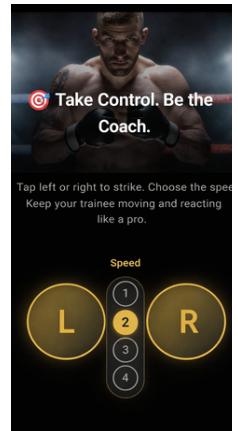


Ideal for solo training sessions focused on rhythm, precision, and realistic fight simulation.

Coach Mode

Coach Mode allows a trainer or training partner to manually trigger arm movements in real time using the mobile app. This provides full control over strike type, timing, and intensity — perfect for guided drills, demonstrations, or adaptive training.

1. Select your Speed Level (1 fastest – 4 slowest).
2. Tap L (Left) or R (Right) to activate each arm.
3. Adjust speed or rhythm as needed to keep your trainee moving and reacting like a pro.



Ideal for partner-based training and precision technique work.

Before Each Use – Quick Checklist

- Units are firmly attached to the bag
- Strap and buckle are tight and secure
- Foam arms are fully inserted
- Coiled cable is connected
- LED indicators are on
- App shows Connected
- No visible damage to arms or housing

Charging & Battery Care

- Charging port: USB-C
- Input: 5 V = 2 A
- Charging time: ~2 hours
- Operating time: up to 3 hours (depending on speed and frequency)
- Do not charge for more than 24 hours continuously.
- For long-term storage (over 3 months), store at ~50% charge in a cool, dry place.

Cleaning & Maintenance

- Clean using a dry microfiber cloth only.
- Do not use water, sprays, or chemicals.
- Inspect weekly:
 - Strap
 - Clips
 - Foam arms
- Replace any foam arm that is bent more than 20° or shows cracks.

Troubleshooting

- Unit does not turn on:Recharge the battery.
- Arm does not move:Check that the foam arm is properly installed and calibration completed.
- Bluetooth not connecting:Restart the app and ensure Bluetooth is enabled.
- Units not syncing:Reconnect the coiled cable.

Technical Specifications

- Battery: Li-ion 3.7 V
- Connectivity: Bluetooth® 5.3
- Charging Port: USB-C
- Operating Temperature: 0–45 °C
- Materials: ABS Plastic, Reinforced Foam

Compliance

- CE / UKCA / FCC Part 15B
- RoHS compliant
- Bluetooth® is a registered trademark of Bluetooth SIG, Inc.

Warranty

- Warranty period: 1 year from purchase date
- Covers manufacturing defects only
- Excludes damage from water, misuse, falls, or unauthorized modification

Support: support@boxingbuddy.com

Enjoy your

The logo for Boxing Buddy. It features the word "BOXING" in a bold, sans-serif font on the left and "BUDDY" in a similar font on the right. A thick, gold-colored L-shaped bar is positioned behind the text, with its vertical part to the left and its horizontal part to the right, creating a stylized bracket effect.