

BOXING BUDDY

USER MANUAL

Smart Combat Training System



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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.

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 3 feet (1 meter) 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.

BOXING BUDDY

Package Contents

01 | 1 × Coiled Connection Cable
(between the two units)

02 | 2 × Foam Arms

1 × Fabric Strap
with Buckle | 03

1 × USB-C
Charging Cable | 05

04 | 2 × Main Units
(Left & Right)

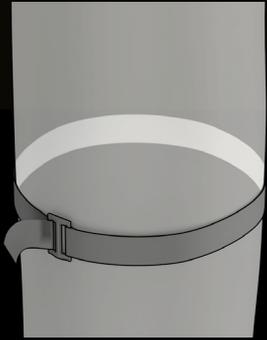


Installation & Setup

Step 1

Attach the Strap to the Bag.

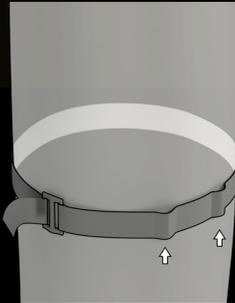
- 01 Wrap the fabric strap around the punching bag at approximately head height.
- 02 Position the buckle at the back of the bag.
- 03 Fasten the buckle loosely – do not tighten yet.



Step 2

Create Space Under the Strap.

- 01 Insert two fingers between the strap and the bag.
- 02 This creates enough space to slide the unit clips onto the strap.



Step 3

Mount the Main Units.

- 01 Slide one side of the first unit through the gap under the strap.
- 02 Secure the unit until both clips lock firmly onto the strap.
- 03 Repeat for the second unit.
- 04 Once both units are mounted, tighten the strap until the units are firmly held against the bag.



Step 3

Connect the Units.

- 01 Connect the two units using the coiled cable. Connect and tighten using the rotating locking ring.
- 02 Ensure both connectors are fully inserted.



Power-On & Calibration (IMPORTANT)



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

Step 5

Install the Foam Arms (After Calibration).

- 01 Insert each foam arm into its corresponding unit.
- 02 Slide the arm straight down until it is fully seated and properly aligned. Apply pressure as indicated by the arrows in the illustration — toward the arm base and downward simultaneously. Do not use excessive force.
- 03 Make sure the arms are straight and secure.



App Installation & Pairing

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

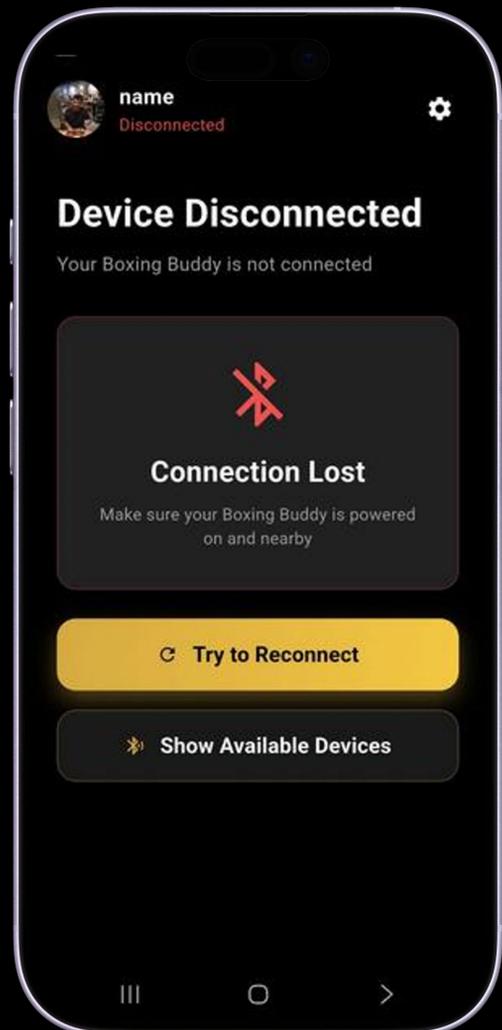


Android



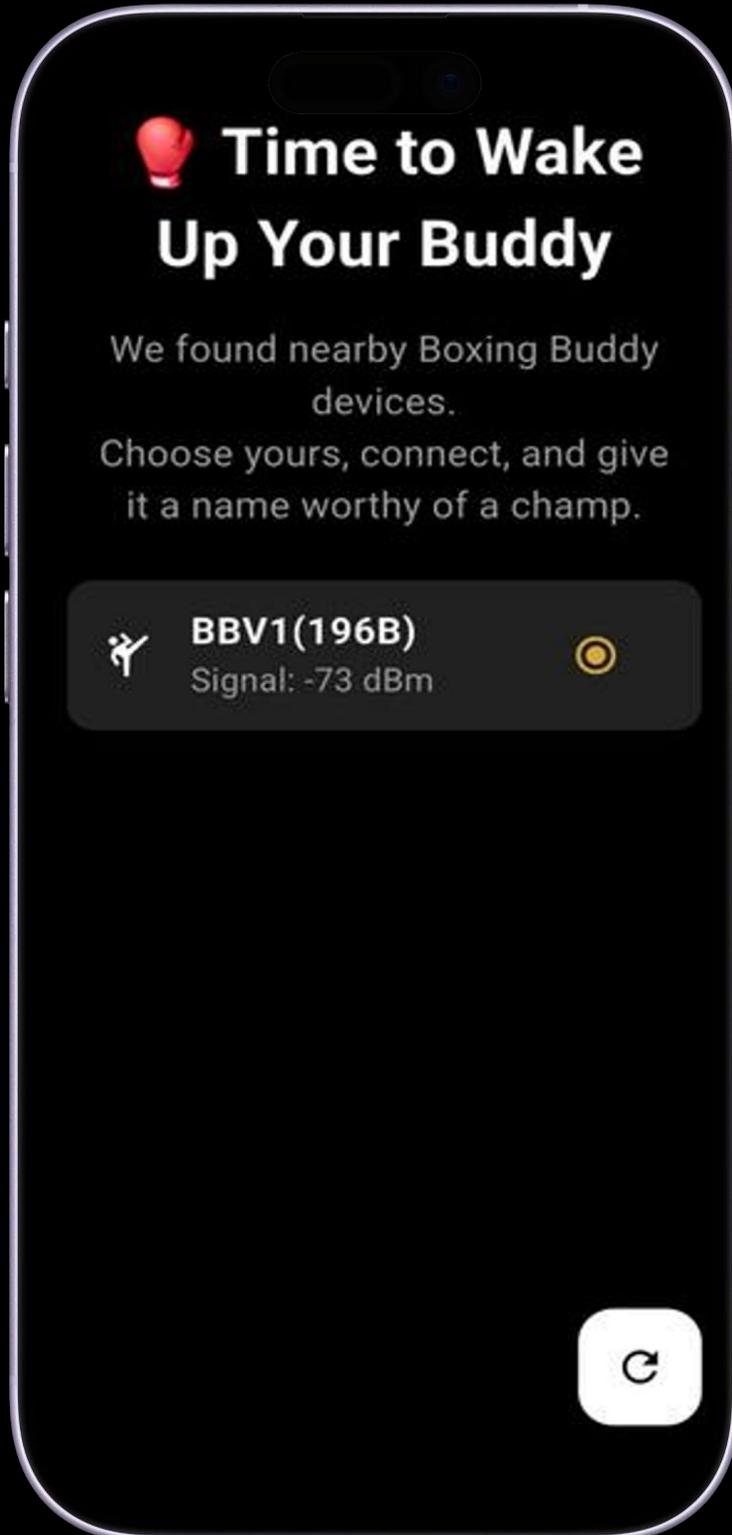
Apple

- ◆ Enable Bluetooth on your phone.
- ◆ Open the app and tap Add Device.
- ◆ Select the device labeled BB-XXXX.
- ◆ Wait until the status shows “Connected.”
- ◆ If prompted, complete any firmware updates before training.
- ◆ Connect to Your Device:
 - A. In the app, tap “Show Available Devices.”
 - B. Select your Boxing Buddy from the list (BBV(XXXX)).



c. 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:

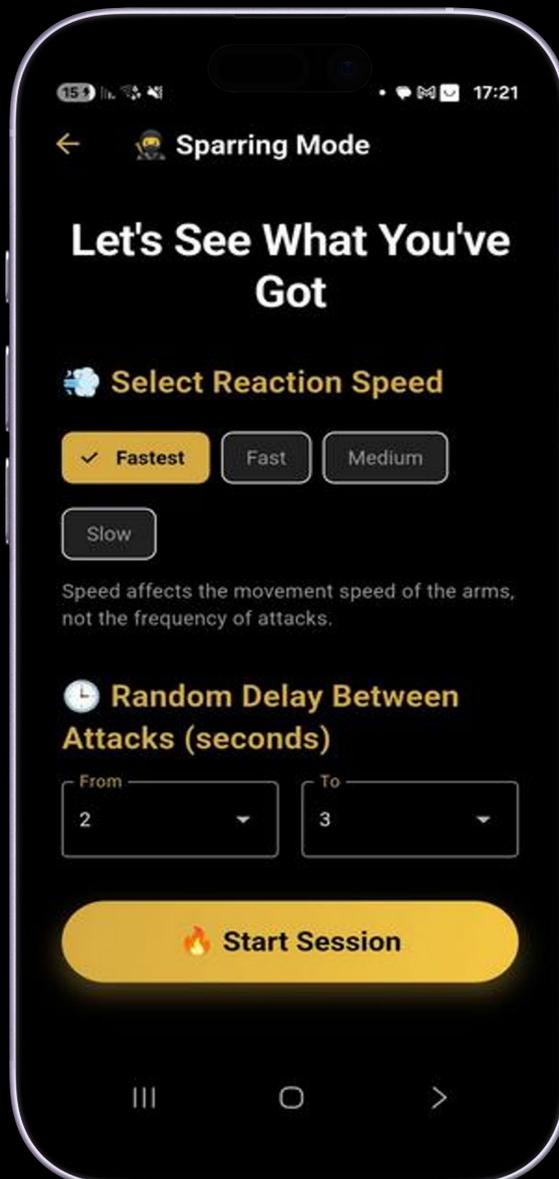


Sparring Mode

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.

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

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

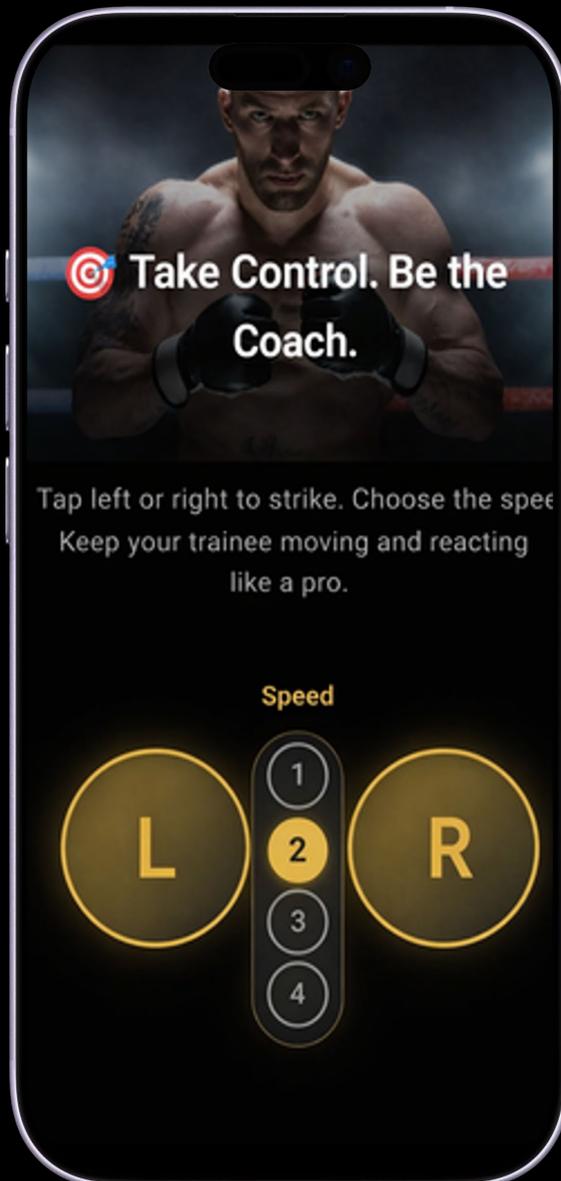


Coach Mode

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.

- 01 Select your Speed Level **(1 fastest – 4 slowest)**.
- 02 Tap L **(Left)** or R **(Right)** to activate each arm.
- 03 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

- 01 **Charging port:** USB-C
- 02 **Input:** 5 V = 2 A
- 03 **Charging time:** ~2 hours
- 04 **Operating time:** up to 3 hours (depending on speed and frequency)
- 05 Do not charge for more than 24 hours continuously.
- 06 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.

◆ **Bluetooth not connecting:**

Restart the app and ensure Bluetooth is enabled.

◆ **Arm does not move:**

Check that the foam arm is properly installed and calibration completed.

◆ **Units not syncing:**

Reconnect the coiled cable.

◆ **No charging lights:**

If the device is connected to the charger and there are no charging lights, please wait a few minutes, as the battery might be completely drained.

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

01 **Warranty period:**
1 year from purchase date

02 Covers manufacturing defects only

03 Excludes damage from water, misuse, falls, or unauthorized modification

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