



User Manual

Product: Boxing Buddy

Category: Boxing Training Device

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General Overview

Boxing Buddy is a smart training device designed to improve reaction speed, precision, and timing for practitioners of combat sports and martial arts.



Package Contents

2 × Main Units – Right and Left (including motors, controller, and battery)



2 × Foam Arms



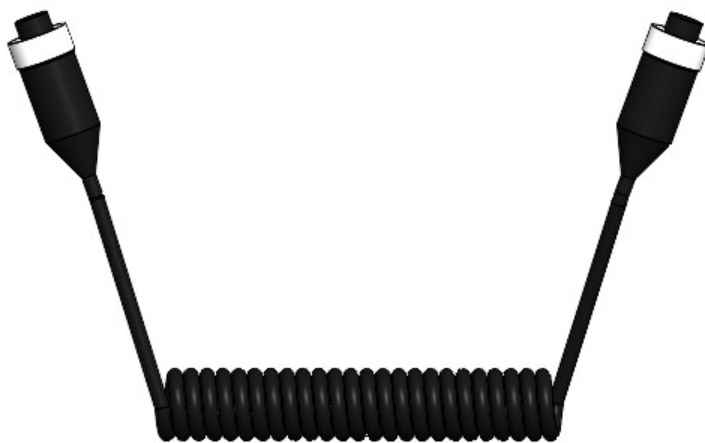
1 × Fabric Strap with Buckle (for bag attachment)



1 × USB-C Charging Cable (only available in some regions)



1 × Coiled Cable (for unit-to-unit connection)



1 × Carry Bag (optional)



Safety Instructions

Do not expose the device to rain, humidity, or wet environments.

Use the product only as directed by the manufacturer.

Ensure no other people are within one meter (three feet) of the bag during training to avoid accidental injuries.

Children must be supervised when using the device.

Do not replace or modify the foam arms in any way.

Do not open any plastic enclosures or unscrew any components.

After one hour of continuous use, allow the device to rest for approximately 10 minutes.

Charge the units only with Type C cable

When the arm is in a locked state, please do not hit the arm to prevent damage.

Initial Setup

Wrap the fabric strap around the punching bag at approximately head height of the trainee and lightly fasten it with the buckle (do not overtighten).



Insert your fingers into the strap to create a gap and then insert the first clips on the unit. Repeat the above actions and insert the second clips.



Repeat for the second unit.

Tighten the buckle until both units are firmly secured against the bag.

As shown in the picture, hold the arm and place your thumb against the bottom of the unit, then slide the arm into the unit.



Connect the two units using the coiled cable and tighten the white nut at both sides.



Ensure the units are charged – charge via USB-C if needed.

Press the power button on the left unit for 1 second and release. The button lights and battery indicator will lid up.



Download the Boxing Buddy mobile APP from google play or APP Store, connect via Bluetooth, and follow the on-screen instructions.

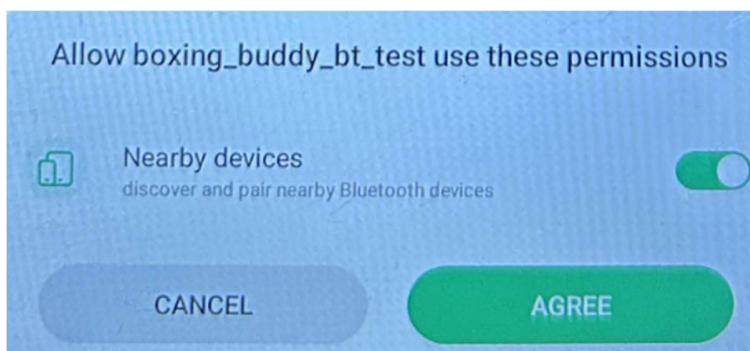
✓ Before Each Use – Quick Checklist

All clips are securely attached to the strap and bag.

The power indicator LED on

The coiled cable is properly connected between the units.

Allow boxing buddy APP to use the location and find Bluetooth devices permission. If you are using an Android device, you also need to turn on the "nearby devices" switch.



The mobile app recognizes the units and shows "Connected."

The foam arms are clean and undamaged. Replace if bent or cracked.

Maintenance and Troubleshooting

A unit does not power on: Check battery charge. Recharge if needed.

A foam arm does not move: Ensure the arm is properly installed. Check for any blockages or disconnections. Ensure the Bluetooth is connected to the Device. The Device only worked after connected to APP.

Bluetooth connection issue: Make sure the app is open, and Bluetooth is enabled on your mobile device.

Connection between units fails: Disconnect and reconnect the coiled cable between the units.

App Training Modes

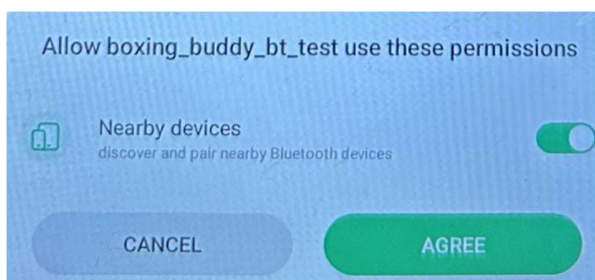
Sparring Mode: Simulates a live opponent. Devices activate strikes at randomized intervals based on configured timing and speed. Ideal for reflex and timing drills.

Coach Mode: A coach or training partner manually triggers arm movements in real time via the app.

App Installation & Pairing

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

Allow location and find Bluetooth device permissions. If you are using an Android device, you also need to turn on the "nearby devices" switch.



Press and hold the power button for 1 second until the LED indicator lights up.

In the app, tap “Add Device” and select BBV1(XXXX).

Once connected, confirm and select your training mode.

If prompted, install any available firmware update before first use.

Charging & Battery Management

Do not leave the device charging for more than 24 hours.

For long-term storage (>3 months), charge to 50% and store in a cool environment (15–25 °C).

Maintenance & Cleaning

Clean foam arms and plastic housing with a dry microfiber cloth.

Do not use water or chemical agents.

Weekly: Check clips and screws for tightness.

Technical Specifications

Battery Type: Li-ion 11.1V

Input: 5V = 2A

Battery: 2000mAh Li-ion

Connectivity: Bluetooth® 5.3 LE

Charging Port: USB-C

Charging Time: ~2 hours

Operating Time: Up to 2 hours, it depending on the frequency of work

Operating Temperature: 0 °C – 45 °C

Materials: ABS Plastic, Reinforced Foam

Input: **5V** $\approx$ **2A**

Battery: 2000mAh Li-ion



Recycling, Compliance & Trademarks

Compliance Marks: CE / FCC Part 15C

RoHS Compliant: 2011/65/EU (Restriction of Hazardous Substances)

Recycle in accordance with WEEE directives. Do not dispose in household waste.

Bluetooth® and the Bluetooth logo are registered trademarks of Bluetooth SIG, Inc.



Warranty Activation & Claims

Warranty period: 1 year from date of purchase (with valid receipt).

Coverage: Manufacturing defects only.

Exclusions: Damage caused by water, falls, improper use, unauthorized repairs, modifications, or disassembly.

To claim: Email support@boxing-buddy.com with your receipt and issue description.

Response time: Typically, 3–5 business days.



Update History

Version 1.0 – Sep 2025: Initial release.

Version 1.1 – May 2025: Expanded safety, troubleshooting, and technical sections; added Bluetooth® 5.2 requirements.

Version 1.3 – Dec 2025: update some technical details and add picture..



Frequently Asked Questions (FAQ)

Q: Can I use only one unit instead of two? A: Yes. The app supports both one- and two-unit configurations.

Q: Does the device work with any punching bag? A: Designed for most cylindrical heavy bags; heavier bags minimize unwanted swinging. Strap may not fit non-standard shapes.

Q: Is it safe for kids? A: Yes, under adult supervision and appropriate training intensity.

Q: What if the Bluetooth connection fails? A: Restart the unit and app. Ensure your phone's Bluetooth is enabled and within 3 m of the device.

Q: Can I use third-party foam arms or accessories? A: No. Third-party parts may cause damage and void the warranty.

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FCC Statement

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

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 reasonable 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. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.