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› SQUATZ Apollo Board Mini Smart Cable Machine Instruction Manual

SQUATZ SQUAPLLO-TRVOR

SQUATZ Apollo Board Mini Instruction Manual

Model: SQUAPLLO-TRVOR

INTRODUCTION

The SQUATZ Apollo Board Mini is a compact, digital home gym cable machine designed for comprehensive full-body strength training. This functional trainer offers adjustable resistance up to 150 lbs and integrates seamlessly with the FITZ by SQUATZ application for guided workouts and progress tracking. This manual provides essential information for the safe and effective use of your Apollo Board Mini.

WHAT'S IN THE BOX

Carefully unpack all components and verify that all items listed below are present. If any items are missing or damaged, please contact customer support.

- Travel Apollo Board Device
- Training Bar
- Waist Band
- (2) Handles
- (2) Connecting Buckles



Image: The SQUATZ Apollo Board Mini and its included accessories: the main board, resistance bar, waist belt, ankle straps, handles, and connecting buckles.

SETUP

Follow these steps to set up your SQUATZ Apollo Board Mini:

1. **Placement:** Place the Apollo Board Mini on a flat, stable surface. Ensure there is adequate space around the device for your exercises.
2. **Power Connection:** Connect the power cord to the device and plug it into a standard electrical outlet.
3. **App Download:** Download the "FITZ by SQUATZ" app from your device's app store.
4. **Pairing:** Open the app and follow the on-screen instructions to pair your Apollo Board Mini via Bluetooth.
5. **Accessory Attachment:** Attach the desired accessories (handles, ankle straps, waist belt, or resistance bar) to the cable connectors on the board. Ensure they are securely fastened.



Image: The SQUATZ Apollo Board Mini with various accessories attached, ready for use.

OPERATING INSTRUCTIONS

The Apollo Board Mini offers a versatile workout experience. Always ensure proper form and start with a resistance level appropriate for your fitness level.

Adjusting Resistance

Resistance can be adjusted from 8 lbs to 150 lbs. Use the controls on the device or within the FITZ by SQUATZ app to increase or decrease the resistance level. The current resistance will be displayed on the board's screen and in the app.

Using the FITZ by SQUATZ App

The app provides access to a variety of workout programs, exercise videos, and allows you to track your progress. Ensure your device is connected via Bluetooth to utilize all app features.

- **Workout Programs:** Browse and select from pre-designed workout routines.
- **Exercise Library:** Access a library of exercises with instructional videos.

- **Progress Tracking:** The app automatically logs your workouts, resistance levels, and repetitions.



Image: A user navigating the FITZ by SQUATZ application on a smartphone, showing various workout courses and tracking features.

Accessory Usage

The Apollo Board Mini comes with several accessories to target different muscle groups:

- **Handles:** Attach to the cables for upper body exercises like rows, presses, and curls.
- **Ankle Straps:** Secure around your ankles for lower body exercises such as leg extensions, curls, and abduction movements.
- **Waist Belt:** Use for exercises like squats and deadlifts, distributing resistance around the waist.
- **Resistance Bar:** Ideal for compound movements like squats, deadlifts, and overhead presses. It features a wireless switch for convenient resistance adjustment.

WHAT'S IN THE BOX



Image: A collage showing individuals performing different exercises using the Apollo Board Mini, including chest presses, squats with the resistance bar, and leg exercises with ankle straps.



Image: Close-up views of a user demonstrating the proper attachment and use of the ankle strap and waist belt for lower body and core exercises.

WORKOUT YOUR LEGS AND CORE

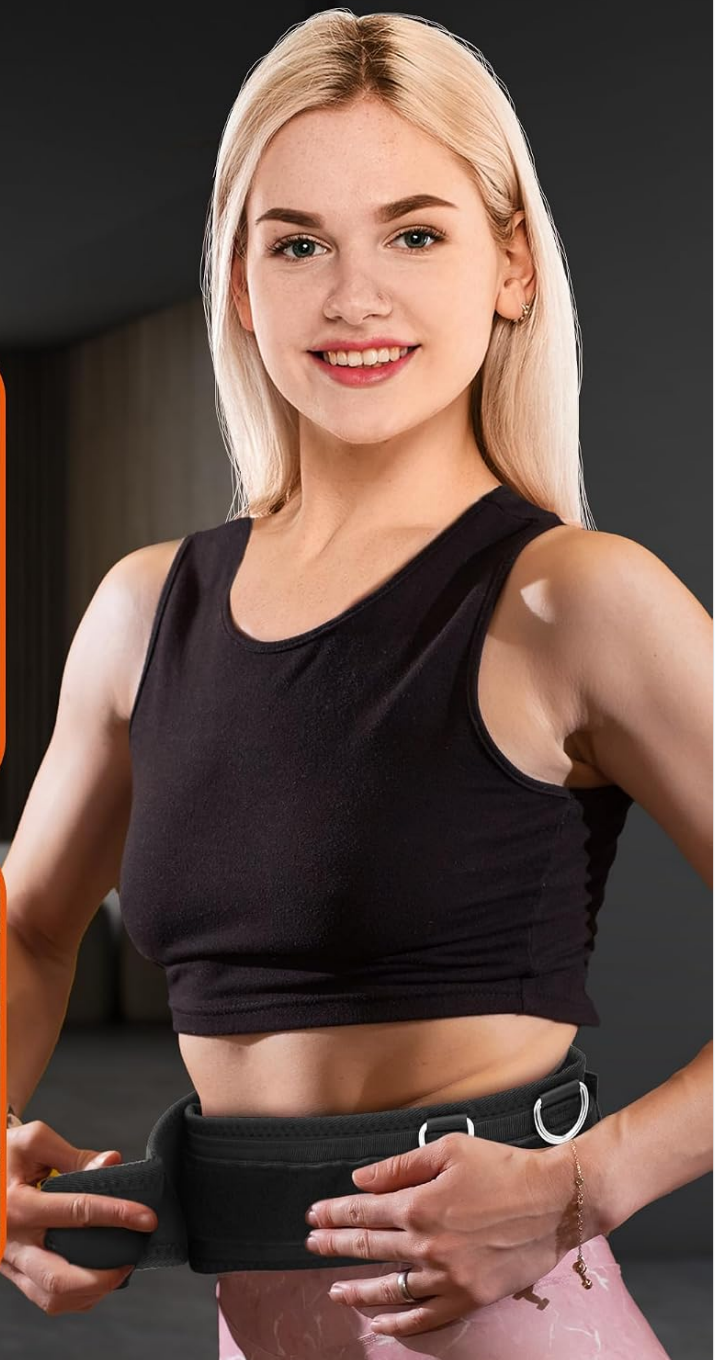
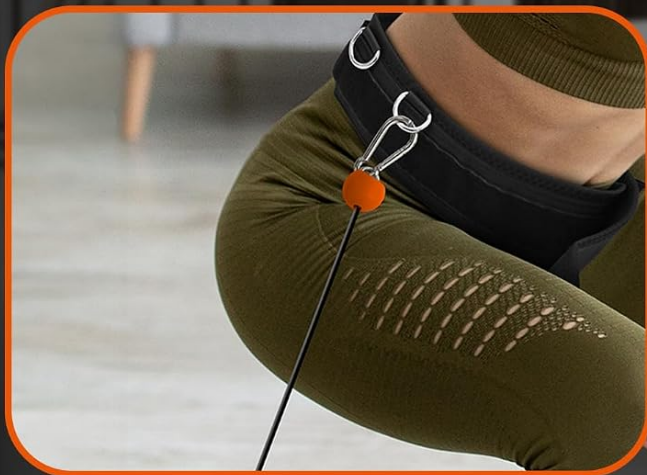
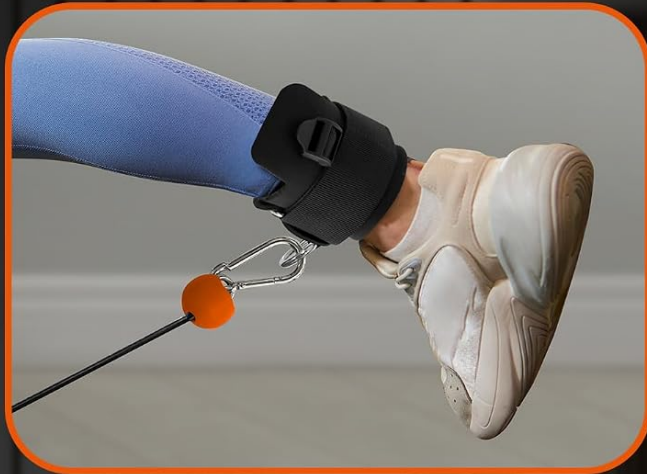


Image: A detailed view of the resistance bar, highlighting its connection point to the Apollo Board Mini's cable and the integrated wireless switch for resistance control.

MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Apollo Board Mini.

- **Cleaning:** Wipe down the device and accessories with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the Apollo Board Mini in a cool, dry place away from direct sunlight and extreme temperatures. Its foldable design allows for compact storage.
- **Inspection:** Periodically inspect cables, straps, and connections for any signs of wear, fraying, or damage. Replace worn components immediately to ensure safety.

TROUBLESHOOTING

If you encounter issues with your Apollo Board Mini, refer to the following common solutions:

Problem	Possible Cause	Solution
Device not powering on	Power cord disconnected; outlet issue	Ensure power cord is securely connected to both the device and a working electrical outlet.
Resistance not adjusting	App or device glitch; poor Bluetooth connection	Restart the Apollo Board Mini and the FITZ by SQUATZ app. Ensure Bluetooth is enabled and the device is paired.
App not connecting to device	Bluetooth off; app outdated; device too far	Verify Bluetooth is active on your phone. Update the app to the latest version. Keep your phone close to the Apollo Board Mini.
Cables not retracting smoothly	Obstruction; internal mechanism issue	Check for any visible obstructions. If the issue persists, contact customer support.

SPECIFICATIONS

- **Model Number:** SQUAPLLO-TRVOR
- **Item Weight:** 45 pounds
- **Brand:** SQUATZ
- **Color:** Black
- **Material:** Metal
- **Tension Level:** 8-150 lbs.
- **Included Components:** Travel Apollo Board Device, Training Bar, Waist Band, (2) Handles, (2) Connecting Buckles
- **Maximum Weight Recommendation:** 330 pounds

WARRANTY AND SUPPORT

The SQUATZ Apollo Board Mini is covered by a **1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use.

For warranty claims, technical assistance, or any questions regarding your product, please refer to the contact information provided at your point of purchase or visit the official SQUATZ website for support resources.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question