



# THE APOLLO FITNESS BOARD

SQAPOLLO  
Product Manual



[www.squatz.com](http://www.squatz.com)



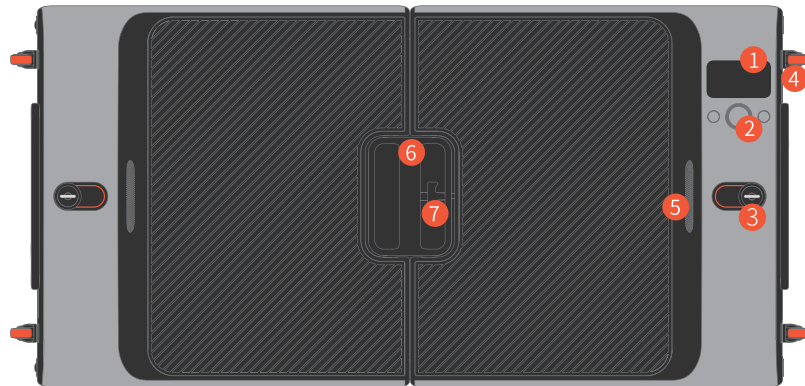
**FITNESS ON YOUR TERMS**

@squatz\_app



Visit [www.SQUATZ.com](http://www.SQUATZ.com) for a full tutorial and support

## PRODUCT INTRODUCTION



- 1 Display Screen
- 2 Control Panel
- 3 Connecting Buckle
- 4 Universal Wheel
- 5 Speaker
- 6 Folding Handle
- 7 Folding Switch
- 8 Pole Bracket
- 9 Power Socket
- 10 Power Switch

## PACKAGE CONTENTS



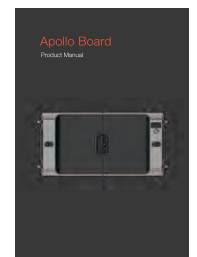
the Apollo Board Device



AC Power Cord



Wireless Switch



Product Manual

**SPECIAL OFFER**

FROM SQUATZ

**ALL SQUATZ  
MEMBERS RECEIVE  
10% OFF\* ON ALL  
SQUATZ  
PRODUCTS**

\*receive a discount code  
to use at checkout after  
downloading and registering a  
SQUATZ member or client account

## SAFETY PRECAUTIONS

Thank you for choosing the Apollo Board. Following the correct use of our product will guarantee a safe exercise experience.. To protect the personal safety of you and your family during exercise, please read this manual carefully before using the Apollo Board, and strictly follow the precautions in the instructions when using.

### ◆ User-related instructions

- 1.** Please wear appropriate sports shoes and clothing to use this equipment. We recommend performing an appropriate warm-up exercise first to ensure your body is ready.
- 2.** If you feel any discomfort or any abnormalities in your body during using, please stop exercising immediately and consult a doctor.
- 3.** This product is not recommended for the following: elderly people over 65 years of age, pregnant women, breastfeeding mothers, anyone who has undergone surgery within 6 months, individuals who suffer from heart disease, high blood pressure, asthma, and other diseases that cannot engage in strenuous exercise. We do not recommend that you use the Apollo Board for strenuous exercise. If you are using it for this purpose, please stop use immediately.
- 4.** Before and after using, it is strictly prohibited to drink alcoholic beverages and any other drugs or stimulants prohibited by national laws and regulations.

- 5.** Fatigue, failure to use the operation method, and excessive exercise may result in injury. You should make accurate judgments about your physical condition and endurance before exercising, and ensure that the exercise, intensity, and duration are appropriate to your fitness level.
- 6.** When in use, please keep children and pets away from the Apollo Board to avoid danger.
- 7.** Minors must use this equipment under the supervision and guidance of their guardians, not alone.
- 8.** It is not recommended to use the product with long hair. We suggest to coil or tie up long, loose hair to prevent the hair from entering the gap of the equipment by mistake.
- 9.** Keep indoors with a certain humidity in winter to avoid static electricity. Static electricity may interfere with the operation of the equipment and even cause damage to the equipment. Chemical fiber fabrics are prone to static electricity. Avoid wearing chemical fiber clothing to use this equipment.

### ◆ Equipment and using environment

- 1.** The Apollo Board is piece of indoor sports equipment, please do not place it outdoors.
- 2.** When using the Apollo Board, make sure that the Apollo Board is in a safe and open space in at least two square meters in free distance.
- 3.** The location of the Apollo Board should be far away from water, heat and flammable, and explosive materials.
- 4.** The Apollo Board is a special equipment for sports, please do not disassemble it at will, and do not modify it for other purposes at will to avoid potential safety hazards.
- 5.** Do not splash liquids on the Apollo Board, and do not place any foreign objects on the Apollo Board.
- 6.** Do not insert your fingers or any foreign objects into the gap of the Apollo Board to avoid danger.
- 7.** Do not touch the power cord, power socket and power switch with wet hands.

- 8.** Please do not use the power cord or plug if it is damaged or stuck with water. If the power cord of the Apollo Board is damaged, please consult the after-sales service personnel or personnel with relevant professional qualifications to replace it, so as to avoid injury.
- 9.** After using, please turn off the Apollo Board and unplug the Apollo Board immediately.
- 10.** When cleaning the machine, you must unplug the power cord and wipe it with a clean and soft towel that does not drip excess liquid.
- 11.** The Apollo Board should be placed on a clean, flat, and hard ground. Do not place soft cushions such as blankets or yoga mats under the equipment.
- 12.** The rollers of the Apollo Board are only suitable for indoor wooden and tiled floors. Please do not use them on bumpy roads such as asphalt roads in outdoor scenes.
- 13.** The current product is only suitable for home use. Commercial scenarios (such as gyms, etc.) are not applicable.
- 14.** Please cooperate with the Apollo Board's own power cord for use, do not use other power cords for power supply.
- 15.** The power plug must be grounded reliably. Please try to avoid using other electrical appliances on the same power supply line. Please do not use a power cord or plug that is damaged or stuck with water. The power cord of the Apollo Board is dedicated for a specific purpose. If it is damaged, it must be replaced by the manufacturer, service center or personnel with relevant professional qualifications to avoid injury.
- 16.** Do not plug the machine into a socket that is short-circuited to ground or leakage, to avoid electric shock.

---

## OPERATING INSTRUCTIONS

### ◆ Preparation before use

- A.** When opening the folded Apollo Board please make sure to empty the items in the Apollo Board placement area and place the Apollo Board slowly on the ground. Do not let go directly in the middle of unfolding to avoid pressing your feet.

- B.** The Apollo Board must be plugged in and powered on for use. Please do not pull out the rope before it is powered on, otherwise the rope will not be retracted, if you accidentally pull the rope out without power on, please power on the Apollo Board and turn it on. The rope will automatically retract.

- C.** When using the Apollo Board, please do not leave the training area, to avoid the equipment being pulled off the ground, causing safety risks.

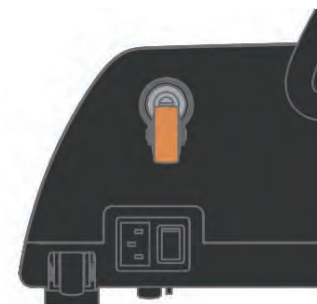
### ◆ Folding and unfolding method

- A.** When the Apollo Board is unfolded, stand on one side of the Apollo Board, hold the handle and pull it up until it's closed.

- B.** When the Apollo Board is folded, move the Apollo Board to a suitable training area, hold the handle, and lift the folding switch with two fingers. The two sides of the Apollo Board will bounce. At this time, slowly lower the Apollo Board to an open space on the ground. Please ensure there are no spare objects on the ground below and be careful not to press your feet.

### ◆ Power-on and off

- A.** Plug the power cord into the power socket on the side of the Apollo Board. After plugging it in, press down the power switch to turn on the Apollo Board. The power switch down "I" is to start the power, and up "O" is to shut down.



- B.** After pressing the power switch, please wait 3 seconds of safety protection time, after which the device will start to respond. Please do not press the power switch repeatedly during this period.

# CONTROL INSTRUCTIONS

## 1. Resistance adjustment

**A.** In the Apollo Board control panel, you can perform resistance adjustment, mode switching, and start/stop operations.



**B.** If the number in the display is flashing, it means the Apollo Board is in an adjustable state.

**C.** You can adjust the resistance by turning the knob, to the right to increase, and to the left to decrease.

**D.** After adjusting to the weight you need, press the middle start and stop button, after which the Apollo Board will start.

**E.** To ensure your safety, you will not be able to switch between modes or weights directly after starting the Apollo Board. At this time, the number on the screen is always on and will not flash; you need to press the start and stop button to release the resistance to continue the weight adjustment.

## 2. Mode Switching

We provide three resistance modes for the Apollo Board, which are standard mode, eccentric mode, and isokinetic Mode. When the Apollo Board is in an adjustable status, press the M button to adjust the mode.

Mode	Description
<b>Standard</b>	<ul style="list-style-type: none"><li>• The standard mode means that the resistance of pulling up and returning is the same. For example, if you choose 10KG, the resistances of centripetal and eccentric movement are both 10KG.</li></ul>
<b>Eccentric</b>	<ul style="list-style-type: none"><li>• Eccentric mode means that the resistance is greater when the rope is put back, and the resistance is less when the rope is pulled up.</li><li>• The set weight is the weight of the eccentric stage of putting back the rope. For example, if you set 10KG, the centripetal stage of pulling up is less than 10KG, and the eccentric stage of putting it back will have 10KG. This mode can provide you more impactful training weight, and more stimulation for your muscles.</li></ul>
<b>Isokinetic</b>	<ul style="list-style-type: none"><li>• In the isokinetic mode, the faster the pulling speed, the greater the resistance; the slower the pulling speed, the lighter the resistance, to ensure that the speed of pulling the rope is as close as possible to a uniform speed, so as to give the muscles full stimulation throughout the process. We provide two levels, fast and slow, to meet your different resistance and speed needs.</li></ul>

# CONTROL INSTRUCTIONS

## ◆ Wireless Switch

1. The wireless switch has the function of controlling resistance start/stop. After pairing with the device, click to control resistance start/stop.

2. Long press the wireless switch to pair. If the blue light flashes 5 times, it means pairing is successful. After pairing is successful, you can use it successfully. In the pairing state, long press to cancel the pairing. If the red-light flashes 5 times, it means pairing is canceled.

3. The wireless switch uses a button battery for power supply. If there is a low battery, you can remove the protective cover.

## ◆ APP Connection

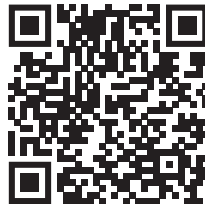
1. The Apollo Board can be connected with the "FITZ" APP, which can wirelessly control the Apollo Board, formulate training plans, view video courses and other functions through the APP.

2. Open the "FITZ" APP, click on the device connection in the upper right corner, select the Apollo Board, and search for the device. In the searched device list, click on the corresponding device to connect.

Note: Scan the QR Code accordingly to download and install the "FITZ" APP.



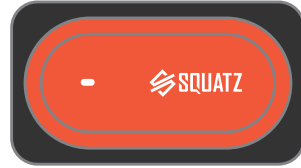
ios



Android

To set up and use your Apollo Board follow these steps: (1) Download the SQUATZ app (2) Create an Account as a Client/ Trainee (3) Navigate to the FITZ section of the Squatz App (4) Select THE APOLLO BOARD (5) Install FITZ by Squatz and follow instructions there.

APOLLO BUTTON  
Model No.: APButton



▲ CR2032 battery is required

## ◆ Volume Adjustment

1. The volume of the Apollo Board needs to be adjusted in the "FITZ" APP.

2. After connecting to the Apollo Board, enter the device management page and click "Device Volume" to adjust.

## ◆ General Usability

1. The universal wheels are for indoor flat ground and short distance only. Please don't move it to outdoor or long distances, otherwise it might cause unnecessary damage to the wheels.

2. Please don't pull out the cables without the machine powered on. Otherwise it might cause the cables to not retract.

3. Please don't pull the cables in at a fast speed(0.5s/meter) when it's in small resistance mode, below 20lbs.

4. Please don't bend the cables or press another force onto them. Otherwise it might cause permanent deformation, resulting in cables not retracting.

## ◆ FCC Warning

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.

Any 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.

The antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be collocated or operating in conjunction with any other antenna or transmitter, End-Users must be provided with transmitter operation conditions for satisfying RF exposure compliance.

## Product Specification

Product Size (L×W×H)	<b>47.4×23×7.6in</b>
Folding Size (L×W×H)	<b>23×15.2×24.6in</b>
Packaging Size (L×W×H)	<b>52.9×26.9×8.6in</b>
Net Weight	<b>88.1lbs</b>
Gross Weight	<b>105.8lbs</b>
Resistance Range	<b>4-132lbs each sides, adjustable by 1lb</b>
Working Voltage(V)	<b>AC100-240V</b>
Maximum Load	<b>330lbs</b>