



**SQBXM-1 PROELIA**

**Portable Design Boxing Mat**

with Accurate Digital Counter, Punching Boxing Pads  
for Punch Strength, and Home Gym Training

***USER GUIDE***

## Features:

- Automated Screen System
- 661 Lbs. Max Testable Punching Strength
- Works when Unit is Punch
- Perpendicular Angle Punching Unit
- Unit Contain Lithium Battery
- Comes with other Devices
- 0.79" Thickness Built-in Foam
- Offers Better Protection to the Hands while Punching
- Suitable to use on smooth and secured surfaces

## What's in the Box:

- Boxing Mat
- (2) Adhesive Straps
- (6) Plastic Nails
- Power Cord

## Technical Specs:

- Construction Material: Pearl Cotton, Vegan Leather, Composite Structural Board
- Charge Capacity: 5V 1A
- Weight Capacity: 661 Lbs.
- Product Dimensions (L x W x H): 15.75" x 15.75" x 2.56" -inches



**This product comes with a complete Digital Training Program!**  
**Download the SQUATZ APP to start Training!**



## Instructions

1. Portable design boxing Mat with accurate Digital Counter.
2. Max Testable Punching strength is 661LBS. Only works when you punch the unit.
3. Please punch and use the device employing proper form.  
Improper or unintended use of this product may result in damaging or breaking this device.
4. This device contains a lithium Battery. For your safety, use the device and the battery as intended and instructed by the factory.
5. It is recommended that this product be used with appropriate gear and boxing gloves.
6. Install the device on a secure, stable, and smooth surface or wall.  
You can secure the mat utilizing the provided 6 plastic fasteners.
7. Store in a cool and dry place.
8. Clean unit by wiping surface with a damp cloth.  
This product is not waterproof or machine washable.
9. Aim and punch the padded surface of the mat - do not punch the screen to avoid product damage or injury.
10. Press the power button to turn the screen/device **ON**  
OR punch the device with a force equal to 2 lbs of force.
11. The screen light will deactivate after one minute of idleness.  
The Mat will turn off after 3 minutes of inactivity.

## ASSEMBLY INSTRUCTIONS

The Boxing Mat must be assembled by adults to make sure it's assembled in the correct manner before using.

### INSTALLATION METHOD ①



1. Tear off the upper adhesive



2. Secure the Boxing mat in place



3. Tear off the bottom adhesive



4. Smooth down the adhesive

**Note:** The height of the screen from the ground should be at your eye-level.

## How to adjust the height



1. Tear off the Boxing mat



2. Paste it to a suitable height

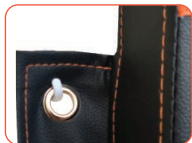
## INSTALLATION METHOD 2



1. Fasten the plastic nails to the wall



2. Refer to the picture above and fix all nails



3. Hang the Boxing mat on the nails

## LCD SCREEN FUNCTIONS INSTRUCTIONS

### **Press the One time SET button:**

When the unit is Off, press the SET BUTTON one time to turn ON the screen.

When the unit turns On, press the SET BUTTON one time to switch units from KG to LB.

Press the SET BUTTON twice to set unit.

Press the SET BUTTON twice to turn on or off the screen's background light.

Press the SET BUTTON three times to change training modes.

### **Hold down the SET BUTTON for three seconds or longer to:**

Reset the counter to ZERO.

Turn Off the unit - total power down.

## Mode Instructions

### Unit have two Modes:

Training Mode and Strike Mode

### Training Mode:

Training Mode is intended for daily practice use.

### Strike Mode:

Strike Mode is for Game and Competitions use.

### Mode Switch:

Press Three times SET button to switch Training Mode and Strike Mode.

### Notes:

In Strike Mode, unit will only record and display the max punching strength after you punch. It will display 1 second later after you punch. Wait for the screen to display and log your punch before using the MAT again.



**Training Mode**



**Strike Mode**

## TROUBLESHOOTING

PROBLEMS	REASONS	SOLUTIONS
1. Screen not ON	Unit not turned ON	Turn ON the unit
2. Screen shows LO	Lack of power	Charge the unit
3. Screen flashing	Lack of power	Charge the unit
4. No data after punch	Punch strength not enough	Punch harder
5. " mark shows on screen	Punching strength beyond limitation	Redo the test
6. Inner punch sound from the unit	Inner tester works	Normal
7. Wrong data when you test on floor	Wrong operations	Fix the unit on the wall
8. Data no changes	Need to restart	Turn off the unit and wait for 3 mins. then restart
9. Wrong data after your get the product	Wrong data caused during transportation	Press and hold SET button to clear the wrong data

**Questions? Comments?**

We are here to help!

Phone: (1) 718-535-1800

Email: [support@pyleusa.com](mailto:support@pyleusa.com)