



# TRAVEL APOLLO FITNESS BOARD

SQUAPLLO-TRVOR SQUAPLLO -TRVBL  
Product Manual



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## PRODUCT INTRODUCTION



- 1 Display Screen
- 2 Knob
- 3 Power Switch
- 4 Power Socket
- 5 Lifting Handle

## PACKAGE CONTENTS



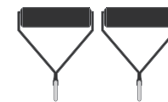
Travel Apollo Board Device



Training Bar



Waist Band



Handle



Ankle Strap



AC Power Cord



Wireless Switch



Connecting Buckle



Product Manual

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## SAFETY PRECAUTIONS

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

### ◆ User-related

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 Travel 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 Travel 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 Travel Apollo Board is piece of indoor sports equipment, please do not place it outdoors.
2. When using the Travel Apollo Board, make sure that the Travel Apollo Board is in a safe and open space in at least two square meters in free distance.
3. The location of the Travel Apollo Board should be far away from water, heat and flammable, and explosive materials.
4. The Travel 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 Travel Apollo Board, and do not place any foreign objects on the Travel Apollo Board.
6. Do not insert your fingers or any foreign objects into the gap of the Travel 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 Travel 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 Travel Apollo Board and unplug the Travel 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 Travel 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 Travel 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 Travel 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 Travel 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.



**Warning:** According to Waste of Electrical and Electronic Equipment (WEEE) directive, WEEE should be separately collected and treated. If at any time in future you need to dispose of this product please do NOT dispose of this product with household waste. Please send this product to WEEE collecting points where available. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

## OPERATING INSTRUCTIONS

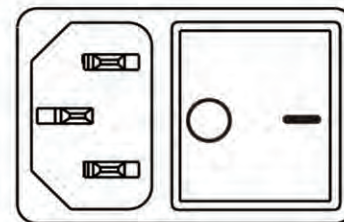
### ◆ Preparation before use

**A.** The Travel Apollo Board needs to be energized 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 Travel Apollo Board and turn it on. The rope will automatically retract.

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

### ◆ Power-on and off

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



**B.** After pressing the power switch, there is 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 Travel Apollo Board control panel, you can perform resistance adjustment mode switching, start/stop operations and Bluetooth disconnected.



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

**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, the Travel Apollo Board will start.

**E.** To ensure your safety, you will not be able to switch between modes or weights directly after starting the Travel 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 Travel Apollo Board, which are standard mode, eccentric mode, isokinetic mode, elastic mode and rowing mode. When the Travel Apollo Board is in an adjustable status, press the M button to adjust the mode.

### ★ Standard Mode (Code: 1)

- The standard mode means that the resistance of pulling up and returning is the same. For example, if you choose 10 LB, the resistances of centripetal and eccentric movement are both 10 LB.

### ★ Eccentric Mode (Code: 2)

- 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.
- The set weight is the weight of the eccentric stage of putting back the rope. For example, if you set 10 LB, the eccentric stage of pulling up is less than 10 LB, and the eccentric stage of putting it back will have 10 LB. This mode can provide you more impactful training weight, and more stimulation for your muscles.

### ★ Isokinetic mode (Code: 3)

- In the isokinetic mode, the resistance will change dynamically with the force you exert. When the device feels that you are exerting a lot of force, it will increase the resistance to ensure that the speed at which you pull is as close to a constant speed as possible, so that muscles are fully stimulated throughout. We provide different speed levels of 0.1-1.0m/s to meet your different resistance and speed requirements. When your pulling speed is lower than or equal to the set speed, the resistance is relatively constant; when you pull faster than the set speed, the resistance will increase and your movement speed will decrease.

## ★ Elastic Mode (Code: 4)

● Resistance is similar to the elastic band, the longer the pull-out length, the greater the resistance. In the elastic mode, the resistance feeling of pulling the Travel Apollo Board is similar to that of the elastic band. The longer the pull-out length, the greater the resistance; With different training levels, even when the length of the rope is the same, the resistance will be different.

## ★ Rowing Mode (Code: 5)

● Fluid resistance, similar to a water resistance rowing machine. In the rowing mode, the resistance is fluid resistance, and the feeling of pulling the Travel Apollo Board is similar to that of a water resistance rowing machine. The initial resistance is fixed (adjustable), but the faster the pulling speed, the greater the resistance; With different levels, even if the pulling speed is the same, the resistance will be different; The resistance in the put-back stage is small and fixed.

# CONTROL INSTRUCTIONS

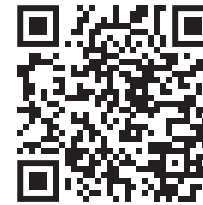
## ◆ Wireless Switch

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. In the pairing state, long press to cancel the pairing. If the red light flashes 5 times, it means pairing is canceled.
3. Please prepare a button battery (CR2032) for the wireless switch's power supply. If the battery is low, please change in time.

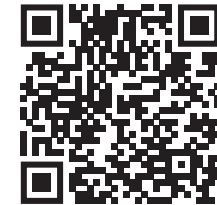
## ◆ APP Connection

1. The Travel Apollo Board can be connected with the "FITZ" APP, which can wireless control the Travel 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 Travel Apollo Board, and search for the device. In the searched device list, click on the corresponding device to connect.

Note: Scan the QR code below to follow public account and you can find public account and you can find the download link of "FITZ" APP.



ios



Android

To set up and use your TRAVEL APOLLO FITNESS 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 SQ- TRVL
- (5) Install FITZ by Squatz and follow instructions there.

## ◆ Volume Adjustment

1. The volume of the Travel Apollo Board needs to be adjusted in the "FITZ" APP.
2. After connecting to the Travel Apollo Board, enter the device management page and click "Device Volume" to adjust.

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## 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.

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## Product Specification

Product Size (LxWxH)	<b>35.4x10.6X6.0in</b>
Packaging Size (LxWxH)	<b>37.9x13.2x7.8in</b>
Net Weight	<b>33lbs</b>
Gross Weight	<b>46lbs</b>
Resistance Range	<b>4-75lbs each sides, adjustable by 1lb</b>
Working Voltage(V)	<b>AC100-240V</b>
Maximum Load	<b>330lbs</b>