Grip Strength Kit



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Grip-VIPSERVICE@outlook.com

For any problem you may have,please feel free to contact us! We will provide you with the best service.

CONTENTS

I. Hand Dynamometer

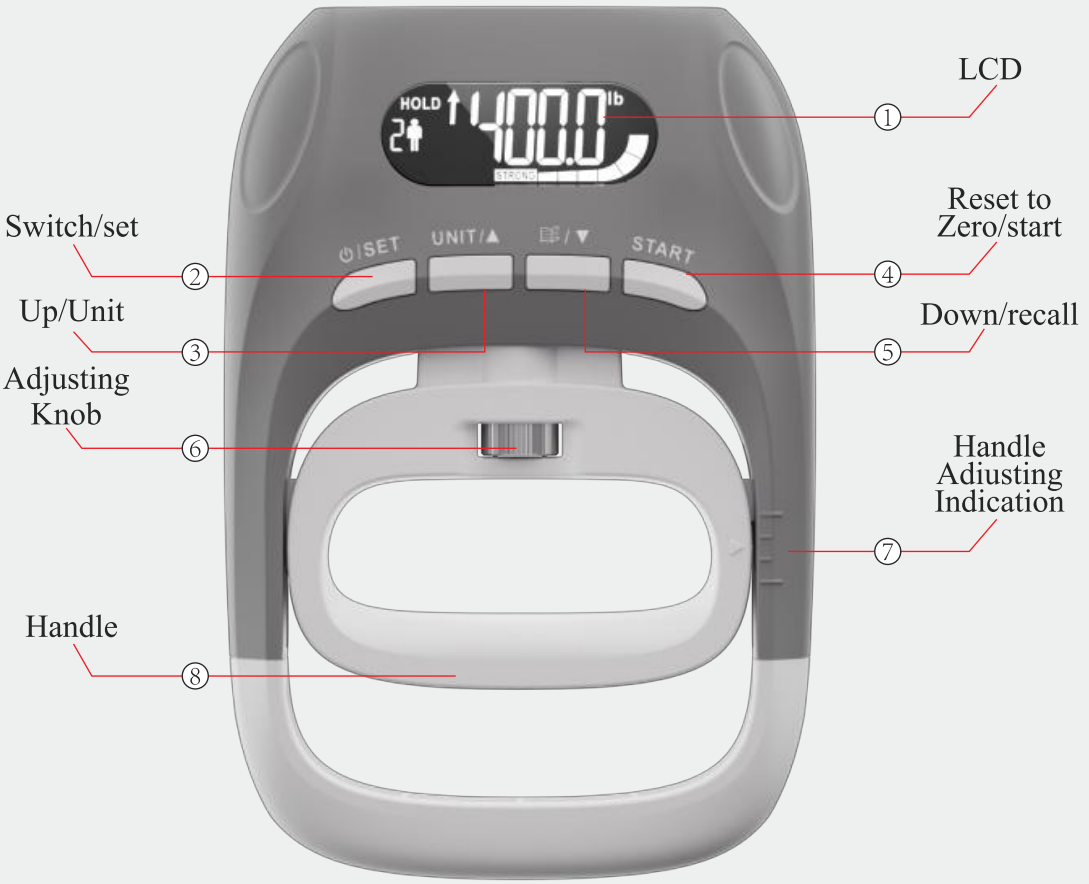
1. Product Overview.....1
   LCD Icons Description.....1
   Performance Index.....1
   Battery Replacement.....2
2. Quick Measurement Mode.....3
3. Standard Mode.....4
4. Other Operations.....5
   Data Reset.....5
   Data Recalling.....5
   Unit Conversion.....6
   Icons Indications.....6
5. Product Maintenance.....6

II. Grip strength Trainer

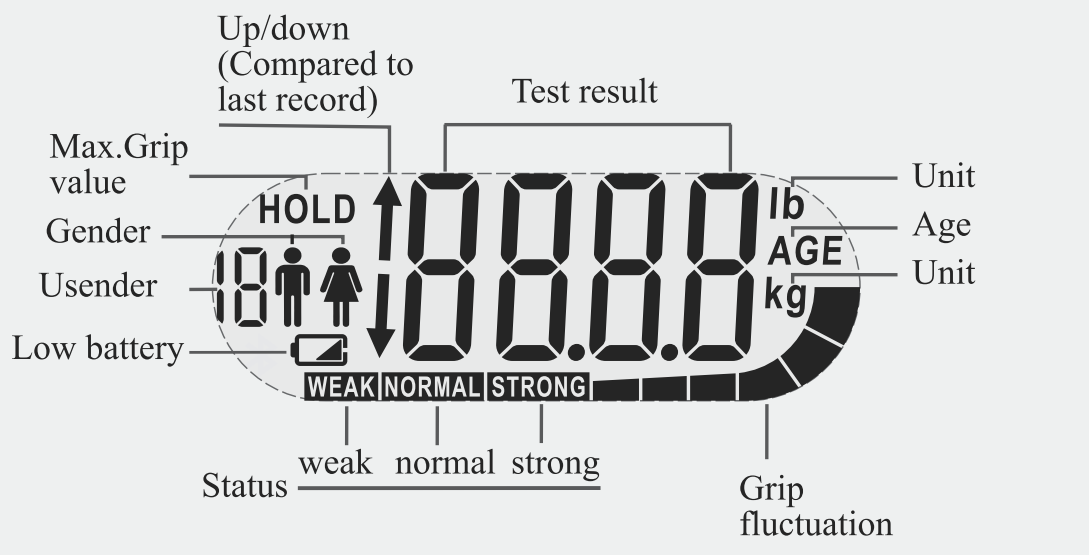
1. Product Overview.....7
2. Performance Index.....7
3. Multi-position Training.....8

III. Grip Strength Reference.....9

- PRODUCT OVERVIEW



- LCD ICONS DESCRIPTION



- PERFORMANCE INDEX

1. Max. Capacity: 180kg/400lbs Min. capacity: 1kg/2.2lbs. No max. grip power value is shown when measurement is less than 5kg/11lbs; No grip fuctuation is shown when measurement is less than 10kg/22lbs.

2. Division: 0.1kg/0.22lbs.

3. Power: 2 x 1.5V AAA batteries.

4. Standard Mode and Quick Measurement Mode.
   Total 19 user codes for standard mode, and the max. grip power value can be recorded for each user. Quick measurement mode results are not recorded in the user code.

5. Operating environment: Temperature=0~35°C/32~86°F; Relative humidity=30~90%.

- BATTERY REPLACEMENT



1. Open battery case cover at the back of dynamometer;

2. Take out the used batteries;

3. Install new battery by putting one side of the battery and then pressing down the other side.

- PREPARATION BEFORE USE



Before using, please adjust up or down the handle by turning the adjusting knob right or left to get an ideal grasp.

eg: User with big hand can adjust the handle upwards by turning right the adjusting knob.

- QUICK MEASUREMENT MODE

In the poweroff status, press "START" to power on the device. After the value on the LCD is displayed as zero, hold the grip to start measurement.



Note:

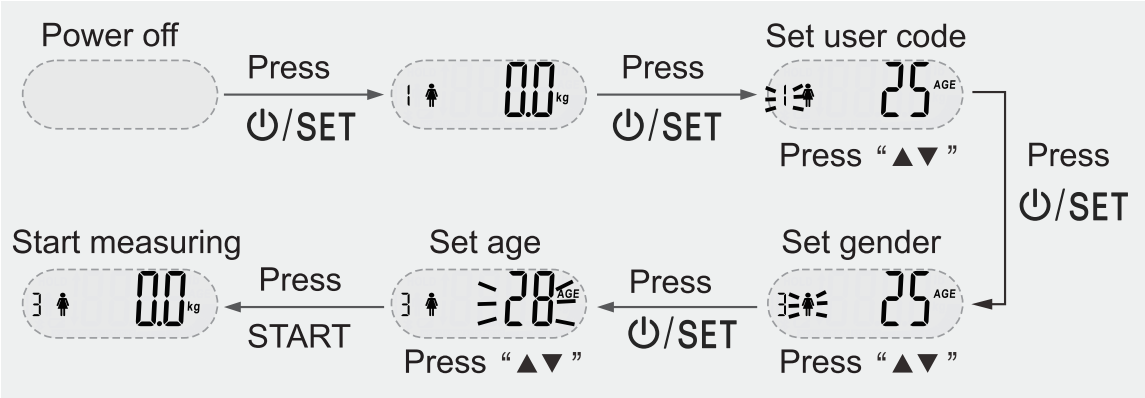
* After measurement, the device will lock max. grip power value and display fluctuation.

* When there are more than two measurements, it enters into difference comparison function automatically after 4 seconds. Display shows max. grip power value and the difference 3 times by turn, then retums to measurement interface.

* No operation for about 1 minute or press " ⏻ /SET" to power off the device.

- PARAMETERS SETTING

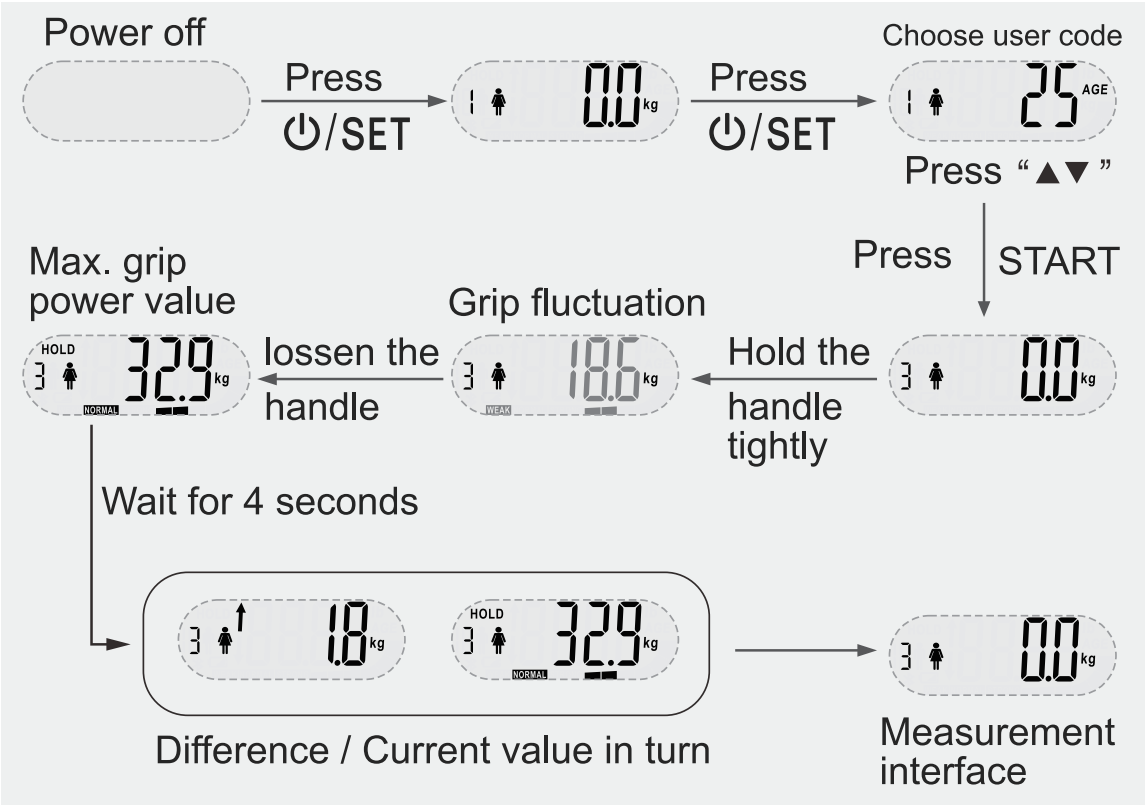
Before starting, users need to set 3 parameters in sequence, including the user code, gender and age.



* After all parameters are set, the device will automatically save them.

- STANDARD MODE

Press "⏻/SET" to power on the device, then press the "⏻/SET" to select the user code, and then press "START" to hold the handle to measure. (If you need to set parameters, refer to "Parameter Settings")



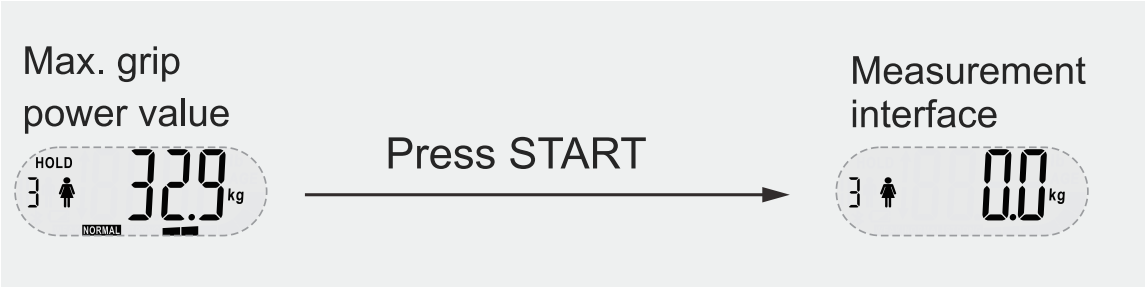
* After measurement, the device will lock max. grip power value, display fluctuation and status.

* If the product detects any previous measurements, it'll enters into difference comparison function automatically after 4 seconds. Display shows max. grip power value and the difference 3 times by turn, then returns to measurement interface.

* No operation for about 1 minute or long press "⏻/SET" to turn off the device.

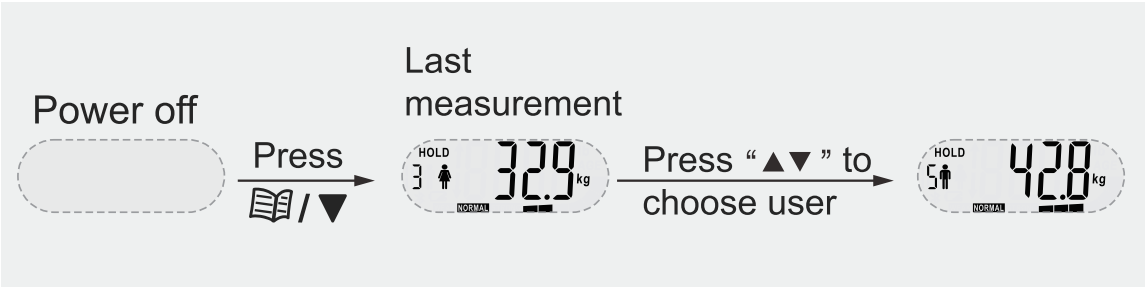
- DATA RESET

In the measuring state, press the "START" to reset the measurement.



- DATA RECALLING

When the device is power off, press "📖/▼" to recall data, it will display previous grip power value, fuctuation and status.If the user has no data, only "0" and the current user code are displayed.



* In recalling state, press "START" to reset the measurement.

* No operation for about 1 minute or hold down "⏻/SET" to turn off the device.

- UNIT CONVERSION

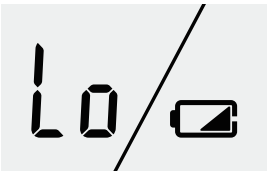
When measuring, press "UNIT/▲" to switch the measurement unit.



- ICONS INDICATION



Overload Indication
Means grip strength value exceeds the max capacity, please stop using.



Low Battery Indication
Means the device battery is low, please install new battery.

- MAINTENANCE

1. Clean the item with slightly damp cloth. Do not use chemical corrosive cleaner or immerse the item in water. Keep the item in cool and dry place.

2. All plastics parts should be cleaned immediately after contact with fats, spices, vinegar, strongly flavored and colored foods. (Avoid contact with acids citrus juice.)

3. This product is precision instrument, please handle with care; Do not strike, shake or drop the item.

4. Keep away from high temperature, do not strip the item arbitrarily.

- PRODUCT OVERVIEW



- PERFORMANCE INDEX

1. Resistance Range: 10-130lbs/5-60kg.

2. Automatic Count: Maximum counting 99.
   (Each time the count button is pressed, the count increases by 1, and adjust the reset knob to clear the count)

3. Material: Environmentally friendly plastic, TPR and steel.

4. Function: Develop the strength and flexibility of hands and fingers.

- MULTI-POSITION TRAINING



Hand Squeeze



Reverse Squeeze



Thumb, Forefinger
and Middle Finger



Palm, Ring Finger
and Little Finger



Thumb and
Forefinger



All Fingers

- Grip Strength Reference

TABLE: NORMS FOR GRIP STRENGTH IN POUNDS (LBS)

Age	Men(lbs)			Age	Women(lbs)		
	Weak	Normal	Strong		Weak	Normal	Strong
10-11	<27.8	27.8-49.4	>49.4	10-11	<26.0	26.0-47.6	>47.6
12-13	<42.8	42.8-68.8	>68.8	12-13	<32.2	32.2-53.8	>53.8
13-15	<62.8	62.8-97.7	>97.7	13-15	<34.2	34.2-60.2	>60.2
16-17	<71.9	71.9-115.5	>115.5	16-17	<37.9	37.9-63.9	>63.9
18-19	<78.7	78.7-112.4	>122.4	18-19	<42.3	42.3-68.3	>68.3
20-24	<81.1	81.1-124.8	>124.8	20-24	<47.4	47.4-77.8	>77.8
25-29	<83.1	83.1-126.8	>126.8	25-29	<56.4	56.4-91.3	>91.3
30-34	<79.4	79.4-123.0	>123.0	30-34	<47.4	47.4-77.8	>77.8
35-39	<78.9	78.9-122.6	>122.6	35-39	<44.8	44.8-75.2	>75.2
40-44	<78.3	78.3-121.9	>121.9	40-44	<41.7	41.7-72.1	>72.1
45-49	<76.5	76.5-12.2	>120.2	45-49	<41.0	41.0-71.4	>71.4
50-54	<72.5	72.5-111.8	>111.8	50-54	<39.9	39.9-70.3	>70.3
55-59	<67.7	67.7-106.9	>106.9	55-59	<39.0	39.0-69.4	>69.4
60-64	<66.6	66.6-105.8	>105.8	60-64	<37.9	37.9-68.3	>68.3
65-69	<62.2	62.2-97.0	>97.0	65-69	<34.0	34.0-60.0	>60.0
70-79	<47.0	47.0-77.4	>77.4	70-79	<32.4	32.0-54.0	>54.0

TABLE: NORMS FOR GRIP STRENGTH IN KILOGRAM (KG)

Age	Men(kg)			Age	Women(kg)		
	Weak	Normal	Strong		Weak	Normal	Strong
10-11	<12.6	12.6-22.4	>22.4	10-11	<11.8	11.8-21.6	>21.6
12-13	<19.4	19.2-31.2	>31.2	12-13	<14.6	14.6-24.4	>24.4
13-15	<28.5	28.5-44.6	>44.6	13-15	<15.5	15.5-27.3	>27.3
16-17	<32.6	32.6-52.4	>52.4	16-17	<17.2	17.2-29.0	>29.0
18-19	<35.7	35.7-55.5	>55.5	18-19	<19.2	19.2-31.0	>31.0
20-24	<36.8	36.8-56.6	>56.6	20-24	<21.5	21.5-35.3	>35.3
25-29	<37.7	37.7-57.5	>57.5	25-29	<25.6	25.6-41.4	>41.4
30-34	<36.0	36.0-55.8	>55.8	30-34	<21.5	21.5-35.3	>35.3
35-39	<35.8	35.8-55.6	>55.6	35-39	<20.3	20.3-34.1	>34.1
40-44	<35.5	35.5-55.3	>55.3	40-44	<18.9	18.9-32.7	>32.7
45-49	<34.7	34.7-54.5	>54.5	45-49	<18.6	18.6-32.4	>32.4
50-54	<32.9	32.9-50.7	>50.7	50-54	<18.1	18.1-31.9	>31.9
55-59	<30.7	30.7-48.5	>48.5	55-59	<17.7	17.7-31.5	>31.5
60-64	<30.2	30.2-48.0	>48.0	60-64	<17.2	17.2-31.0	>31.0
65-69	<28.2	28.8-44.0	>44.0	65-69	<15.4	15.4-27.2	>27.0
70-79	<21.3	21.3-35.1	>35.1	70-79	<14.7	14.7-24.5	>24.5



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