

This is a fun but serious device to help strengthen grip and improve hand's motor skills, and increase circulation. It is perfect for working out at home, work, gym or while traveling. Its features:

Voice Announcement – announces number of grips, grip force (current and accumulated) and max grip force.

Wide Compression Tension – from 4Kg (8.8 lb) to 50 Kg (110 lb).

Kilogram and Pound — announces and displays force in kilogram and pound.

Two Display Modes — displays Total force and maximum force.

Four Operation Modes — auto announcement of Total Count, Total Force, Present Force and Non-talking.

INSTALLING THE BATTERY

This hand exerciser uses two UM4 (AAA) batteries; follow these steps to install battery.

1. Slide and lift the battery compartment cover located on the back to remove the cover.
2. Install two new UM4(AAA) batteries in the compartment as indicated by the polarity symbols (+ and -) marked inside.
3. Replace the battery compartment cover.
4. The unit beeps twice, and displays all 0.

If the sound weakens, distorts, or the display dims, replace the battery.

SETTING KILOGRAM AND POUND

The Hand Exerciser can announce and display the result in Kilogram or Pound. To change from one to the other, open the battery compartment cover, and repeatedly press **LB/KG** to switch from one to the other.

ANNOUNCING NUMBER OF GRIPS, TOTAL FORCE, PRESENT FORCE AND MAXIMUM FORCE

The Hand Exercise automatically makes announcement each time when the handle is squeezed. Following these steps to make different announcement.

1. Slide the side switch to **T.C**, it announces total count when the handle is squeezed.
2. Slide to **T.F**, it announces Total Force.
3. Slide to **P.F**, it announces Present Force.
4. Slide to **OFF**, no announcement.

You can also hear announcement by pressing "**TALKING**", the Hand Exerciser announces the numbers displayed on the top of LCD. To announce other number press **MODE** then press **TALKING**.

To announce all numbers displayed on the LCD, press and hold **TALKING** for 3 seconds and release.

USING THE HAND EXERCISER

1. Press and hold **CLEAR** to reset all numbers to "0".
2. Squeeze the Hand Exerciser and release.

The LCD displays the following.

| FUNCTION | DESCRIPTION |
|---------------|------------------------------|
| Present Force | Force of the current squeeze |
| Total Count | Total number of squeezes |
| Total Force | Accumulated force |
| Maximum Force | Maximum squeeze force |

RESETTING THE RESULTS

Resetting "Present Force" only

Press **CLEAR**

Resetting all results but "Max Force"

1. Repeatedly press **MODE** to go to **Total Force**
2. Press and hold **CLEAR**

Resetting all results including "Max Force"

1. Repeatedly press **MODE** to go to **MAX FORCE** Mode.
2. Press and hold **CLEAR**.

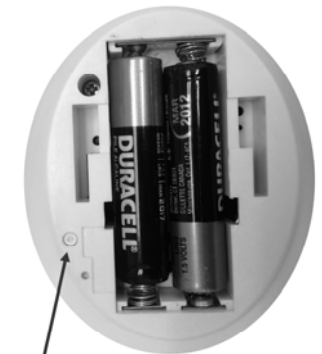
RESETTING THE UNIT

When the Hand Exerciser shows abnormal function, such as "frozen display", "broken display", "frozen button" etc, you need to re-initialize the unit by pressing **RESET** using a pointed object such as paper clip. The **RESET** button can be accessed by removing the battery compartment cover.

Limited Warranty

Please contact seller for warranty. Limited warranty from manufacturer only for original purchaser against defect related to manufacturing or workmanship under normal use. Due to the hygiene or rehabilitation nature of this product, it is non-returnable.

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Switch for kg & lb