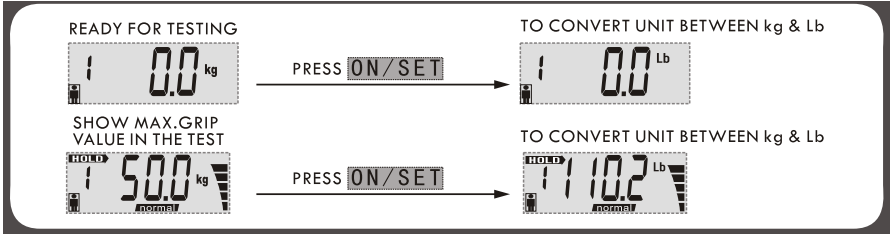


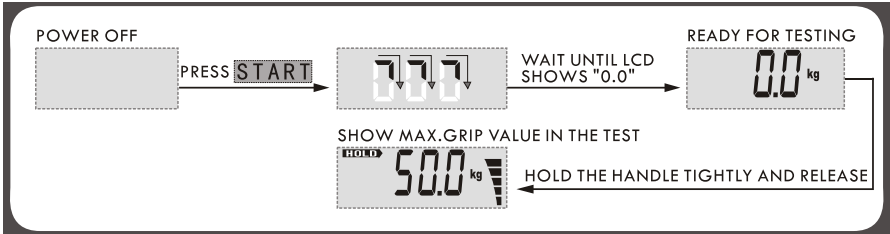
• TO CONVERT UNIT



• TO RESET AND RETEST



• QUICK TEST MODE



Press "ON/SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.

• TO SAVE TEST RESULT



After saving, dynamometer will back to testing mode again.

• RECALL TEST RESULT



After recalling, you can press "ON/SET" to convert unit, or press "START" to start grip testing.

• APPENDIX: PHYSICAL STATUS ACCORDING TO THE TEST RESULT GIVEN BY THE DYNAMOMETER

AGE	MALE			FEMALE		
	Weak	Normal	Strong	Weak	Normal	Strong
10—11	<12. 6	12. 6–22. 4	>22. 4	<11. 8	11. 8–21. 6	>21. 6
12—13	<19. 4	19. 4–31. 2	>31. 2	<14. 6	14. 6–24. 4	>24. 4
14—15	<28. 5	28. 5–44. 3	>44. 3	<15. 5	15. 5–27. 3	>27. 3
16—17	<32. 6	32. 6–52. 4	>52. 4	<17. 2	17. 2–29. 0	>29. 0
18—19	<35. 7	35. 7–55. 5	>55. 5	<19. 2	19. 2–31. 0	>31. 0
20—24	<36. 8	36. 8–56. 6	>56. 6	<21. 5	21. 5–35. 3	>35. 3
25—29	<37. 7	37. 7–57. 5	>57. 5	<25. 6	25. 6–41. 4	>41. 4
30—34	<36. 0	36. 0–55. 8	>55. 8	<21. 5	21. 5–35. 3	>35. 3
35—39	<35. 8	35. 8–55. 6	>55. 6	<20. 3	20. 3–34. 1	>34. 1
40—44	<35. 5	35. 5–55. 3	>55. 3	<18. 9	18. 9–32. 7	>32. 7
45—49	<34. 7	34. 7–54. 5	>54. 5	<18. 6	18. 6–32. 4	>32. 4
50—54	<32. 9	32. 9–50. 7	>50. 7	<18. 1	18. 1–31. 9	>31. 9
55—59	<30. 7	30. 7–48. 5	>48. 5	<17. 7	17. 7–31. 5	>31. 5
60—64	<30. 2	30. 2–48. 0	>48. 0	<17. 2	17. 2–31. 0	>31. 0
65—69	<28. 2	28. 2–44. 0	>44. 0	<15. 4	15. 4–27. 2	>27. 2
70—99	<21. 3	21. 3–35. 1	>35. 1	<14. 7	14. 7–24. 5	>24. 5

⚠ ADVICE FOR USE AND MAINTENANCE

1. PLEASE TAKE NOTE TO POLARITY WHEN REPLACING BATTERIES;
2. AVOID TOUCHING THE LCD;
3. IF DYNAMOMETER CAN NOT BE SWITCHED ON, PLEASE CHECK IF BATTERIES ARE PROPERLY INSTALLED;
4. TREAT THIS DYNAMOMETER WITH CARE AS IT IS A PRECISE INSTRUMENT;
5. IF THE DYNAMOMETER IS NOT USED FOR LONG, PLEASE TAKE OUT THE BATTERIES;
6. NOT SUITABLE FOR COMMERCIAL USE.

05EH-001C Ro

ELECTRONIC HAND DYNAMOMETER

INSTRUCTIONS FOR USE

INSTRUCTIONS FOR USE

MODEL NO.: EH101

(Please read this instructions before using this hand dynamometer.)

Brief Introduction

EH101 is one of the latest released products that is a good match and companion for gymnasts, tennis players, rock climbers & also serves as a recuperating training device for muscular injury as part of the physiotherapy with following special features:

- 1. High precision power gauging, giving momentary digital read-out of gripping power.
- 2. Auto capturing of maximum achieved grip power and display of the value.
- 3. Assessment of results according to age and gender group.
- 4. Saving/storage, & retrieval of result for different user individuals.

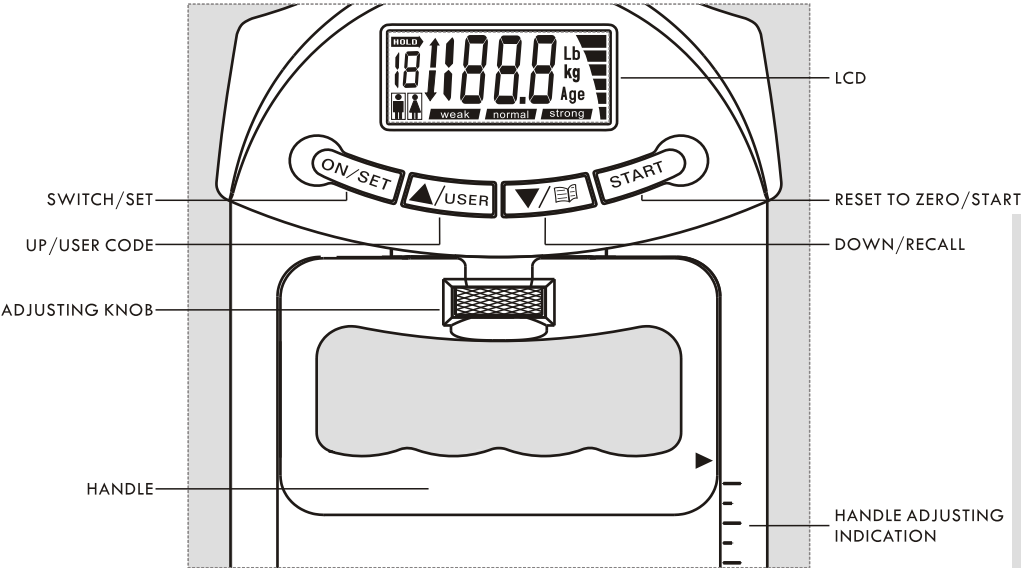
SPECIFICATION

- 1. UNIT: kg / lb
- 2. MAX. CAPACITY: 90kg/198lb
- 3. DIVISION=0.1kg/0.2lb
- 4. POWER: 2 X 1.5V AAA BATTERIES
- 5. TOLERANCE: ±0.5kg/1lb:
- 6. OPERATING ENVIRONMENT: TEMPERATURE=0~35℃; RELATIVE HUMIDITY=30~90%

FEATURES

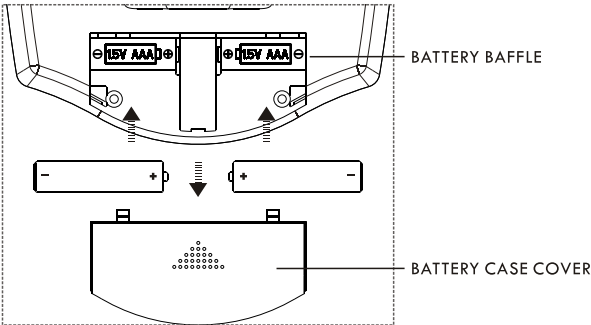
- 1. Design principle: bionics, ergonomics
- 2. Adjustable handle, suitable for users of different ages
- 3. Fashionable design
- 4. Equipped with high precision strain gauge sensor
- 5. 0.8"(21mm) LCD digits
- 6. Multi-functions including user data setting; grip testing; test result comparison, save and recall.

OUTLINE

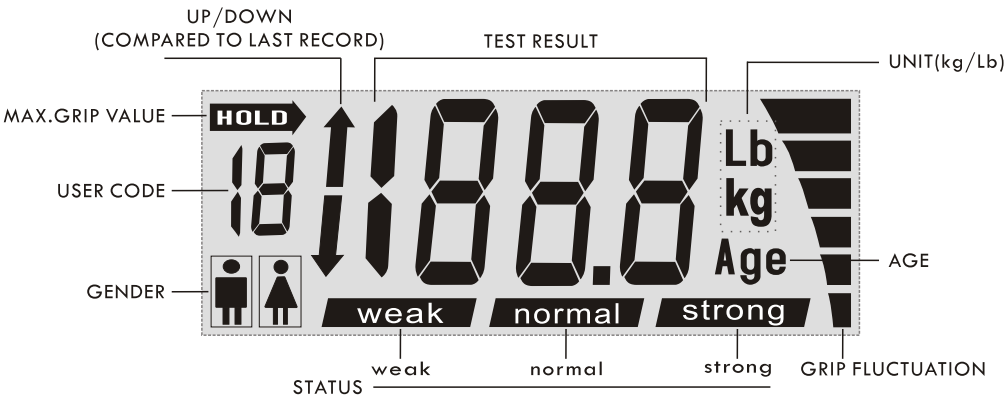


TO REPLACE BATTERIES

- 1. Open battery case cover at the back of dynamometer;
- 2. Take out used batteries;
- 3. Install new batteries by putting one side of the batteries beneath battery baffle and pressing down the other side. Please take note to polarity.



LCD ICONS DESCRIPTION

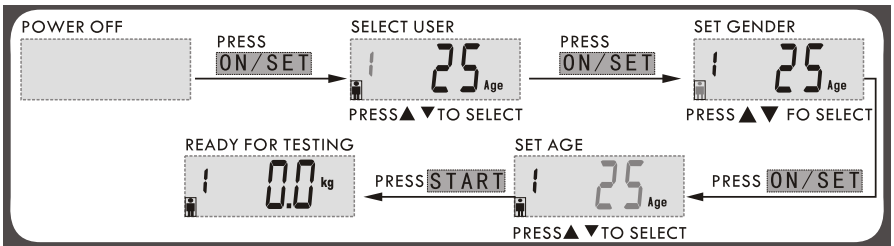


PRELIMINARY ADJUSTMENT

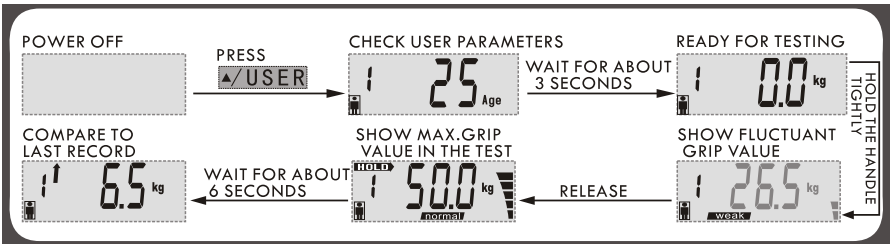
Before using, you can adjust up or down the handle by turning the adjusting knob right or left to get an ideal grasp.
eg: User with big hand can adjust the handle upwards by turning right the adjusting knob.



TO SET USER PARAMETERS



TO TEST UNDER USER MEMORY MODE



After testing, LCD will show user code, gender, max.grip value, and grip value status(weak, normal, strong). Press "ON/SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.