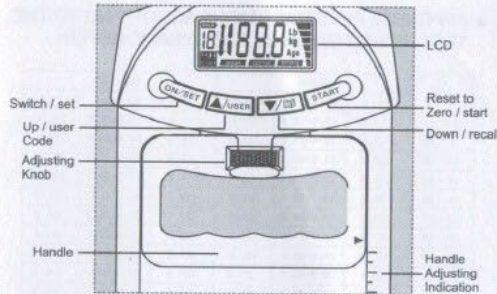


• Brief Introduction

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.



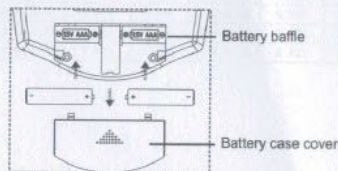
• SPECIFICATION

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 C;
Relative humidity=30-90%

• FEATURES

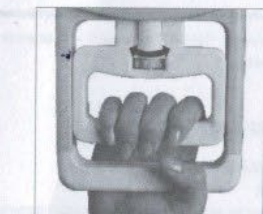
1. Design principle: bionics, ergonomics
2. Adjustable handle, suitable for users of different ages
3. Fashionable design
4. Equipped with high precision strain gauge sensor
5. 0.8"(21mm) LCD digits
6. Multi-functions including user data setting; grip testing; test result comparison, save and recall.

• TO REPLACE BATTERIES

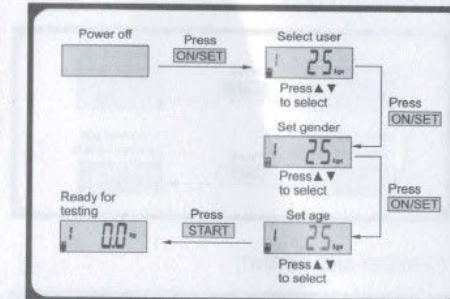


1. Open battery case cover at the back of dynamometer;
2. Take out used batteries;
3. Install new batteries by putting one side of the batteries beneath battery baffle and pressing down the other side. Please take note to polarity.

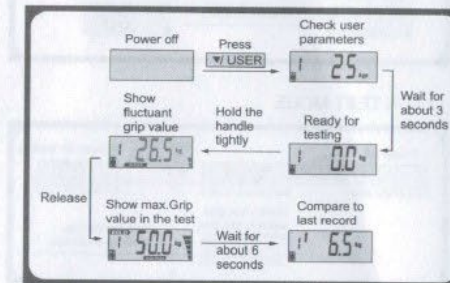
• PRELIMINARY ADJUSTMENT



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.

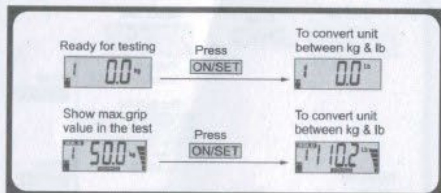


• TO TEST UNDER USER MEMORY MODE

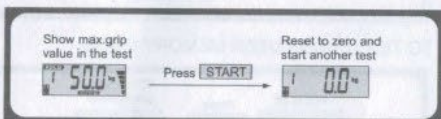


After testing, LCD will show user code, gender, max.grip value, and grip value status(weak, normal, strong). Press "ON/SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.

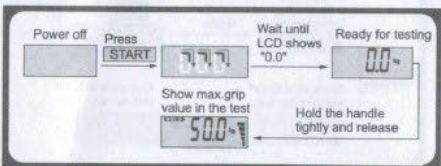
• TO CONVERT UNIT



• TO RESET AND RETEST

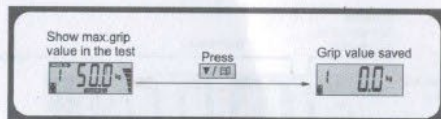


• QUICK TEST MODE



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.

△ 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.

• 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

CAMRY

ELECTRONIC HAND DYNAMOMETER

INSTRUCTIONS FOR USE

EH101

