

User Manual

1. Product Overview (Keycode:43750559)

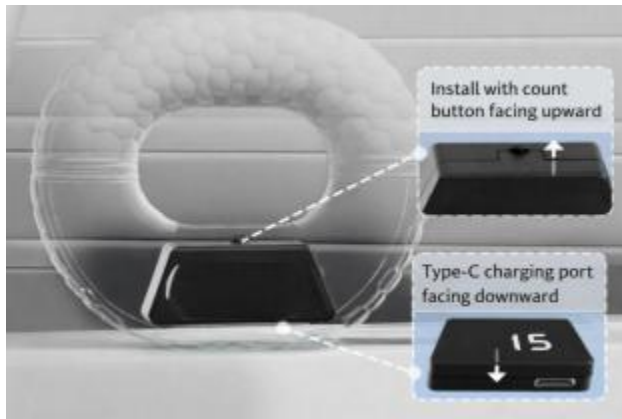
This hand grip strengthener is designed to improve grip strength and forearm muscles. It features a built-in digital counter that records the number of complete squeezes.

2. Specifications

- Battery Capacity: 30 mAh
- Power Consumption: 0.2 μ A
- Charging Method: Type-C
- Display: Digital Counter
- Material: Silicone + ABS
- Power Supply: Rechargeable

3. Installation Instructions

- Install the counter with the arrow facing upward.
- The Type-C charging port must face downward.
- Make sure the counter is firmly secured before use.



4. How to Use

Step 1: Hold the grip ring comfortably.

Step 2: Squeeze the grip ring until the inner edges fully touch each other. Only when the inner edges completely contact will the device register one count.



1. Hold the grip

Place your hand around the grip ring comfortably.



2. Squeeze properly

Squeeze the grip ring until the inner edges fully touch each other to register one count.

5. Charging Instructions

- Charging Method: Type-C
- Use a standard Type-C cable to charge the device.
- Do not use fast chargers exceeding recommended voltage.
- Fully charge before first use.
- Keep the charging port dry and clean.

6. Auto Power-Off Function

- When not in use, the counter will automatically turn off after 28 seconds of inactivity
- This function helps conserve battery power and extend battery life.
- Simply squeeze the grip again to reactivate the display.

7. Safety Precautions

- Do not expose to water or high humidity.
- Keep away from extreme heat.
- Do not disassemble the counter module.
- Keep away from children under 3 years old.
- Stop using immediately if you feel pain or discomfort.

9. Maintenance

- Clean the silicone grip with a dry or slightly damp cloth.
- Do not submerge the counter in water.
- Store in a cool, dry place.