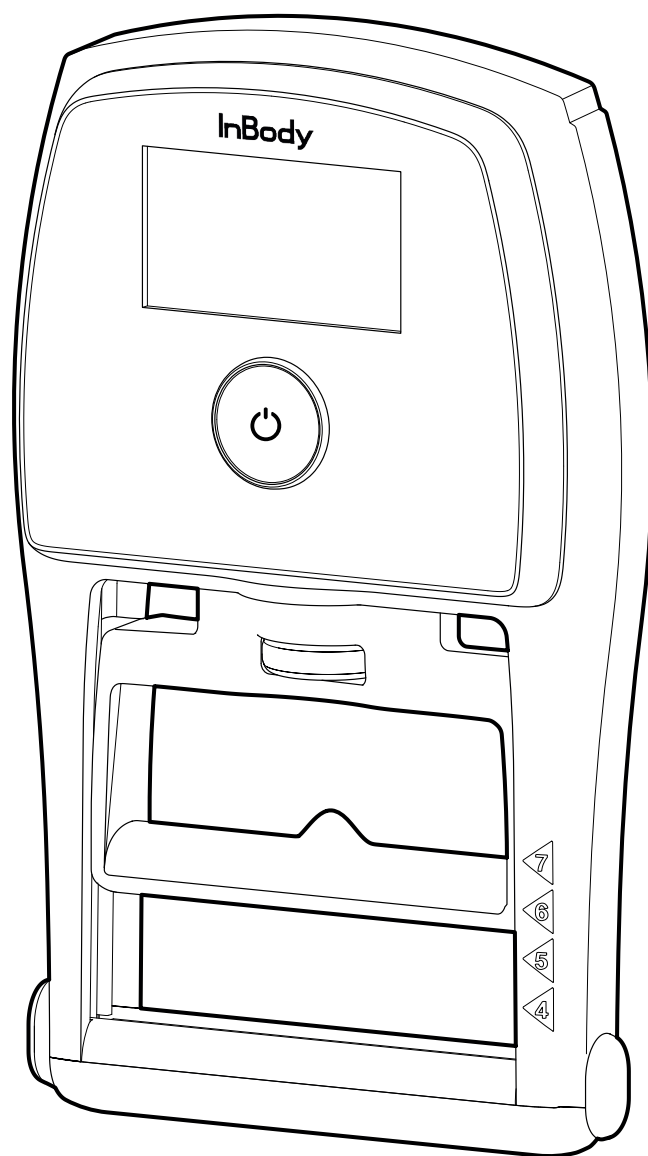


InBody Handgrip Strength Dynamometer

User's Manual



InBody Handgrip Dynamometer User's Manual for Measurement Guide and Setup

Thank you for purchasing the InBody Handgrip Dynamometer.

This User's Manual describes all the features of the product.

Please read before use and keep it in a safe place.

By following the manual instructions,

you will be able to use the InBody Handgrip Strength Dynamometer more safely and effectively.


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1 Safety

1.1 Safety Symbols used in the User's Manual



Warning

Failure to comply with safety warnings and regulations can cause serious injury or death.



Caution

Failure to comply with safety cautions and regulations can cause injury or property damage.

1.2 Precautions for Use



Warning

- Do not use this device for any purpose other than hand grip strength measurement.
- This product is not a diagnostic device. To make an accurate diagnosis, consult your doctor.



Caution

- Do not use the device in a humid space such as a bathroom, as excessively high or low temperature, humidity, and pressure may affect the operation of the device. Use in the installation environment specified in the product specifications.
- Do not allow any liquid substances to contact the device directly. Keep food and drinks away from the device. Substances getting inside the device can cause critical damage to the electronic components.
- Do not use if you are allergic to metal, rubber, or silicon.
- The user should be responsible for illegal use or data transmission problem caused by using Bluetooth.
- Bluetooth uses the same frequency band as many electronic devices, which can cause radio interference between the devices.
- Do not disassemble or modify the device including internal parts without written consent from the manufacturer. This may cause electric shock or injury, device malfunction, inaccurate test results, and will void the manufacturer's warranty.



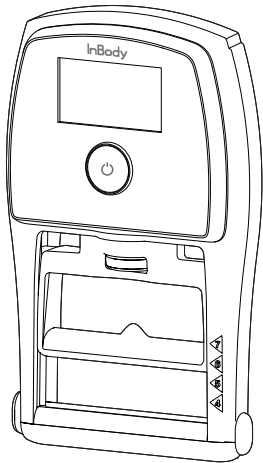
Caution

- When storing the device for a long period of time, remove the battery from the device.
- Dispose of the device and its batteries in accordance with the relevant local laws and regulations.
- Repairs and inspections can only be performed by InBody's technician. For repairs and inspections, contact the customer service.

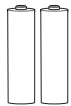
2 Product Overview

2.1 Product Components

The InBody Handgrip Dynamometer consists of the following components.



InBody Handgrip Dynamometer



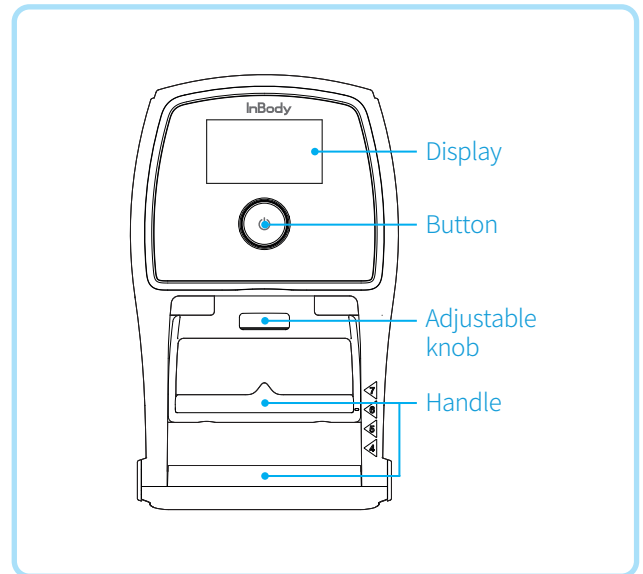
AA Battery 2EA



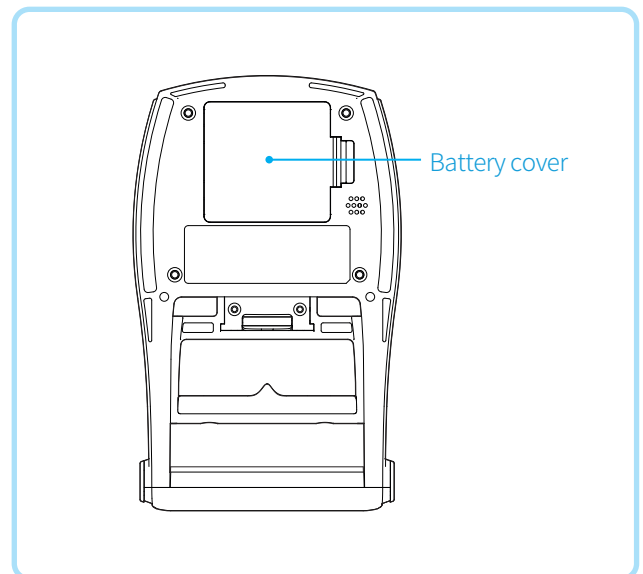
User's Manual

2.2 Name of Each Part

Front View



Back View



3 Using the Product

3.1 User Environment

Caution

- Use the device in a location where it is not exposed to direct sunlight. It may cause discoloration or damage of device.
- Do not use the device near heat sources such as heating appliances, as it may cause deformation, breakdown, or a fire.

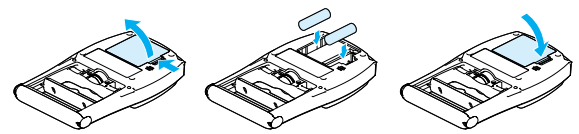
This device is suitable for indoor use. If installing this device outdoors, the following requirements must be fulfilled.

Temperature	10 - 40 °C (50 - 104 °F)
Relative humidity	30 - 75 % RH (No Condensation)
Atmospheric pressure	70 - 106 kPa

3.2 Inserting Batteries

The InBody Handgrip Dynamometer uses 2 1.5V type AA batteries.

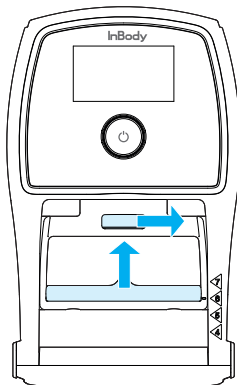
- 1 Slide and lift the battery compartment cover on the back of the InBody Handgrip Dynamometer to open.
- 2 Insert 2 AA batteries into their compartments. Here, make sure to match the polarities of your batteries with the markings available inside each compartment.
- 3 Close the battery cover.



3.3 Adjusting the Handle Height

Before measuring your hand grip strength, adjust the handle height of the InBody Handgrip Dynamometer to fit your hand size.

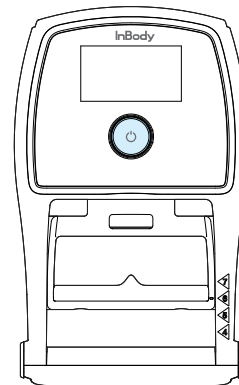
- Turning the adjustable knob clockwise raises the handle to make it wider.
- Turning the adjustable knob counter-clockwise lowers the handle to make it narrower.



3.4 Using the Device

Power On

- 1 Pressing the button while the InBody Handgrip Dynamometer is off will turn the power on.



- 2 Once the power turns on, the device will boot itself up. While booting, the device will adjust its zero-point, check the remaining battery, check for any malfunctions, and test its communication status. When the device completes its zero-point adjustment, you will hear a beep.



- 3 Upon completing its zero-point adjustment, the device will go into standby mode.



Caution

Do not push or pull the handle before turning the power on. Doing so may affect the zero-point.

Power Off

- Pressing the button for 3 seconds or more while the InBody Handgrip Dynamometer is on will turn the power off.
- The power will turn off if you do not use the InBody Handgrip Dynamometer for 30 seconds while it is turned on.

Changing Units

- Changing Units: Hold the handle of the Handgrip Dynamometer with a force of at least 22lbs or more, then press the button for between 1 and 3 seconds. The unit will change each time you press the button. (kg / lb)
- You will also hear a beep whenever the unit changes.

Note

Be careful not to press the button for too long. If you press the button for more than 3 seconds, the InBody Handgrip Dynamometer will turn off.

Zero-Point Adjustment

- Press the button 3 times within 3 seconds.
- You will hear the same beep as when you have completed the zero-point adjustment.

⚠ Caution

Do not push or pull the handle when adjusting the zero-point. Doing so may affect the zero-point.

Measure Hand Grip Strength

- 1 In standby mode, pull the handle of the Handgrip Dynamometer. The maximum value measured in real-time will appear on the display.
- 2 Once you release the handle completely, the display will keep your maximum value.
- 3 If you pull the handle again at a smaller force than this maximum value, the display will keep the maximum value only.

⚠ Caution

The InBody Handgrip Dynamometer can measure pressures between 2.2 and 220.5lbs. Applying pressure beyond the maximum threshold may damage the device. A damaged product may cause injury, so please apply pressure within the prescribed pressure limit.

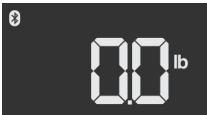
Initializing Test

To finish your measurement, initialize the device, and return it to standby mode, release the handle and press the button.

3.5 Status Information

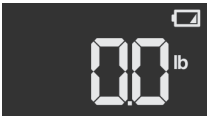
Connecting

- When paired with other products via Bluetooth, the Connected icon will appear on the top left.



Battery

- When battery voltage is between 2.1 and 2.5V, the Low Battery icon will turn on.
- You will not be able to turn the device on when battery voltage is less than 2.1V.



Error Message

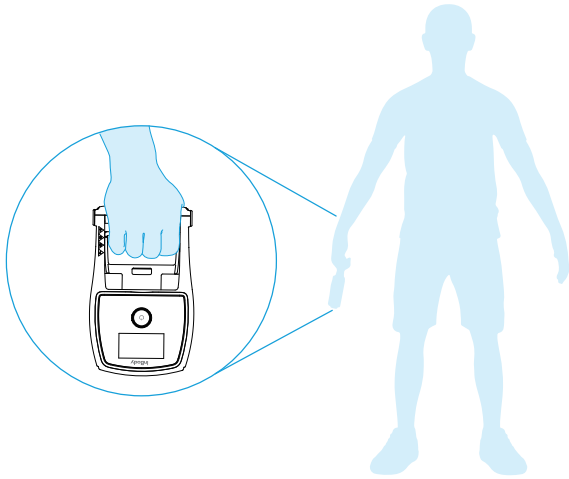
- When the device suffers an error or malfunctions, the Error indicator will turn on at the top.
- If the problem persists even after turning the product off and on again, please contact the InBody Customer Center.



4 Hand Grip Strength Test

4.1 Test Posture

In order to measure your grip accurately, you must be in the correct posture and position.



- 1 Stand upright with your feet shoulder-width apart.
- 2 Hold the Handgrip Dynamometer with your arms fully extended and slightly lifted away from the sides of your body.
- 3 Measure your grip by pulling the handle of the Handgrip Dynamometer as hard as you can.

Warning

- Maintain your initial posture and position throughout the entire measuring session. Moving or changing your posture may affect the accuracy of your measurements.
- When pulling the handle of the Handgrip Dynamometer, increase pressure gradually and build up to your maximum force. Applying maximum force immediately and suddenly may strain your muscles.

4.2 Test Instructions

Read “3.4 Using the Device” to operate the Handgrip Dynamometer.

- 1 Turn the Handgrip Dynamometer on.
- 2 Check that the number on the display reads 0.0 when no pressure applied to the handle.
- 3 If the number is not 0.0, manually adjust the zero-point.
- 4 Position yourself according to the instructions in “4.1 Test Posture” and press the handle of the Handgrip Dynamometer to perform the hand grip strength test.
- 5 Check the measured value indicated on the display.
- 6 If you want to test your grip again, press the button to initialize the device.

5 Maintenance and Storage

5.1 Precautions for Maintenance

Caution

- Do not apply excessive force to the equipment.
- If you are not using for a long time, remove the battery from the device.
- Do not allow any liquid substances to contact the device directly. Keep food and drinks away from the device. Substances getting inside the device can cause critical damage to the electronic components.

5.2 Cleaning

Clean the exterior of the device gently with a lint-free cloth once a week.

Caution

- Be careful not to scratch the display while cleaning.
- When cleaning, be careful not to allow foreign substances such as liquid or cleaning agent to seep inside the product. Foreign substances seeping into the product and contaminating it can cause irreversible damage to electronic components.

5.3 Storage Environment

The device should be stored under the following conditions.

Temperature	− 10 - 70°C (14 ~ 158°F)
Relative humidity	10 - 80 % RH (No Condensation)
Atmospheric pressure	50 - 106 kPa

6 Frequently Asked Questions (FAQ)

If your problem cannot be resolved through the 'FAQ', please refer to the possible solutions below. If the problem is still not resolved, please contact InBody Customer Service.

6.1 Regarding the Device

Question: Power does not turn on.

Answer: Replace the batteries.

Question: The display is indicating a value other than "0.0" even though the handle is not being pressed.

Answer: The zero-point may need to be adjusted. Press the button for 3 times for 3 seconds at intervals of 10msec each to manually adjust the zero point.

Question: I would like to see my previous measurements.

Answer: This device does not save previous measurements to view later.

Question: The display says "Error".

Answer: Turn the product off and on again. If the problem persists, contact the InBody Customer Center.

6.2 Regarding the Test

Question: How accurate is InBody Handgrip Strength Dynamometer?

Answer: Measurements can be off by up to 1.1lbs depending on load cell distortion.

Question: How does the Handgrip Dynamometer measure my grip strength?

Answer: If you pull the handle of the Handgrip Dynamometer, the built-in load cell recognizes the pressure and measures your grip strength.

Question: What should I do if I need repairs?

Answer: Please contact the InBody Customer Center. The free warranty period for the InBody Handgrip Dynamometer is 1 year. Even within the free warranty period, customers will be charged for repairs required due to customer negligence. InBody will notify any costs payable by the customer in advance.

7 Classifications and Specifications

- This device was produced according to InBody's quality control procedures. InBody complies with ISO9001 and ISO13485, international quality management systems.

7.1 Classifications

Handgrip Strength Dynamometers	
Type of protection against electric shock	Internal power type
Type of the applied parts	BF Type
EMC Immunity / EMC Emission	Level B, CLASS B
Degree of protection against water infiltration	IPX0

7.2 Specifications

Specifications

Measurement Method	Pressure recognized with a load cell
Result Categories	Hand Grip Strength
Display Type	3 inch VA LCD
Internal Interface	Button, Handle
External Interface	Bluetooth
Test Duration	About 10 seconds
Testing Age Range	3 ~
Voice Guidance	Power on, Navigate to zero-point adjustment menu, Zero-point adjustment complete, Measuring complete, Enter standby mode, Change unit
Dimensions	140(W) x 230(L) x 50(H) mm 5.5(W) x 9.0(L) x 1.9(H) in
Equipment Weight	650 g (1.4 lb)
Power Consumption	DC 3V (1.5V AA Battery 2EA)
Operation Environment	10 - 40 °C (50 - 104 °F), 30 - 75 % RH, 70 - 106 kPa
Storage Environment	-10 - 70 °C (14 - 158 °F), 10 - 80 % RH(No Condensation), 50 - 106 kPa

Specifications are subject to be changed without prior notice.

7.3 Symbols used on the Device

Safety Symbols



Operating Instructions



Warning / Caution

Certificate Symbols



European Conformity



NTRL mark (MET)



WEEE mark

Etc. Symbols



Power



Manufacturer



Serial Number

FCC Compliance Statement

This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 5 mm between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.