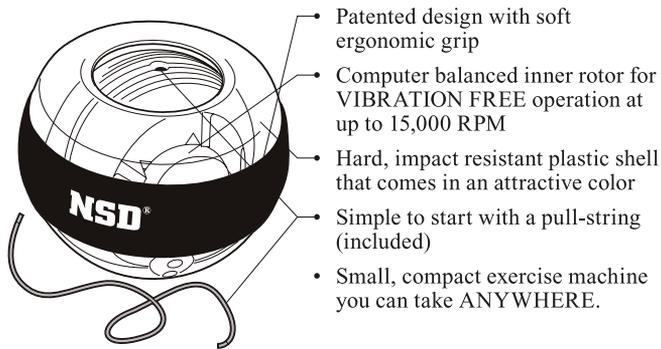
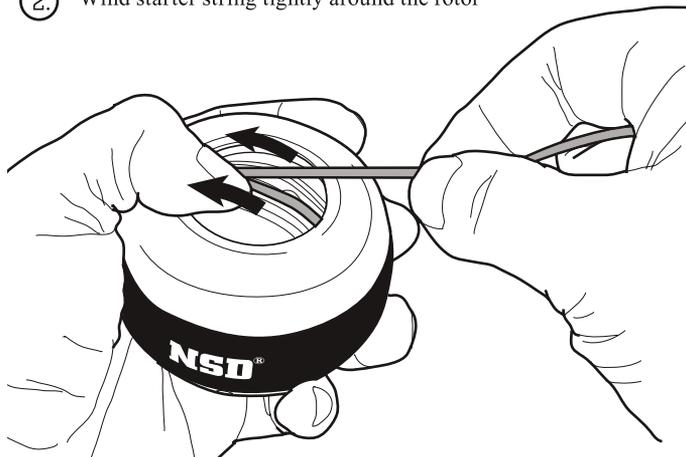


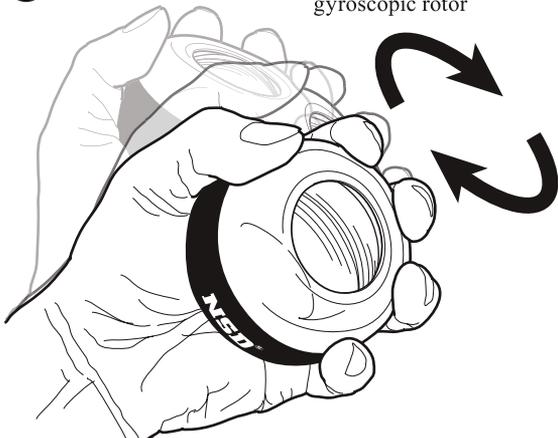
NSD® PB-688/PB-688C Gyroscopic Exerciser



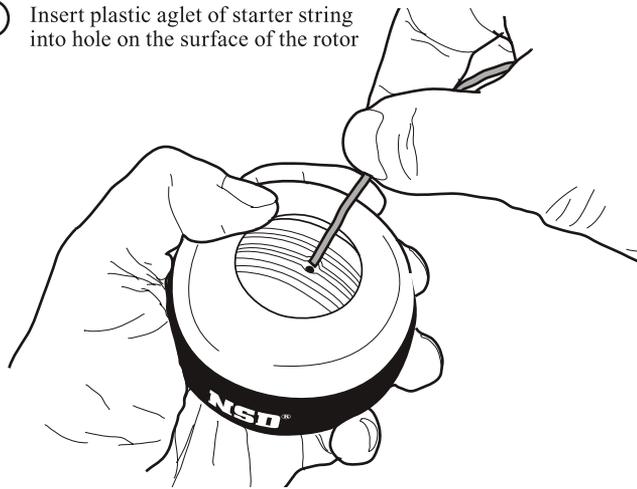
② Wind starter string tightly around the rotor



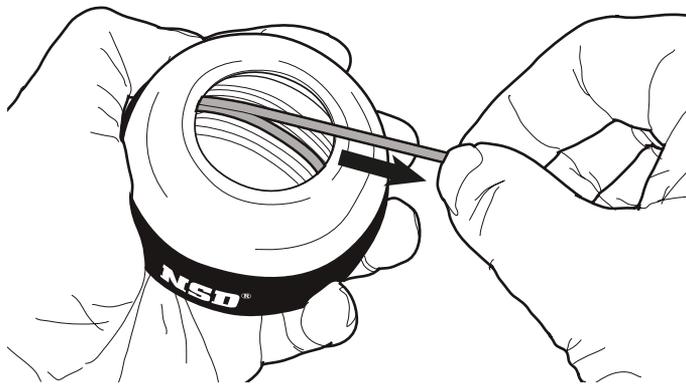
④ Rotate your wrist in a circular motion to speed up the gyroscopic rotor



① Insert plastic aglet of starter string into hole on the surface of the rotor



③ Remove finger(s) from the surface of the rotor, then pull the starter string rapidly to get the rotor spinning



Below are a few tips to help you operate the exerciser:

- The faster the rotor spins, the easier it is to operate. Make sure you give the starter string a firm tug
- Start your wrist rotation slowly, in a motion similar to opening that of a door knob
- When you've matched the rhythm of the rotor's gyration, you'll see the rotor orbit once around its track for every single rotation of your wrist
- Once the rotor is spinning up to speed, be sure to keep a tight grip on the ergonomic grip
- Please keep the interior of the sphere clean and away from liquid and grease
- DO NOT TOUCH THE INNER ROTOR WHEN OPERATING!

NanoSecond Technology



Made in Taiwan

NSD Gyroscopic Hand, Wrist, and Forearm Exerciser

user manual
PB-688
PB-688C



