



CAMRY[®]

ELECTRONIC HAND DYNAMOMETER

INSTRUCTIONS FOR USE

CE
EH101



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.

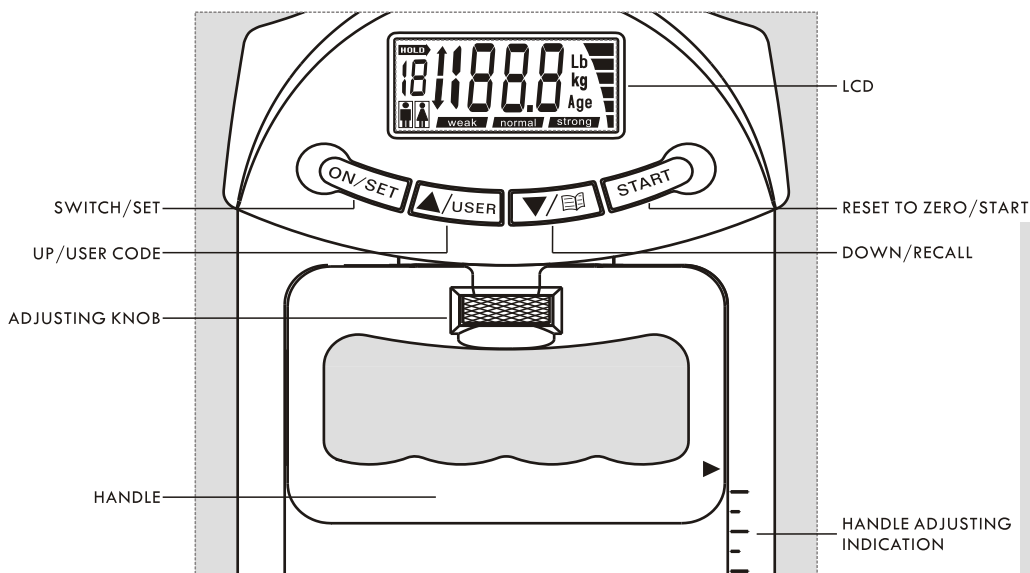
● SPECIFICATION

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: $\pm 0.5\text{kg}/1\text{lb}$:
6. OPERATING ENVIRONMENT: TEMPERATURE=0~35°C;
RELATIVE HUMIDITY=30~90%

● FEATURES

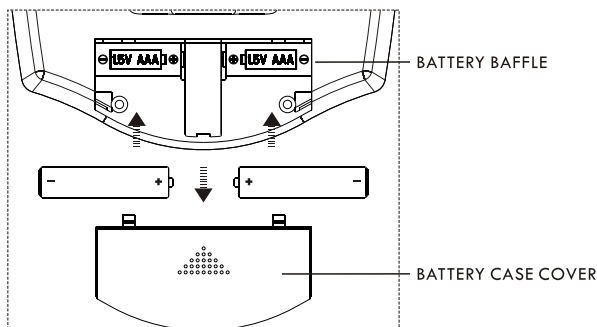
1. Design principle: bionics, ergonomics
2. Adjustable handle, suitable for users of different ages
3. Fashionable design
4. Equipped with high precision strain gauge sensor
5. 0.8"(21mm) LCD digits
6. Multi-functions including user data setting; grip testing; test result comparison, save and recall.

● OUTLINE

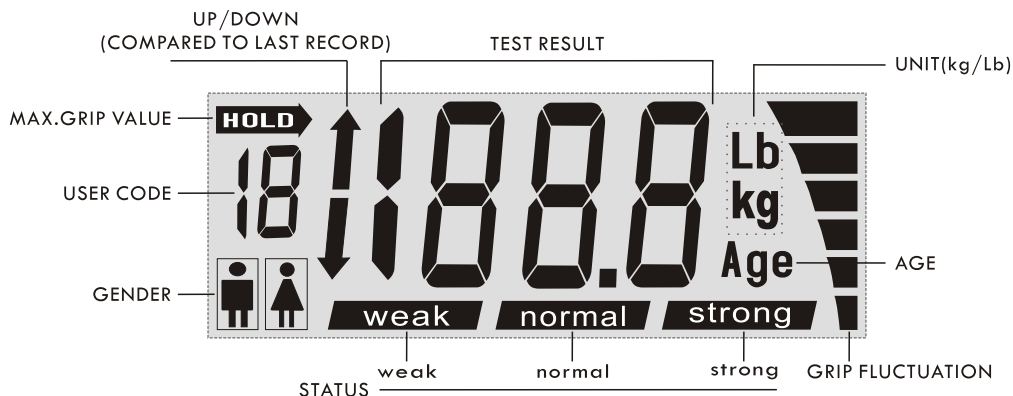


● TO REPLACE BATTERIES

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



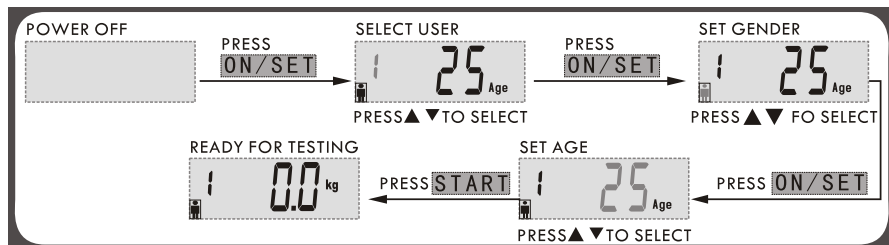
● PRELIMINARY ADJUSTMENT

Before using, you can adjust up or down the handle by turning the adjusting knob right or left to get an ideal grasp.

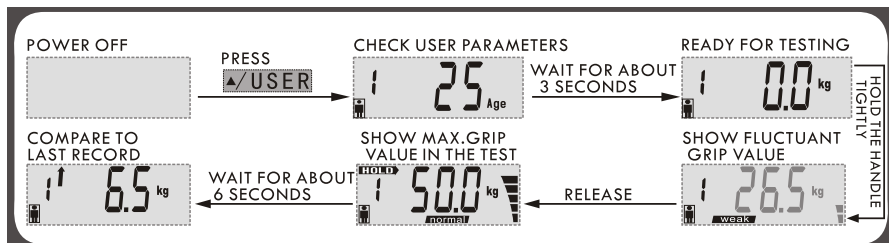
eg: User with big hand can adjust the handle upwards by turning right the adjusting knob.



● TO SET USER PARAMETERS

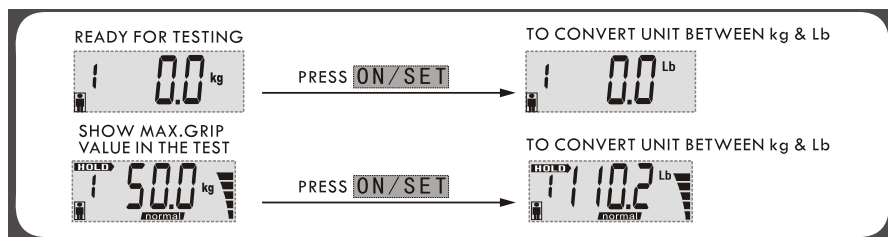


● TO TEST UNDER USER MEMORY MODE

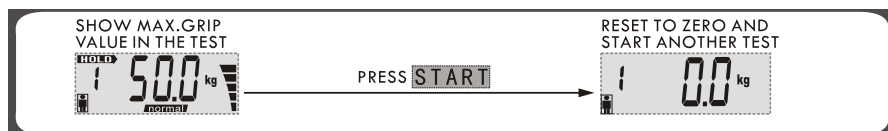


After testing, LCD will show user code, gender, max.grip value, and grip value status(weak, normal, strong). Press "ON/SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.

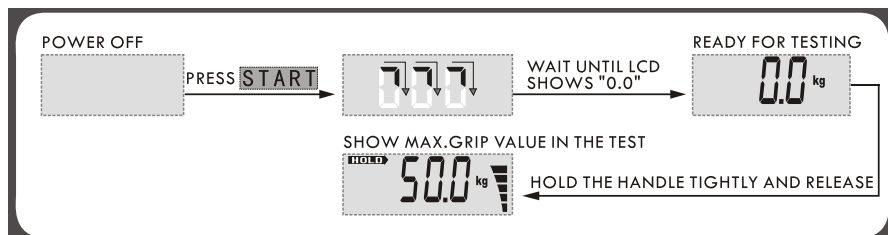
● TO CONVERT UNIT



● TO RESET AND RETEST

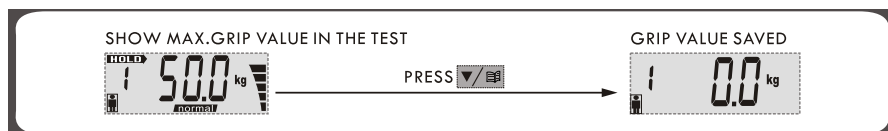


● QUICK TEST MODE



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 (UNIT: LBS)

AGE	MALE			FEMALE		
	Weak	Normal	Strong	Weak	Normal	Strong
10-11	<27.8	27.8-49.4	>49.4	<26.0	26.0-47.6	>47.6
12-13	<42.8	42.8-68.8	>68.8	<32.2	32.2-53.8	>53.8
14-15	<62.8	62.8-97.7	>97.7	<34.2	34.2-60.2	>60.2
16-17	<71.9	71.9-115.5	>115.5	<37.9	37.9-63.9	>63.9
18-19	<78.7	78.7-122.4	>122.4	<42.3	42.3-68.3	>68.3
20-24	<81.1	81.1-124.8	>124.8	<47.4	47.4-77.8	>77.8
25-29	<83.1	83.1-126.8	>126.8	<56.4	56.4-91.3	>91.3
30-34	<79.4	79.4-123.0	>123.0	<47.4	47.4-77.8	>77.8
35-39	<78.9	78.9-122.6	>122.6	<44.8	44.8-75.2	>75.2
40-44	<78.3	78.3-121.9	>121.9	<41.7	41.7-72.1	>72.1
45-49	<76.5	76.5-120.2	>120.2	<41.0	41.0-71.4	>71.4
50-54	<72.5	72.5-111.8	>111.8	<39.9	39.9-70.3	>70.3
55-59	<67.7	67.7-106.9	>106.9	<39.0	39.0-69.4	>69.4
60-64	<66.6	66.6-105.8	>105.8	<37.9	37.9-68.3	>68.3
65-69	<62.2	62.2-97.0	>97.0	<34.0	34.0-60.0	>60.0
70-99	<47.0	47.0-77.4	>77.4	<32.4	32.4-54.0	>54.0

⚠ 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.