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› **ALINCO Trimmer Ball 70 EXG008 User Manual**

ALINCO EXG008

ALINCO Trimmer Ball 70 EXG008 User Manual

Model: EXG008 | Brand: ALINCO

1. PRODUCT OVERVIEW

The ALINCO Trimmer Ball 70 EXG008 is a versatile exercise tool designed for hand and forearm strengthening, rehabilitation, and stress relief. Its compact size and soft TPR material make it comfortable to use for various simple exercises, including gripping, pinching, and rolling.



Figure 1: The ALINCO Trimmer Ball 70 held in a hand.

This product is effective for enhancing grip strength, preventing injuries, aiding in rehabilitation, and providing a simple method for stress reduction. A training manual is included to guide users through various exercises.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or injuries.
- Do not use the product if it is damaged or shows signs of wear.
- Keep out of reach of small children and pets to prevent choking hazards.
- Use the product on a clean, dry surface to prevent slipping.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Do not over-exert yourself. Start with light exercises and gradually increase intensity.

3. SETUP

The ALINCO Trimmer Ball 70 requires no assembly or complex setup. Simply remove it from its packaging and inspect it for any damage before first use.

1. Unpack the Trimmer Ball from its protective packaging.
2. Visually inspect the ball for any cuts, tears, or deformities. If any damage is found, do not use the product.
3. Ensure your hands are clean and dry before use for optimal grip.

4. OPERATING INSTRUCTIONS

The Trimmer Ball 70 can be used for a variety of hand and forearm exercises. Perform each exercise slowly and with control. Aim for 10-15 repetitions per hand, 2-3 sets, or as recommended by a professional.

4.1 Grip Strengthening

Hold the ball in the palm of your hand. Squeeze the ball firmly, holding for 3-5 seconds, then slowly release. Repeat this motion to build grip strength.



Figure 2: Demonstrating grip exercise with the Trimmer Ball.

4.2 Pinching Exercise

Place the ball between your thumb and fingertips. Pinch the ball together, holding for a few seconds, then release. This targets individual finger strength and dexterity.

4.3 Rolling Massage

Place the ball on a flat surface or in the palm of your hand. Roll the ball around with your fingers and palm, applying gentle pressure. This can help stimulate circulation and relieve tension in the hand.

4.4 Stress Relief

Simply hold and squeeze the ball rhythmically when feeling stressed. The tactile sensation and repetitive motion can provide a calming effect.

5. MAINTENANCE

- Cleaning:** Wipe the Trimmer Ball with a damp cloth and mild soap if necessary. Rinse thoroughly and air dry completely before storage. Do not use harsh chemicals or abrasive cleaners.
- Storage:** Store the ball in a cool, dry place away from direct sunlight and extreme temperatures. Avoid storing it near sharp objects that could puncture or damage the material.
- Inspection:** Periodically inspect the ball for any signs of wear, cracks, or damage. Discontinue use if any damage is observed.

6. TROUBLESHOOTING

The ALINCO Trimmer Ball 70 is a simple, non-electronic device, so extensive troubleshooting is generally not required. However, if you encounter any issues:

- **Loss of Elasticity/Damage:** If the ball loses its elasticity, becomes sticky, or shows visible damage (cracks, tears), it may be due to prolonged use, improper storage, or exposure to harsh conditions. In such cases, the product should be replaced.
- **Discomfort during use:** If you experience discomfort, ensure you are not over-exerting yourself. Reduce the intensity or duration of your exercises. If discomfort persists, consult a healthcare professional.

7. SPECIFICATIONS



Figure 3: Close-up of the Trimmer Ball's textured surface.

Feature	Detail
Product Model Number	EXG008
Brand	ALINCO
Body Size	Diameter 7 cm
Weight	150 g
Material	TPR (Thermoplastic Rubber)
Country of Origin	China
Included	Training Manual

8. WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or to inquire about replacement parts, please refer to the official ALINCO website or contact their customer service directly. Keep your purchase receipt as proof of purchase. Please note that specific warranty terms may vary by region and retailer. This manual does not constitute a warranty statement.

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