

Dynamic 97002

Dynamic 97002 Hand Grip Instruction Manual

Model: 97002

1. INTRODUCTION

Thank you for choosing the Dynamic 97002 Hand Grip. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read these instructions carefully before use and retain them for future reference. The Dynamic 97002 Hand Grip is designed to help strengthen your grip and forearms through regular exercise.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Do not use the hand grip if you experience pain or discomfort. Stop exercising immediately.
- Keep out of reach of children. This is not a toy.
- Inspect the product for any damage before each use. Do not use if springs are bent or handles are torn.
- Use the product as intended for grip and forearm strengthening only.

3. PRODUCT OVERVIEW

The Dynamic 97002 Hand Grip features a robust design for effective grip training. It consists of durable chrome-plated springs that provide resistance and comfortable foam-covered handles for a secure and ergonomic grip.



Figure 1: Dynamic 97002 Hand Grip. This image displays the Dynamic 97002 Hand Grip, featuring two units. Each unit consists of black foam-covered handles for comfortable gripping and a durable chrome-plated spring mechanism for resistance.

4. SETUP

The Dynamic 97002 Hand Grip requires no assembly. Simply remove the product from its packaging before first use. Ensure the foam handles are securely attached and the springs are intact.



Figure 2: Dynamic 97002 Hand Grip in Packaging. The Dynamic 97002 Hand Grip shown in its clear retail packaging, indicating its 'Foam Hand Grip' and 'Strengthen grip & forearms' features.

5. OPERATING INSTRUCTIONS

To use the Dynamic 97002 Hand Grip:

1. Hold one hand grip firmly in your hand, ensuring your fingers wrap around one foam handle and your palm rests against the other.
2. Squeeze the handles together, compressing the spring. Focus on a controlled movement.

3. Slowly release the handles back to the starting position.
4. Perform repetitions and sets according to your fitness level and training goals. A common routine is 3 sets of 10-15 repetitions per hand.
5. Alternate between hands to ensure balanced development.

For optimal results, maintain a consistent exercise routine. Do not overexert yourself, especially when starting.



Figure 3: Angled view of the Hand Grip. An angled view of the Dynamic 97002 Hand Grip, highlighting the ergonomic design of the foam handles and the robust spring construction.

6. MAINTENANCE

- **Cleaning:** Wipe the foam handles and springs with a damp cloth after each use to remove sweat and dirt. Do

not use abrasive cleaners.

- **Storage:** Store the hand grip in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the springs for any signs of rust or deformation, and the foam handles for tears or excessive wear.

7. TROUBLESHOOTING

Squeaking Noise During Use

If the hand grip produces a squeaking noise during use, it may be due to friction at the pivot points of the spring. To resolve this:

- Apply a small amount of silicone-based lubricant or a light machine oil to the points where the spring connects to the handle mechanism.
- Work the handles a few times to distribute the lubricant.
- Wipe off any excess lubricant to prevent it from getting on your hands during exercise.

8. SPECIFICATIONS

Brand	Dynamic
Model Number	97002 (1DYAK97002)
Color	Black
Size	L
Style	Dynamic 97002 Hand Grip Foam
Category	Unisex
Material	Chrome-plated springs, Foam-covered handles
Manufacturer	INTERSPOR
Package Dimensions	18.6 x 14.5 x 6.1 cm
Item Weight	220 grams
ASIN	B07BFGYT3D
Country of Origin	China

9. WARRANTY AND SUPPORT

For information regarding warranty, returns, or customer support, please refer to the retailer where you purchased the Dynamic 97002 Hand Grip or contact the manufacturer, Dynamic, directly through their official channels. Please have your purchase receipt and product model number (97002) available when contacting support.



