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› NIYIKOW 2 Pack Grip Strength Trainer User Manual

NIYIKOW NYK-2PackBlack

NIYIKOW 2 Pack Grip Strength Trainer User Manual

Model: NYK-2PackBlack

1. INTRODUCTION

The NIYIKOW 2 Pack Grip Strength Trainer is a versatile exercise tool designed to enhance the strength of your hands, forearms, wrists, and fingers. Its adjustable resistance feature makes it suitable for individuals across various fitness levels, from beginners to experienced athletes. Regular use can contribute to improved grip strength, stress relief, and increased stamina.



Image 1: The NIYIKOW Grip Strength Trainer, designed for hand and forearm strengthening.



ADJUSTABLE RESISTANCE



Image 2: The grip trainer is beneficial for musicians, athletes, and individuals seeking to improve overall hand and forearm strength.

2. SETUP AND RESISTANCE ADJUSTMENT

Your NIYIKOW Grip Strength Trainer features an adjustable resistance mechanism, allowing you to customize the intensity of your workout. The resistance can be set from 10 kg (22 lbs) to 60 kg (132 lbs).

Adjusting Resistance:

1. Locate the resistance knob on the side of the grip strengthener.
2. To **increase** the resistance, turn the knob clockwise. This will compress the spring, making it harder to squeeze the handles.
3. To **decrease** the resistance, turn the knob counter-clockwise. This will loosen the spring, making it easier to squeeze the handles.
4. The device includes a visual scale indicating the current resistance setting in kilograms.

COMFORTABLE & DURABLE



Image 3: Adjust the resistance by turning the knob to match your strength level.

3. OPERATING INSTRUCTIONS

The NIYIKOW Grip Strength Trainer supports various exercises to target different parts of your hand and forearm. Perform exercises slowly and with control for optimal results.

Recommended Exercises:

- **Standard Hand Squeeze:** Hold the trainer with a full grip, thumb on one handle and fingers on the other. Squeeze firmly, then slowly release.
- **Reverse Hand Squeeze:** Hold the trainer upside down, with your palm facing up. Squeeze the handles together using your fingers and thumb.
- **Thumb and Index Finger Grip:** Position the trainer to isolate your thumb and index finger, then squeeze.
- **Thumb and Finger Tip Grip:** Use only the tips of your thumb and fingers to squeeze the handles.
- **Palm, Pinky, and Ring Finger Grip:** Focus on squeezing with the outer fingers and palm.

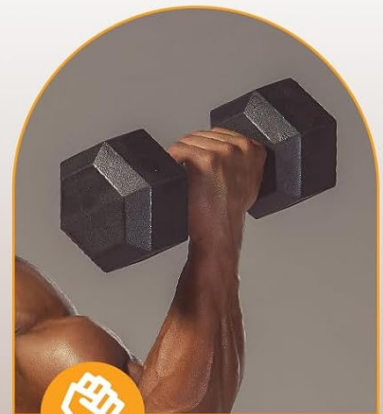
- **Ring and Pinky Finger Grip:** Isolate the ring and pinky fingers for a targeted squeeze.

Perform 3-5 sets of 10-15 repetitions for each exercise, or as recommended by a fitness professional. Adjust resistance as needed.

IMPROVE GRIP STRENGTH



Hand Training



Forearm
Strength

Image 4: Explore multiple grip techniques to target different hand and finger muscles.

4. MAINTENANCE

To ensure the longevity and optimal performance of your NIYIKOW Grip Strength Trainer, follow these simple maintenance guidelines:

- **Cleaning:** Wipe the handles and spring with a clean, damp cloth after each use to remove sweat and debris. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the grip strengthener in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the spring and handle connections for any signs of wear or damage. Discontinue use if any damage is observed.

MULTIPLE WAYS TO EXERCISE



Hand Squeeze



Hand Reverse Squeeze



Thumb and Index Finger



Thumb and Finger Tip



Palm, Pinky, and Ring Finger



Ring and Pinky Finger

Image 5: The trainer features durable construction with metal hardware, heavy-duty plastic, and a comfortable rubberized grip.

5. TROUBLESHOOTING

If you encounter any issues with your NIYIKOW Grip Strength Trainer, please consider the following:

- **Resistance feels too easy/hard:** Ensure the resistance knob is adjusted to your desired setting. Turn clockwise for more resistance, counter-clockwise for less.
- **Squeaking noise:** A small amount of lubricant (e.g., silicone spray) can be applied to the spring connection points if a squeaking noise occurs during use.
- **Product damage:** If the product appears damaged or is not functioning correctly, discontinue use immediately and contact customer support.

6. SPECIFICATIONS

Feature	Detail

Brand	NIYIKOW
Model Name	NIYIKOW Hand Grip
Model Number	NYK-2PackBlack
Resistance Range	10 kg (22 lbs) to 60 kg (132 lbs)
Material	Heavy-duty plastic, reinforced metal alloy, TPR High Elastic Handle
Color	Carbon Black
Item Weight	0.35 Pounds
Product Dimensions	6.1"L x 3.93"W

7. WARRANTY & SUPPORT

NIYIKOW is committed to providing high-quality products and excellent customer service. If you have any questions, concerns, or require assistance with your Grip Strength Trainer, please do not hesitate to contact our 24/7 USA-based customer support team. We are here to help ensure you have an excellent user experience. Contact information can typically be found on the product packaging or the official NIYIKOW website.