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> FitBeast Grip Strength Trainer (Model JYPPWLQ001) User Manual

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1. INTRODUCTION

The FitBeast Grip Strength Trainer is a versatile device designed to enhance hand and forearm strength, aid in rehabilitation, and provide stress relief. This manual provides essential information for the proper use, care, and maintenance of your grip strength trainer.



Image 1: The FitBeast Grip Strength Trainer, shown both in use and as a standalone product, highlighting its compact, circular design with three central bubbles.

2. PRODUCT FEATURES

- **Dual Resistance:** Offers two distinct resistance levels (30LB and 40LB) depending on how the device is held.
- **Integrated Stress Relief Bubbles:** Features three central pop-up bubbles for tactile stress relief.
- **Ergonomic Design:** Crafted from durable silicone for a comfortable and secure grip.
- **Portable:** Compact size allows for easy transport and use anywhere.

3. SETUP

The FitBeast Grip Strength Trainer requires no assembly. Simply remove it from its packaging and it is ready for immediate use.

4. OPERATING INSTRUCTIONS

4.1. Selecting Resistance Level

The grip trainer provides two resistance levels: 30LB (light) and 40LB (heavy). The desired resistance is selected by orienting the device in your hand:

- To engage **30LB resistance**, hold the trainer so the arrow pointing to '30LB' is facing the direction of your squeeze.
- To engage **40LB resistance**, hold the trainer so the arrow pointing to '40LB' is facing the direction of your squeeze.



Image 2: Illustration of how to orient the grip trainer to achieve either 30LB or 40LB resistance, indicated by arrows and text on the device.

4.2. Grip Strengthening Exercises

1. Select your desired resistance level (30LB or 40LB).
2. Place the trainer in the palm of your hand, ensuring a comfortable grip.
3. Slowly squeeze the trainer, engaging your fingers, hand, and forearm muscles.
4. Hold the squeeze for 1-2 seconds, then slowly release.
5. Repeat for your desired number of repetitions and sets.

4.3. Stress Relief Function

The integrated bubbles on the trainer can be pressed to provide a tactile sensation for stress and anxiety

relief.



Image 3: A finger pressing one of the central bubbles on the grip trainer, illustrating its stress-relief feature.

5. MAINTENANCE

To ensure the longevity and hygiene of your FitBeast Grip Strength Trainer:

- Clean the device regularly with a damp cloth and mild soap.
- Rinse thoroughly and allow to air dry completely before storage.
- Avoid exposing the trainer to extreme temperatures or direct sunlight for prolonged periods.

6. TROUBLESHOOTING

The FitBeast Grip Strength Trainer is a simple, durable device. Should you encounter any issues:

- **Reduced Resistance:** Ensure you are holding the trainer correctly to engage the desired 30LB or 40LB resistance. The silicone material is designed for consistent performance.
- **Bubbles Not Popping:** The integrated bubbles are designed for tactile feedback. If they do not provide the expected 'pop' sensation, ensure they are clean and free from debris.

For further assistance, please contact FitBeast customer support.

7. SPECIFICATIONS

Attribute	Detail
Brand	FitBeast
Model Number	JYPPWLQ001
Material	Silicone
Color	Black
Tension Levels	30LB (Medium), 40LB (Heavy)
Shape	Round
Item Package Dimensions (L x W x H)	3.27 x 3.27 x 0.98 inches
Package Weight	76 Grams

8. WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or to address any concerns not covered in this manual, please refer to the official FitBeast website or contact their customer service directly. Contact details are typically available on the product packaging or the manufacturer's official online channels.