

## Speediance Smart-Handle

# PowerGrip Smart Heavy Duty Exercise Handles User Manual

Brand: Speediance

## INTRODUCTION

The Speediance PowerGrip Smart Heavy Duty Exercise Handles are designed to enhance your workout experience with advanced features and robust construction. These grip attachments are compatible with cable machine pulleys, gym equipment, and resistance bands, providing a versatile solution for various muscle-strengthening exercises including bench press, squat training, and deadlifts.

This manual provides essential information on the setup, operation, maintenance, and troubleshooting of your PowerGrip Smart Handles to ensure optimal performance and longevity.

## KEY FEATURES

- **Bluetooth Power Indicator Light:** A ring indicator light clearly displays Bluetooth connection status and battery levels for a smarter workout.
- **One-Key Smart Activation:** Intuitive dual-button controls allow for quick activation and seamless transitions during workouts.
- **Countdown Alarm with Vibration Feedback:** Features a built-in countdown timer and vibration alerts to minimize injury risks. Includes a night mute mode for quiet sessions.
- **Anti-Slip, Sweat-Resistant Grip:** Made with skin-friendly sports bracelet material, offering a soft, comfortable, and secure grip without the need for gloves.
- **Weighted Texture for Realistic Feel:** Designed to mimic the texture and feel of traditional dumbbells, enhancing muscle engagement.

## PRODUCT OVERVIEW



Figure 1: Two PowerGrip Smart Heavy Duty Exercise Handles. These handles feature a black, cylindrical grip with a circular button on the end, connected to a sturdy strap and a D-ring for attachment to gym equipment.



## Medical-grade skin friendly experience

70° medical silicone wrap to create a baby skin touch.

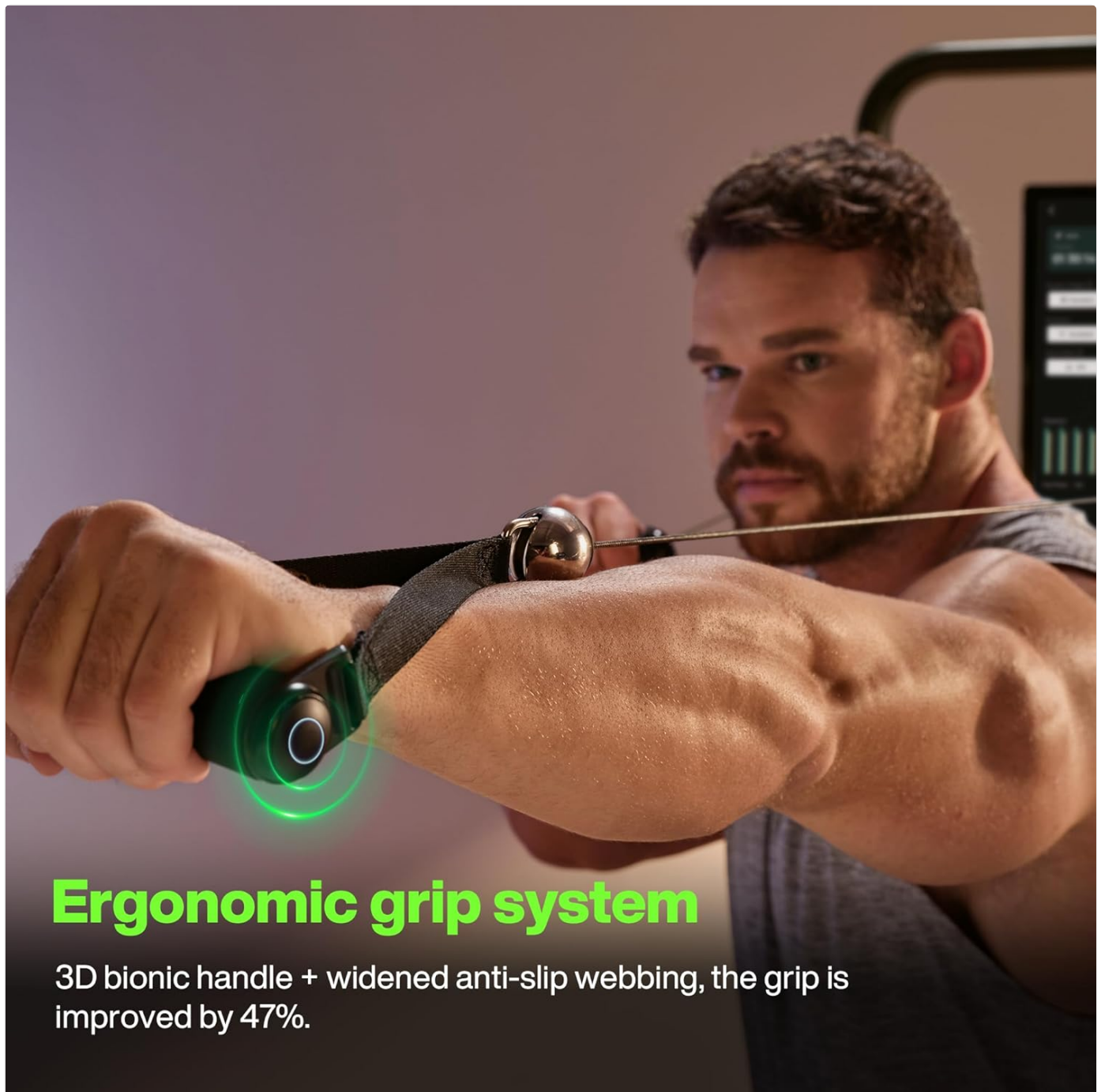


## Professional-grade motion feedback

200+ tactile sensing points per square centimeter to create a new digital tactile experience.



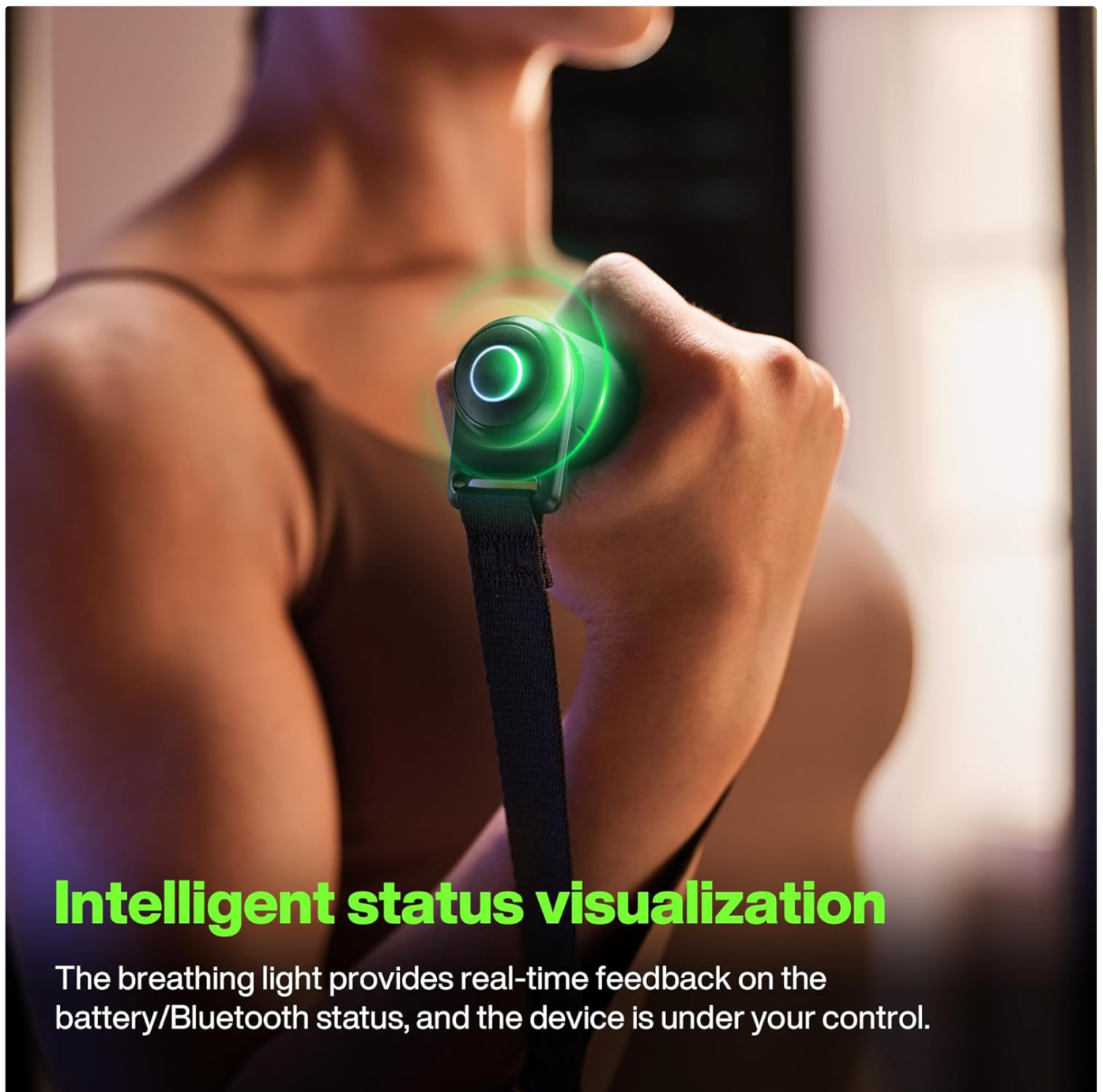
Figure 2: Detail of the PowerGrip handles highlighting the medical-grade skin-friendly experience. The image shows the smooth, dark surface of the handles, emphasizing the 70° medical silicone wrap designed for a soft, comfortable touch.



## Ergonomic grip system

3D bionic handle + widened anti-slip webbing, the grip is improved by 47%.

Figure 3: Close-up of the PowerGrip handles illustrating professional-grade motion feedback. The image focuses on the handle's surface, indicating over 200 tactile sensing points per square centimeter for enhanced digital tactile experience.

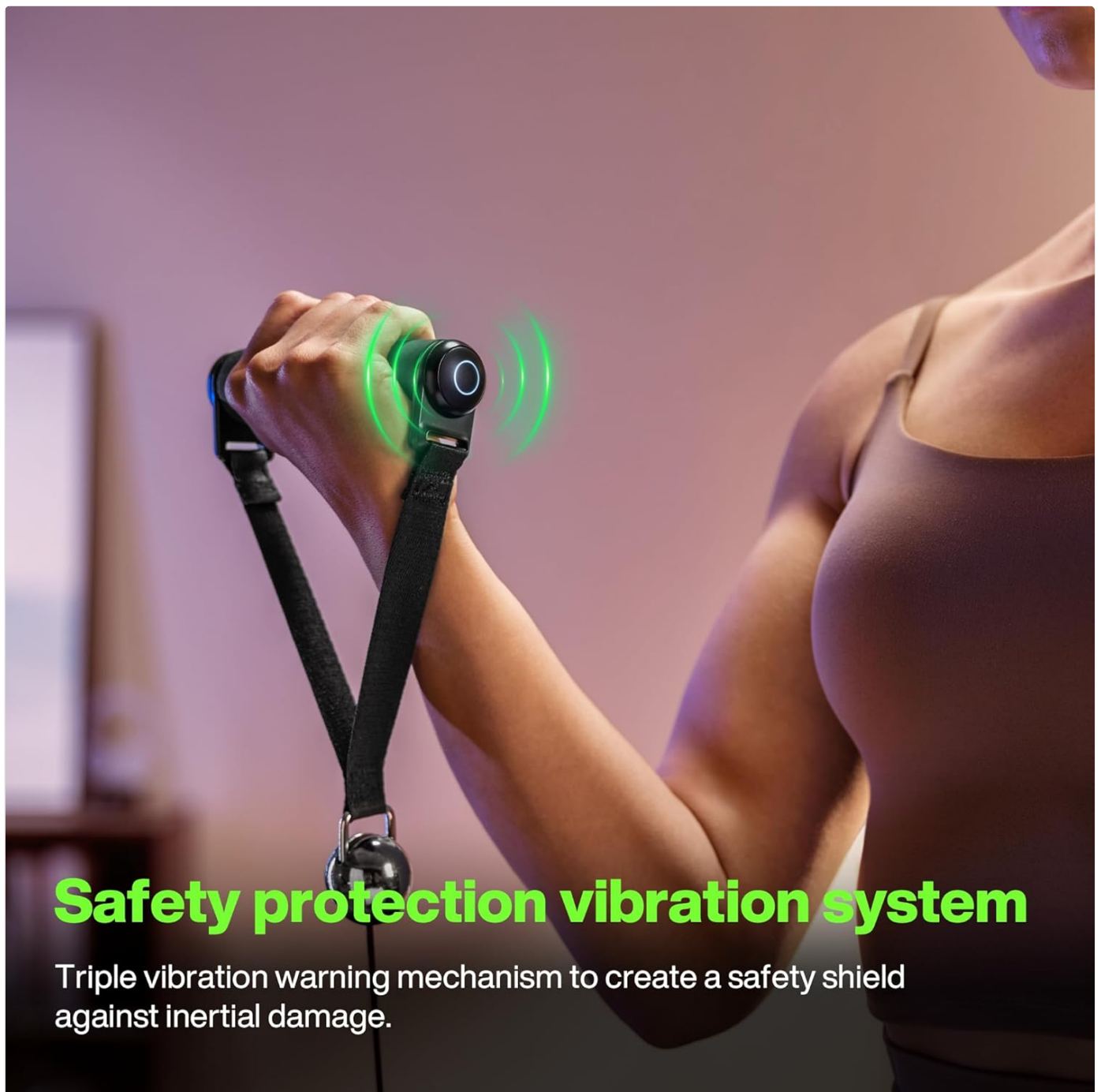


## Intelligent status visualization

The breathing light provides real-time feedback on the battery/Bluetooth status, and the device is under your control.

*Figure 4: A user holding a PowerGrip handle, demonstrating the ergonomic grip system. The image shows the handle comfortably fitting in the hand, with a green glow emanating from the end button, signifying its intelligent features. The 3D bionic handle and widened anti-slip webbing contribute to a 47% improved grip.*





## Safety protection vibration system

Triple vibration warning mechanism to create a safety shield against inertial damage.

*Figure 5: A user holding a PowerGrip handle, illustrating the intelligent status visualization. A prominent green breathing light on the handle's end provides real-time feedback on battery and Bluetooth status, keeping the device under user control.*

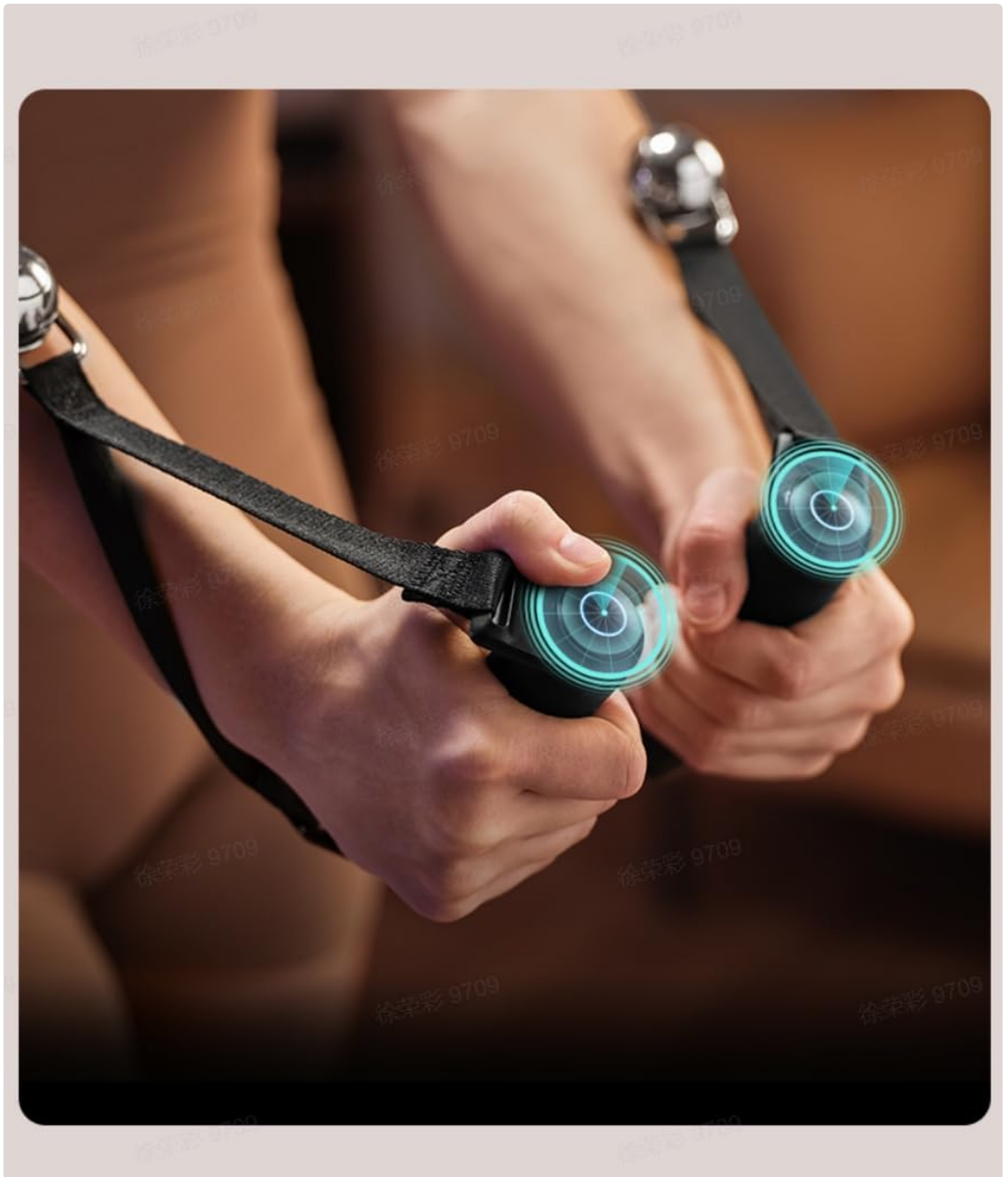


Figure 6: A user holding a PowerGrip handle, demonstrating the safety protection vibration system. The image shows the handle with a green light and vibration ripples, indicating the triple vibration warning mechanism designed to protect against inertial damage during workouts.

## SETUP

1. **Unpacking:** Carefully remove the PowerGrip Smart Handles from their packaging. Ensure all components are present: two PowerGrip handles.
2. **Initial Charge:** While the handles may have some charge, it is recommended to fully charge them before first use. Connect the handles to a power source using the provided charging cable. The Bluetooth power indicator light will

show charging status.

3. **Pairing with Gym Monster System:**

- Ensure your Gym Monster equipment is powered on and in pairing mode.
- Activate the PowerGrip handles using the one-key smart activation (dual-button controls).
- The Bluetooth indicator light on the handles will flash, indicating they are searching for a connection.
- Once connected, the indicator light will change to a steady illumination, confirming successful pairing. Refer to your Gym Monster system's manual for specific pairing instructions if needed.

4. **Attachment:** Attach the D-rings of the PowerGrip handles to your desired gym equipment, such as cable machine pulleys or resistance bands, ensuring a secure connection.

OPERATING INSTRUCTIONS

1. **Power On/Off:** Use the dual-button controls on the handle to quickly wake up or put the handle to sleep. This allows for seamless transitions between exercises.
2. **Monitoring Status:** Observe the Bluetooth power indicator light on the handle.
- *Steady Light:* Connected and ready for use.
  - *Flashing Light:* Searching for connection or low battery.
  - *Color Changes:* May indicate different battery levels (refer to the Gym Monster app or system for detailed interpretation).
3. **Workout Feedback:** The handles provide a countdown alarm with vibration feedback. This feature is designed to alert you at critical moments during your workout, such as the end of a set or a change in resistance, helping to prevent injury from training inertia.
4. **Night Mute Mode:** If available through the connected Gym Monster system or handle settings, activate night mute mode to disable audible alerts while retaining vibration feedback for quiet workout sessions.
5. **Exercise Execution:** Grip the handles firmly. The anti-slip, sweat-resistant material ensures a secure hold even during intense workouts. The weighted texture is designed to provide a realistic feel, similar to traditional dumbbells, enhancing muscle engagement.

MAINTENANCE

- **Cleaning:** Wipe the handles with a soft, damp cloth after each use to remove sweat and dirt. Do not use abrasive cleaners or solvents, as these may damage the material.
- **Storage:** Store the handles in a cool, dry place away from direct sunlight and extreme temperatures.
- **Charging:** Recharge the handles regularly, especially if they will not be used for an extended period, to maintain battery health. Avoid fully depleting the battery frequently.
- **Inspection:** Periodically inspect the straps, D-rings, and handle surfaces for any signs of wear, tear, or damage. Discontinue use if any damage is observed and contact customer support.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Handles not connecting via Bluetooth.	Low battery; handles out of range; interference; pairing issue with Gym Monster system.	<ul style="list-style-type: none"><li>• Ensure handles are fully charged.</li><li>• Bring handles closer to the Gym Monster system.</li><li>• Restart both the handles and the Gym Monster system.</li><li>• Check for any software updates for your Gym Monster system or the handles (if applicable).</li><li>• Refer to the Gym Monster system's manual for specific Bluetooth troubleshooting steps.</li></ul>
Indicator light not illuminating.	Battery depleted; handle not activated.	<ul style="list-style-type: none"><li>• Charge the handles.</li><li>• Press the dual-button controls to activate the handle.</li></ul>
Vibration feedback not working.	Night mute mode active; system error.	<ul style="list-style-type: none"><li>• Check if night mute mode is enabled and disable it if vibration is desired.</li><li>• Restart the handles and the connected system.</li></ul>
Grip feels slippery.	Excessive sweat or residue on the grip.	<ul style="list-style-type: none"><li>• Clean the handles thoroughly with a damp cloth.</li><li>• Ensure hands are dry before use.</li></ul>

## SPECIFICATIONS

- **Model Name:** Smart-Handle
- **Color:** Black
- **Material:** Plastic (with medical-grade silicone wrap)
- **Item Package Dimensions (L x W x H):** 8.66 x 3.78 x 3.39 inches
- **Package Weight:** 0.6 Kilograms
- **Suggested Users:** Unisex-adult
- **Included Components:** PowerGrip (pair of handles)
- **Date First Available:** September 15, 2023

## WARRANTY INFORMATION

The Speediance PowerGrip Smart Heavy Duty Exercise Handles come with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use. Please retain your proof of purchase for warranty claims. For detailed warranty terms and conditions, please refer to the official Speediance website or contact customer support.

## SUPPORT



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For further assistance, technical support, or warranty inquiries, please contact Speediance customer service. You can also find additional resources and frequently asked questions on the official Speediance website.

**Official Brand Store:** [Visit the Speediance Store on Amazon](#)

**Instructions for Use (PDF):** [Download PDF Manual](#)

