

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

manuals.plus /

> [KIMPOK](#) /

> [KIMPOK Curaball Hand Exerciser \(ABS\) Instruction Manual](#)

KIMPOK Hand Exerciser

KIMPOK Curaball Hand Exerciser (ABS) Instruction Manual

Brand: KIMPOK | Model: Hand Exerciser

INTRODUCTION

The KIMPOK Curaball Hand Exerciser is a gyroscopic wrist trainer designed to strengthen your hands, wrists, and forearms. It features an auto-start mechanism, LED lights, and a digital counter for tracking your progress. This manual provides essential information for safe and effective use of your device.



Image: KIMPOK Curaball Hand Exerciser overview.

PRODUCT FEATURES

- **Gyroscopic Resistance Technology:** Provides a customizable workout where resistance increases with rotation speed, targeting hands, wrists, and forearms.
- **Durable Construction:** Built with a sturdy transparent plastic shell and steel rotor for durability and smooth operation.
- **Self-Powered Digital Display:** An LCD screen automatically tracks RPM, power, time, and energy expenditure without batteries.
- **Automatic Start System:** Features a built-in spring core system for hassle-free, rope-free starting.

- **Adjustable Resistance:** Offers resistance ranging from 0 to 60 lbs, suitable for various fitness levels and rehabilitation.
- **Ergonomic & Portable Design:** Includes a non-slip silicone grip and a compact design for comfortable, on-the-go training.

MECHANICAL POWER, NO POWER SOURCE REQUIRED

THE ROTATION OF THE WRIST GENERATES CENTRIFUGAL FORCE, KEEPING THE INNER BALL CORE SPINNING AT HIGH SPEED



Image: Exploded view showing the transparent protective cover, silicone anti-slip ring, self-starting spring, alloy ball core, ball core track, and counter.

- **ALLOY CORE ROTOR**
- **SELF-STARTING**
- **SPEED CHANGING LIGHTS**



SELF-STARTING ROTATION DIRECTION

SETUP AND INITIAL USE

For first-time users, it may take some practice to become proficient with the Curaball. Follow these steps for proper setup and initial operation:

1. **Winding the Spring:** Use both hands to push the ball's inner core rotor, turning it in the direction of the arrow to wind the spring. Wind it about 8 times. Stop winding when you feel significant resistance. Excessive winding may cause the spring to break.
2. **Starting the Rotor:** Hold the ball with one hand, press the rotor with your fingers, and release your thumb to start the rotor turning.
3. **Wrist Rotation:** Once the rotor is spinning, rotate your wrist in a circular motion to feel the resistance and speed up the spinning gyro rotor. Gradually increase the rotation speed.

HOW TO USE ?



1
USE BOTH HANDS TO PUSH THE BALL'S INNER CORE ROTOR, TURNING IT IN THE DIRECTION OF THE ARROW TO WIND THE STRING.



2
HOLD THE BALL WITH ONE HAND, PRESS THE ROTOR WITH YOUR FINGERS, AND RELEASE YOUR THUMB TO START THE ROTOR



3
ROTATE YOUR WRIST IN A CIRCULAR MOTION TO FEEL THE RESISTANCE AND SPEED UP THE SPINNING GYRO ROTOR.

Image: Visual guide for winding the spring, starting the rotor, and performing wrist rotation.

Your browser does not support the video tag.

Video: Demonstrates the correct winding and starting procedure for the Curaball Hand Exerciser, including common mistakes to avoid.

OPERATING INSTRUCTIONS

Once the Curaball is spinning, maintain a consistent wrist rotation to keep the gyroscopic rotor active. The faster you rotate your wrist, the greater the resistance and the more intense your workout will be.

- **Wrist Movement:** Use your wrist to draw circles in the air. Be patient and practice to find the optimal circular motion that keeps the ball spinning smoothly and increases its speed.
- **Intensity Control:** The resistance is directly proportional to the rotor's speed. You can adjust the intensity by varying your wrist rotation speed.
- **Digital Counter:** The self-powered LCD screen automatically tracks your RPM (rotations per minute), total number of laps, maximum speed, and total laps in a single session. Use the "FCN" (Function) key to cycle through display modes and "ON/CLR" (On/Clear) to reset values or turn the display on/off.

INTELLIGENT COUNTER



Image: Detailed view of the intelligent counter, showing function selection key, start key, and various tracking modes like total laps, instantaneous speed, maximum speed, and total laps in a time.

CHOOSE THE INTENSITY THAT SUITS YOU



Image: Chart illustrating how resistance (in KG) increases with RPM, from 6000 RPM (7.8 KG) to 20000 RPM (60 KG).

Your browser does not support the video tag.

Video: Detailed operational example of the KIMPOK Torque Ball, demonstrating proper wrist movements and techniques to maintain and increase rotor speed.

MAINTENANCE

The Curaball Hand Exerciser requires minimal maintenance. To ensure longevity and optimal performance:

- Keep the device clean and free from dust and debris. Wipe with a soft, dry cloth.
- Avoid exposing the device to extreme temperatures or moisture.
- Do not attempt to disassemble the device, as this may void any implied warranty and could damage internal components.

TROUBLESHOOTING

If you encounter issues with your Curaball Hand Exerciser, consider the following common problems and solutions:

- **Difficulty Winding:** The spring cannot be wound when the device is placed sideways or upside down. Ensure the front side of the Curaball is facing up during winding.
- **Winding with One Hand:** The Curaball cannot be wound up effectively with only one hand. Always use both hands as instructed.
- **Rotor Fails to Accelerate:** Shaking the Curaball improperly can cause the internal track to deviate, preventing the rotor from accelerating. The correct technique involves feeling the resistance inside the ball core and slowly increasing the speed of your wrist in a circular motion to gradually increase centrifugal force.
- **Rotor Stops Spinning:** If the ball core isn't spinning fast enough initially, or if your wrist movement is too quick, the ball core may stop rotating due to insufficient reverse force. Focus on a smooth, consistent wrist rotation to build up speed.

SPECIFICATIONS

Brand	KIMPOK
Model Name	Hand Exerciser
Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Age Range	Adult
Sport Type	Exercise & Fitness
Item Diameter	3.8 Inches
Dimensions (L x W x H)	7.2 x 7.2 x 5.8 cm (2.83 x 2.83 x 2.28 in)
Package Weight	0.3 Kilograms
Included Components	A Curaball Hand Exerciser

WARRANTY

No specific warranty information is provided for this product. Please refer to your retailer's return policy or contact the manufacturer for details regarding potential product defects or issues.

SUPPORT

For further assistance, questions, or concerns regarding your KIMPOK Curaball Hand Exerciser, please contact KIMPOK customer support through their official channels or the retailer from whom you purchased the product.

