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VICASKY B0FZHRQ4PZ

VICASKY Ergonomic Hand Grip Strength Tester User Manual

Model: B0FZHRQ4PZ

Introduction

This manual provides essential information for the safe and effective use of your VICASKY Ergonomic Hand Grip Strength Tester. Please read these instructions carefully before using the device. This hand dynamometer is designed to measure and improve hand grip strength, suitable for various fitness and rehabilitation purposes.

Product Overview

The VICASKY Hand Grip Strength Tester features an ergonomic design for comfortable use and a clear scale for accurate measurement. It is constructed from durable ABS material.

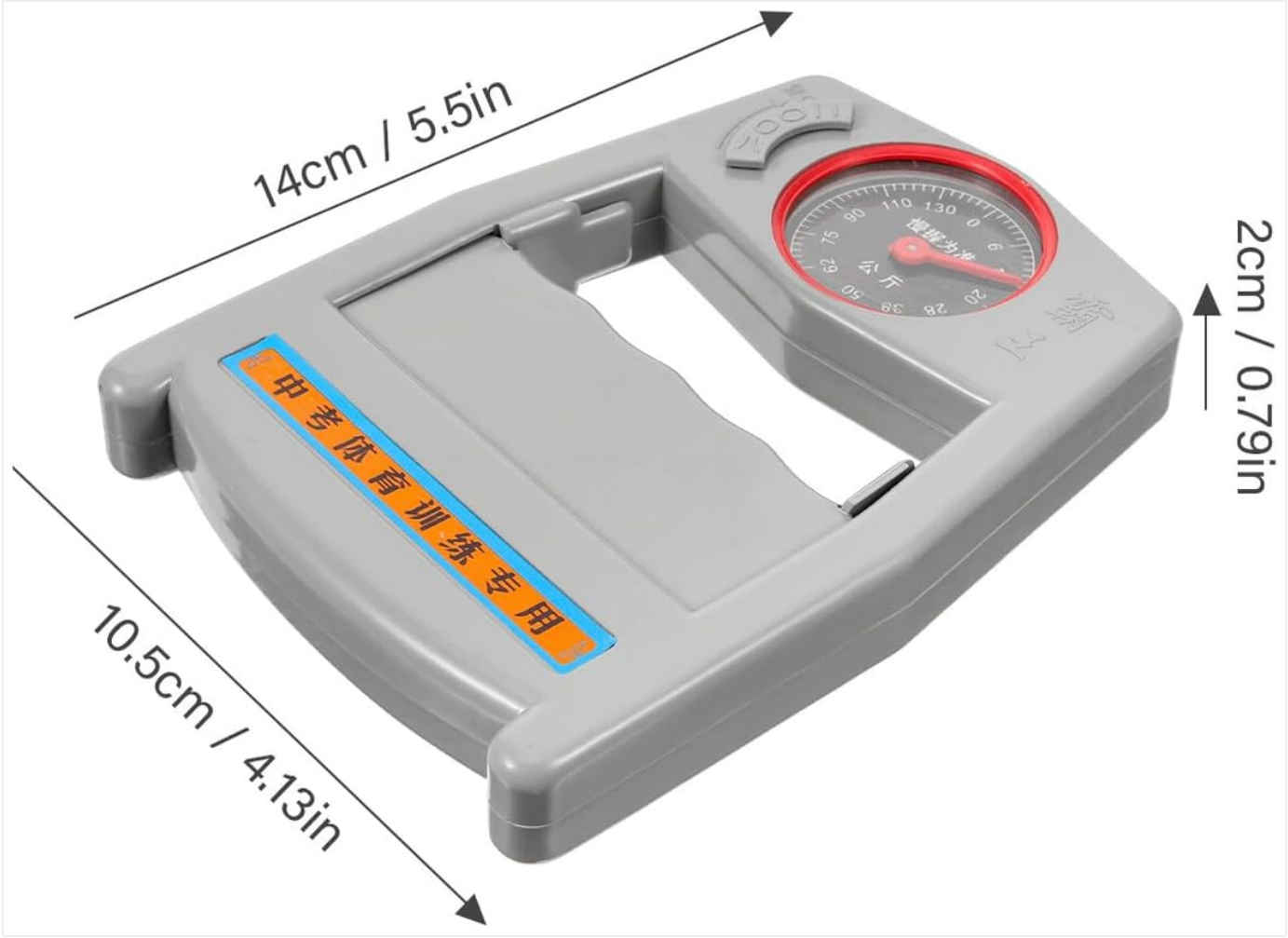


Figure 1: Overall view of the VICASKY Hand Grip Strength Tester, showing its dimensions: approximately 14 cm (5.5 inches) in length, 10.5 cm (4.13 inches) in width, and 2 cm (0.79 inches) in thickness. The device features a central grip area and a measurement dial.

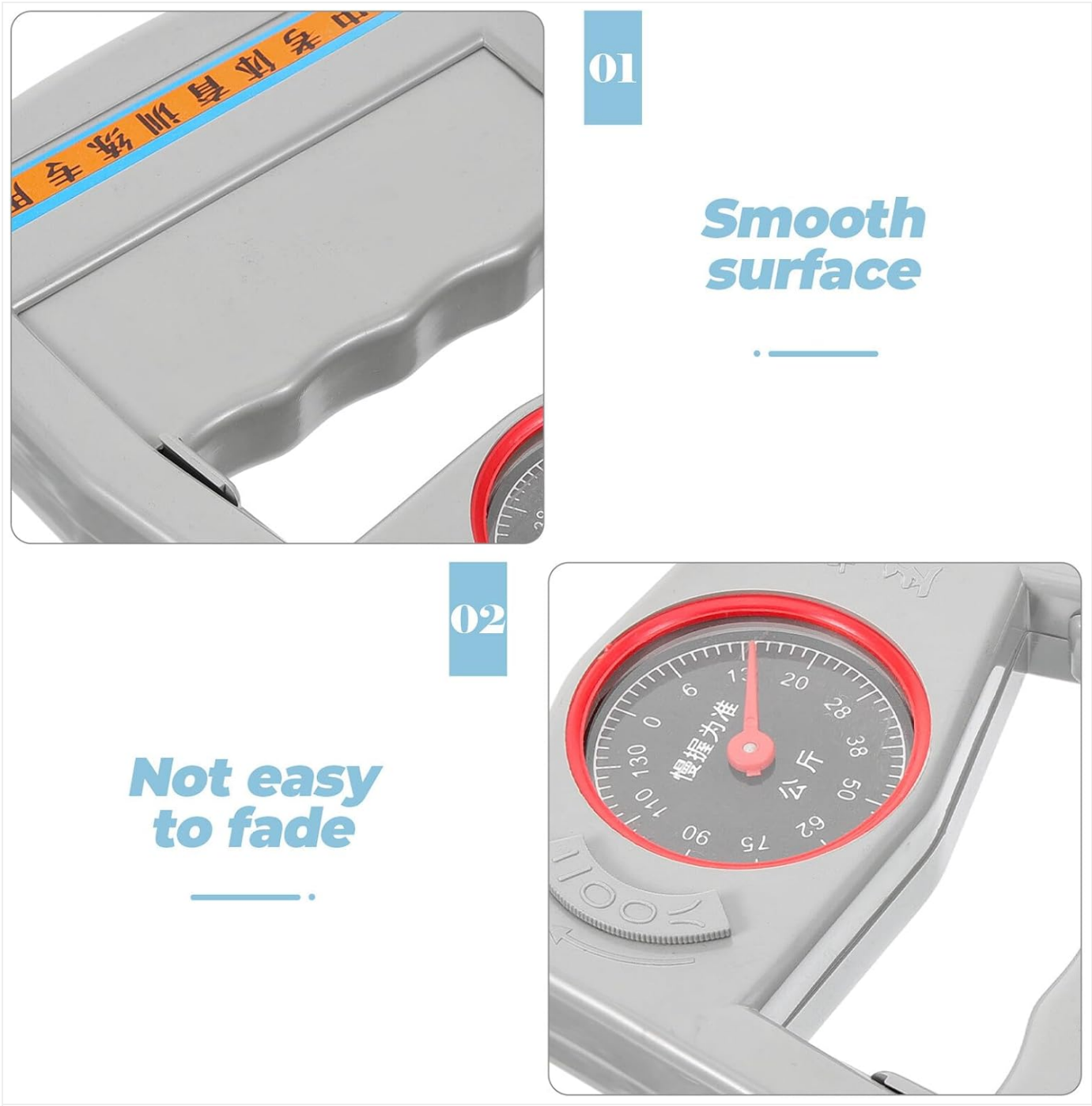


Figure 2: Close-up view highlighting the smooth surface of the device for comfortable handling and the durable, fade-resistant measurement dial. The dial indicates grip strength in kilograms.

Setup

The VICASKY Hand Grip Strength Tester requires no assembly. It is ready for use directly out of the packaging. Ensure the measurement dial is set to zero before beginning any test or exercise. If the dial is not at zero, gently rotate the reset knob (if present) or apply a light squeeze to reset it.

Operating Instructions

To use the hand grip strength tester for measurement or exercise:

1. **Hold the Device:** Grip the tester firmly with your hand, ensuring your fingers wrap around one side and your palm rests against the other.
2. **Position Your Hand:** Adjust your hand position for comfort and to ensure maximum leverage. The device is designed to

accommodate various hand sizes.

3. **Apply Pressure:** Squeeze the handles together with maximum effort. The dial will indicate your current grip strength.
4. **Read the Measurement:** Observe the highest reading on the dial while maintaining your grip. The dial provides measurements in kilograms.
5. **Release and Reset:** Release your grip. The dial will typically hold the peak measurement until manually reset or a new squeeze is applied.



Figure 3: A user demonstrating the correct way to hold the hand grip strength tester, with fingers wrapped around one handle and the palm against the other, ready to apply pressure.



Figure 4: A visual representation of the hand exerciser meter in use, emphasizing its ability to provide accurate measurements of hand strength for different grip styles and users.

Maintenance

- **Cleaning:** Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.
- **Storage:** Store the hand grip strength tester in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically inspect the device for any signs of wear or damage. Discontinue use if any damage is observed.

Troubleshooting

- **Inaccurate Readings:** Ensure the dial is reset to zero before each use. Apply consistent pressure during measurement. If readings remain inconsistent, the device may require replacement.
- **Difficulty Gripping:** Adjust your hand position on the handles. The ergonomic design is intended for comfort, but individual hand sizes may require slight adjustments.
- **Stuck Dial:** If the measurement dial becomes stuck, gently tap the device or try to reset it by applying a light squeeze. Avoid

forcing the dial.

Specifications

Brand	VICASKY
Model Number (ASIN)	B0FZHRQ4PZ
Material	ABS
Color	Multi
Item Weight	4.48 ounces (approx. 127 grams)
Dimensions (L x W x H)	14.00 x 10.50 x 2.00 cm (5.50 x 4.13 x 0.79 inches)

Warranty and Support

For any questions regarding the operation, maintenance, or performance of your VICASKY Hand Grip Strength Tester, please refer to the retailer's return and support policies. Specific warranty information may be available through your point of purchase.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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