


Handeful HFEH11 Hand Dynamometer



Handeful HFEH11 Hand Dynamometer User Guide

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Handeful HFEH11 Hand Dynamometer



Product Information

Specifications:

- **Product:** Handeful Hand Dynamometer
- **Battery:** Two AAA batteries
- **User Profiles:** Up to 19 users
- **Measurement Units:** LB, KG

Product Usage Instructions

Getting Started:

Before using the Handeful Hand Dynamometer, adjust the handle to fit your hand size by turning the adjustment knob left or right. Ensure the second joint of your index finger forms a 90-degree angle with the handle.

Operation:

1. Press the ON/SET button to turn on the device.
2. Use the up or down arrow to select the user profile, gender, and age.
3. Confirm changes by pressing START.

Measuring Handgrip Strength:

1. Position the dynamometer correctly on your hand with the arm bent at 90 degrees.
2. Squeeze the dynamometer as hard as you can for 5 seconds.
3. Press START to display your max handgrip strength.

Taking a Measurement:

1. Activate the device and press START for measurement screen.
2. Grip the handle firmly and squeeze to measure your handgrip strength.
3. Press down arrow/memory button to save your result if needed.

Recalling a Measurement:

1. With the device off, press down arrow/memory button to view saved records.
2. Press ON/SET button to switch between LB and KG units.

Isometric Exercise:

1. Measure your max handgrip strength with the dynamometer.
2. Perform isometric exercises by squeezing 1/3 of your max grip for 2 minutes with breaks in between.
3. Repeat this exercise 3 to 5 days a week.

Frequently Asked Questions (FAQ):

• **Q: How many user profiles can be stored on the Handeful Hand Dynamometer?**

A: The device can store up to 19 user profiles.

• **Q: How long should I perform the isometric exercise using the dynamometer?**

A: Perform the isometric exercise by squeezing 1/3 of your max grip for 2 minutes with breaks, totaling 12 minutes for 3 repetitions.

OVERVIEW

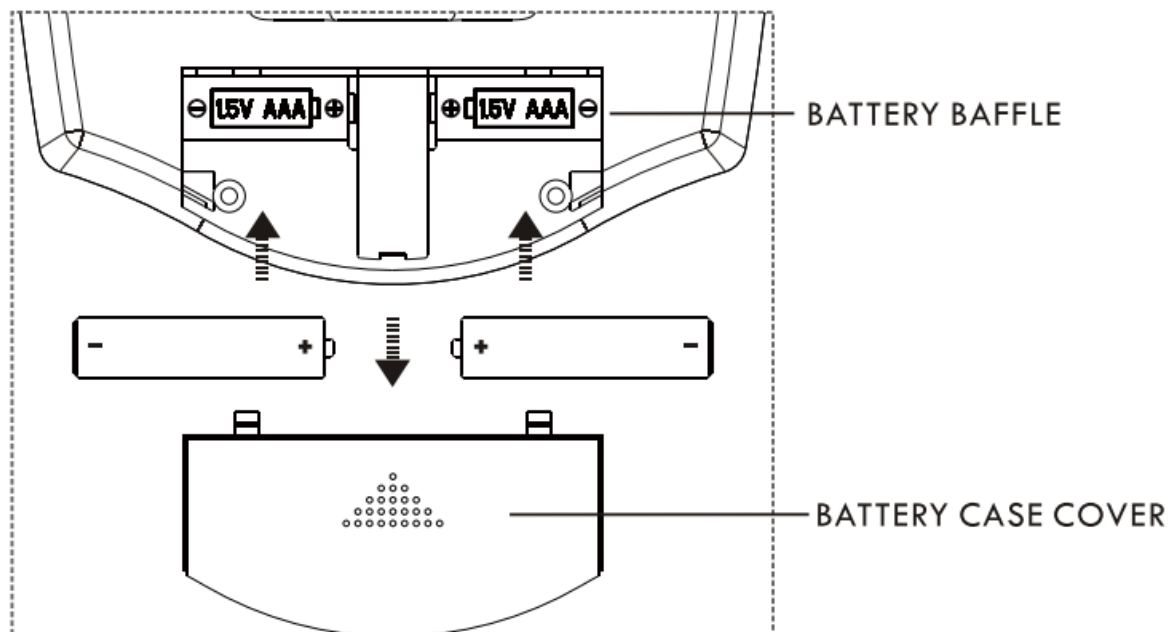
This user guide helps you get started using the Handeful Hand Dynamometer easily and correctly. We recommend you check out the link or scan the QR code below for helpful videos and FAQs.

Scan the QR code or visit the link below for helpful videos and FAQs: <https://handeful.com/pages/faqs>



HOW TO INSERT THE BATTERIES

1. Turn the device over and slide the battery cover up to remove the cover.
2. Insert two AAA batteries according to the polarity marks.



GETTING STARTED

Before using, you can adjust the handle up or down by turning the adjustment knob left or right to achieve your ideal grasp. The second joint of the index finger should be at a 90-degree angle to the handle. Meanwhile, turning the handle to the right will raise the handle and is ideal for larger hands. Turning the handle to the left will lower the handle and is ideal for smaller hands.



OPERATION



SET UP YOUR DATA

1. Start by pressing the ON/SET button to turn the device on.



2. The user number will blink indicating which user is selected. This device can store up to 19 users. Press the up or down arrow to switch between user profiles. Once you have confirmed the desired user profile, press the ON/SET button.



3. Next, the gender icon will flash. Press the up or down arrow to switch between male and female.



4. Last, the age icon will flash on the screen. Press the up or down arrow to increase or decrease the age. Press START to confirm all changes, or press ON/SET to go back.



MEASURE YOUR HANDGRIP STRENGTH

1. Hold your hand dynamometer. The base should rest on the first metacarpal while the handle should rest on the middle of the four fingers.
2. The arm should be bent at 90 degrees with the elbow at the side of the body.
3. Squeeze your hand dynamometer as hard as you can for 5 seconds, then the max handgrip strength will show on the display. No other body movement is allowed.
4. Hit the SRART button to zero the hand dynamometer out if repeat tests are necessary.

TAKING A MEASUREMENT

1. Activate the device by pressing the ON/SET button.
2. Press START to go to the measurement screen or adjust parameters as needed.
3. (Optional) To enter Quick Test Mode, press the START button.
4. The default unit is LB: press ON/SET to toggle to KG and press ON/SET again to go back to LB.

5. Grip the handle firmly and squeeze to take a measurement. Your max handgrip strength will be captured and displayed on the screen after the measurement is complete.
6. (Optional) Once your measurement is complete, you can press the down arrow/memory button to save your result.

RECALLING A MEASUREMENT

1. With the device off, press the down arrow/memory button to view your saved record.
2. To review your measurement in a different unit press the ON/SET button to switch between LB and KG.
Note: The device will store only one record for each user. Please press the down arrow/memory button to save or update your record.

ISOMETRIC EXERCISE

1. Measure your max handgrip strength with the hand dynamometer.
2. Squeeze 1/3 of your max grip for 2 minutes for each hand with one minute of rest between.
3. 3 repetitions = 12 minutes total.
4. Do this isometric exercise 3 to 5 days a week.

UNITS

The default unit is LB. To switch to KG, press the ON/SET button. To switch back to LB, press the ON/SET button again.

REFERENCE TABLE

For your reference, a table is included that can be used as a guideline to compare your results with average measurements in your age range (UNIT: LB).

AGE	MALE			FEMALE		
	Weak	Normal	Strong	Weak	Normal	Strong
10-11	<27.8	27.8-49.4	>49.4	<26.0	26.0-47.6	>47.6
12-13	<42.8	42.8-68.8	>68.8	<32.2	32.2-53.8	>53.8
14-15	<62.8	62.8-97.7	>97.7	<34.2	34.2-60.2	>60.2
16-17	<71.9	71.9-115.5	>115.5	<37.9	37.9-63.9	>63.9
18-19	<78.7	78.7-122.4	>122.4	<42.3	42.3-68.3	>68.3
20-24	<81.1	81.1-124.8	>124.8	<47.4	47.4-77.8	>77.8
25-29	<83.1	83.1-126.8	>126.8	<56.4	56.4-91.3	>91.3
30-34	<79.4	79.4-123.0	>123.0	<47.4	47.4-77.8	>77.8
35-39	<78.9	78.9-122.6	>122.6	<44.8	44.8-75.2	>75.2
40-44	<78.3	78.3-121.9	>121.9	<41.7	41.7-72.1	>72.1
45-49	<76.5	76.5-120.2	>120.2	<41.0	41.0-71.4	>71.4
50-54	<72.5	72.5-111.8	>111.8	<39.9	39.9-70.3	>70.3
55-59	<67.7	67.7-106.9	>106.9	<39.0	39.0-69.4	>69.4
60-64	<66.6	66.6-105.8	>105.8	<37.9	37.9-68.3	>68.3
64-69	<62.2	62.2-97.0	>97.0	<34.0	34.0-60.0	>60.0
70-99	<47.0	47.0-77.4	>77.4	<32.4	32.4-54.0	>54.0

CARE

- To clean, wipe with a dry cloth.
- Do not use harsh chemicals or cleaners on the device.

CAUTIONS

- Take note of the battery polarities when installing and replacing batteries.
- Avoid touching the LED screen.
- If the device will not be in use for an extended period of time, remove the batteries.

SPECIFICATIONS

1. **Unit:** lbs/kgs
2. **Max capacity:** 198 lbs/90kgs
3. **Division:** 0.2 lbs / 0.1kgs
4. **Power:** 2 x 1.5V AAA batteries
5. **Tolerance:** $\pm 0.5\text{kg}$ / 1lb
6. **Operation environment:**

- **Temperature** = 0-95°F,
- **Relative Humidity** = 30~90%



Scan the QR code or visit
the link below for helpful
videos and FAQs


www.handeful.com

service@handeful.com



Please scan the QR code
below for customer service.
We would love to help!

Documents / Resources

	<p>Handeful HFEH11 Hand Dynamometer [pdf] User Guide HFEH11, HFEH11 Hand Dynamometer, Hand Dynamometer, Dynamometer</p>
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References

- [Handeful Grip Measure and Monitor - Store & Club – Handeful Store & Club](#)
- [FAQs – Handeful Store & Club](#)
- [User Manual](#)

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