

Grip Meter

User Interface

Power / Set Button

Press the **Power / Set** button to turn the Grip Meter on or off.

Up Button

Press the **Up** button to adjust the LED display brightness. The display has **5 brightness levels**.

Down Button

Press the **Down** button to switch the force unit between **kilograms (kg)** and **pounds (lb)**.

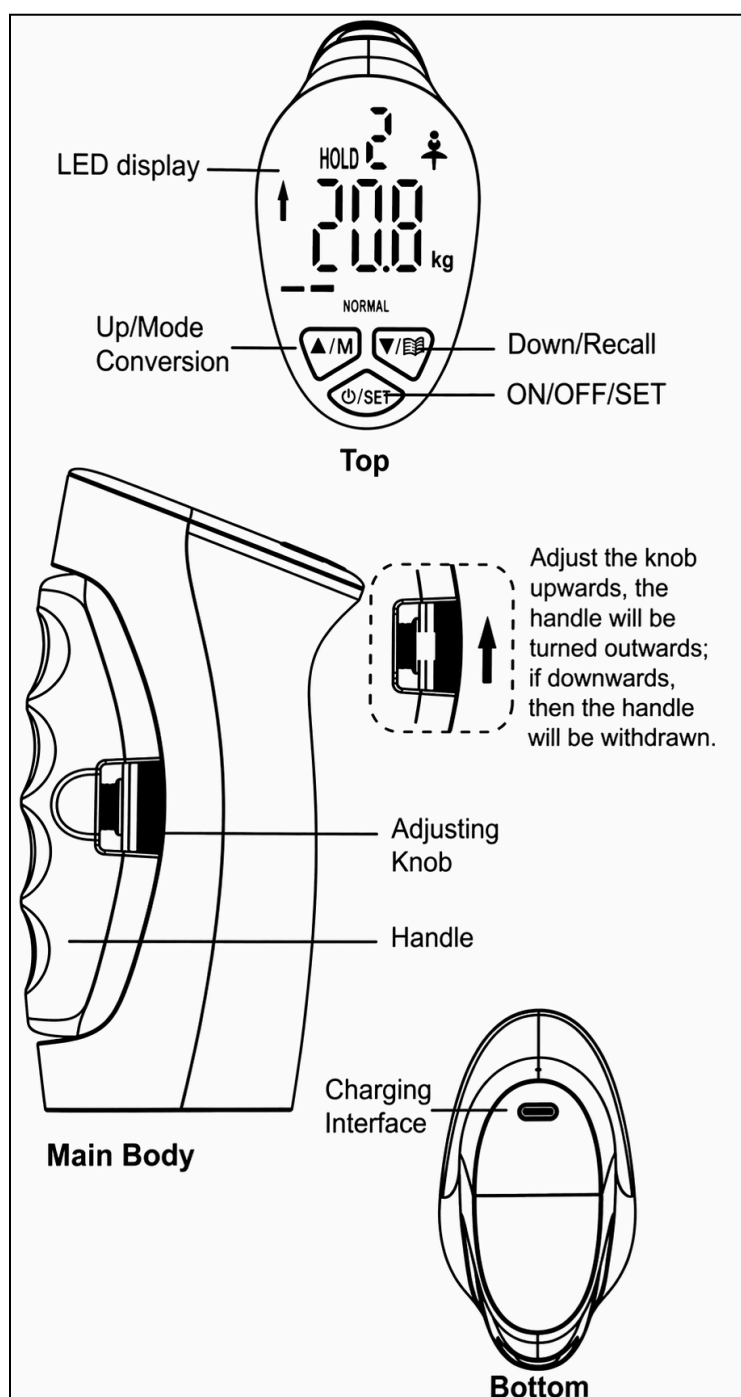
Adjusting Knob

Turn the **Adjusting Knob** to change the handle position. Adjust the handle to fit the user's grip size

Charging Interface

Use the **USB-C charging port** to recharge the Grip Meter.

The device is compatible with standard **5 V / 1 A USB chargers**. It can also be charged from compatible **USB-C iPhone and Android devices** using the included USB-C power delivery cable.



Device Specifications

Feature	Specification
Battery	3.7 V 1S lithium-polymer battery
Battery Capacity	300 mAh
Charging	USB-C rechargeable
Display Brightness	5 adjustable levels
Force Units	kg / lb

FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0cm between the radiator and your body.