



ADJUSTABLE HAND GRIP TRAINER

- Strengthen hand power -- Good choice for those who love various sports to strengthen hand power.
- Recover hand strength -- Effective tool for people who have hand injury to recover their hand strength.
- Adjustable hand grip -- Convenient for people from all walks of life to make strength training.



Please email me if you have anything need
ftbeastservice@gmail.com

*FitBeast reserves all the right for
the final explanation.

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WATCH PRODUCT TUTORIAL VIDEO ON WWW.FITBEASTSPORT.COM



Tutorial Videos

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WhatsApp: +8618038159034

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Use the registration code on the product service card
to use on the brand official website

ADJUSTABLE HAND GRIP TRAINER



Read and follow all information before use.
Serious injury or fatality may occur.

BEFORE USE

- Please check the spring of the gripper carefully, if it has deformed seriously, please stop using it immediately.
- Please check the hand gripper for scratches before use to prevent scratches from scratching your hands.
- Please check whether the spring of the gripper can be adjusted easily, if there is any question about the product, please contact us.

IN USE

- Please follow user's guide to adjust the grip strength.
- Do not use the hand grip strengthener while driving.
- Do not use hand grip strengthener on the edge of high altitude, such as balcony, window, etc. Prevent the gripper from falling down to damage or hurting others. Please use rubber protective gloves offered for free if your hands feel pain.
- For beginners, please do not over use in case of getting injured.

AFTER USE

- Please assemble the handle and spring of the gripper together to prevent accessories lost after use.
- Please place the gripper in a safe place such as drawers and cabinets to prevent the gripper from being dropped and damaged.
- Please do not place the gripper in high position in case of falling and damaging or hurting others.

CARE AND MAINTENANCE

- For aluminum and iron products, what should be paid attention to during use to prevent the metal from aging/rusting?
1. Do not use water to clean the product.
 2. Put the product in a storage bag after use.
 3. Store the product in a dry place.

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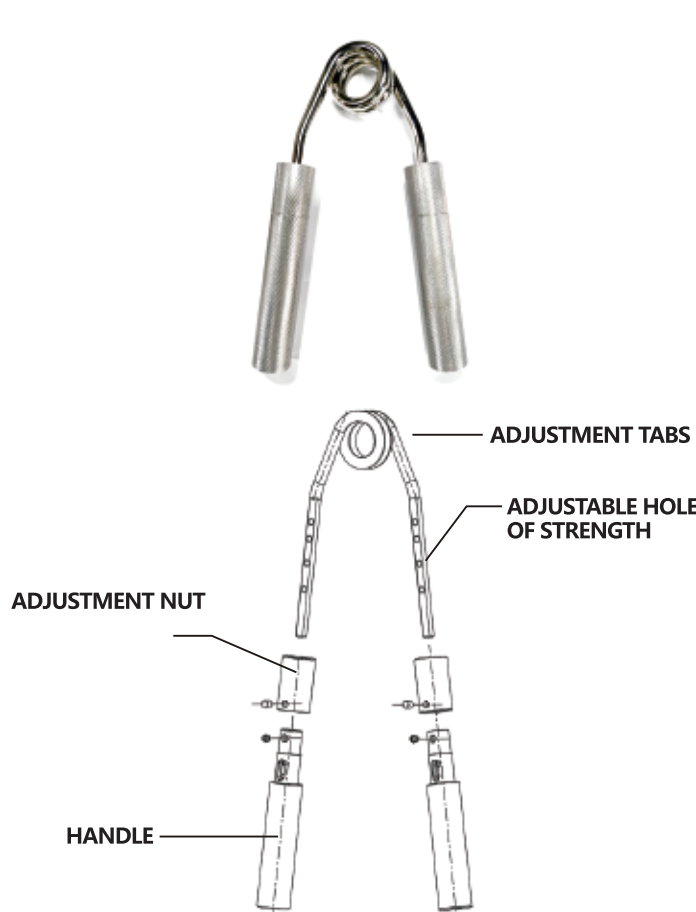
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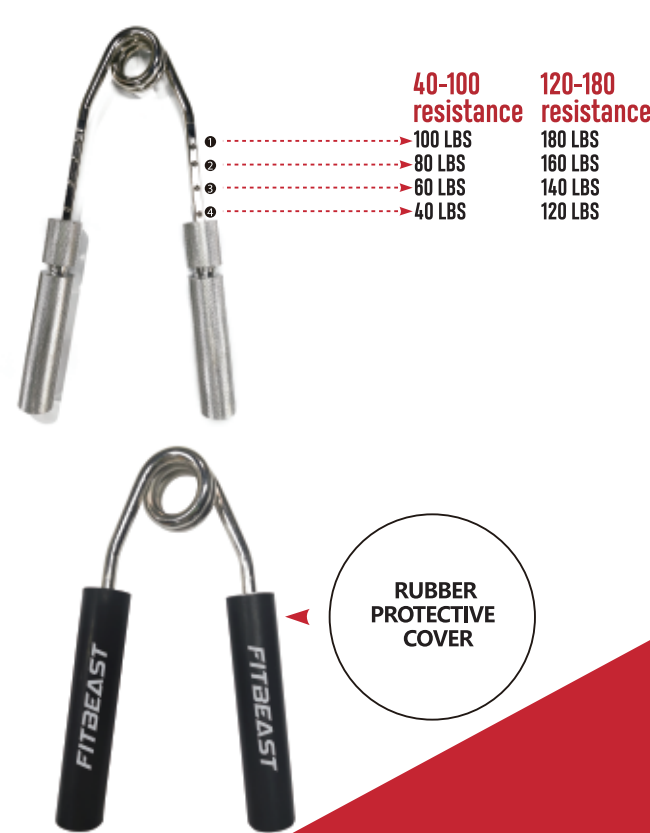
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PRODUCT DISPLAY AND EXPLODED VIEW



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GRIP STRENGTH INTRODUCTION



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INSTRUCTION OF THE ADJUSTMENT OF GRIP STRENGTH

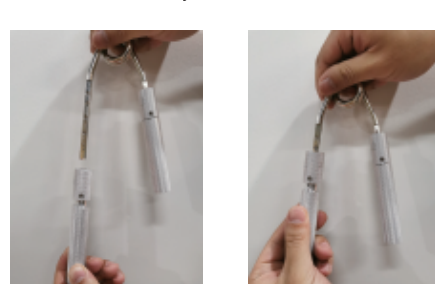
STEP1:
Please pull up the adjustment nut.



STEP2:
Adjusting power value
Attention
1. There will be a "click" sound when you adjust the hand gripper.
2. There are 4 holes on the spring, which match the 4 grip strength values.
3. After adjustment, please make sure that the handle has been clamped to the spring hole position, otherwise, the Adjustment nut will not be restored and affect normal use.

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STEP3:
During the adjustment process, the spring may be completely detached from the handle. Just make sure that the adjustment nut is open on the handle, insert the spring into the handle in the correct orientation, the gripper can be used normally.



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IMPORTANT: Read and follow all warnings and directions before using this product to reduce the risk of injury.

Serious or fatal injury can occur. Exercise Programs of any kind present an inherent danger to the participant. Consult your doctor before beginning any exercise program. All FitBeast equipment is intended to be used by adults only in the manner shown/illustrated/described. Anyone under the age of 18 should have constant adult supervision. Always read and follow all warnings and instructions before use. Always use proper techniques and common sense when exercising. If any is found, discontinue use immediately and contact FitBeast for assistance. This product is not intended for commercial use.

Go to www.fitbeastport.com for product information.

MADE IN CHINA.



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