

User Guide



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Safety Information

Keep this manual in a safe place for reference

- **Before EACH use, visually inspect the equipment. Never use the equipment if it is not working properly or if there are damaged or worn parts.**
- **Consult your physician or other licensed healthcare professional BEFORE you begin using any FITNIX LLC product** to determine that each is right for your fitness needs and level. Seeing a doctor beforehand is particularly important if you or a family member has a history of high blood pressure, elevated cholesterol, heart, circulatory system, respiratory or other disease, if you have ever experienced chest pain when exercising or have experienced chest pain within the last month while not engaged in exercising, if you are significantly overweight or obese, or if you have any bone, joint, muscle or other physical disorder or condition that could be made worse by an increase in exercise. Do not begin using this or any FITNIX LLC exercise product if your physician or healthcare professional advises against it. Stop use immediately and consult a doctor if at any point during your workout you feel faint, dizzy, short of breath or pain.
- **Consult your physician before using this product to exercise.** Fitness training can result in serious or fatal injury. Use at your own risk. Risk of injury can be decreased when safe techniques, proper form, and common sense are involved. Your physician should assist you in determining what types of exercises you should be performing. Certain exercises or types of equipment may not be appropriate for all people, especially people over the age of 35, pregnant women, or those with pre-existing health problems or joint and muscle impairments. **Consult a physician if you are taking medication that may affect your heart rate.** Persons with any disabilities must have medical approval before use and should be under close supervision when using any exercise equipment.
- **Be sure to master the beginner and easiest version of each exercise or workout before progressing to the next level exercise or workout.** Progress sensibly, making sure you are familiar and comfortable with the easier version of the exercise or workout level before attempting the next difficulty level. The Olympus Grip app indicates the difficulty level of each exercise (Beginner, Intermediate and Expert). For most exercises, the app also suggests an easier and more difficult exercise.

 **WARNING: Some of the tougher exercises can be life threatening if you don't have proper training or experience.**

- **Have plenty of clearance space when exercising.** It is important to keep children, pets, furniture, and other objects out of the way when using your equipment. You should have a minimum of 3 feet (1 m) of clearance space to avoid unnecessary physical contact. Do not swing the grips around other people, especially during boxing exercises. Furthermore, when using the Olympus Grip Strap System you should have at least 6 feet of clearance space starting from

the ground underneath the anchor point to the direction of lean required by the exercise.

- **Do not overexert yourself with this or any other exercise program. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.** Breathe naturally and never hold your breath while you exercise. You should be able to carry on a conversation while exercising.
- **Use this equipment on a flat, dry, and non-slippery surface free of tripping hazards.**
- **Use this equipment only for the intended use as described by the manufacturer.** Do not modify the equipment or attachments. Only one person at a time should use this equipment. Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- **Never put any strap, band, or rope around your head, neck or limbs.**
- **Adult use only. This equipment is not to be used by children.** To prevent injuries, keep this and all fitness equipment out of reach of children and pets. Follow these simple rules:
 - Keep children out of rooms where you have your exercise equipment.
 - Store exercise equipment in a locked room.
 - Talk to your kids about the dangers of exercise equipment.
- **Wear appropriate clothing and footwear when exercising.** Clothing should allow for freedom of movement. Wear supportive athletic shoes with non-slip soles and keep them tied. During cold weather conditions, gloves with leather, rubber, or silicone on the palm and fingers are recommended.
- **Keep your back straight while you exercise.** While exercising, always maintain a neutral spine. Your spine, shoulders, and ears should be in alignment.
- **Warm up before any exercise by performing gentle aerobic exercise or dynamic stretching.** Consult the Olympus Grip app for more information on dynamic stretching.
- **Always stay properly hydrated when you exercise.**
- **This equipment is not for commercial use.**
- **All health and fitness information available in this User Manual is presented in good faith and designed for educational purposes only.** All exercise advice, instruction, training, or recommendations are in no way intended as and **should not be relied upon as a substitute or replacement for professional medical advice, diagnosis, or treatment.** Consult your physician with any medical questions or concerns about your health and physical fitness. The use of the fitness products and of any and all information available via this User Manual is solely at your own risk.

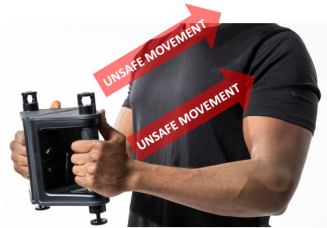
- **FITNIX, LLC EXPRESSLY DISCLAIMS LIABILITY FOR ALL DAMAGE AND ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY LOSS, INJURY, OR DAMAGE OF ANY KIND SUFFERED BY ANY PERSON AS A RESULT OF THE USE, MISUSE, REFERENCE TO, RELIANCE ON RESULTS, OR ANY INFORMATION OBTAINED FROM THIS USER MANUAL, FROM ANY OTHER WRITTEN, VIDEO, ELECTRONIC, OR OTHER INFORMATION PUBLISHED BY FITNIX LLC IN ANY OTHER MEDIUM OR FROM USING ANY FITNIX LLC OR OLYMPUS GRIP™ PRODUCTS, INCLUDING THEIR TRAINING OR USER MANUALS AND LABELING.**

- In consideration of your use of any FITNIX LLC exercise product or accessory, you agree to release, discharge, indemnify and hold harmless FITNIX LLC and its officers, members, employees, agents, and their respective successors and assignees against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from any such use of any product or information supplied by FITNIX LLC.

FOR THE OLYMPUS GRIPS

- Inspect the swivel eye bolts on the grips to ensure that they are not loose before connecting with a carabiner. If they are loose, tighten with the appropriate 5/32" (4 mm) hex allen key or drive. If the eye bolts continue to loosen, remove the bolt and place a metal adhesive on the end of the bolt, reinstall and tighten. Do not use the eye bolts if cracked or dented.

- The two Olympus Grips can connect to each other through a pin at the base. Each grip (or the connected -grips unit) is designed to rotate 360 degrees to perform self-resistance, dynamic resistance, or isometric workouts. Self-Resistance exercises require pushing or pulling in an up or down, or side-to-side direction against each arm. **It is possible that the grips can unintentionally disconnect without pressing down on the release lever.**

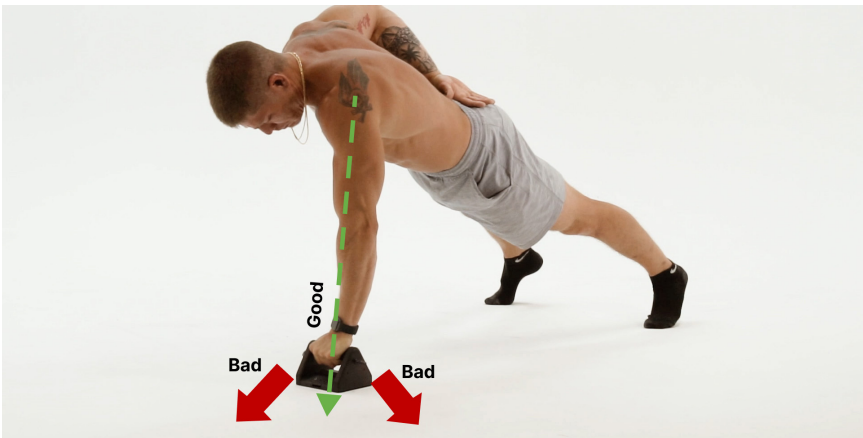


Your hands could also slip off the grips. For these reasons, never forcefully pull the grips directly towards other parts of your body, especially your head as this could result in injury. Always hold both grips firmly, even when connected, to prevent injury that may result from unintentionally disconnecting and dropping the grips. See the Instructions for Use Section of the Olympus Grip for illustrations on how to properly disconnect and connect the Grips.

- Using self-resistance or dumbbell exercises while walking, jogging, or running has a much higher risk of injury than performing these exercises while sitting or standing. Consult a physician before attempting, as this can be a dangerous and strenuous activity. In the event you do fall, as a last resort, you can use the grips to help brace your fall. Always begin any new workout routine while stationary and

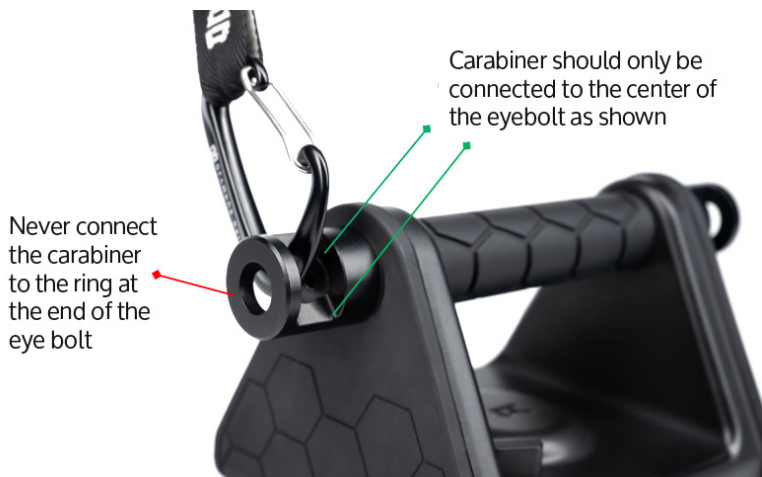
on a flat surface before adding movement or incline or before progressing to more challenging exercises.

- Your wrists should never touch or be near the base of the grips. Your wrists should always be as far away from the base of the grips as possible.
- When performing **Ground Resistance (GR)** and plank-like exercises with the grips, make sure you distribute all your weight directly on top of the grip handles toward the midpoint of the base of each grip since weight distributed off to the sides of the grip handles could cause the grips to topple over and cause injury.
- Although the grips are designed for rugged exercise use, never intentionally drop the grips.



FOR THE STRAP SYSTEM

- Check for tears, unraveling fibers, punctures, fraying, snags etc. along the straps and stitching between loops. Check carabiners for a working gate and excessive wear. If you discover any flaws, discard the straps and carabiners and never attempt to repair them.
- Ensure that the straps for the Strap System lie over a strong and secure anchoring point that supports at least four times your body weight. Perform a weight test by pulling hard on the anchoring point and the straps before using. Never use a sharp-edged anchoring point. Repetitive rubbing of the straps against the anchor can cause the straps to degrade and tear over time. Placing a towel or protective soft material over an anchor may help reduce wear and tear over time and help protect the anchor. The strap system is not designed to be used with a door as an anchoring point. Make sure all man-made anchors are professionally constructed, e.g., ceilings, beams, permanently fixed outdoor swing sets, playground bars, and posts.



- Before placing your weight on the straps, triple check that the ends of the four carabiners are secured to the strap loops and Olympus Grip swivel eye bolt. The eye bolt and the strap loop should never press against the gate of each carabiner.
- When attaching carabiners to the eye bolt, be sure to connect the carabiners to the center of the eye bolt, not the ring on the end as this is not designed to manage your weight. See picture above. Carabiners may remove paint and round the edge of the eye bolts over time, but if wear becomes significant discontinue use.
- When fully suspended with straight legs, your feet should never be more than 1 ft. (30 cm) off the ground. The anchor point should never be more than 9 ft. (2.7 m) off the ground.
- While exercising, always keep the straps between the anchor and the eye bolts tight, and always apply even pressure. The straps should be kept straight and free of tangles and knots. Keep unutilized excess straps neat and safely away from your limbs, head and feet. No part of your body, especially your head, should ever be placed in between the straps and eye bolts.
- Don't let the straps rub against your body. Change the position of your body to prevent rubbing.
- Don't step on the straps as this can cause the strap to degrade and be a tripping hazard. Roll-up and secure the excess strap using the elastic loop located at the end of each strap.
- Never attempt to throw a strap over the anchor with the carabiner or grips still attached as this can result in an injury.
- Always remove the straps from the outside elements after use as this will degrade the product.

- Do not swing aggressively from the straps.
- Max weight capacity per strap should not exceed 300 lbs (136 kg).

FOR THE RESISTANCE BANDS

- Check the resistance bands for cuts, scratches, cracks, punctures, or discoloration. If any flaws are discovered, discard and never attempt to repair. Resistance bands are not designed to last forever.

- Never release a tube or loop band while under tension. For tube bands, this means never take your foot off the middle of the band while it is still under tension. For loop bands, always grab the band with both hands before releasing the band from the body part it is supporting (knee, armpit, torso, etc.) and make sure there is no tension.

- Avoid jerking the band. Begin all exercises slowly to ensure band strength.

- Never stretch a resistance band over 3 times its length.

- Ensure the midpoint of the resistance band is properly secured to the bottom arch section of your foot. Ensure the bands will not slip away from your anchored shoes to avoid injury. Don't step on the band when sharp or jagged rocks are underneath your foot.

- Wear eye protection when using bands.

- When finding a suitable anchor for the loop bands, never use a sharp-edged or abrasive anchoring point.

Placing a towel or protective soft material over an anchor may help reduce wear and tear over time and help protect the anchor. This anchor must be able to sufficiently hold your weight.



Persons taller than 6' 6" should not fully extend their arms for the Overhead Press (BND) exercise to avoid stretching resistance tubes above 3 times their length.



FOR THE JUMP ROPE

- The Olympus Grip jump rope exercises are strenuous, high-intensity cardiovascular activity. The Olympus Grip Jump Rope attachment is not for inexperienced jump ropers. It's a heavy jump rope that entails rotating over 6 pounds of weight per revolution.
- Don't use the jump rope to conduct any suspended resistance exercise, where your body hangs or leans from an anchor point. Although nylon rope attachment is strong, the integrity of the rope will decrease rapidly as the jump rope connects with the ground and wears. Also, the plastic carabiners are designed to reduce the wear against the metal eye bolt, not support your body weight.
- Only the Olympus Grip Strap System should be used to carry your weight and conduct Strap Resistance exercises, which entails suspended or leaning exercises from an anchor point.
- Traveling jump-rope exercise can result in tripping, so jump rope timing, focus and length is critical. Master the beginner exercises first.
- A jump rope which is too short or too long can hamper skipping movements, strike you in the head, and cause injury.

FOR THE PHONE MOUNT

- If you are moving or exercising, be sure to always watch your surroundings instead of the phone screen. Only look at your phone screen when you are stationary or resting between exercises.
- The phone and phone mount may get into your way and cause an injury while you exercise. Keep the phone mount as far away from your body as possible while you exercise. You may need to make adjustments when using the phone mount for certain exercises. For example, if you move from a pull-up to a dip exercise, you will need to unclip both carabiners on the left grip and rotate so the phone stays to your outside. Also, for some self-resistance exercises, you may need to rotate or swap hand placement to prevent the phone mount from impeding your movement. Use this phone mount at your own risk.
- When performing ground resistance exercises and the base of the grips are lying on the ground, the phone mount and phone will place additional weight on that side and may cause the handle to topple over and cause injury. Never apply force towards the side of the phone mount, your weight should always go into the center of the grip directly below the midpoint of the handle.
- When using the phone mount with straps, bands or jump rope always make sure these items don't get tangled or wrapped around the phone mount as this can cause injury.

Olympus Grips

TECHNICAL SPECIFICATIONS

Includes 2 grips

Length: 6" (15 cm)

Width: 5" (13 cm)

Height: 4-3/4" (12 cm)

Product Weight: 3 lbs (1.4 kg) per grip

Maximum User Weight Not to Exceed - 500 lbs (227 kg)



SR 360 Connect

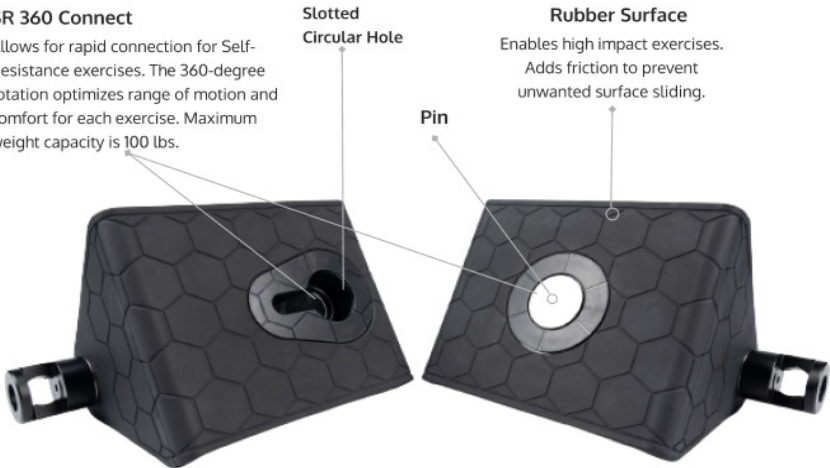
Allows for rapid connection for Self-Resistance exercises. The 360-degree rotation optimizes range of motion and comfort for each exercise. Maximum weight capacity is 100 lbs.

Slotted Circular Hole

Pin

Rubber Surface

Enables high impact exercises. Adds friction to prevent unwanted surface sliding.





OPERATION (OLYMPUS GRIP EXERCISE TYPES)

There are 8 different major exercise types you can conduct with the Olympus Grip. The first 4 types you can conduct with the Basic Package of the Olympus Grip and don't require any additional equipment or installation:

- 1. Dumbbell & boxing (DB) exercises** occur when disconnected Olympus Grips are primarily used to perform 3-pound dumbbell movements and the grips typically don't make contact with the ground. There are over 100 DB exercises displayed on the Olympus Grip app.
- 2. Self-resistance (SR) exercises** are when one arm resists the movement of the opposite arm. SR exercises consist of isometrics and dynamic resistance exercises. This is the only exercise type that requires the Olympus Grips to be connected. There are over 40 SR exercises displayed on the Olympus Grip app.
- 3. Ground resistance (GR) exercises** occur when the base of the grips make contact with the ground and your arms carry a portion of your body weight (e.g., push-ups). There are over 150 GR exercises displayed on the Olympus Grip app.
- 4. Ground lower body (GLB) exercises** are leg or abdominal exercises (e.g., squats) that permit simultaneous, secondary upper body exercises such as DB or SR exercises. There are over 70 GLB exercises displayed on the Olympus Grip app. There are thousands of different combinations of GLB and DB and SR exercises. If a GLB exercise is chosen as a primary exercise, you can choose most SR and DB exercises as a secondary exercise.
- 5. Strap resistance (STR) are exercises** requiring connection to the Olympus Grip Strap System. STR exercises entail suspended or leaning movements from an anchor point. There are over 140 STR exercises displayed on the Olympus Grip app.
- 6. Foot cradle (FC) suspensions** are ground resistance exercises that utilize the Olympus Grip Strap System to create foot cradles to elevate your legs. There are over 30 FC exercises displayed on the Olympus Grip app. Exercises can be performed in the prone, plank, supine, or L-sit positions.

7. Band resistance (BND) exercises require connection to tube bands for added resistance. See the Resistance Band Installation section for more details. There are over 40 BND exercises displayed on the Olympus Grip app.

Note: exercises requiring loop bands are typically included in the GR and STR activities and denoted by “Band” in the title.

8. Heavy jump-rope (JR) exercises require a connection to a rope. It’s a high calorie burn activity that entails rotating over 6 pounds of weight per jump rope revolution. There are over 12 JR exercises displayed on the Olympus Grip app.

Download the app.



HOW TO USE

Holding the Olympus Grips

The right hand holds the silicone grip labeled “R” on the base (“R” grip). The release lever should be on the right side of your hand and accessible to the index finger.

The left hand holds the silicone grip labeled “L” on the base (“L” grip). The phone attachment (if installed) is less likely to get in your way if it stays to the left of your left hand. See the Phone Mount Assembly section for details.

Connecting the Two Grips Together

1. Extend your right index finger and press down the release lever of the “R” grip toward the center of the grip until the pin extends fully. If you’re having trouble pressing down the release lever with your index finger, try using multiple fingers and gain additional leverage by propping the edge of the “R” grip against your stomach or any surface, making sure the bottom base of the grip is not touching any surface, so the pin can move freely when pressed.
2. Once the pin is fully extended, move it towards the slotted circular hole on the bottom base of the “L” grip.



- Once the pin is inside the circular part of the hole, slide the “R” grip upwards towards the thin end of the slotted circular hole on the “L” grip (i.e., the narrow end of the raised tear). Once you hear an audible click and the bases of the grips are aligned, release the lever.



The grips are now locked in place, and the base of each grip should be centered along the pin axis. Be sure to test the connection before use by pulling the grips apart and rotating the grips away from your body to avoid bodily injury. See the Olympus Grip app Safety Video for video demonstration.

Disconnecting the Two Grips

- Ensure the “R” grip is in your right hand and the “L” grip is in your left hand. Press the base of the grips together so the bases are touching and there is no gap.
- Push the release lever on the “R” grip toward the grip center as far as will go. If you have difficulty pressing the release lever, try propping the edge of both grips against your stomach or any surface so you can use more than one finger.
- Slide the “R” grip down toward the large end of the raised droplet (i.e., slotted circular hole) on the “L” grip. Note the large part of the slotted circular hole on the bottom of the “L” grip is where the pin must exit.
- Move the grips apart gently, and let go of the lever and pin once it is free from the slot.



Hand Placement

Your selected exercise will determine optimum hand placements for the grips. Choose from the following:

Palm Up



Palm Down



Neutral/Hammer



CARE & STORAGE

Your Olympus Grip has been carefully designed to require minimum maintenance as outlined below:

1. Wipe sweat, dirt, and other residue off the entire grip surface with a soft, clean cloth after use.
2. Pay special attention to wiping down the slotted circular slot and chamber in the bottom of the "L" grip which should be free of debris for correct grip connection. You can use a dry cloth or cotton swab to clean the inside of the hole. Don't spray water into this hole as it could leak into the walls of the grips.
3. Debris or dirt may get stuck underneath the pin on the "R" grip causing it to protrude along the bottom of the base of the pin, which may cause the "R" grip to become unlevel for ground resistance exercises. Extend the pin and use a cloth to clean the underside of the pin and its surrounding enclosure at the base.
4. Protect the Olympus Grip from the elements when not in use. Avoid storing in direct sunlight. Equipment should not be stored outside, in wet environments, or near heat sources.
5. Don't submerge your grips in water.
6. Periodically lubricate the slot of the left grip and the small gap surrounding the pin at the base and the lever of the right grip with a silicone-based lubricant spray to maintain a thin uniform layer on all wear surfaces. Consider lubricating more frequently if (1) grips are used outdoors in muddy or wet conditions, (2) rust is visible in the slot or pin area, (3) the lever becomes difficult to press, or (4) the pin encounters friction.

Strap System

TECHNICAL SPECIFICATIONS

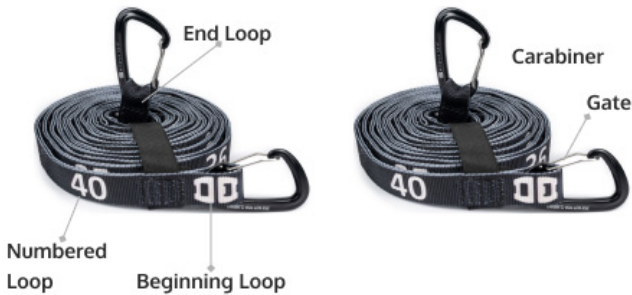
Includes:

2x High-tensile polypropylene straps
With over 40 length adjustments.
Length: 14 ft (4.3 m)

4x Aluminum carabiners
Length: 3.2 inch (8 cm)
Width: 1.8 inch (4.5 cm)
Product weight: 0.9 oz (26 g each)

Maximum user weight not to exceed: 300 lbs (136 kg)

Olympus Grip Straps



OPERATION

There are 2 different major exercise types you can conduct with the Olympus Grip Strap System:

- 1. Strap resistance (STR)** are exercises requiring connection to the Olympus Grip Strap System. STR exercises entail suspended or leaning movements from an anchor point. There are over 140 STR exercises displayed on the Olympus Grip app.
- 2. Foot cradle (FC) suspensions** are ground resistance exercises that utilize the Olympus Grip Strap System to create foot cradles to elevate your legs. There are over 30 FC exercises displayed on the Olympus Grip app. Exercises can be performed in the prone, plank, supine, or L-sit positions.

Download the app.



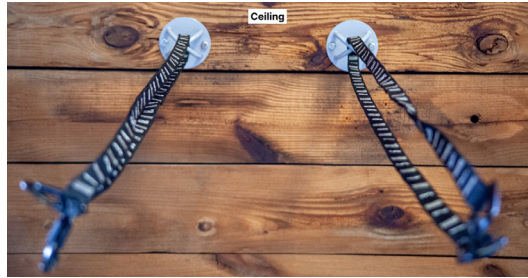
INSTRUCTIONS FOR USE

Installation, adjustment, and positioning. The Olympus Grip app includes an installation video to help you follow the instructions below:

Installing the straps

To install the Olympus Grip Strap System, follow these steps:

1. Slide each strap around a suitable anchor that can support at least 4 times your weight. Straps should be set approximately shoulder-width apart. If the anchor is tall enough that you need to throw the strap over an anchor, be sure to remove the carabiners for safety reasons.
2. If necessary, reattach the carabiners to the straps. There should always be a carabiner at the beginning loop of each strap. The second carabiner can be attached to any other loop and its location will be based on the specific exercise next in the interval. Attach the carabiners on the second strap in the same numbered loop location as the first strap.
3. Take one strap and connect each carabiner to each eye bolt on one of the grips. Repeat with the other strap so it is attached to the second grip. Now each carabiner is connected to a separate strap loop and eye bolt. Do not connect the carabiner to the thinner, outer ring of the eye bolt as it is not designed to take weight. Triple check the anchor, carabiners, and straps for a safe connection. The carabiner gate should never touch the strap or eye bolt. Straps should be free of twists or tangles.



Adjusting the Strap Height

The numbered loop system ensures both grips can be quickly set to over 40 different loop heights. The height of the grip should be adjusted to best suit the exercise. Consult the Olympus Grip app for further guidance.

To **increase** strap length between the anchor and grips:

Leave the carabiner on the beginning loop clipped to the eye bolt. Remove the other carabiner, and clip it onto a higher numbered loop. Repeat this process with the other strap, ensuring that both straps use the same numbered loop.



To **decrease** strap length between the anchor and grips:

Leave the carabiner on the beginning loop clipped to the eye bolt. Remove the other carabiner, and clip it onto a lower numbered loop. Repeat this process with the other strap, ensuring that both straps use the same numbered loop.

Triple check the anchor, carabiners, and straps for a safe connection. The gate of the carabiner should never touch the strap or eye bolt.

Excess Strap

Coil and secure excess strap using the elastic loop located at the end of each strap. This will help reduce extra strap clutter and make the area safer to exercise. One way to do this is to start tightly rolling the strap starting with the end loop. Once your tight coil reaches the loop secured with a carabiner, pinch the coil with one hand to prevent it from unraveling and gently pull the elastic band from the center of the coil and pull it over the midpoint of the coil. If the coil is small, you might need to double wrap the coil with the elastic loop.



Adjusting Resistance Level

Adjust the level of body weight resistance from the standing position by changing the angle of your body. An upright body angle will create less resistance, while a slanted body angle will create more resistance. Your body angle can be adjusted by moving your feet away or towards the anchor point, depending on the exercise.

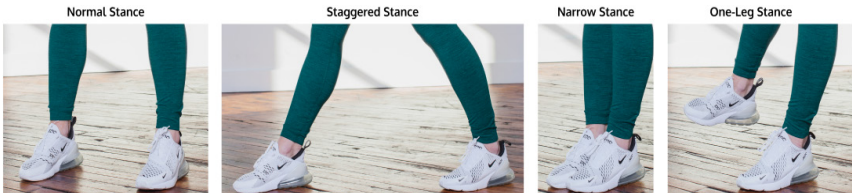
Warning: Always adjust resistance level gradually by slowly moving your feet in small increments to avoid slipping or falling.



Foot Placement

Foot placement in relation to the anchor not only increases the level of body weight resistance, but also impacts balance and overall difficulty level of an exercise.

- Normal stance: Both feet placed hip-width apart provides the greatest base of support.
- Staggered stance: For added stability, some users may prefer using an offset foot position, achieved by placing one foot in front of the other.
- Narrow stance: To increase level of difficulty and resistance, bring your feet closer together.
- One-leg stance: For advanced users, to further increase the level of difficulty and resistance, lift one leg off the ground.



Setting Up the Foot Cradles

Ensure each strap is supported by a suitable and safe anchor capable of carrying your weight such as the X anchor mount, sturdy tree or post. The grips should not be attached to the straps for Foot Cradle exercises. Then follow these steps to make foot cradles out of each strap:

- Attach a carabiner on the beginning loop to a loop on the same strap so that the lowest point on the strap is approximately 8-18 inches (20-46 cm) off the ground.
- Place the other carabiner on the same loop for safe keeping, and rotate the straps through the anchor, moving the carabiners up toward the top of the anchor and out of the way.
- Repeat steps 1 and 2 for the second strap, ensuring that both carabiners are attached to the same loop number.

Adjusting Resistance with Foot Cradles

To increase resistance, you can increase the height of the foot cradle or move your body further away from the anchor position. The exercise becomes easier when your feet are directly below the anchor.

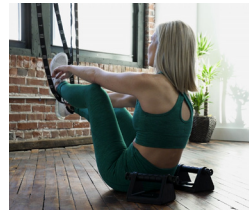
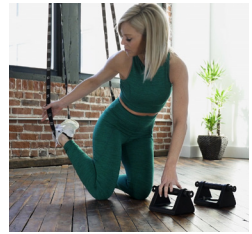
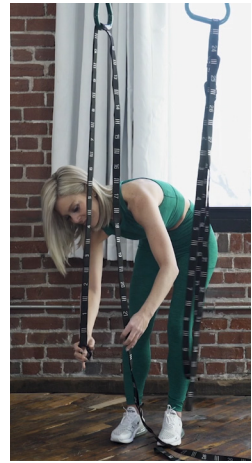
Setting Up for Prone and Plank FC Exercises

Kneel down, facing away from the anchor, with your feet directly in front of the foot cradles. Reach behind you and place your right foot instep into the foot cradle. Then repeat the process with the other foot cradle and your left foot. To remove the straps, get back into the kneeling position first.

Warning: Donning or removing the straps from the standing position can result in a tripping injury. Never step forward with one strap still secured to your foot. Before removing your last foot, hold both sides of the strap and lift your foot up and out towards your body.

Setting Up for Supine or L Sit FC Exercises

Sit down with your feet facing toward the hanging foot cradle. While holding the left foot cradle, slip it over your left heel and then repeat the process with the other foot cradle and your right foot. For added comfort, try to place the straps over the heel of your shoes.



CARE & STORAGE

- Clean straps and carabiners by wiping with a soft, damp cloth. Do not use soap or cleaning products. Keep straps and carabiners away from salt water.
- Store straps in the provided STR mesh bag. Avoid storing straps in direct sunlight. Straps and carabiners should not be stored outside, in wet environments, or near heat sources as this will cause the integrity and strength of straps to deteriorate.
- Don't drop the carabiners.
- Don't attempt to fix frayed or torn straps on your own. Replace with a new set of straps.

Resistance Bands

TECHNICAL SPECIFICATIONS

Includes:

2x 10 lbs (4.5 kg) latex tube bands
Length: 3.9 ft (1.2 m)

2x 50 lbs (22.7 kg) latex tube bands
Length: 3.9 ft (1.2 m)

1x 100 lbs (45.4 kg) loop band
Length: 6.6 ft (2.2 m)

Caution

Maximum stretch not to exceed 3 times the length of the tube band or 3 times the length of the loop band, or it could break.



OPERATION

Band Resistance (BND) exercises are pulling exercises requiring connection to tube bands. The bottom of your shoes and standing body weight are typically used to anchor the midpoint of each tube band. There are over 40 BND exercises displayed on the Olympus Grip app. Unlike tube bands, a loop band is designed to reduce the load or weight of an exercise. Exercises requiring loop bands are typically included in the GR and STR activities and denoted by “Band” in the title.

Download the app.



INSTRUCTIONS FOR USE

Installation, use, and positioning. Your fitness ability and the type of exercise being performed will drive the appropriate level of required resistance. Typically, the larger the range of motion the exercise requires, the lighter the required resistance, but your preference will dictate.

The Olympus Grip app includes an installation video to help you follow the instructions below.

Installing the Tube Bands

1. Using the carabiners on the tube band, clip each end to each eye bolt on the Olympus Grip. Follow the same process for the second band and other grip. Now one band is connected to each Olympus Grip. The two tube bands should have the same level of resistance.
2. Be sure to connect the carabiners to the thicker midsection of the eye bolt swivel, not the thinner, outer ring on the end of the eye bolt.



Anchoring the Bands to the Bottom of Your Athletic Shoes

Make sure you are on flat ground and the surface is not abrasive or sharp so it does not damage the tube bands when you place your foot on top of it. Then follow these steps:

1. Lift up your right foot and place the midpoint of the tube band connected to your right grip underneath the middle of your shoe, under your arch. Place your right foot back down so your body weight holds the tube band firmly in place.
2. Repeat step 1 with your left foot and the other tube band.

Using Tube Bands

For Olympus Grip exercises, the anchor will always be the bottom arch of your feet. Although other resistance band equipment may use doors or other objects for anchors, this is not recommended for safety reasons. You can use the Olympus Grip Strap System if you wish to use an anchor other than the bottom of your feet.

For guidance on specific exercises, see the Olympus Grip app.

Throughout the exercise, glance down to make sure that the tube band stays anchored to the bottom center of your foot. If the exercise is too difficult, switch to a lower resistance band or stop exercising.



Using Loop Bands

Exercises requiring loop bands are typically included in the GR and STR exercise types and denoted by "Band" in the title. Unlike the tube band, the loop band is designed to reduce body weight resistance and make challenging body-weight exercises easier. Never place the loop band around your neck or head, and use a girth-hitch knot to secure it against a suitable anchor that can carry your weight.

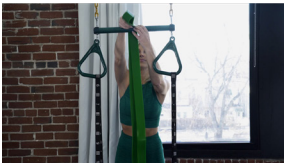
Installing Loop Bands

Although installation of the loop band will depend on the specific exercise, the overall concept remains the same. Follow these instructions:

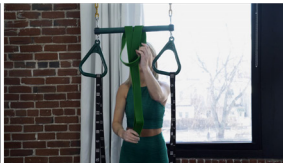
1. Safely secure the resistance band to a weight-bearing anchor using a girth hitch knot as shown below. For some exercises it might make sense for the knot to be secured against the straps, which are secured to another weight bearing anchor above.

Girth Hitch Knot

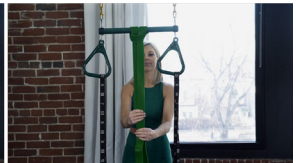
1. Wrap band around anchor support



2. Pass the bigger loop through the smaller one



3. Pull the big loop to tighten



2. How the loop band is placed or anchored on your body depends on the exercise. See the Olympus Grip app for more details. For example, for the Pull-up & Band (STR), you place the end of the loop band around one of your knees. That way, as you straighten your arms, the loop assists you in the effort to pull up your body.



3. Before removing the loop band from your limb, which it is assisting and secured to, always make sure that you firmly hold onto the loop band with both hands. Then move your hands and band slowly toward the anchor to release tension. Never let go of the bands under tension.

CARE & STORAGE

- Clean bands by wiping with a soft, damp cloth. Do not use soap or cleaning products. Keep bands away from salt water. These substances deteriorate the strength of bands.
- Store in the supplied BND mesh bag. Avoid storing bands in direct sunlight. Bands should not be stored near heat sources, outside, or in cold environments.
- Don't drop the carabiners.

Jump Rope

TECHNICAL SPECIFICATIONS

Includes:

1x 3/8" (10 mm) black double nylon braided rope
Length: 11.5 ft (3.5 m)
Weight: 0.5 lbs (0.23 kg)

2x plastic D carabiners



OPERATION

Heavy jump-rope (JR) exercises require a connection to a rope. JR exercises are a high calorie burn activity that entails rotating over 6 pounds of weight per jump rope revolution. There are over **12 JR** exercises displayed on the Olympus Grip App.

Download the app.



INSTRUCTIONS FOR USE

Installing the Jump Rope

Clip the carabiners on the nylon rope into the eye bolts closest to your thumb on the right and left grips. Use 1 carabiner for each grip. Be sure to connect the carabiners to the thicker midsection of the eye bolt, not the thinner, outer ring on the end of the eye bolt.



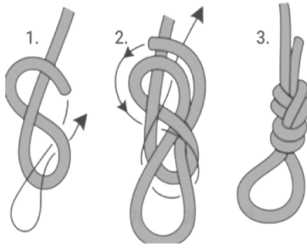
Sizing the Jump Rope

Stand on the middle of the rope, and lift both ends of each grip to your front with bent arms. The ends of the rope or carabiners should reach your lower chest.



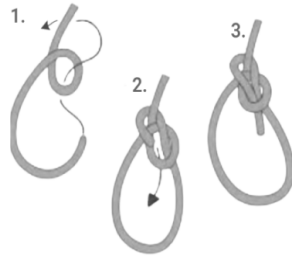
The length of the rope can be adjusted by loosening the retrace figure-8 knot on either end. To shorten the rope, unravel the figure-8 knot and move or tie a new figure-8 knot further away from the end of the rope. See diagram on the next page on how to tie the knot. To lengthen the rope, unravel the figure-8 knot, and move or tie a new figure-8 knot closer to the end of the rope. If you run out of rope, untie the figure-8 knot and replace it with a bowline knot, making the loop and excess rope as small as possible.

Retrace Figure-8 Knot



1. Tie a figure-8 knot in the rope
2. Retrace a figure-8 knot with free end of the rope leaving a small loop at the bottom.
3. Tighten.

Bowline Knot



1. Form a small loop in the line.
2. Bring the free end up to and pass through the eye from the under side.
3. Wrap the line around the standing line and back down through the loop.
4. Tighten.

CARE & STORAGE

- Although you can use the jump rope on asphalt, concrete, or gravel, these surfaces will cause more wear and tear on the jump rope, and it will need to be replaced sooner.
- Avoid using cleaners and salt water on the jump rope.
- Store the jump rope in the provided JR mesh bag. Avoid storing the jump rope in direct sunlight, outside, in wet environments, or near heat sources.
- Don't drop the carabiners.

Phone Mount

YOUR RESPONSIBILITIES

- Inspect the plastic buckle and rails of the left grip before installing and make sure the phone mount is secured to the left grip firmly before use.
- Be careful not to drop the phone while inserting it into the phone mount clamp.
- Inspect the clamp and silicone cradle before use. Make sure the plastic buckle locks into place and that the hand tightening screw is tight and firm.

Fitnix will not be liable for any damage that is done to any phone. The phone mount secures your phone via clamp and cradle, but despite this double redundancy, it is possible that the phone or phone mount could be dislodged while exercising or that the phone could strike the ground or object while exercising. If you are concerned, you can still use the Olympus Grip app without the phone mount. Your phone can be placed in your pocket or by your side while you exercise.

TECHNICAL SPECIFICATIONS & PARTS

Phone Width Capacity: Holds phones that are 2.2 inches (55 mm) to 3.2 inches (85 mm) wide.



OPERATION

The phone mount is not required to use the Olympus Grip or the Olympus Grip app. The Olympus Grip app can be operated from a third-party armband case or your pocket. The Olympus Grip app can also give voice commands that instruct you how to do exercises and guide you through a workout if you wish not to view the app screen or use the phone mount.

When you are holding disconnected grips, the phone mount should always be facing off to your side and should never touch or be close to your body. If the phone mount faces inward it may impede your movement or cause injury if it gets too close to your chest or body during specific exercises.



The Olympus Grip app shows how to perform each exercise and indicates the next exercise, number of reps, interval and rest time, as well as workout time, calories, and other metrics.

Download the app.



INSTRUCTIONS FOR USE

Attaching the Phone Mount

1. Find the phone mount rails on the left grip. Grab the handle with one hand. Hold the top of the phone clamp firmly with the other hand.



2. Line up the plastic buckle (side with the 2 prongs) with the phone mount rail as shown in the image.
3. Push the plastic buckle into the phone mount rails until it clicks and is firmly seated.

4. If the hand tightening screw is loose, the phone mount may be able to uncontrollably swing back and forth or cause bolt and phone mount



separation. If it is loose, tighten the screw by hand or use the tightening tool so the mount does not move on its own. Note once you are satisfied with the angle of the phone mount, it may be easier to remove the phone mount and tighten away from the walls of the grip.

Disconnecting the Phone Mount

1. Set the grip on a flat and soft surface that won't damage your phone.



- 2. Hold the phone clamp with one hand.
- 3. With your other hand, pinch the two prongs on the plastic buckle with your other index finger and thumb.
- 4. Slowly pull the phone clamp away from the Olympus Grip while pinching the black clips until it comes completely free.

Phone Installation

To install a phone in the mount, follow these steps:



1. Pull up and hold open the clamp arm while you put in the phone. Once your phone is centered along the clamp and the clamp is not placing any pressure on any side phone buttons, let go of the clamp arm. The clamp arm will automatically hold the phone in place. Note before you place your phone in the phone mount, make sure that the live workout screen is oriented in the right direction. You may need to activate your portrait orientation lock in phone settings.
2. Put the silicone cradles on the four corners of the phone. Use your index finger and thumb to grab one silicone corner and place it over the front edge of a phone corner. Repeat with all corners so that the silicone cradle is tight against each corner and not touching any side buttons on the phone. This ensures that the mobile phone is firmly held in place.
3. To choose your preferred phone mount angle for optimal viewing, loosen the screw slightly by hand. Adjust the angle as desired. Then hand tighten the screw so it does not move on its own. You don't want the phone to flap back and forth while exercising. If hand tightening is difficult, use the hand tightening tool. You can remove the phone mount entirely and tighten once removed and reconnect the phone mount.
4. After use, remove the silicone cradle at the four corners, and pull the clamps apart to remove the phone.



Note: The phone should always be displayed off to the side of the grip and your body. It should also be angled away from the handle. Your thumbs should always be on the opposite side of the grips from the phone.

CARE & STORAGE

- When not in use, remove your phone from the phone mount to avoid prolonged exposure.
- Avoid using or storing the phone mount in direct sunlight, outside, in wet environments, or near heat sources.
- The silicone phone cradle may wear over time and may need to be replaced.
- Replace the phone mount if you see cracks or chips. It was not designed to be indestructible, rather it was designed to absorb energy and break upon impact of a fall so momentum of a hit is transferred to the phone mount rather than your phone.

Backpack Section:

INSTRUCTIONS FOR USE

Made with long-lasting and light weight water-proof 100% polyester materials. The backpack can carry the Olympus Grip plus all the accessories included in the Premium Package. For more efficient packing, remove the phone mount from the grips and place connected grips so the eye bolts lie vertically along the spine of the backpack. To put on the backpack, lift the right strap over your right shoulder and lift the left strap over your left shoulder in the usual manner. For a tighter fit, use the chest and waist straps. Water bottles can be secured to the exterior bottom sides of the backpack.

CARE & STORAGE

- Do not overload the backpack or force the zippers.
- To wash and remove stains, gently hand wash the backpack in lukewarm water with a tablespoon of mild soap or detergent. Scrub both the inside and outside of the backpack with a sponge or washcloth. Rinse and air dry. Never place it in a washing machine or dryer. Do not iron.
- When not in use, store in a dry place away from heat and direct sunlight to prevent fading and deterioration.

X-Anchor

IMPORTANT SAFETY INFORMATION

1. Professional installation recommended.
2. The ceiling mounts should only be secured to professionally constructed, load-bearing walls and ceilings, and other structures that can fully support your body weight.
3. Wear eye protection during installation.
4. Use proper ladder-safety protocols.
5. Follow and comply with all safety warnings found in the manual for your drill.
6. Maximum weight capacity per X-Anchor should not exceed 300 lbs (136 kg).
7. Hardware can loosen with time. Do not leave additional space between the wall and the mount.
8. Regularly inspect the X-Anchor, and tighten hardware as required.
9. This equipment is not for commercial use.
10. This equipment is NOT for use by CHILDREN. To prevent injuries, keep this and all fitness equipment out of reach of children and pets.
11. This is for indoor use. Keep away from moisture.
12. One strap should be used for each anchor. Make sure the strap is supported by both "x" bars, not just one bar.

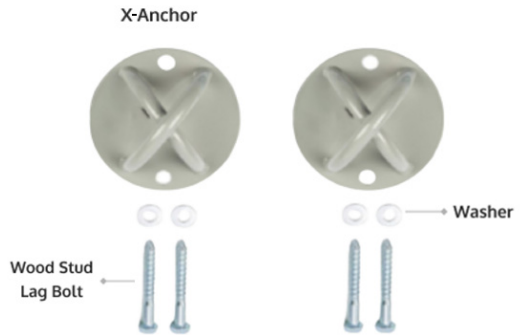
TECHNICAL SPECIFICATIONS & PARTS

Includes:

2x X-Anchors

4x Wood stud lag bolts
3/8" x 3" (10 mm x 80 mm)

4x Washers

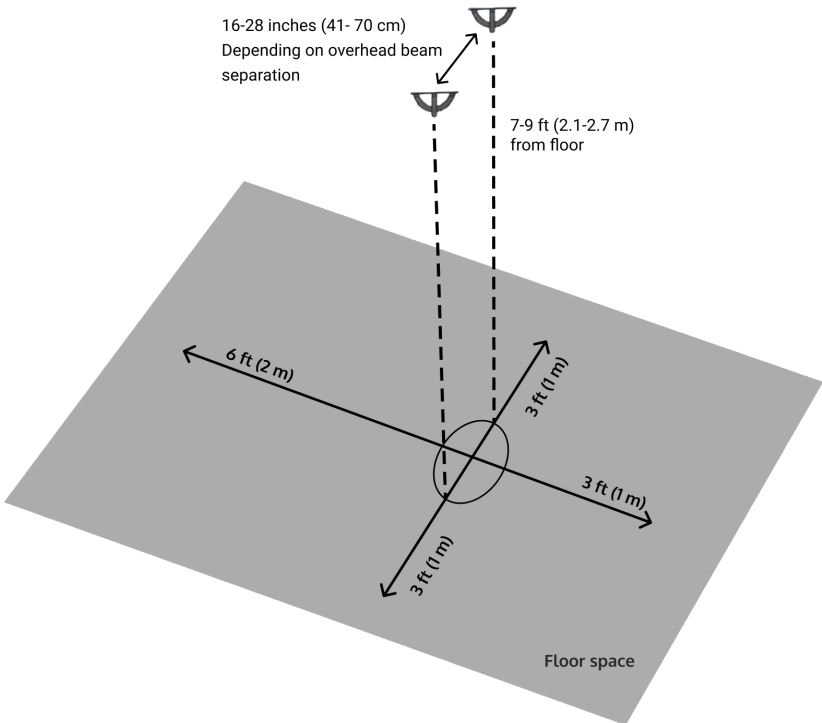


TOOLS NEEDED FOR ASSEMBLY

- Drill
- ¼" (6 mm) drill bit for wood
- Stud finder
- Ratchet or wrench
- Pencil
- Ladder

PLACEMENT

1. Ensure both X-Anchors are at least 3 feet (1 m) away from the walls. The perpendicular midsection between the 2 X-Anchors should be at least 6 feet (2 m) or more away from the wall. This larger area will be required for exercising as your body leans away from the anchor.



2. Ensure the X-Anchors are installed on an overhead stud or beam that is no more than 9 feet (2.7 m) above a flat exercise surface or the ground.

3. Ensure the X-Anchors are side by side on separate studs for added safety. Typically, studs are separated by 16 to 28 inches (41 to 70 cm). For wood, use a stud finder when installing the ceiling mounts. Locate multiple points along the studs for confirmation of their center locations. If stud separation is not a constraint or when dealing with concrete, the X-Anchors should be placed shoulder width apart.

Anchor & Strap Height Guidelines



**Max Anchor Height
9 ft or 2.7 m**

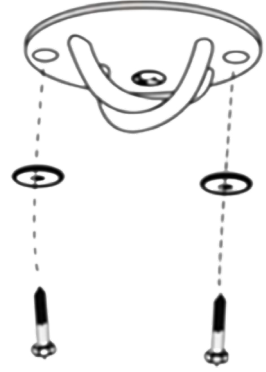
**Max Height of
Suspended Feet
1 ft or 30 cm**

Ground

INSTALLATION

To install the X-Anchor, follow these steps:

1. Place the X-Anchor with both bolt holes along the center of the stud. Mark the hole locations with a pencil. Drill pilot holes using a $\frac{1}{4}$ " (6mm) drill bit to the length of the bolt.
2. Place a washer on each bolt. Insert through the bolt hole on the X-Anchor (see figure).
3. Use a ratchet or drill to tighten. Do not tighten all the way until both bolts are inserted.
4. Repeat step 2 with the other bolt and hole.
5. Tighten both bolts all the way until there is no gap between the base of the X-Anchor and the ceiling and bolts are flush against the washers and the base of the X-Anchor. Do not overtighten the bolts.



Workouts & Exercises

Download the Olympus Grip app from the Apple App Store to receive visual instruction on how to perform over 500 exercises. The app also includes hundreds of customizable workouts. Go to www.olympusgrip.com to see the top exercises per major category activity.

Download the app.



Notes



Comments or Questions

If you have any comments or questions about your Olympus Grip product, please email us. Our main goal is 100% customer satisfaction. If you experience anything less than great, please contact us at **support@fitnix.com** so we can make it right.

Exercise improves confidence, reduces stress, and enhances physical and mental capabilities. We design intelligent fitness products that allow people to conveniently exercise effectively in any environment. Our products track your progress and provide motivating metrics to foster fitness improvement.

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