

**vive**<sup>®</sup>  
PRECISION

# GRIP STRENGTH TESTER

Owner's Manual - DMD1O51WHT



[vivehealth.com](http://vivehealth.com)

Memory

vive<sup>®</sup>  
PRECISION  
GRIP STRENGTH  
TESTER  
BATTERY

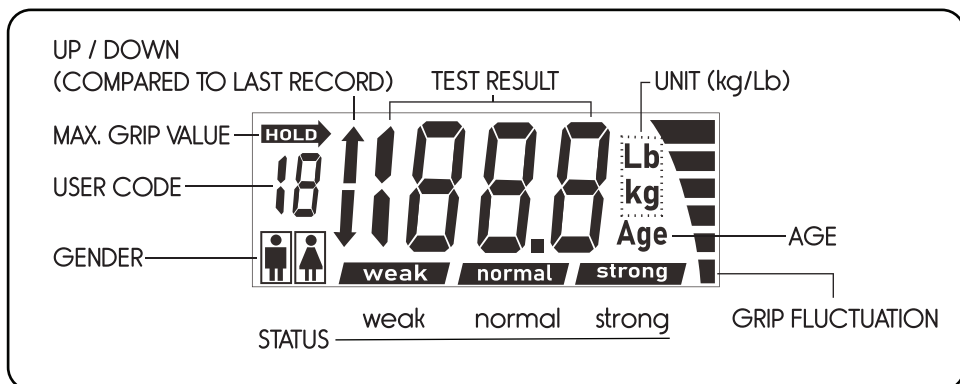
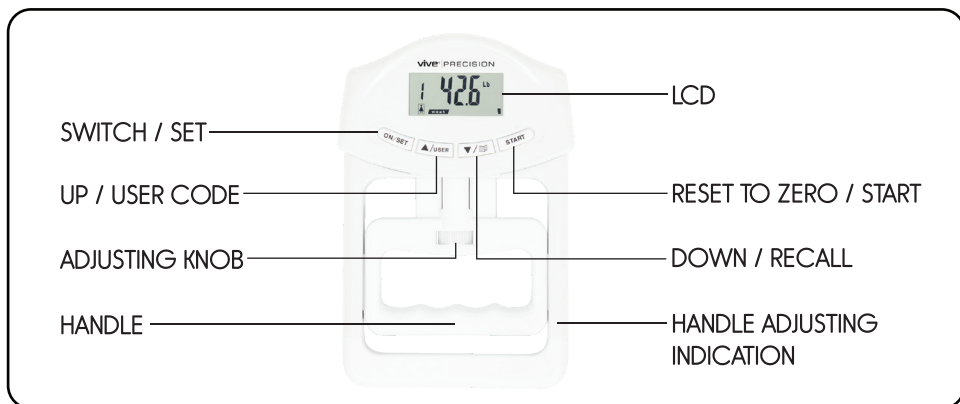
# OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Precision Grip Strength Tester as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place, check out [vhealth.link/8f3](https://vhealth.link/8f3)

# LAYOUT



# 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.

## OPERATION

### 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. 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.

There are five measurement marks near the bottom of the handle, on the right side. You can use these as a reference point when finding your ideal grasp. When you grip the handle, your middle finger should rest just above the bottom handle.



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, age 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 through the options.



## 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 pounds; press ON/SET to toggle to kilograms and press ON/SET again to go back to pounds.
5. Grip the handle firmly and squeeze to take a measurement. Your results will be 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 the last measurement recorded.
2. To review your measurement in a different unit, press the ON/SET button to switch between pounds and kilograms.

**Note:** The device will only store the most recent measurement.

# UNITS

- The default unit is pounds. To switch to kilograms, press the ON/SET button. To switch back to pounds, 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.

AGE	MALE			FEMALE		
	Weak	Normal	Strong	Weak	Normal	Strong
10 - 11	<27.78	27.78 - 49.38	>49.38	<26.01	26.01 - 47.62	>47.62
12 - 13	<42.77	42.77 - 68.78	>68.78	<32.19	32.19 - 53.79	>53.79
14 - 15	<62.83	62.83 - 97.66	>97.66	<34.17	34.17 - 60.19	>60.19
16 - 17	<71.87	71.87 - 115.52	>115.52	<37.92	37.92 - 63.93	>63.93
18 - 19	<78.71	78.71 - 122.36	>122.36	<42.33	42.33 - 68.34	>68.34
20 - 24	<81.13	81.13 - 124.78	>124.78	<47.40	47.40 - 77.82	>77.82
25 - 29	<81.11	83.11 - 126.77	>126.77	<56.44	56.44 - 91.27	>91.27
30 - 34	<79.37	79.37 - 123.02	>123.02	<47.40	47.40 - 77.82	>77.82
35 - 39	<78.93	78.93 - 122.58	>122.58	<44.75	44.75 - 75.18	>75.18
40 - 44	<78.26	78.26 - 121.92	>121.92	<41.67	41.67 - 72.09	>72.09
45 - 49	<76.50	76.50 - 120.15	>120.15	<41.01	41.01 - 71.43	>71.43
50 - 54	<72.53	72.53 - 111.77	>111.77	<39.90	39.90 - 70.33	>70.33
55 - 59	<67.68	67.68 - 106.92	>106.92	<39.02	39.02 - 69.45	>69.45
60 - 64	<66.58	66.58 - 105.82	>105.82	<37.92	37.92 - 68.34	>68.34
65 - 69	<62.17	62.17 - 97.00	>97.00	<33.95	33.95 - 59.97	>59.97
70 - 99	<46.96	46.96 - 77.38	>77.38	<32.41	32.41 - 54.01	>54.01

## 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 LCD 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./90 kgs.
3. Division = 0.2 lbs./0.1 kgs.
4. Power: 2 x 1.5V AAA batteries
5. Tolerance:  $\pm$  1 lb./0.5 kg.
6. Operating environment: Temperature = 0~35°; Relative Humidity = 30~90%

## GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions  
at [vhealth.link/8f3](https://vhealth.link/8f3) for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

 [service@vivehealth.com](mailto:service@vivehealth.com)

 1-800-487-3808

 [vivehealth.com](https://vivehealth.com)

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