



**CAMRY<sup>®</sup>**  
since 1975

ELECTRONIC HAND DYNAMOMETER

INSTRUCTIONS FOR USE

# **CAMRY®**

since 1975

## **ELECTRONIC HAND DYNAMOMETER INSTRUCTIONS FOR USE**

(Please read instructions before using this hand dynamometer.)

### **BRIEF INTRODUCTION**

The Camry® Electronic Hand Dynamometer is a good match and companion for gymnasts, tennis players, rock climbers and also serves as a recuperating muscle training device for muscular injury as part of physical therapy. The grip-strength hand dynamometer comes with the following special features:

1. High precision power gauging, giving momentary digital read-out of gripping power.
2. Auto capturing of maximum achieved grip strength and display of the value.
3. Assessment of results according to age and gender group.
4. Saving/storage, and retrieval of results for different users.

### **SPECIFICATIONS**

UNIT: kg / lb

MAX. CAPACITY : 90 kg / 198 lb

DIVISION (RESOLUTION) = 0.1 kg / 0.2 lb

POWER: 2 x 1.5V AAA BATTERIES

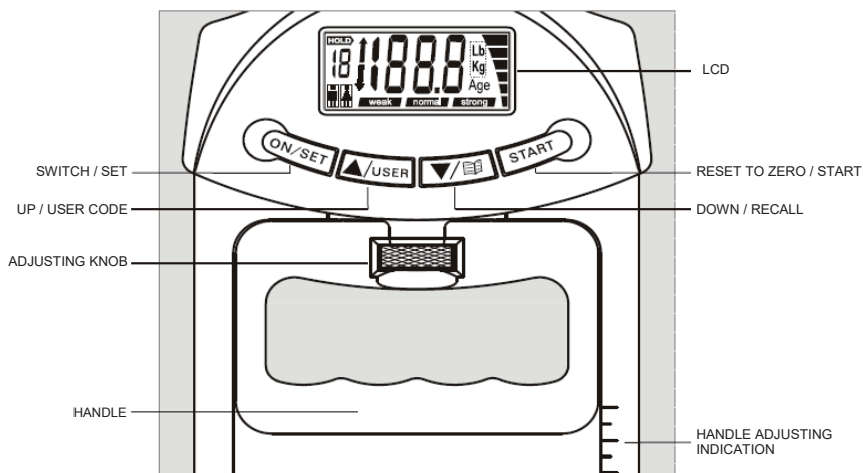
TOLERANCE:  $\pm 0.5$  kg / 1 lb

OPERATING ENVIRONMENT:

TEMPERATURE = 0~35°C; RELATIVE HUMIDITY = 30~90%

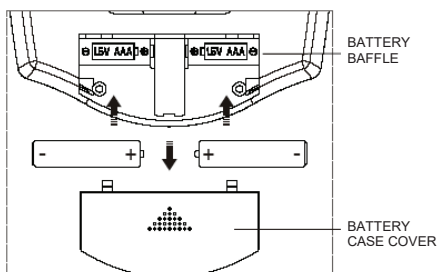
### **FEATURES**

1. Design principle: bionics, ergonomics.
2. Adjustable handle, suitable for users of different ages, suitable for 5-position testing protocols.
3. Fashionable, easy-to-use design.
4. Equipped with high precision strain gauge sensor.
5. Easy-to-read 0.8" (21mm) LCD digits.
6. Mult-functions including user data setting; grip testing; test result comparison, save and recall.

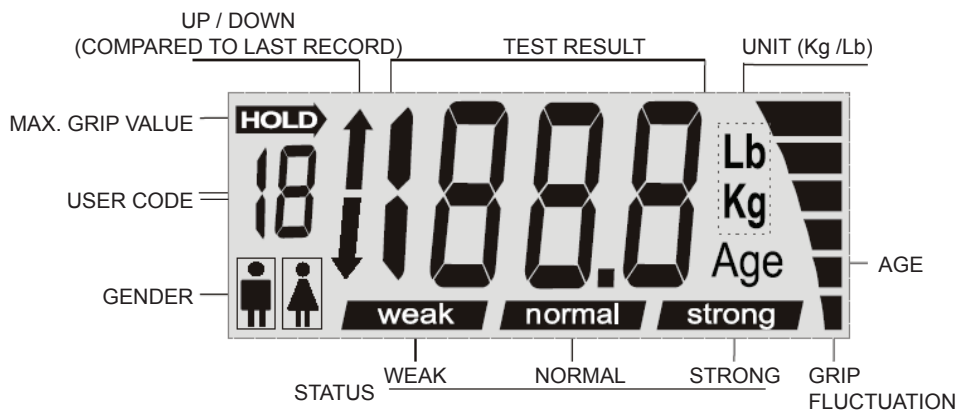


## OUTLINE TO REPLACE BATTERIES

- Open battery case cover at the back of dynamometer;
- Take out used batteries;
- Install new batteries by putting one side of the battery beneath battery baffle and pressing down the other side. Please take note to polarity.



## LCD ICONS DESCRIPTION

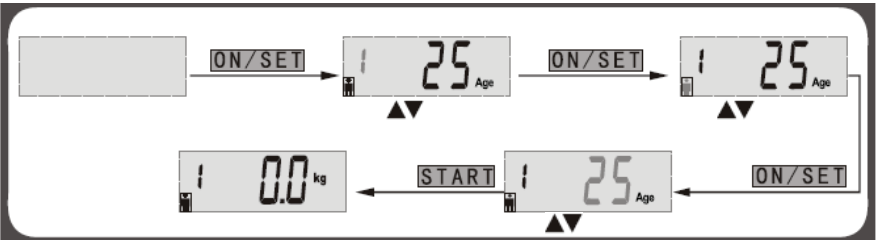


## PRELIMINARY ADJUSTMENT

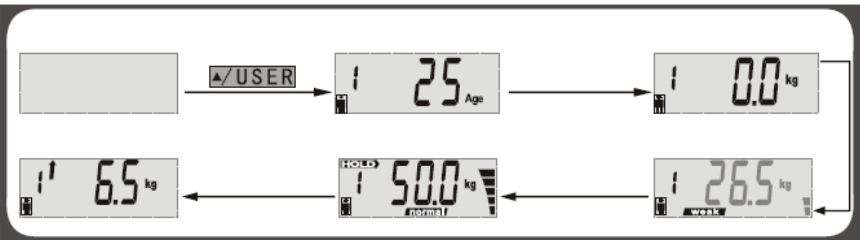
By turning the adjusting knob left or right, you can adjust the handle up or down to get an ideal grasp. eg: User with large hand can adjust the handle upwards by turning the adjusting knob the right. There are 5 pre-marked settings.



## TO SET USER PARAMETERS

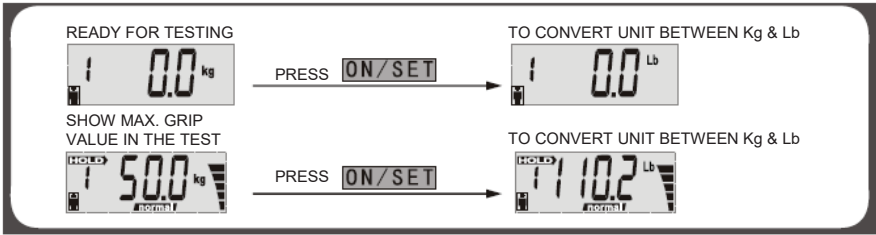


## TO TEST UNDER USER MEMORY MODE



After testing, LCD will show user code, gender, max. grip value, and grip value status (weak, normal, strong). Press "ON / SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.

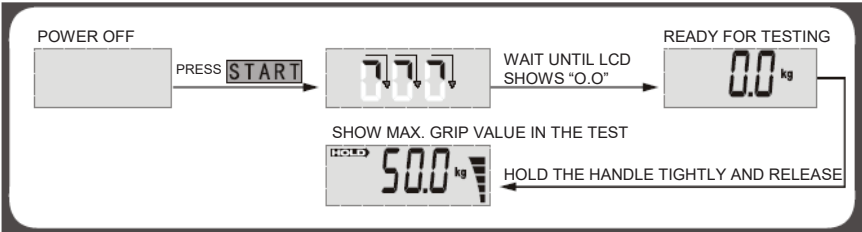
# TO CONVERT UNIT



# TO RESET AND RETEST



# QUICK TEST MODE



Press "ON/SET" 3 seconds to switch off. Auto shut-off occurs if LCD shows the same reading for 20 seconds.

# TO SAVE TEST RESULT



After saving, dynamometer will return to testing mode.

## RECALL TEST RESULT



After recalling, you can press “ON/SET” to convert unit, or press “START” to start grip testing.

### APPENDIX: PHYSICAL STATUS ACCORDING TO THE RESULT GIVEN BY THE DYNAMOMETER (in kg)

AGE	MALE			FEMALE		
	WEAK	NORMAL	STRONG	WEAK	NORMAL	STRONG
10—11	<12.6	12.6—22.4	>22.4	<11.8	11.8—21.6	>21.6
12—13	<19.4	19.4—31.2	>31.2	<14.6	14.6—24.4	>24.4
14—15	<28.5	28.5—44.3	>44.3	<15.5	15.5—27.3	>27.3
16—17	<32.6	32.6—52.4	>52.4	<17.2	17.2—29.0	>29.0
18—19	<35.7	35.7—55.5	>55.5	<19.2	19.2—31.0	>31.0
20—24	<36.8	36.8—56.6	>56.6	<21.5	21.5—35.3	>35.3
25—29	<37.7	37.7—57.5	>57.5	<25.6	25.6—41.4	>41.4
30—34	<36.0	36.0—55.8	>55.8	<21.5	21.5—35.3	>35.3
35—39	<35.8	35.8—55.6	>55.6	<20.3	20.3—34.1	>34.1
40—44	<35.5	35.5—55.3	>55.3	<18.9	18.9—32.7	>32.7
45—49	<34.7	34.7—54.5	>54.5	<18.6	18.6—32.4	>32.4
50—54	<32.9	32.9—50.7	>50.7	<18.1	18.1—31.9	>31.9
55—59	<30.7	30.7—48.5	>48.5	<17.7	17.7—31.5	>31.5
60—64	<30.2	30.2—48.0	>48.0	<17.2	17.2—31.0	>31.0
65—69	<28.2	28.2—44.0	>44.0	<15.4	15.4—27.2	>27.2
70—99	<21.3	21.3—35.1	>35.1	<14.7	14.7—24.5	>24.5



### ADVICE FOR USE AND MAINTENANCE

1. PLEASE TAKE NOTE TO POLARITY WHEN REPLACING BATTERIES;
2. AVOID TOUCHING THE LCD;
3. IF DYNAMOMETER CANNOT BE SWITCHED ON, PLEASE CHECK IF BATTERIES ARE PROPERLY INSTALLED;
4. TREAT THIS DYNAMOMETER WITH CARE AS IT IS A PRECISION INSTRUMENT;
5. IF THE DYNAMOMETER IS NOT GOING TO BE USED FOR LONG TIME, REMOVE BATTERIES;
6. NOT SUITABLE FOR COMMERCIAL USE.