

BASELINE[®] **EVALUATION INSTRUMENTS**

SMEDLEY DIGITAL HAND DYNAMOMETER





ELECTRONIC HAND DYNAMOMETER INSTRUCTIONS FOR USE

(Please read instructions before using this hand dynamometer.)

BRIEF INTRODUCTION

The Baseline® 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

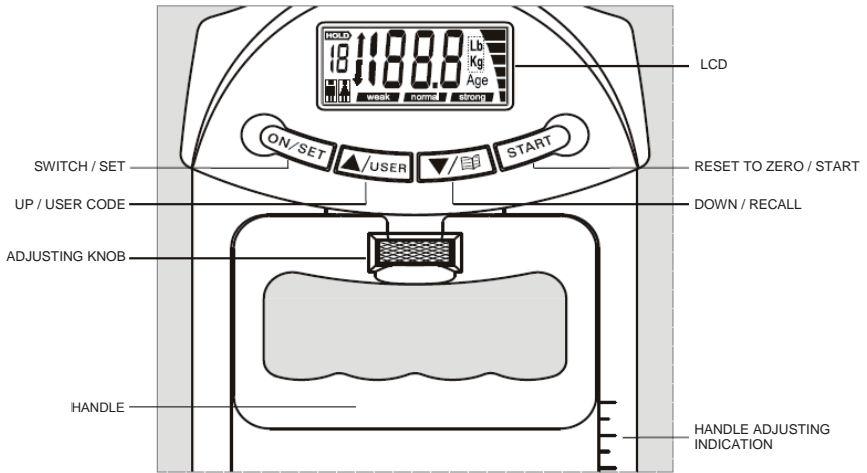
TOLERANCE: ± 0.5 kg / 1 lb

OPERATING ENVIRONMENT:

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

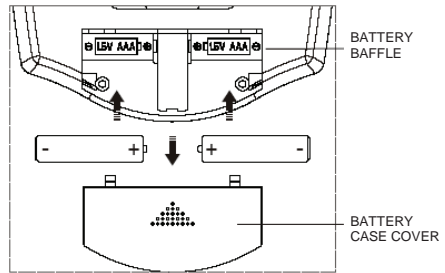
FEATURES

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.

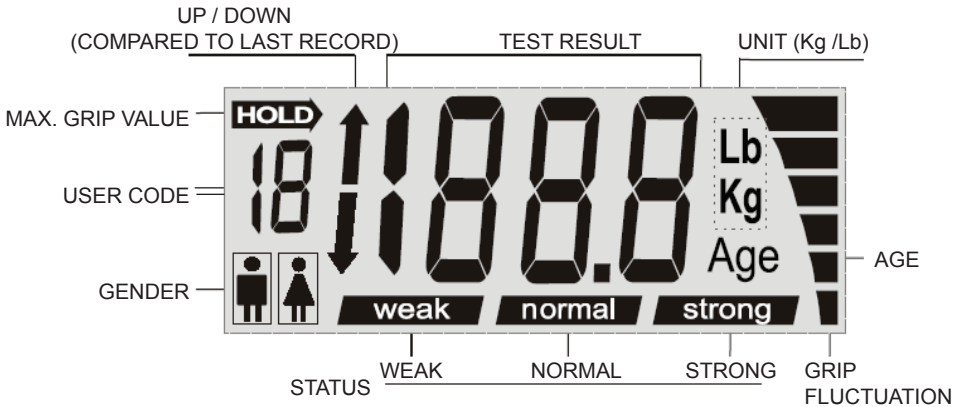


OUTLINE TO REPLACE BATTERIES

- 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

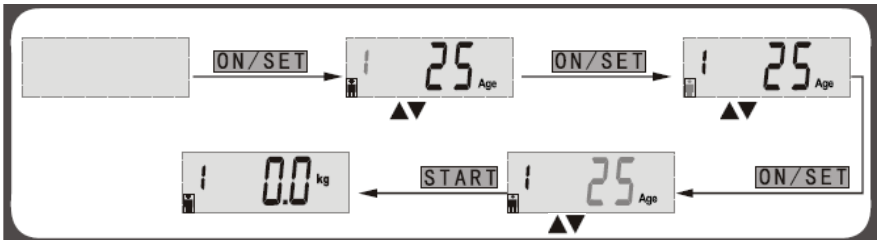


PRELIMINARY ADJUSTMENT

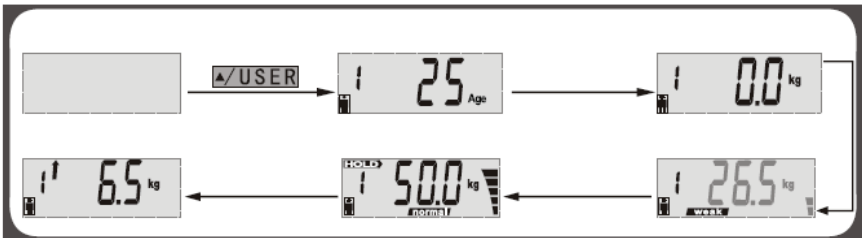
By turning the adjusting knob left or right, you can adjust the handle up or down to get an ideal grasp. eg: User with large hand can adjust the handle upwards by turning the adjusting knob the right. There are 5 pre-marked settings.



TO SET USER PARAMETERS

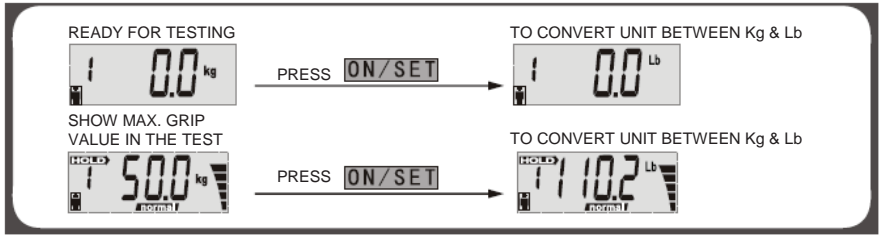


TO TEST UNDER USER MEMORY MODE



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.

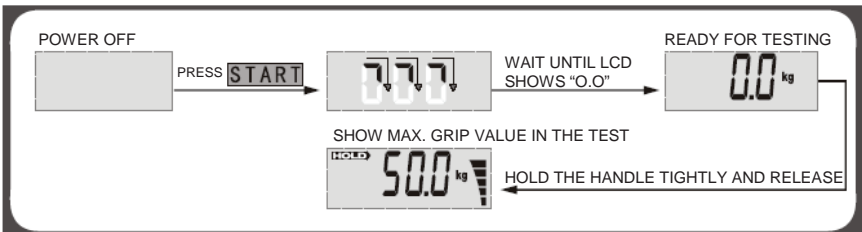
TO CONVERT UNIT



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.