

BEFORE YOU BEGIN

Thank you for purchasing the Dual Adjustable Power Hand Grip. The Dual Adjustable Power Hand Grip features five resistance levels and an adjustable grip distance that allow you to strengthen your fingers, hands, wrists, and forearms.

For your safety and benefit, read this guide before using the Dual Adjustable Power Hand Grip. If you have questions, or if you need replacement parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this guide.

Take a moment to become familiar with the operation of your Dual Adjustable Power Hand Grip.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the Dual Adjustable Power Hand Grip. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the Dual Adjustable Power Hand Grip are adequately informed of all precautions.
2. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The Dual Adjustable Power Hand Grip is intended for home use only. Do not use the Dual Adjustable Power Hand Grip in a commercial, rental, or institutional setting.
4. Inspect the Dual Adjustable Power Hand Grip regularly. Make sure that all parts of the Dual Adjustable Power Hand Grip are properly adjusted.
5. Keep children under age 12 and pets away from the Dual Adjustable Power Hand Grip.
6. Be cautious when using the Dual Adjustable Power Hand Grip. Do not allow any part of your hands or body to become pinched or caught in the Dual Adjustable Power Hand Grip.
7. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SETTING THE RESISTANCE LEVEL

Your Dual Adjustable Power Hand Grip has five resistance levels. Level 5 offers the most resistance, and level 1 offers the least resistance.

The red numbers 1–5 that appear in the windows on the barrel of the Dual Adjustable Power Hand Grip indicate the resistance level setting.

To set a resistance level, turn the adjustment knob located at the bottom of the barrel. Turn the adjustment knob clockwise to increase the resistance. Turn the adjustment knob counterclockwise to decrease the resistance. The word “Stop” will appear in the windows when you have reached the highest or lowest resistance level setting.

Note: If you continue to loosen the adjustment knob after the lower “Stop” indicator appears in the windows, the adjustment knob may come free from the barrel. If this happens, tighten the adjustment knob onto the barrel by turning it clockwise.

ADJUSTING THE GRIP DISTANCE

The Dual Adjustable Power Hand Grip comes with two spacers that allow you to adjust the grip distance to comfortably fit your hand.

Adding spacers decreases the grip distance. Removing spacers increases the grip distance.

To add or remove spacers, squeeze the padded grips with one hand to raise the metal rod from the barrel. Use your free hand to press spacers onto the rod or to pull spacers off the rod. Pull firmly when removing spacers from the rod.

Store spacers on the storage saddle when they are not in use.



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this guide, please call the nearest Customer Care Department:

US: 1-800-288-4802

Germany: 01805 231243

Outside Germany: +49 2233 613250

France: +33(0) 810 121 140

Italy: 800 865 114

Outside Italy: +39 075 5910111

UK: 0845 7089009

Outside UK: +44 0113 3877133

Australia: 02 9722 3800

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT