

# Set Up Steps

1. Unpack parts.



2. Remove plastic wrapper (image 1 below). Open battery slot on rear of device, and insert 2x AA batteries (not included).



3. Take these pieces. Spin the handles into the metal plate. Grip both handles at once and spin in opposite directions to finish tightening (with moderate tightening strength).



4. Take the electronic device, the plate with handles, and the bolts. Line up the holes of the plate with the holes on the electronic device, then twist in the 4 bolts (moderate tightening strength). They will now be connected.

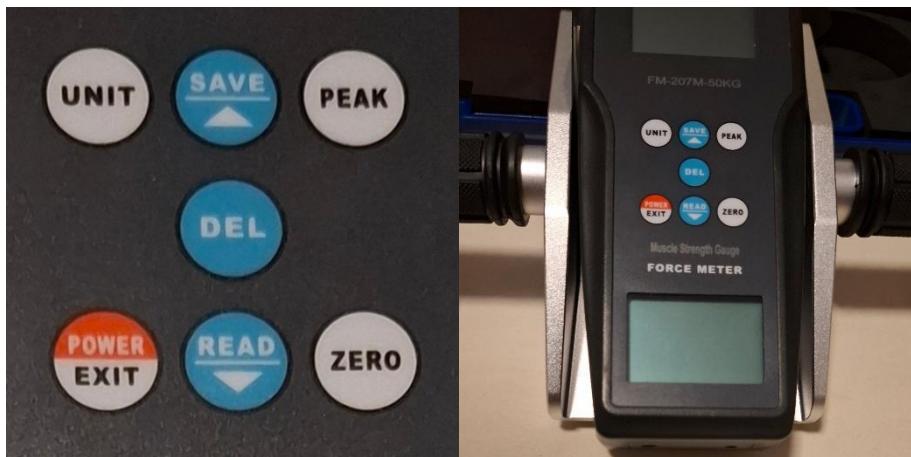


5. Take your attachment – arc or circle. Spin the accessory onto the bolt at the end of the device. Once the arc (for example) is aligned to be straight (no need to force it), then spin the round disk which is on the bolt, up to touch the arc. Spin the disc and arc in opposite directions, so that they push into each other (moderate tightening strength).



6. The device is now assembled.

# Buttons



(Buttons may need to be pressed firmly)

**Power (press):** Turns the device on.

**Power (hold):** Turns the device off.

**Unit:** Switches between kgf, N, lbf.

**Peak:** Enables/Disabled Peak mode ('Max.' will display on screen when enabled). This will display the highest force value that you measure, until pressing Zero. If you disable Peak mode, you'll enter Live mode, which will display the force value only at the current moment.

**Zero:** Resets the displayed value to 0 eg. when using Peak mode. Also can be used if the weight of an attachment in a downward set-up position was adding a force value even before force was applied.

**Save (hold):** Will save the 'Live' force value to memory. Will **not** save the 'Peak' value. The display would show SV 01 after saving 1 value.

**Read (hold):** Enters save value reading mode, letting you scroll through the saved data.

**Save/Up Arrow (within Read mode):** Scrolls up through the data.

**Read/Down Arrow (within Read mode):** Scrolls down through the data.

**Del (within Read mode):** Deletes the currently viewed data value.

**Power/Exit (Press, within Read mode):** Exits read mode.

## Usage

**Basic Process – Push/Pull:** The examiner holds the handles firmly and braces their body, so the device is held firmly in position as the client pushes against the device. The examiner must be strong enough to hold the device still, or the reading would be inaccurate. The examiner can hold the handles in either a push fashion (left) or pull fashion (right). It is important that the examiner aligns the device so that the force will go **straight** down the bolt of the device.



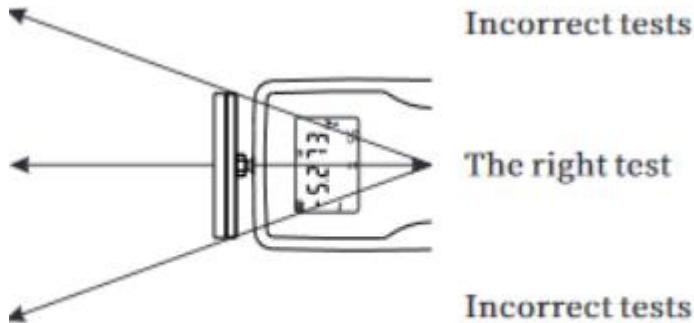
**Peak Mode:** The simplest method of use: turn on device, turn on Peak mode, have the client push into the measuring attachment, read the peak value displayed, then Zero to reset it ready for the next reading.

**Live Mode:** Disable peak mode. Live values will display on screen while the client pushes. You may estimate an average value that you see, or if you position your hands right, you can hold the handles and press the Save data value button at the same time, to Save the Live data value at the current millisecond (result may vary from the value displayed on screen, which updates only periodically).



## Further Notes

1. The force must be applied *straight* down the bolt and attachment – **not diagonally**.



### Correct direction of measurement

2. Low battery will be signified by a battery icon on the display.
3. The device can measure positive and negative force, but the attachments are for pushing only.
4. The 2 displays are primarily for reading convenience from either direction.

## Example Muscles

Quadriceps:



Hamstring:



Hip Flexor:

