

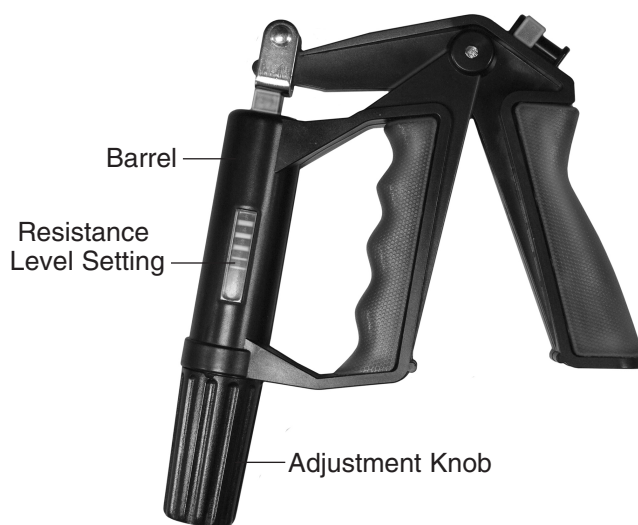
DUAL ADJUSTABLE POWER HAND GRIP OWNER'S GUIDE

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 to help 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, call Customer Care toll-free at 1-800-288-4802, Mon.–Fri., 6 a.m.–6 p.m. Mountain Time (closed on holidays).

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. Inspect the Dual Adjustable Power Hand Grip regularly. Make sure that all parts of the Dual Adjustable Power Hand Grip are properly adjusted.
3. 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.
4. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
5. 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.

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.



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, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. 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 is limited in its 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 you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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