

## IGRIP

Isometrics is one of the purest and oldest forms of resistance training proven to dramatically strengthen the human body. Scientific studies have shown that isometric exercise can stimulate the development of new lean muscle tissue in a little as 7 seconds per exercise. That's why isometrics is incorporated in major floor exercises including Yoga, Pilates, and Martial Arts. Since there's no movement involved in isometric exercise, this low impact resistance training method is much easier on muscles and joints than standard weight lifting. It's one of the safest known forms of strength conditioning.

Timed static ( stationary ) contractions with the **IGRIP** eliminates the need to perform dozens of reps with weights. With the **IGRIP** you focus your energy directly on the muscle. The **IGRIP** enables you to apply opposing ( push or pull ) force to create resistance in the same manner as lifting weights. This is unique in that you are now able to electronically monitor the force and regulate the tension, resulting in fast maturity of the muscle.

Always practice rhythmic breathing during a contraction. Never hold your breath while performing any exercise.

To learn more about the **IGRIP** and Isometrics please view [www.igripup.com](http://www.igripup.com)

***Please consult your Physician before beginning this or any exercise program.***

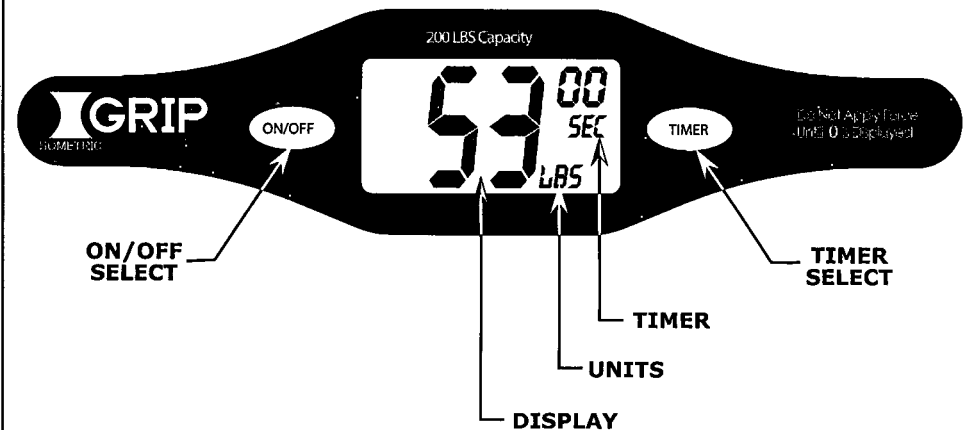
30 Day Money Back Guarantee

**IGRIP SPORTS**

# IGRIP

## SOMETRIC

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***Warning:  
Loosening or unscrewing the Grips will damage  
the IGRIP, and void the warranty!***

Patent Pending By  
**IGRIP SPORTS**  
[www.igripsports.com](http://www.igripsports.com)

The **IGRIP** is an electronic measuring device for isometric exercise. The IGRIP measures both the push and pull force of an isometric contraction, and allows the user to time the length of the contraction from 6-20 seconds.

**Do NOT apply force until display reads ZERO.**

The following operational features have been designed for the **IGRIP**:

- **Dynamic reading.**

The IGRIP will instantly display the amount of force applied.

- **Peak force capture.**

In the ON mode only, when the (*push or pull*) force is released, the IGRIP will capture and display for 1.5 seconds the peak force applied. The feature can be used to test your strength and help you determine your target force.

- **Target Force.**

This is the force that you will attempt to maintain during a contraction. It is typically 60-70% of your peak force.

- **Timer countdown with audio tone.**

The Timer can be set from 6-20 seconds for a contraction, and when 5 LBS force is applied the countdown will begin. An audio tone will signal the end of the contraction.

- **Average Force.**

When an exercise is complete, the IGRIP will calculate and display for 3 seconds the average force applied during the contraction. This will provide feedback when compared with the attempted target force.

- **How to workout with the IGRIP**

- Review the fitness chart to select an exercise.
- Turn on IGRIP and allow it to initialize to zero.
- Set timer for 7 or more seconds.
- Assume the exercise pose.
- Apply push or pull force and timer will count down.
- At the end of the exercise an audio tone will sound.
- The average force during the exercise will display for 3 sec.
- Compare the average force with the attempted target force.

## Operational Instructions

### LBS to KGS

To change the force measurement from LBS to KGS... depress and hold down the ON/OFF button for 3 seconds.

### Initialize

1. Power ON
2. Unit initializes and reads 0 ( takes 3 seconds )
3. "PF" stands for PEAK FORCE



### Err

1. If force is applied before initialization is complete display reads "Err" and unit turns off.
2. If any force other than 0 is displayed, turn off and restart.



### Dynamic Reading

1. Unit is turned on and the Timer button is *not* pressed.
2. Dynamic reading of any weight is displayed when force is applied.
3. When force is released, Peak Force applied will display for 1.5 sec.



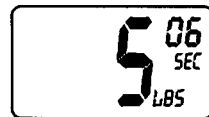
### To Activate and Set Timer

1. Press *Timer* Button and timer reads 06 seconds.
2. When *Timer* button is pressed, time increments by 01 seconds.
3. Timer may be set from 06 to 20 seconds.
4. After 20 seconds time goes back to 06 seconds.



### To Activate Count Down Mode

1. Countdown begins when more than 5 LBS is applied.
2. Force must be maintained for entire time period, if not the *Timer* resets to the selected time and waits for next applied force.



### Average Force

1. If force is applied through the countdown, *Timer* counts down to 00 sec and a audio beep sounds indicating time has expired.
2. The timer will calculate the average Force applied during the Countdown and display it for 3 seconds after the beep and return to zero.



### Display Reading

On the initial application of force to measure Peak Force, the display will default to 28 if less than 28 LBS/KGS is applied. This is normal to produce accurate display readings thereafter.

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