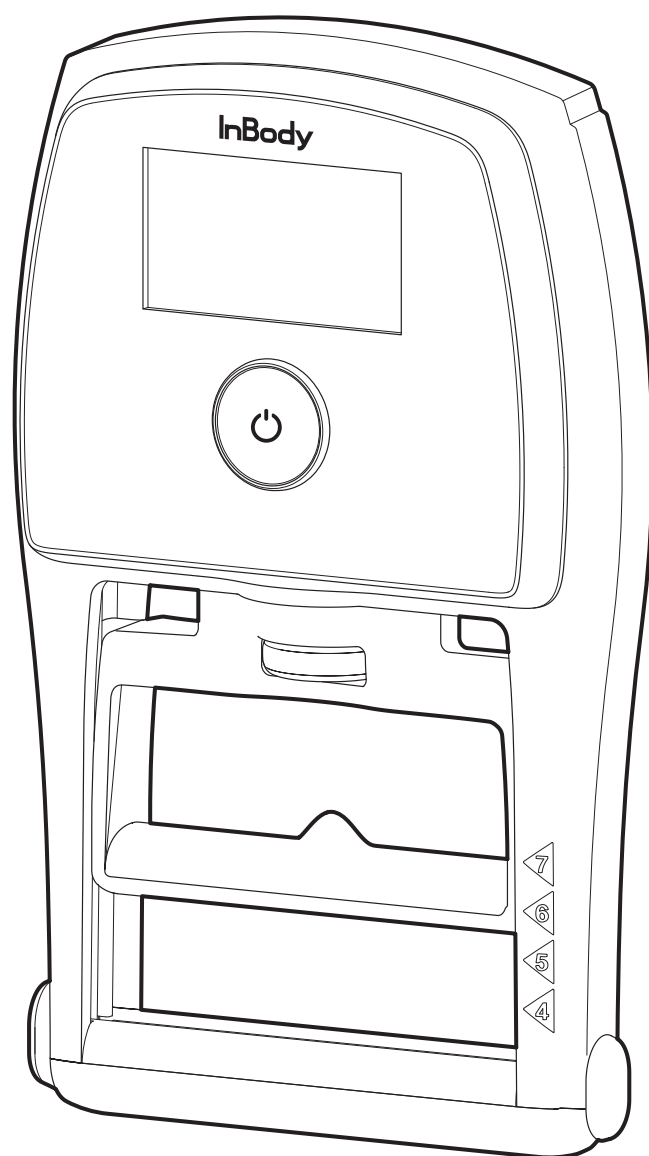


InGrip

User's Manual **USA**



Handgrip Strength Dynamometer/InGrip(IB-HGS) User's Manual for Measurement Guide and Setup

Thank you for purchasing the InBody product.
This User's Manual provides a comprehensive and easily understandable explanation of every function of the product.
To ensure the safe use of the product, please read this manual before using and keep it in a readily accessible place at all times.
By understanding and following this information, you can use the product more safely and effectively.

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InBody Co., Ltd. reserves the right to modify the appearance, specifications, etc. of this product to improve its quality, without prior notice.

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1 Safety

1.1 Safety Symbols in the User's Manual



Warning

Failing to follow these instructions may result in a serious injury.



Avertissement

Ne pas se conformer aux présentes directives pourrait entraîner une blessure grave.



Caution

Failing to follow these instructions may result in product damage or inaccurate InBody Test results.



Attention

Ne pas se conformer aux présentes directives pourrait causer des dommages au produit ou entraîner des résultats d'analyse InBody inexacts

1.2 Cautions



Warning

- Do not use this device for any purpose other than Handgrip Strength measurement.
- This product is not a diagnostic device. To make an accurate diagnosis, consult with your medical provider.



Avertissement

- Ne pas utiliser cet appareil à d'autres fins que de mesurer la force de préhension.
- Ce produit n'est pas un appareil permettant de poser un diagnostic. Afin d'obtenir un diagnostic, veuillez consulter votre médecin.

Caution

- Do not use the device in a humid space such as a bathroom, as excessively high or low Temperature, humidity, and pressure may affect the operation of the device. Please use the product within the specified Operating Environment as indicated in the product Specifications.
- Take Caution not to allow any liquid substances (e.g., food scraps and beverages) to contact the device directly. Substances getting inside the device can affect the electrical Components and cause a problem.
- Do not use if you are allergic to metal, rubber, or silicon.
- The user is responsible for any illegal use or data transmission issues that may arise from using Bluetooth.
- Bluetooth uses the same frequency band as many electronic devices, which can cause radio interference between the devices.
- Do not arbitrarily disassemble the product. This may result in injury, device malfunction, or inaccurate test results. InBody Co., Ltd will not be liable for any product damage or associated damages caused by the arbitrary disassembly of the product.

Attention

- N'utilisez pas cet appareil dans un endroit humide telle une salle de bain puisqu'une température trop élevée ou trop basse, l'humidité, et la pression pourraient affecter le fonctionnement de l'appareil. Veuillez utiliser l'appareil dans l'environnement de fonctionnement indiqué dans les spécifications de produit.
- Veillez à ce qu'aucune substance liquide (p. ex. : reste d'aliments ou des boissons) n'entre en contact direct avec l'appareil. Les substances qui pénètrent à l'intérieur de l'appareil peuvent affecter les composants électriques et provoquer un mauvais fonctionnement.
- N'utilisez pas l'appareil si vous êtes allergique au métal, au caoutchouc, ou au silicone.
- L'utilisateur est responsable de toute utilisation illégale ou de transmission de données qui pourraient survenir lors de l'utilisation d'un dispositif Bluetooth.
- La technologie Bluetooth utilise la même bande de fréquences que beaucoup d'autres appareils électroniques, ce qui pourrait provoquer des interférences radio entre les appareils.
- Ne désassemblez pas volontairement le produit. Vous pourriez vous blesser ou provoquer un mauvais fonctionnement de l'appareil ou entraîner des résultats d'analyse inexacts. InBody Cie, Itée n'est en aucun cas responsable de tout dommage causé à l'appareil, ou de tout dommage associé provoqué par le désassemblage volontaire du produit.

Caution

- When storing the device for a long period of time, remove the Battery from the device.
- Dispose of the device and its batteries in compliance with governing regulations.
- Only trained InBody personnel from InBody Service Center are allowed to repair and inspect the product. For repairs and inspections, contact the Product Support team at Support@inbody.com.

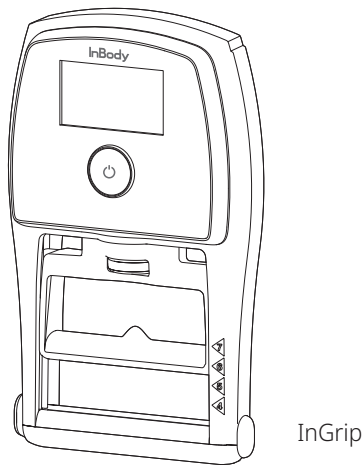
Attention

- Veuillez retirer la pile de l'appareil lorsque vous l'entrez pour une longue période de temps.
- Disposez de l'appareil et de ses piles conformément à la réglementation en vigueur.
- Seulement le personnel de InBody formé par le centre de service InBody est autorisé à réparer le dispositif. Pour tout entretien, réparation, et inspection, veuillez nous écrire au Support@inbody.com.

2 Product Overview

2.1 Components

Ensure all items are included.

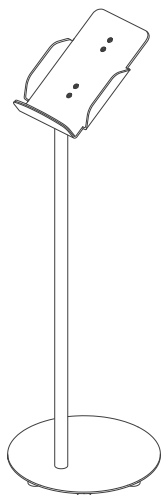


AA Battery
2EA



User's Manual

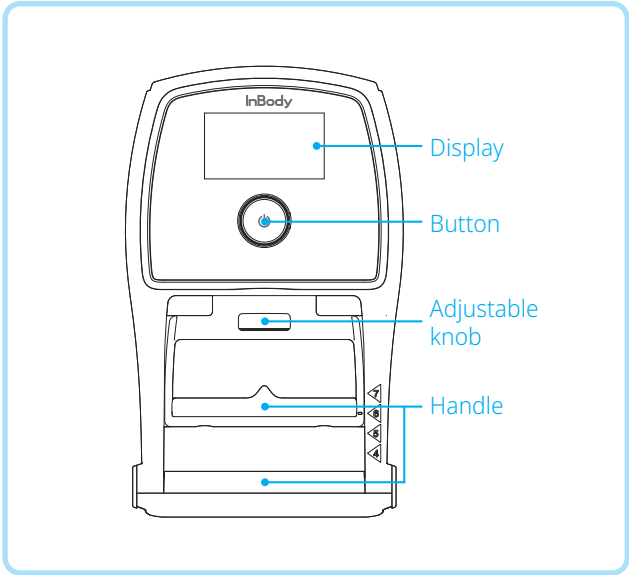
* Not Included / Optional



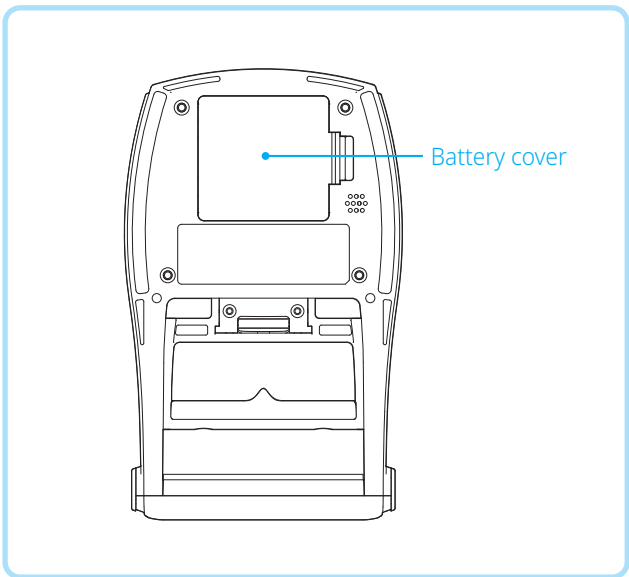
InGrip Stand

2.2 Name of Each Part

Front View



Rear View



3 Using the Product

3.1 User Environment

 Caution

- Use the device in a location where it is not exposed to direct sunlight. It may cause discoloration or damage to the device.
- Do not use the device near heat sources such as heating appliances. It may cause deformation, breakdown, or a fire.

 Attention

- Utilisez l'appareil dans un endroit où il n'est pas exposé à la lumière directe du soleil. Cela pourrait provoquer une décoloration ou des dommages à l'appareil.
- N'utilisez pas l'appareil près d'une source de chaleur comme un calorifère. Cela pourrait entraîner une déformation, une panne, ou un incendie.

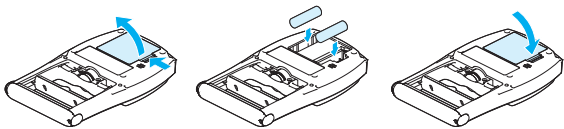
This device is for indoor use.
If the device is used outdoors, the following requirements must be fulfilled.

Temperature	10 - 40 °C (50 - 104 °F)
Relative humidity	30 - 75 % RH
Atmospheric pressure	70 - 106 kPa

3.2 Inserting Batteries

The InGrip uses two 1.5V AA batteries.

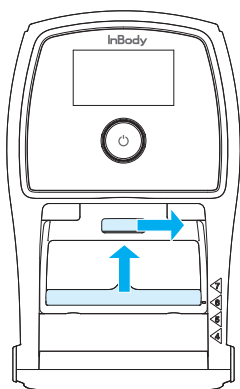
- 1 Slide and lift the Battery compartment cover on the back of the InGrip to open.
- 2 Insert two AA batteries into their compartments. Make sure to match the polarities of the batteries with the markings available inside each compartment.
- 3 Close the Battery cover.



3.3 Adjusting the Handle Height

Before measuring your grip strength, adjust the Handle height of the InGrip to fit your hand size.

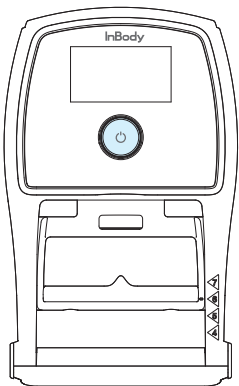
- Turning the Adjustable knob to the right raises the Handle to make it wider.
- Turning the Adjustable knob to the left lowers the Handle to make it narrower.



3.4 Using the Device

Power On

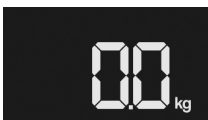
- 1 Pressing the Button while the InGrip is off will turn the Power On.



- 2 Once the Power turns on, the device will boot itself up. While booting, the device will adjust its zero-point, check the remaining Battery, check for any malfunctions, and test its communication status. When the device completes its zero-point adjustment, you will hear a beep.



- 3 Upon completing its zero-point adjustment, the device will go into standby mode.



⚠ Caution

Do not push or pull the Handle before turning the Power On. Doing so may affect the zero-point.

⚠ Attention

Ne poussez ni ne tirez pas la poignée lorsque vous ajustez le seuil de référence. Ce faisant, vous pourriez affecter le seuil de référence.

Power Off

- Pressing the Button for 3 seconds or more while the InGrip is on will turn the Power Off.
- The Power will turn off if you do not use the InGrip for 30 seconds while it is turned on.

Changing Units

- Changing Units: Hold the Handle of the InGrip with a force of at least 10kg (22 lb) or more, then press the Button for 1 to 3 seconds. The unit will change each time you press the Button. (kg / lb)
- You will also hear a beep whenever the unit changes.

Note

Be careful not to press the Button for too long. If you press the Button for more than 3 seconds, the InGrip will turn off.

Zero Adjustment

- Press the Button 3 times within 1.5 seconds.
- You will hear the same beep as when you have entered and completed the zero-point adjustment.

Caution

Do not push or pull the Handle when adjusting the zero-point. Doing so may affect the zero-point.

Attention

Ne poussez ni ne tirez pas la poignée lorsque vous ajustez le seuil de référence. Ce faisant, vous pourriez affecter le seuil de référence.

Handgrip Strength Test

- 1 In standby mode, pull the Handle of the InGrip. The maximum value measured in real-time will appear on the Display.
- 2 Once you release the Handle completely, the Display will keep your maximum value.
- 3 If you pull the Handle again at a smaller force than this maximum value, the Display will keep the maximum value only.

Caution

The InGrip can measure pressures from 1kg to 100kg (2.2 lb to 220.5 lb). Applying pressure beyond the maximum threshold may damage the device. This may cause damage to the product and potential user injury, so please apply pressure within the prescribed pressure limit.

Attention

L'InGrip peut mesurer des pressions allant de 1 kg à 100 kg (2,2 lb à 220,5 lb). Appliquer une force supérieure au seuil maximal pourrait endommager l'appareil. Cela pourrait endommager l'appareil ou provoquer une blessure. Veuillez appliquer une pression à l'intérieur des limites de pression recommandées.

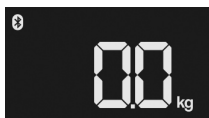
Initializing Test

After releasing the handle and pressing the button upon completing the test, the displayed value is reset and the device returns to the standby state.

3.5 Status Information

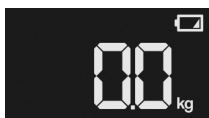
Connecting

- When paired with other products via Bluetooth, the Bluetooth icon will appear on the top left.



Battery

- When Battery voltage is between 2.1 and 2.5V, the Low Battery icon will be Displayed and the Volume will be muted.
- You will not be able to turn the device on when Battery voltage is less than 2.1V.



Error Message

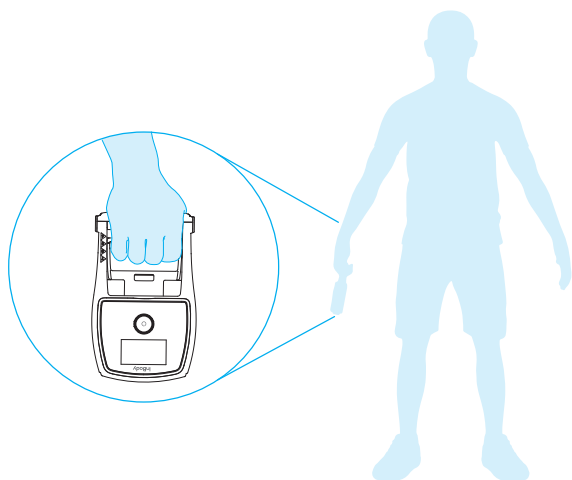
- When a device error occurs, 'Error' will be Displayed at the top.
- If the problem persists even after turning the product off and on again, please contact the Product Support team at Support@inbody.com.



4 Testing

4.1 Test Posture

In order to measure your Handgrip Strength accurately, you must understand the correct Test Posture.



- 1 Stand upright with your feet shoulder-width apart.
- 2 Hold the InGrip with your arms fully extended and slightly lifted away from the sides of your body.
- 3 Measure your grip strength by pulling the Handle of the InGrip as hard as you can.

Warning

- Please keep your initial posture throughout the measurement. Moving or changing your posture may affect the accuracy of your measurements.
- When pulling the Handle of the InGrip, gradually apply force until you exert maximum effort. Applying maximum force immediately and suddenly may strain your muscles.

Avertissement

- Veuillez conserver la même posture tout au long de la prise de mesure. Bouger ou changer de posture pourrait affecter l'exactitude des mesures.
- Lorsque vous tirez sur la poignée de l'InGrip, appliquez une force graduelle jusqu'à ce que vous exerciez un effort maximal. L'application immédiate et soudaine d'une force maximale pourrait provoquer un claquage musculaire.

4.2 Test Instructions

Refer "3.4 Using the Device" to operate the InGrip.

- 1 Turn the InGrip on.
- 2 Ensure that '0.0' is Displayed on the screen when no pressure is applied to the Handle.
- 3 If the number is not 0.0, manually adjust the zero-point.
- 4 Assume the proper Test Posture according to the instructions in "4.1 Test Posture" and press the Handle of the InGrip to perform the Handgrip Strength Test.
- 5 Check the measured value indicated on the Display.
- 6 To perform the test again, press the Button to initiate test reset.

5 Maintenance and Storage

5.1 PreCautions for Maintenance

 **Caution**

- Do not apply excessive force to the device.
- If you are not Using the Device for a long time, remove the batteries.
- Be careful not to allow foreign matters such as food or beverages to enter the device. It can cause critical damage to electronic Components.

 **Attention**

- N'appliquez pas de force excessive à l'appareil.
- Retirez les piles de l'appareil si vous ne l'utilisez pas pendant une période prolongée.
- Veillez à ne pas laisser de substances étrangères, comme des aliments ou des boissons, tomber dans l'appareil. Cela pourrait provoquer de graves dommages aux composantes électroniques.

5.2 Cleaning

Clean the exterior of the device gently with a lint-free cloth once a week.

 **Caution**

- Be careful not to scratch the Display while Cleaning.
- Be careful not to allow foreign matters such as liquids and detergents to flow into the device.

 **Attention**

- Attention à ne pas égratigner l'écran pendant le nettoyage.
- Veillez à ne pas laisser de substances étrangères, comme des liquides ou des détergents, tomber dans l'appareil lors du nettoyage. Cela pourrait provoquer de graves dommages aux composantes électroniques.

5.3 Storage Environment

For long-term storage, the device should be stored under the following conditions.

Temperature	-10 - 70°C (14 - 158°F)
Relative humidity	10 - 80 % RH (No Condensation)
Atmospheric pressure	50 - 106 kPa

6 Frequently Asked Questions (FAQ)

Product-related problems and troubleshooting measures are as follows. If the problem persists even after the following actions, please contact the Product Support team at Support@inbody.com.

6.1 Regarding the Device

Question: Power does not turn on.

Answer: Replace the batteries.

Question: The Display indicates a value other than "0.0" even though the Handle is not being pressed.

Answer: The zero-point may need to be adjusted. Press the button 3 times within 1.5 seconds to manually adjust the zero point.

Question: I would like to see my previous measurements.

Answer: This device does not save previous measurements to view later.

Question: 'Error' is Displayed on the screen.

Answer: Turn the product off and on again. If the problem persists, contact the Product Support team at Support@inbody.com.

6.2 Regarding the InBody Test

Question: How accurate is InGrip?

Answer: Measurements can be off by up to 500g (1.1 lb) depending on load cell distortion.

Question: How does the InGrip measure my grip strength?

Answer: If you pull the Handle of the InGrip, the built-in load cell recognizes the pressure and measures your grip strength.

Question: How can I apply the warranty?

Answer: Please contact the Product Support team at Support@inbody.com. The InGrip comes with a one-year warranty. However, even within this period, any issues arising due to the customer's fault will be Handled with a charge. InBody will notify any costs payable by the customer in advance.

7 Product Classifications and Specifications

- This device was produced according to InBody's quality control procedures. InBody Co., Ltd. complies with ISO9001 and ISO13485, international quality management systems.

7.1 Classifications

InGrip	
Type of protection against electric shock	Internal Power type
Degree of protection against electric shock	B Type
EMC Emission	Level B
Degree of protection against water infiltration	IPX0

7.2 Specifications

Specifications

Measurement Method	Pressure recognized with a load cell
Outputs	Handgrip Strength
Display	3 inch VA LCD
Input Interface	Button, Handle
External Interface	Bluetooth
Test Duration	About 10 seconds
Testing Age	3 years of age or older
Notification Sound	Power On, Enter the zero-point adjustment mode, Complete the zero-point adjustment, Complete the test, Enter the standby mode, Change units
Pollution Degree	PD2
Dimensions	140(W) x 230(L) x 50(H) mm 5.5(W) x 9.1(L) x 2.0(H) in
Weight	Approx. 650g (1.4 lb)
Power Consumption	DC 3V (1.5V AA Battery 2EA)
Operating Environment	10 - 40 °C (50 - 104 °F), 30 - 75 % RH, 70 - 106 kPa
Storage Environment	-10 - 70 °C (14 - 158 °F), 10 - 80 % RH (No Condensation), 50 - 106 kPa

InBody Co., Ltd. reserves the right to modify the appearance, Specifications, etc. of this product to improve its quality, without prior notice.

7.3 Symbols used on the Product

Safety Symbols

	Refer to the User's Manual before Using the Product.
	Warning / Caution
	B Type Equipment

Certification Symbols

	European Conformity
	NTRL mark (MET)
	Authorized representative in the EUROPEAN COMMUNITY
	WEEE mark

Other Symbols

	Power
	Manufacturer
	Direct current
	Environmentally friendly service life of electronic and electrical products
	Non-ionizing radiation
	Do not disassemble the product arbitrarily.

Premission

	Identification code : R-R-BIB-IB-HGS
	Product name : InGrip
	Model name : IB-HGSm/IB-HGS
	Company name : Inbody Co., LTD.
	Manufaturer / Country of manufacturer : Inbody Co.,Ltd. / Korea
	Date of Manufacture : Rear side

	FCC ID : F6OIBHGSM
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8 Product Warranty

8.1 Product Warranty Standards

- Warranty service will be effective only within the warranty period provided and only for an inherent manufacturer's defect.
- Any provisions not specified herein will follow the Fair Trade Commission notice of consumer dispute resolution standards.
- Only trained InBody personnel are allowed to repair and inspect InGrip. Please contact the Product Support team at Support@inbody.com.

Name of Product	InGrip	Product Serial Number	
Date of Purchase		Warranty period	1 year from the date of purchase

8.2 Warranty period

If the date purchased cannot be verified, the warranty period will become effective three months after the date of manufacture.

8.3 Types of Consumer Damages

Types of Consumer Damages		Within the warranty period	After expiry of the warranty period
If major malfunction occurs within the first 30 days of purchase due to defect.		Exchange or Repair free of charge	
Repairs Under Warranty	Any malfunction occurring due to a defect within 1 year of the purchase date	Repair or exchange with refurbished product of equal or better condition	Repair at a charge

8.4 Paid Service

Any of the following cases will void the product warranty.

- Arbitrary disassembly of the product.
- Unauthorized modification of product controls.
- Repair by a person other than the repair representative designated by InBody.
- Failure caused by the consumer's fault:
 - Product failure and damage caused by the user's negligence (fall, moistureintrusion, shock, damage, forcible control, etc.).
 - Product failure and damage caused by the violation of the User Manual.
- Others:
 - Product failure caused by a natural disaster (e.g., fire, flood, abnormal power, etc.).
 - Worn-out or used consumables (batteries or others).
- Shipping costs for repair or replacement may be required at the cost of the consumer

