# **DualGrip Digital Dynamometer** Quick Start Guide

### **Download Full User Manual**

It is important that users review the full manual available via our website. The manual search and download area on our website can be reached by QR code or this link: https://www.lafayetteinstrument.com/manuals

Enter model number **5030DG** in the provided manual field on search page.

#### Parts Included

- DualGrip
- Wrist strap
- Hex key
- Charging Unit

### **LEval App**

The DualGrip is compatible with Lafayette Instrument's LEval app for iOS and Android devices. LEval increases the device's functionality and adds additional features such as in-app test setup and storage.

# **Device Usage**

- 1. Ensure DualGrip is powered on and handle is in the appropriate position. Position 1: Narrow, Position 2: Wide
  - When in Position 1, the DualGrip handle has convenient slots for smaller fingers.
- 2. Navigate to the Run Test screen
  - Run Test screen is displayed upon powering on dynamometer and can also be found by selecting "Run Test" from the main menu.
- 3. Let the subject arrange the instrument so that it fits in their hand comfortably with the wrist strap secured.
- 4. Ask the subject to squeeze with maximum strength.
- 5. After the subject has completed the trial, results will be displayed on-screen.

### Standard Procedure - The Handshake Position

- 1. Subject sits or stands comfortably with shoulder adducted and neutrally rotated
- 2. Flex elbow to 90 degrees
- 3. Place forearm/wrist in neutral position

### **Repositioning Grip Handle**

Step 1: Retrieve Hex Key

A 3/32" x 2" Hex key is magnetically-retained in a storage slot in the DualGrip's base.

## Step 2: Unlock Handle

Using hex key, rotate the labeled hex screws counter-clockwise approx. 1 full revolution to unlock the grip handle. Note: 3/32" Hex screws are located on each side of the grip handle.

# Step 3: Rotate Handle

Once unlocked and free to rotate, turn the grip handle until the opposite side is facing outward. A small click will be heard when the rotation is complete.

### Step 4: Lock Handle

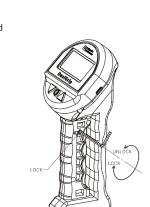
Once repositioned, use hex key to rotate the labeled hex screws clockwise about 1 full revolution to lock the grip handle. A simple tightening of each hex screw is enough to lock the handle securely in place.

# Step 5: Return Hex Key

Return hex key to storage slot in the DualGrip's base.

### Step 6: Update Test Setup

Ensure appropriate position is noted in test setup before running another test. Grip handle position is set in the Test Setup menu.



# **Terms and Conditions**

### Worldwide Headquarters

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All orders need to be accompanied by a copy of your purchase order. All orders must include the following information:

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