

EN

INSTRUCTIONS OF USE**WARNING**

Domyos fitness equipment is essentially intended for physical conditioning.

Consult your doctor prior to starting a fitness program.

The user assumes the risks of injury.

Domyos shall assume no responsibility for claims of injury or damage to any person or property resulting from the use or abuse of this product by the purchaser or any other person.

“Hand-grip” work allows developing all the muscles of fingers, hands, wrists and forearms. It is particularly indicated for people who practice tennis, combat sports, climbing, mountain bike etc...

SECURITY

- Please read the product's safe practice rules and this instruction manual before use.
- Keep this manual for further reference.
- Choose a room that is sufficiently wide and high to use the equipment in complete safety
- Attentively read the recommendations and exercises before starting your training.
- Do not let children under 12 and/or household pets play near the appliance while you are training.
- For your health, respect the movements and positions shown in the user's guide.
- Wear appropriate garments and shoes.
- Remove all jewelry.
- Tie long hair so that it does not get in the way when exercising.

Warning to users

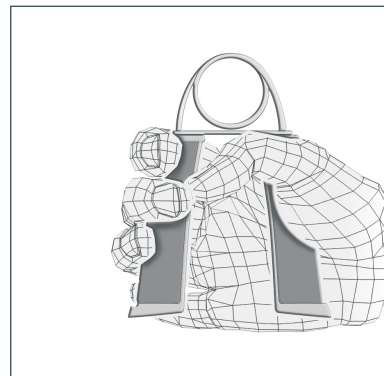
A physical fitness program should be practiced under medical control.

Do not hesitate to consult a doctor before starting a physical activity, especially if:

- You have not practiced a sport for some time.
- You are over 35.
- You are not sure of your health.
- You are under medical treatment.

IT IS ESSENTIAL TO CONSULT A DOCTOR BEFORE PRACTICING A SPORT.

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Basic exercise :**Movement :**

**Hold the hand-grip as shown in the illustration.
Do about ten contractions with the hand.
Work the right hand and then the left.**

Advanced exercise :**Movement :**

**Hold the hand-grip as shown in the illustration.
Do about ten contractions with the hand.**

**Afterwards do the same movements squeezing
the hand with only a few fingers.
Alternate the fingers you squeeze with.**

