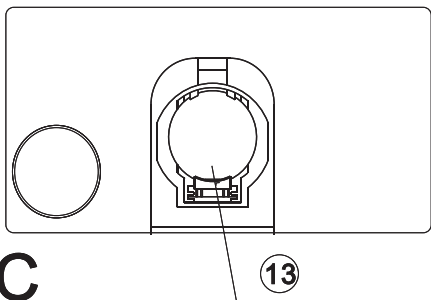
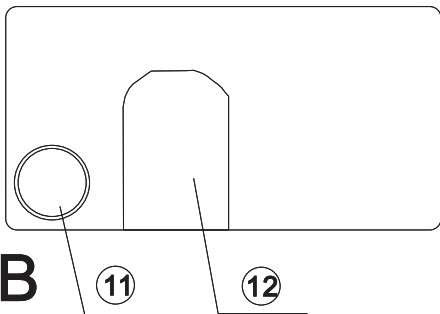
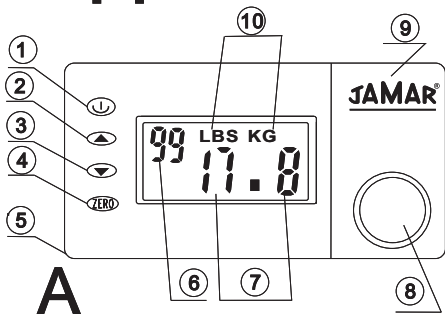


JAMAR[®]

Digital Pinch Gauge
Instruction Booklet

Appearance



1. Function buttons

- (1) **↵** Power button: Press one time to turn on. Press again to turn off.
- (2) **▲** Up button: Press one time to save the current record and jump to the last record and display the value of that record at time of testing.

When pressed down for 5-6 seconds, it will enter the state of unit conversion; the figure of **KG** or **LBS** will flash in turn when pressed once again, and will confirm the unit mode when the power button is pressed again. It will display your unit when turned on again.

- (3) **▼** Down button: Press one time to save the value of this record, skip to the next record and display the value of the record at time of testing, and display the next record in case of browse-up.
- (4) **ZERO** Clear button: Press one time to set the current record to the value of **0.0**; continue to hold down until the emergence of the figure **AL.CL**, and then all the records in the instrument will be reset to **0.0**, and it will automatically go back to the first record number.

2. Display screen

- (6) Record number: "1" represent for the first record, "99" for the 99 records, "0" for the first 100 records
- (7) Reading: shows the data of the measurement.
- (10) Unit: **KG** represents for kilogram, **LBS** for pound.

3. Testing keys

- (8) Top metal key
- (11) Bottom metal key

4. Battery

- (12) Battery cover
- (13) Battery: 1 X CR2032 lithium cell

5. Others

- (5) Hole for the wrist band to pass through
- (9) Logo

Specifications

- 1). Capacity: 60 LBS
- 2). Division: 0.1Lb/0.1KG
- 3). Voltage: 3 V
- 4). Battery: 1 x CR2032 lithium cell
- 5). Number of records: 100 PCS
- 6). Temperature: 0-40°C
- 7). Measurement: 103 x 54 x 18 mm
- 8). Weight: 145 g

Operations

At time of purchase, the battery has been already installed.

1. Testing operation:

1). Press the power button to turn it on. The first display is "HELO", and then the unit displays the record number "1" and reading "0.0", if not 0.0, press **ZERO** to set it to 0.0. After re-powering the instrument, it will show the record and the corresponding data that was saved before it was shut off the last time.

e. g 

2). Squeeze the metal keys with your fingers. The data will go up with your finger pinch increase, and the unit will show your maximum finger pinch.

e. g 

3). Press down button ▼ to save the current record and skip to the next record.

e. g 

Press up button ▲ to save the current record and skip to the last record.

e. g 

4). Press clear button **ZERO** to set the current record to 0.0.

e. g 

5). Press power button to shut off the unit.

2. Query operation

- (1) Press ▲ up button to browse the last record.
- (2) Press ▼ down button to browse the next record.

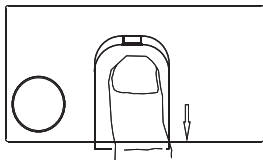
3. Unit conversion

It will enter the state of unit conversion when pressed down ⤵ for 5-6 seconds, the figure of **KG** or **LBS** will flash in turn when pressed once again, confirm the unit mode when press the power button. It will display your unit when turned on again.

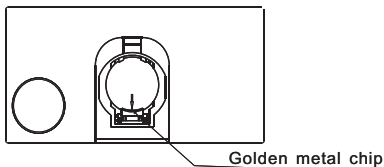
Battery Replacement

When the screen displays "LO", this indicates the device has a low battery. Do not replace the battery while the unit is on. Battery replacement steps:

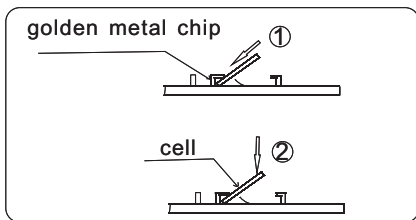
- 1). Make sure unit is off. Press down the battery cover top slightly and pull back, the cover will slide open. See below:



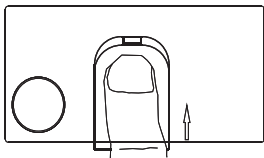
- 2). Push the golden metal chip outside to make the cell bounce up; with small tweezers, remove the exhausted cell. See below:



- 3). Insert the new cell below the golden metal chip with the + marking up, and then press it down to fasten. See below:



- 4). Slide the cover back in locked position. See below:



Caution

This instrument should be kept away from all liquids. Avoid dropping or throwing at all times.








Manufactured for:
Performance Health Supply, Inc.
W68 N158 Evergreen Blvd.
Cedarburg, WI 53012
1-800-323-5547



Authorized Representative:
Performance Health International LTD.
Nunn Brook Road, Huthwaite
Sutton-in-Ashfield
Nottinghamshire, NG17 2HU UK
UK Tel: 08444 124 330
International: +44 1623 448706

Notice

Character display	signification	Operation
	Run error	remove the lithium cell and then re-assemble it
	Initial data are missed	remove the lithium cell and then re-assemble it
	Low battery	Replace a new lithium cell
	Over load	Turn off the gauge and turn on again
	Clear all test data to 0.0	Remove your finger from the Zero button immediately, wait till 0.0 occurs

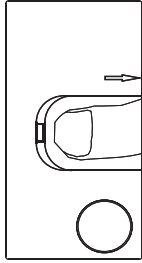
Battery Replacement

Notice when the screen displays "LO", this indicates the device has a low battery. Replace it. Do not replace the battery while the unit is on.

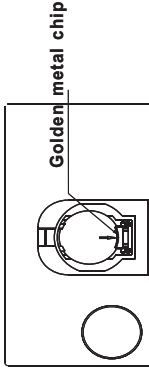
WARNING No touching any buttons while replacing a cell.

Battery replacement steps:

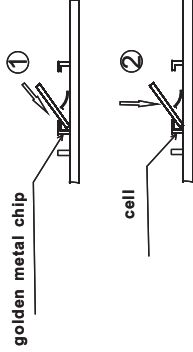
1). Make sure unit is off. Press down the battery cover top slightly and pull back, the cover will slide open. See below:



2). Push the golden metal chip outside to make the cell bounce up; with small tweezers, remove the exhausted cell. See below:

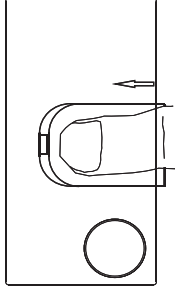


3). Insert the new cell below the golden metal chip with the + marking up, and then press it down to fasten. See below:



4). Slide the cover back in locked position.

See below:



Caution

This instrument should be kept away from all liquids. Avoid dropping or throwing at all times.