

QUICK SET-UP GUIDE

**SERIOUS.
FUN.
REHAB.**



GRIPABLE

SERIOUS. FUN. REHAB.



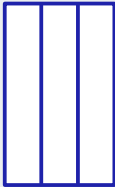
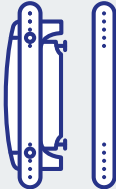

WELCOME TO THE WORLD OF SERIOUS, FUN, REHAB

THIS QUICK SET-UP GUIDE WILL HELP YOU TO UNDERSTAND HOW IT ALL WORKS.

You can find more information at www.gripable.co/support and our customer support specialists are always ready to help on **+44 20 7661 4018 (UK)** **+1 406-318-7892 (USA)** or hello@gripable.co. You can also access our GripAble Explained videos, which are available on our YouTube channel at www.youtube.com/c/gripable.



WHAT'S IN THE BOX?

<div>x1</div> <div></div> <div>GRIPABLE DEVICE</div>	<div>x2</div> <div></div> <div>CHARGING CABLES</div>	<div>x1</div> <div></div> <div>TABLET WHERE SUPPLIED</div>
<div>x3</div> <div></div> <div>HAND STRAPS</div>	<div>x1</div> <div></div> <div>WRIST LANYARD</div>	

GETTING TO KNOW YOUR GRIPABLE DEVICE FEATURES



DEVICE FEATURES IN DEPTH

1

LOCKING BUTTON

The locking button is provided to allow the device to be used isometrically during grip testing (like a hand dynamometer). To lock, squeeze the finger plate and press the locking button in. To unlock, squeeze the finger plate and press the locking button in. Let go, and the button will pop back out.

2

STRAP HOOKS

Silicone straps can be used when a user needs additional assistance to hold onto the device. The strap hooks are supplied in various places to enable multi-placement options (including vertically or diagonally across the hand). Wherever possible, hooks on the main body of the device should be used, rather than those on the finger plate.

3

CONNECTION LIGHT

The connection light indicates if the device is connected to the tablet via Bluetooth. A solid, sustained blue light indicates that the device is connected to the tablet and ready for use. A blue flashing light means the device is on but not connected to the tablet.

4

FINGER PLATE

The device finger plate is used for grip and release. Squeeze to wake up the device.

5

CHARGING PORT

The charging port can be found at the back of the device near the base. This port is magnetic allowing the charging cable to connect with ease.

6

CHARGING LIGHT

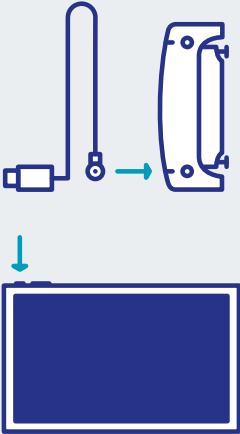
The charging light indicates the device's level of charge. A green light means the device is fully charged, a flashing amber means you are low on battery and will need to put the device on charge soon. A lasting red light indicates that the device is very low on battery and needs to be put on charge immediately.

7

LANYARD HOOK

The black lanyard supplied with the device should be used to prevent accidental dropping. This can be fed through the lanyard hook at the base of the device and left in place or removed and washed between users.

HOW TO SET UP YOUR GRIPABLE DEVICE



STEP 1: CHARGING UP

- Charge the GripAble device, until the battery light goes green.
(A full charge takes 1.5 hours).
- Charge the tablet (where one is supplied).

STEP 2: TURNING ON THE TABLET (WHERE ONE IS SUPPLIED)

- Press and hold the smaller of the two side buttons to switch the tablet on.



STEP 3: GET CONNECTED

- Connect your tablet to WiFi and check Bluetooth is turned on.
- Where a tablet is supplied, follow the onscreen setup steps after switching the tablet on.



STEP 4: DOWNLOAD AND OPEN THE GRIPABLE APP

- Head to the app store on your device and search for **'GripAble'**. (Users with a supplied tablet will need to create a free Google account to access the Play Store or log in if you already have one).
- Alternatively scan the QR codes (left) to take you to the Google Play Store or Apple App Store to download the GripAble app.
- Once downloaded tap **'Open'**.



Scan to download
the GripAble app



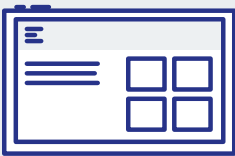
STEP 5: CREATE YOUR USER ACCOUNT

- Tap **'create an account here'** and follow the simple steps (an email address is required). If you already have an account, just sign in.





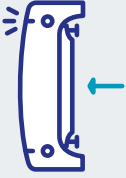
STEP 6: CREATE A NEW PROFILE

- First time users will need to tap **'Create a new profile'** and complete the required fields.
- After creating your profile, tap **'Train'**.



STEP 7: ASSESS YOUR MOVEMENT LEVEL

- Now choose a movement to train. As a first time user you will be prompted to assess your hand after selecting a movement and activity so the GripAble device can adapt to your current level of movement.
- Alternatively if you prefer to pick certain movements or assess all of them at once, tap  for the main menu and select **'Assessment'**. A reassessment reminder period can also be set here.
- **Please Note:** The main menu  is where you can find all your profile features including **'Activities'**.

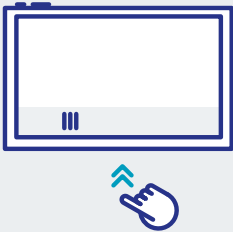


STEP 8: PAIRING AND SWITCHING YOUR GRIPABLE DEVICE ON

- When using the GripAble device for the first time, an onscreen message will prompt when you need to pair it to the app.
- Turn the device on by squeezing and holding the fingerplate in fully until it vibrates and the lights come on, the device is now ready to pair and connect.
- Now follow the onscreen instructions to finish pairing. A **‘Connected’** notification will appear and the blue light will be solid once paired. You're now ready to begin training!

TURNING THE GRIPABLE DEVICE OFF

- To turn the GripAble device off after training, make sure you have exited your user profile, then close the GripAble app down fully on your device.
- Once the app is closed the GripAble device will vibrate and the blue light will flash for a few minutes before switching off.
- **If using a supplied tablet** - Close the app by swiping up, tap **|||** then **Close all**.



BOOK A TRAINING CALL

If this is your first time using GripAble or you would like some help setting up your device, please book a training call with one of our product specialists. Visit our website and click the 'book/demo training button', or scan the QR code below to book. Alternatively, you can always get help below (during normal business hours):

Email: **hello@gripable.co**

Call UK: **+44 20 7661 4018**

Call USA: **+1 406-318-7892**



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