

Disconnecting the Phone Mount

1. Set the grip on a flat and soft surface that won't damage your phone.



2. Hold the phone clamp with one hand.
3. With your other hand, pinch the two prongs on the plastic buckle with your other index finger and thumb.
4. Slowly pull the phone clamp away from the Olympus Grip while pinching the black clips until it comes completely free.

Phone Installation



To install a phone in the mount, follow these steps:

1. Pull up and hold open the clamp arm while you put in the phone. Once your phone is centered along the clamp and the clamp is not placing any pressure on any side phone buttons, let go of the clamp arm. The clamp arm will automatically hold the phone in place. Note before you place your phone in the phone mount, make sure that the live workout screen is oriented in the right direction. You may need to activate your portrait orientation lock in phone settings.



2. Put the silicone cradles on the four corners of the phone. Use your index finger and thumb to grab one silicone corner and place it over the front edge of a phone corner. Repeat with all corners so that the silicone cradle is tight against each corner and not touching any side buttons on the phone. This ensures that the mobile phone is firmly held in place.



3. To choose your preferred phone mount angle for optimal viewing, loosen the screw slightly by hand. Adjust the angle as desired. Then hand tighten the screw so it does not move on its own. You don't want the phone to flap back and forth while exercising. If hand tightening is difficult, use the hand tightening tool. You can remove the phone mount entirely and tighten once removed and reconnect the phone mount.
4. After use, remove the silicone cradle at the four corners, and pull the clamps apart to remove the phone.

NOTE: The phone should always be displayed off to the side of the grip and your body. It should also be angled away from the handle. Your thumbs should always be on the opposite side of the grips from the phone.

If conditions are wet and the user still wishes to use the phone mount, they can place their phone in a suitably sized zip-lock bag before securing it in the mount. The zip-lock bag originally holding the phone mount can also be used for this purpose. While this provides added protection against water damage, please note that the plastic bag reduces friction with the phone mount and silicone cradle, increasing the risk that the phone may slip out of the mount and become damaged.



Care & Storage

- When not in use, remove your phone from the phone mount to avoid prolonged exposure.
- Avoid using or storing the phone mount in direct sunlight, outside, in wet environments, or near heat sources.
- The silicone phone cradle may wear over time and may need to be replaced.
- Replace the phone mount if you see cracks or chips. It was not designed to be indestructible, rather it was designed to absorb energy and break upon impact of a fall so momentum of a hit is transferred to the phone mount rather than your phone.

Backpack

Instructions for Use

Made with long-lasting and light weight water-proof 100% polyester materials. The backpack can carry the Olympus Grip plus all the accessories included in the Premium Package. For more efficient packing, remove the phone mount from the grips and place connected grips so the eye bolts lie vertically along the spine of the backpack. To put on the backpack, lift the right strap over your right shoulder and lift the left strap over your left shoulder in the usual manner. For a tighter fit, use the chest and waist straps. Water bottles can be secured to the exterior bottom sides of the backpack.

Care & Storage

- Do not overload the backpack or force the zippers.
- To wash and remove stains, gently hand wash the backpack in lukewarm water with a tablespoon of mild soap or detergent. Scrub both the inside and outside of the backpack with a sponge or washcloth. Rinse and air dry. Never place it in a washing machine or dryer. Do not iron.
- When not in use, store in a dry place away from heat and direct sunlight to prevent fading and deterioration.

X-Anchor

Important Safety Information

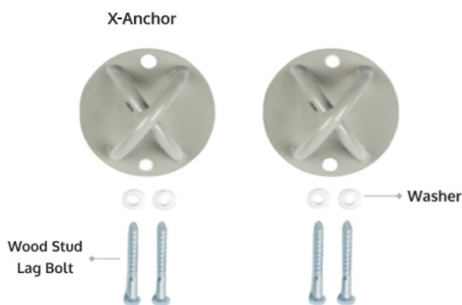
1. The ceiling mounts should only be secured to professionally constructed, load-bearing walls and ceilings, and other structures that can fully support your body weight.
2. Wear eye protection during installation.

3. Use proper ladder-safety protocols.
4. Follow and comply with all safety warnings found in the manual for your drill.
5. Maximum weight capacity per X-Anchor should not exceed 300 lbs (136 kg).
6. Hardware can loosen with time. Do not leave additional space between the wall and the mount.
7. Regularly inspect the X-Anchor, and tighten hardware as required.
8. This equipment is not for commercial use.
9. This equipment is NOT for use by CHILDREN. To prevent injuries, keep this and all fitness equipment out of reach of children and pets.
10. This is for indoor use. Keep away from moisture.
11. One strap should be used for each anchor. Make sure the strap is supported by both "x" bars, not just one bar.

Technical Specifications & Parts

Includes:

- 2x X-Anchors
- 4x Wood stud lag bolts
 - 3/8" x 3" (10 mm x 80 mm)

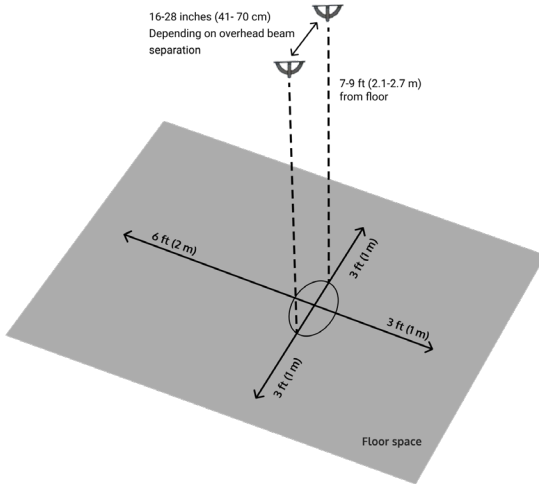


Tools Needed for Assembly

- Drill
- 1/4" (6 mm) drill bit (for wood installation)
- Stud finder
- Ratchet or wrench
- Pencil
- Ladder

Placement

1. Ensure both X-Anchors are at least 3 feet (1 m) away from the walls. The perpendicular midsection between the 2 X-Anchors should be at least 6 feet (2 m) or more away from the wall. This larger area will be required for exercising as your body leans away from the anchor.



2. Ensure the X-Anchors are installed on an overhead stud or beam that is no more than 9 feet (2.7 m) above a flat exercise surface or the ground.
3. Ensure the X-Anchors are side by side on separate studs for added safety.

Typically, studs are separated by 16 to 28 inches (41 to 70 cm). For wood, use a stud finder when installing the ceiling mounts. Locate multiple points along the studs for confirmation of their center locations. If stud separation is not a constraint or when dealing with concrete, the X-Anchors should be placed shoulder width apart.

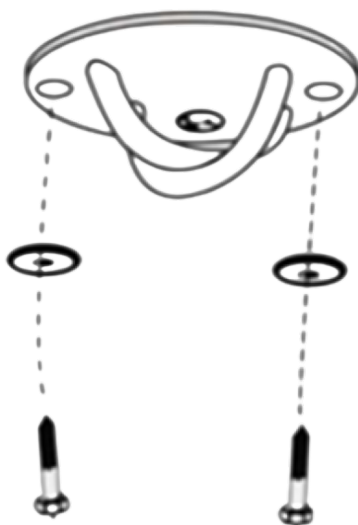
Anchor & Strap Height Guidelines



Installation

To install the X-Anchor, follow these steps:

1. Place the X-Anchor with both bolt holes along the center of the stud. Mark the hole locations with a pencil. Drill pilot holes using a $\frac{1}{4}$ " (6mm) drill bit to the length of the bolt.
2. Place a washer on each bolt. Insert through the bolt hole on the X-Anchor (see figure).
3. Use a ratchet or drill to tighten. Do not tighten all the way until both bolts are inserted.
4. Repeat step 2 with the other bolt and hole.
5. Tighten both bolts all the way until there is no gap between the base of the X-Anchor and the ceiling and bolts are flush against the washers and the base of the X-Anchor. Do not overtighten the bolts.



Troubleshooting

Problem Description	Solution
Low Battery/Charging LED not ON	• Confirm the grips have been charged before use. • Verify that the charging cable is securely inserted into the power adapter and the grip’s charging port. Ensure the cable is functional and undamaged. • Ensure the power adapter is rated at 5V, 1A or higher. Also, confirm that the adapter is plugged into a working power outlet.
First time Bluetooth connection to your phone	• Ensure the grips are powered on and Bluetooth is enabled on your phone. • Place the grips close to your phone and long press the “I” Button to initiate the initial connection. • Open the Olympus Grip app and navigate to the “Connect to Olympus Grip” page to scan for nearby devices.
Bluetooth is not connecting	• Make sure that Bluetooth is enabled on your phone and the grips are within close range of the phone • Ensure the Olympus Grips are not already connected to another phone. If they are, disconnect the grips from the other device.
What if you only have 1 working grip	• If one of the grips loses power, the app will allow you to continue the workout with the working grip. • The app will automatically double the weight measurement for the functioning grip to account for the missing one, ensuring your workout tracking remains.

Product Disposal

Proper disposal of the Olympus Grip is essential to prevent environmental damage and ensure safety. The device contains a lithium-ion battery and various materials like plastic, silicone, and metal. Please follow these guidelines for responsible disposal:

Lithium Battery Disposal

- Dispose of the lithium-ion battery in accordance with local municipal regulations
- Do not discard the battery with regular household waste, as improper disposal can pose significant environmental and safety hazards.

General Device Disposal

In addition to the battery, the Olympus Grip contains materials such as plastic, silicone, and metal. For proper disposal of the device, recycle these components at a certified e-waste recycling center or a local facility that accepts electronics.

NOTE: Use services like Call2Recycle or Earth911 to locate nearby recycling centers that accept electronic devices and lithium-ion batteries.

Compliance

FCC Compliance

The Olympus Grip complies with Part 15 of the FCC Rules. Operation is subject to the following conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

WARNING: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC ID

FCC ID: [Your Product's FCC ID]

This information can be found on the back of the device. For further details on compliance, please refer to the FCC database or the Olympus Grip app.

RF Exposure Information

This device has been evaluated to meet general RF exposure requirements and can be used in portable exposure conditions without restrictions.



O L Y M P U S G R I P



We're here to help! If you have any questions or feedback about your Olympus Grip product, don't hesitate to reach out. Our top priority is your satisfaction, and we're committed to ensuring your experience is nothing short of excellent.

For assistance or to share your experience, please contact us at **support@fitnix.com**.

At Fitnix, we're dedicated to designing smart fitness solutions that make exercise accessible and impactful, no matter where you are. Our products empower you to track progress and stay motivated with metrics that support your fitness journey.

Visit us at **www.fitnix.com** to explore more.