

V2.0



User Guide

OGV20 0

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Table of Contents

Safety Information.....	4
General Safety	4
For the Olympus Grips	6
Electrical Safety	7
For the Strap System.....	9
For the Resistance Bands	11
For the Jump Rope	12
For the Phone Mount.....	13
Olympus Grips.....	14
Mechanical Features.....	15
Electronic Features	16
Technical Specification	17
Electrical Operation.....	18
Operation (Olympus Grip Exercise Types)	19
How to Use	20
Care & Storage	23
App Connection	24
APP Features.....	25
Workouts	25
Categories.....	25
Workout Filters & Exercise List.....	26
Workout Settings	27
Live Workout Dashboard	27
Exercise Progression	28
Live Workout Stats.....	28
Exercise Instructions.....	29
Stretches.....	30
History	31
Top	31
Day.....	31
Interval Log	32
Graphs	32
Leaderboard	33
Settings	34
Grip Settings.....	34
General Workout Settings	35
Setup and Safety Videos	35

Package Inventory List.....	36
Auxiliary Equipment.....	38
Strap System	38
Technical Specifications	38
Operation.....	38
Instructions for Use.....	39
Care & Storage	43
Resistance Bands.....	43
Technical Specifications	43
Operation.....	43
Instructions for Use.....	44
Care & Storage	46
Jump Rope.....	47
Technical Specifications	47
Operation.....	47
Instructions for Use.....	47
Care & Storage	48
Phone Mount	49
Your Responsibilities	49
Technical Specifications & Parts.....	49
Operation.....	50
Instructions for Use.....	50
Care & Storage	54
Backpack	54
Instructions for Use.....	54
Care & Storage	54
X-Anchor.....	54
Important Safety Information	54
Technical Specifications & Parts.....	55
Tools Needed for Assembly.....	55
Placement	56
Installation	58
Troubleshooting	59
Product Disposal.....	60
Compliance	61

Safety Information

General Safety

Keep this manual in a safe place for reference

- Before EACH use, visually inspect the equipment. Never use the equipment if it is not working properly or if there are damaged or worn parts.
- Consult your physician or other licensed healthcare professional BEFORE you begin using any FITNIX LLC product to determine that each is right for your fitness needs and level. Seeing a doctor beforehand is particularly important if you or a family member has a history of high blood pressure, elevated cholesterol, heart, circulatory system, respiratory or other disease, if you have ever experienced chest pain when exercising or have experienced chest pain within the last month while not engaged in exercising, if you are significantly overweight or obese, or if you have any bone, joint, muscle or other physical disorder or condition that could be made worse by an increase in exercise. Do not begin using this or any FITNIX LLC exercise product if your physician or healthcare professional advises against it. Stop use immediately and consult a doctor if at any point during your workout you feel faint, dizzy, short of breath or pain.
- Consult your physician before using this product to exercise. Fitness training can result in serious or fatal injury. Use at your own risk. Risk of injury can be decreased when safe techniques, proper form, and common sense are involved. Your physician should assist you in determining what types of exercises you should be performing. Certain exercises or types of equipment may not be appropriate for all people, especially people over the age of 35, pregnant women, or those with pre-existing health problems or joint and muscle impairments. Consult a physician if you are taking medication that may affect your heart rate. Persons with any disabilities must have medical approval before use and should be under close supervision when using any exercise equipment.
- Be sure to master the beginner and easiest version of each exercise or workout before progressing to the next level exercise or workout. Progress sensibly, making sure you are familiar and comfortable with the easier version of the exercise or workout level before attempting the next difficulty level. The Olympus Grip app indicates the difficulty level of each exercise (Beginner, Intermediate and Expert). For most exercises, the app also suggests an easier and more difficult exercise.

WARNING: Some of the tougher exercises can be life threatening if you don't have proper training or experience.

- Have plenty of clearance space when exercising. It is important to keep children, pets, furniture, and other objects out of the way when using your equipment. You should have a minimum of 3 feet (1 m) of clearance space to avoid unnecessary physical contact. Do not swing the grips around other people, especially during

boxing exercises. Furthermore, when using the Olympus Grip Strap System you should have at least 6 feet of clearance space starting from the ground underneath the anchor point to the direction of lean required by the exercise.

- Do not overexert yourself with this or any other exercise program. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately. Breathe naturally and never hold your breath while you exercise. You should be able to carry on a conversation while exercising.
- Use this equipment on a flat, dry, and non-slippery surface free of tripping hazards.
- Use this equipment only for the intended use as described by the manufacturer. Do not modify the equipment or attachments. Only one person at a time should use this equipment. Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- Never put any strap, band, or rope around your head, neck or limbs.
- Adult use only. This equipment is not to be used by children. To prevent injuries, keep this and all fitness equipment out of reach of children and pets. Follow these simple rules:
 - Keep children out of rooms where you have your exercise equipment.
 - Store exercise equipment in a locked room.
 - Talk to your kids about the dangers of exercise equipment.
- Wear appropriate clothing and footwear when exercising. Clothing should allow for freedom of movement. Wear supportive athletic shoes with non-slip soles and keep them tied. During cold weather conditions, gloves with leather, rubber, or silicone on the palm and fingers are recommended.
- Keep your back straight while you exercise. While exercising, always maintain a neutral spine. Your spine, shoulders, and ears should be in alignment.
- Warm up before any exercise by performing gentle aerobic exercise or dynamic stretching. Consult the Olympus Grip app for more information on dynamic stretching.
- Always stay properly hydrated when you exercise.
- This equipment is not for commercial use.
- All health and fitness information in this User Manual is presented in good faith and designed for educational purposes only. All exercise advice, instruction, training, or recommendations are in no way intended as and should not be relied upon as a substitute or replacement for professional medical advice, diagnosis, or treatment. Consult your physician with any medical questions or concerns about your health and physical fitness. The use of the fitness products and of any and all information available via this User Manual is solely at your own risk.

- **FITNIX, LLC EXPRESSLY DISCLAIMS LIABILITY FOR ALL DAMAGE AND ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY LOSS, INJURY, OR DAMAGE OF ANY KIND SUFFERED BY ANY PERSON AS A RESULT OF THE USE, MISUSE, REFERENCE TO, RELIANCE ON RESULTS, OR ANY INFORMATION OBTAINED FROM THIS USER MANUAL, FROM ANY OTHER WRITTEN, VIDEO, ELECTRONIC, OR OTHER INFORMATION PUBLISHED BY FITNIX LLC IN ANY OTHER MEDIUM OR FROM USING ANY FITNIX LLC OR OLYMPUS GRIP™ PRODUCTS, INCLUDING THEIR TRAINING OR USER MANUALS AND LABELING.**
- In consideration of your use of any FITNIX LLC exercise product or accessory, you agree to release, discharge, indemnify and hold harmless FITNIX LLC and its officers, members, employees, agents, and their respective successors and assignees against any loss, liability, damage, claim, cause of action, known or unknown cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs arising from any such use of any product or information supplied by FITNIX LLC.

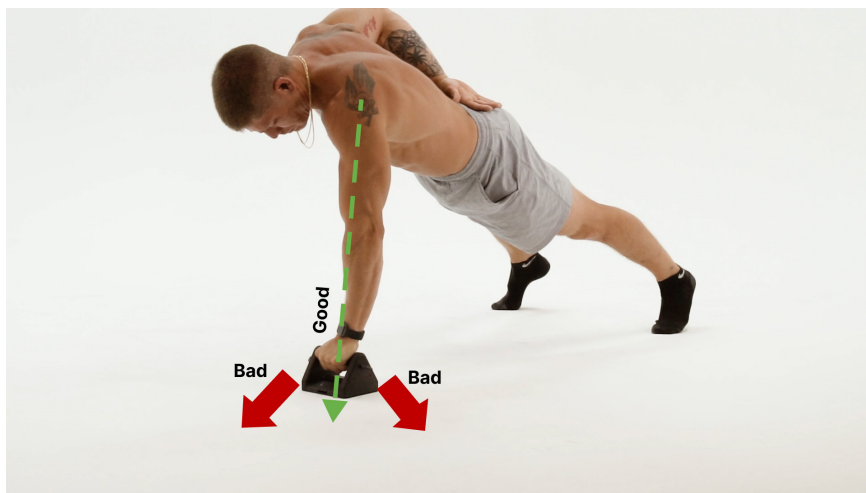
For the Olympus Grips

- Inspect the swivel eye bolts on the grips to ensure that they are not loose before connecting with a carabiner. If they are loose, tighten with the appropriate 5/32" (4 mm) hex allen key or drive. If the eye bolts continue to loosen, remove the bolt and place a metal adhesive on the end of the bolt, reinstall and tighten. Do not use the eye bolts if cracked or dented.
- The two Olympus Grips can connect to each other through a pin at the base. Each grip (or the connected -grips unit) is designed to rotate 360 degrees to perform self-resistance, dynamic resistance, or isometric exercises. Self-Resistance exercises require pushing or pulling in an up or down, or side-to-side direction against each arm. It is possible that the grips can unintentionally disconnect without pressing down on the release lever. When using the Olympus Grip V2.0, ensure the safety latch is securely locked once the grips are connected. Your hands could also slip off the grips. For these reasons, never forcefully pull the grips directly towards other parts of your body, especially your head as this could result in injury. Always hold both grips firmly, even when connected, to prevent injury that may result from unintentionally disconnecting and dropping the grips. See the Instructions for Use Section of the Olympus Grip for illustrations on how to properly disconnect and connect the grips.
- Using self-resistance or dumbbell exercises while walking, jogging, or running has a much higher risk of injury than performing these exercises while sitting or standing. Consult a physician before attempting, as this can be a dangerous and strenuous activity. In the event you do fall, as a last resort, you can use the grips to help brace your fall. Always begin any new workout routine while stationary



and on a flat surface before adding movement or incline or before progressing to more challenging exercises.

- Your wrists should never touch or be near the base of the grips. Your wrists should always be as far away from the base of the grips as possible.
- When performing Ground Resistance (GR) and plank-like exercises with the grips, make sure you distribute all your weight directly on top of the grip handles toward the midpoint of the base of each grip since weight distributed off to the sides of the grip handles could cause the grips to topple over and cause injury.



- Although the grips are designed for rugged exercise use, never intentionally drop the grips.

Electrical Safety

The Olympus Grip contains an internal lithium battery. To ensure safe usage and charging, please adhere to the following electrical safety guidelines:

Battery Safety

- Avoid incinerating the Olympus Grip, as the lithium battery inside is highly flammable. Keep the device away from open flames and extreme heat. Do not expose the battery to temperatures exceeding 60°C (140°F).
- Keep the Olympus Grip away from heat sources such as radiators, stoves, saunas, or other devices that produce heat.

Charging Safety

- The included USB Type-C charger is rated at 5 volts, level 2A cable. While other USB Type-C chargers, such as those for mobile devices, may be compatible, please ensure any replacement charger matches this 5V, 2A specification to avoid potential damage to the unit. Fitnix® LLC is not liable for any product damage or fire hazards resulting from the use of unapproved chargers.



- Do not use extension cords. Plug the charger directly into a USB port or power supply.

NOTE: Charge the Olympus Grip indoors in dry conditions and keep it away from water sources such as sinks, tubs, or damp areas. Never immerse the device or charger in water.

Cord and Charger Handling

- Keep the charging cord away from hot surfaces, sharp edges, and water.
- Never yank or pull the charging cord from the USB port. Unplug the charger by gently removing the plug from the USB port.
- Unplug the charger when not in use, and always disconnect the charger during cleaning or use of the Olympus Grip.

USB Port Protection



- Always ensure the USB flap is securely inserted into the USB port when the Olympus Grip is not charging to prevent dust, debris, or water from entering.
- Clean the USB port using a soft, dry cloth to remove any loose gravel, sand, or dirt that may collect in the slot of the left grip.

Cord Damage and Replacement

- Do not operate the charger if the cord or plug is damaged. If the cord or plug shows signs of wear, replace it immediately with an approved replacement.
- Unplug the Olympus Grip during lightning storms or when it will not be used for long periods.

WARNING: Some advanced exercises can be dangerous or life-threatening without proper experience or training. Proceed with caution.

Outdoor Usage

The Olympus Grip is designed for light outdoor use. However, follow these precautions:

- Do not use in the rain.
- Do not submerge the device in water.
- Avoid placing the device in puddles or spraying it directly with water.

Epileptic Seizures

A small percentage of people may experience epileptic seizures when viewing flashing lights from the Interval Button. If you are sensitive to light, consult your doctor before using the Olympus Grip.

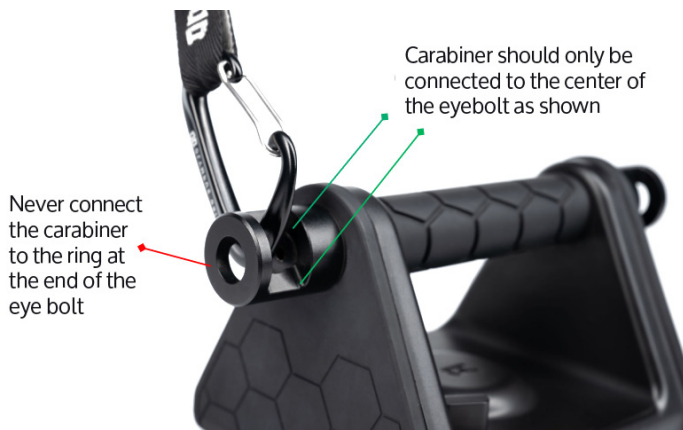
Servicing and Maintenance

- Servicing is required if:
 - Water or liquid has entered the USB port or the electrical compartment.
 - The device has been dropped from a great height or shows signs of damage to the internal hardware.
- Clean the Olympus Grip with a dry or slightly damp cloth. Avoid using detergents or submerging the base in water, as it contains sensitive electronics.

For the Strap System

- Check for tears, unraveling fibers, punctures, fraying, snags etc. along the straps and stitching between loops. Check carabiners for a working gate and excessive wear. If you discover any flaws, discard the straps and carabiners and never attempt to repair them.

- Ensure that the straps for the Strap System lie over a strong and secure anchoring point that supports at least four times your body weight. Perform a weight test by pulling hard on the anchoring point and the straps before using. Never use a sharp-edged anchoring point. Repetitive rubbing of the straps against the anchor can cause the straps to degrade and tear over time. Placing a towel or protective soft material over an anchor may help reduce wear and tear over time and help protect the anchor. The strap system is not designed to be used with a door as an anchoring point. Make sure all man-made anchors are professionally constructed, e.g., ceilings, beams, permanently fixed outdoor swing sets, playground bars, and posts.



- Before placing your weight on the straps, triple check that the ends of the four carabiners are secured to the strap loops and Olympus Grip swivel eye bolt. The eye bolt and the strap loop should never press against the gate of each carabiner.
- When attaching carabiners to the eye bolt, be sure to connect the carabiners to the center of the eye bolt, not the ring on the end as this is not designed to manage your weight. See picture above. Carabiners may remove paint and round the edge of the eye bolts over time, but if wear becomes significant discontinue use.
- When fully suspended with straight legs, your feet should never be more than 1 ft. (30 cm) off the ground. The anchor point should never be more than 9 ft. (2.7 m) off the ground.
- While exercising, always keep the straps between the anchor and the eye bolts tight, and always apply even pressure. The straps should be kept straight and free of tangles and knots. Keep unutilized excess straps neat and safely away from your limbs, head and feet. No part of your body, especially your head, should ever be placed in between the straps and eye bolts.
- Don't let the straps rub against your body. Change the position of your body to prevent rubbing.

- Don't step on the straps as this can cause the strap to degrade and be a tripping hazard. Roll-up and secure the excess strap using the elastic loop located at the end of each strap.
- Never attempt to throw a strap over the anchor with the carabiner or grips still attached as this can result in an injury.
- Always remove the straps from the outside elements after use as this will degrade the product.
- Do not swing aggressively from the straps.
- Max weight capacity per strap should not exceed 300 lbs (136 kg).

For the Resistance Bands

- Check the resistance bands for cuts, scratches, cracks, punctures, or discoloration. If any flaws are discovered, discard and never attempt to repair. Resistance bands are not designed to last forever.
- Never release a tube or loop band while under tension. For tube bands, this means never take your foot off the middle of the band while it is still under tension. For loop bands, always grab the band with both hands before releasing the band from the body part it is supporting (knee, armpit, torso, etc.) and make sure there is no tension prior to removing from your limbs.
- Avoid jerking the band. Begin all exercises slowly to ensure band strength.



WARNING: Never stretch a resistance band more than three times its length, as this can cause it to snap.

- Ensure the midpoint of the resistance band is properly secured to the bottom arch section of your foot. Ensure the bands will not slip away from your anchored shoes to avoid injury. Don't step on the band when sharp or jagged rocks are underneath your foot.
- When finding a suitable anchor for the loop bands, never use a sharp-edged or abrasive anchoring point. Placing a towel or protective soft material over an anchor may help reduce wear and tear over time and help protect the anchor. This anchor must be able to sufficiently hold your weight.

NOTE: Wearing eye protection can prevent injury in case the band snaps unexpectedly.

Person above 6' 6" (2 meters) high should not fully extend their arms for the Overhead Press (BND) to avoid stretching resistance tubes above 3 times their length.



For the Jump Rope

- The Olympus Grip jump rope exercises are strenuous, high-intensity cardiovascular activity. The Olympus Grip Jump Rope attachment is not for inexperienced jump ropers. It's a heavy jump rope that entails rotating over 6 pounds of weight per revolution.
- Don't use the jump rope to conduct any suspended resistance exercise, where your body hangs or leans from an anchor point. Although nylon rope attachment is strong, the integrity of the rope will decrease rapidly as the jump rope connects with the ground and wears. Also, the plastic carabiners are designed to reduce the wear against the metal eye bolt, not support your body weight.

- Only the Olympus Grip Strap System should be used to carry your weight and conduct Strap Resistance exercises, which entails suspended or leaning exercises from an anchor point.
- Traveling jump-rope exercise can result in tripping, so jump rope timing, focus and length is critical. Master the beginner exercises first.
- A jump rope which is too short or too long can hamper skipping movements, strike you in the head, and cause injury.

WARNING: Always maintain proper form and pay attention to the rope's rotation to avoid accidents.

For the Phone Mount

- If you are moving or exercising, be sure to always watch your surroundings instead of the phone screen. Only look at your phone screen when you are stationary or resting between exercises.
- The phone and phone mount may get into your way and cause an injury while you exercise. Keep the phone mount as far away from your body as possible while you exercise. You may need to make adjustments when using the phone mount for certain exercises. For example, if you move from a pull-up to a dip exercise, you will need to unclip both carabiners on the left grip and rotate so the phone stays to your outside. Also, for some self-resistance exercises, you may need to rotate or swap hand placement to prevent the phone mount from impeding your movement. Use this phone mount at your own risk.
- When performing ground resistance exercises and the base of the grips are lying on the ground, the phone mount and phone will place additional weight on that side and may cause the handle to topple over and cause injury.

WARNING: Never apply force towards the side of the phone mount, your weight should always go into the center of the grip directly below the midpoint of the handle.

- When using the phone mount with straps, bands or jump rope always make sure these items don't get tangled or wrapped around the phone mount as this can cause injury.

Olympus Grips

What is the Olympus Grip V1.0?

The Olympus Grip is the world's most comprehensive and portable gym - with over 800 exercises and 250 workouts! Its compact and light design provides you with more opportunities to exercise and workout anywhere! The Olympus Grip is light and compact so you can carry it with you, use it while you walk or run, and easily store it when its not in use. The Olympus Grip provides the Double Workout Advantage® by combining lower and upper body workout routines and exercises into one for greater efficiency. For example, if you are going out for a walk or jog, you can take the Olympus Grip with you and perform an upper body workout simultaneously either by providing dumbbell or Self Resistance exercises. Self Resistance allows you to create weight by resisting the movement of your opposing arm. If you're at home or at a park, you can utilize the grips as push-up bars. The comfortable grips, keep your hands clean and keep your wrist in a neutral position help to alleviate elbow and wrist pains related to their overextension. The traction on the bottom of the grips facilitates crab walks and bear crawl exercises. The X-anchor mount installed in your home or any exterior suitable anchors like playgrounds posts facilitates strap resistance exercises that can either entail body leaning or full suspension like pull-ups and dips. If you need help progressing to these tougher exercises, don't worry there is a loop band in your backpack to give you added assistance. Inside your backpack also contains two sets of 10 and 50 lbs tube bands which is another way to increase total body resistance without carrying around weights. For intense cardio workout, you can attach a jump rope attachment. Lastly, all the accessories are organized in mesh bags that can be used as distance markers for speed, agility, and quickness training exercises. If any of these exercises or workout routines seem new to you, don't worry, the app comes with a phone mount and a free Olympus Grip app that will show you how to correctly perform a repetition for every exercise and lead you through hundreds of workouts. The Olympus Grip app will log all your activity.

What is the Olympus Grip V2.0?

It's the functionality of the Olympus Grip V1.0 but it comes with additional tech to track all the weight you and pushing and pulling while you exercise. Why is this important? It give you motivating data points that allow you to track your calisthenic weight lifting progress for every exercise and workout. It also allows you take control of your rep counts and interval progression without touching your app screen.

Mechanical Features

Aluminum Chassis
Strong, light and rustproof.

Swivel Eye bolt
Rotate 360 degrees to allow for greater control during strap resistance, band resistance, and jump rope exercises.

Release Level
Facilitates quick connect and disconnect.

Silicon Handle
Durable, comfortable, and effective in all climate conditions.

Left or L Grip

Right or R Grip



Phone Mount Rails

An optimal phone holder can be attached to view the Olympus Grip App

Safety Latch

For secure grip connection and disconnection.

SR 360 Connect

Pin and Slotted Circular Hole allows for a rapid connection for Self-Resistance exercises. The 360-degree rotation optimizes range of motion and comfort for each exercise. Maximum weight capacity is 100 lbs.

Rubber Surface
Enable high impact exercises. Adds friction to prevent unwanted surface sliding



Slotted Circular Hole

Electronic Features



Item	Function
Rep "R" Button	- Press the Rep "R" button to turn on the grips. During a Workout: - Short press: Counts a rep. - Long press: Signals completion of all target reps for the interval. NOTE: If the "Rep Push Button Counter" feature is disabled in the Olympus Grip App, reps are counted automatically based on average time per rep.
Interval "I" Button	LED Backlight Power Status: The "I" button backlight indicates battery level: Green Light: Battery is > 50% charged. Blue Light: Medium charge (49% to 15%). Red Light: Low charge (< 15%). Grip Connection Status: - Solid Light (Any Color): The grip is connected to the Olympus Grip app. - No Light: The grips are off. App Connection: Long press the "I" Button to initiate the connection between the grips and the Olympus Grip app. Interval Transition: During a live workout, pressing the "I" Button will move you to the next interval.

Item	Function
USB Port	Charging with USB-C: Use the USB-C port to charge each grip. Charge the grips when the battery drops below 15%, as indicated by a red LED backlight on the "I" Button. Charging Indicators on the "I" Button LED backlight: ● Green Light: Grips are fully charged. ● Red Light: Low battery, needs charging. Important: Do not use the grips while they are charging. To prevent water or debris damage, always remove the charging cables and close the USB-C port covers.

Technical Specification

Olympus Grip V2.0 Specification	
Operation	Button Control/ LEDs/ App Control/ Weight Measurement
App. Connection Mode	BLE 5.0
Bluetooth Range	30ft / 10 meters
Power Capacity	Li Ion Battery 3.7V/620mAH
Power Input	4.75-5.25V, 0.5A, USB-C
Power Consumption	40mW
Charging Time	2.5 hrs
Running Time	50 hrs
Grip Size	23x13x12cm/ 9x5.1x4.7 inches
Weight	0.6 kg/ 1.3lbs per grip
Material	Plastic, Silicon & Metal
Operation Temperature	-10°C to 45°C (14°F to 113°F)

Electrical Operation

Battery Level & Charging

Fully charge the grips before using them for the first time to maximize the battery's lifespan.

- The LED backlight of the "I" button indicates three battery level ranges. See page 15 for more detail.
- The exact percentage of each grip's battery is shown on the live workout dashboard in the Olympus Grip app.



Turning On the Grips

To power on the grips, press either the Red Repetition "R" Button or the Interval "I" Button.

Turning Off the Grips

The grips do not have a dedicated off button. They will automatically turn off after a period of inactivity. You can adjust the timing for automatic shutoff within the Olympus Grip app under the grip settings.

Recording a Repetition (During a Workout)

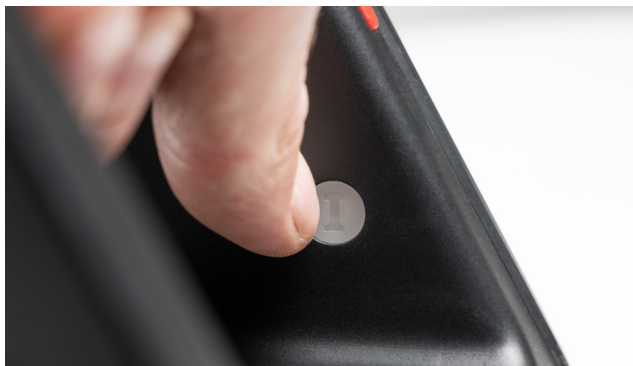
- Short Press: Press the Rep Button once to count a rep.
- Long Press: Hold the Rep Button to signal that you've completed all target reps for the interval.



NOTE: If the "Rep Push Button Counter" is disabled in the app, reps will automatically be calculated based on the average time per rep.

Completing an Interval

During a live workout, press the Interval “I” Button to move to the next interval. Users can also move to the next interval by hitting “Next” on the live workout screen of the Olympus Grip app.



Operation (Olympus Grip Exercise Types)

There are 8 different major exercise types comprising over 800 exercises you can conduct with the Olympus Grip ®. The first 4 types you can conduct with the Basic Package of the Olympus Grip and don't require any additional equipment or installation:

- 1. Dumbbell & boxing (DB) exercises** occur when disconnected Olympus Grips are primarily used to perform dumbbell movements and the grips typically don't make contact with the ground. There are over 100 DB exercises displayed on the Olympus Grip app.
- 2. Self-resistance (SR) exercises** are when one arm resists the movement of the opposite arm. SR exercises consist of isometrics and dynamic resistance exercises. This is the only exercise type that requires the Olympus Grips to be connected. There are over 40 SR exercises displayed on the Olympus Grip app.
- 3. Ground resistance (GR) exercises** occur when the base of the grips make contact with the ground and your arms carry a portion of your body weight (e.g., push-ups). There are over 190 GR exercises displayed on the Olympus Grip app.
- 4. Ground lower body (GLB) exercises** are leg or abdominal exercises (e.g., squats) that permit simultaneous, secondary upper body exercises such as DB or SR exercises. There are over 90 GLB exercises displayed on the Olympus Grip app. There are thousands of different combinations of GLB and DB and SR exercises. If a GLB exercise is chosen as a primary exercise, you can choose most SR and DB exercises as a secondary exercise.
- 5. Strap resistance (STR) exercises** require connection to the Olympus Grip Strap System and entail suspended or leaning movements from an anchor point. The Olympus Grip app displays over 150 STR exercises.

6. Foot cradle (FC) suspensions are ground resistance exercises that utilize the Olympus Grip Strap System to create foot cradles to elevate your legs. There are over 30 FC exercises displayed on the Olympus Grip app. Exercises can be performed in the prone, plank, supine, or L-sit positions.

7. Band resistance (BND) exercises require connection to tube bands for added resistance. See the Resistance Band Installation section for more details. There are over 40 BND exercises displayed on the Olympus Grip app.

NOTE: exercises requiring loop bands are typically included in the GR and STR activities and denoted by "Band" in the title.

8. Heavy jump-rope (JR) exercises require a connection to a rope. It's a high calorie burn activity that entails rotating over 6 pounds of weight per jump rope revolution. There are over 12 JR exercises displayed on the Olympus Grip app.

Download the Olympus Grip app for access to guided workouts. For detailed information on app functionality, see the APP Features section.



How to Use

Holding the Olympus Grips

The right hand holds the silicone grip labeled "R" on the base ("R" grip). The release lever should be on the right side of your hand and accessible to the index finger.

The left hand holds the silicone grip labeled "L" on the base ("L" grip). The phone attachment (if installed) is less likely to get in your way if it stays to the left of your left hand. See the Phone Mount Assembly section for details.

Connecting the Two Grips Together

1. Extend your right index finger and press down the release lever of the "R" grip toward the center of the grip until the pin extends fully. If you're having trouble pressing down the release lever with your index finger, try using multiple fingers and gain additional leverage by propping the edge of the "R" grip against your stomach or any surface, making sure the bottom base of the grip is not touching any surface, so the pin can move freely when pressed.
2. Once the pin is fully extended, move it towards the slotted circular hole on the bottom base of the "L" grip.



3. Once the pin is inside the circular part of the hole, slide the “R” grip upwards towards the thin end of the slotted circular hole on the “L” grip (i.e., the narrow end of the raised tear). Once you hear an audible click and the bases of the grips are aligned, release the lever.



The grips are now locked in place, and the base of each grip should be centered along the pin axis. Be sure to test the connection before use by pulling the grips apart and rotating the grips away from your body to avoid bodily injury. See the Olympus Grip app Safety Video for video demonstration.

4. The Olympus Grip V2.0 includes an additional safety latch for enhanced security. Once the grips are connected, use your left thumb to slide the safety latch from the red dot to the locked icon, ensuring the grip is securely fastened. If you see the red dot that means the safety latch is unlocked.

Disconnecting the Two Grips

1. Ensure the "R" grip is in your right hand and the "L" grip is in your left hand. Press the base of the grips together so the bases are touching and there is no gap.
2. The Olympus Grip V2.0 includes an additional safety latch for enhanced security. To unlock the safety latch, use your left thumb to slide the safety latch from the locked icon to the red dot position. The Olympus Grip V1.0 users can ignore this step.
3. Push the release lever on the "R" grip toward the grip center as far as will go. If you have difficulty pressing the release lever, try propping the edge of both grips against your stomach or any surface so you can use more than one finger.
4. Slide the "R" grip down toward the large end of the raised droplet (i.e., slotted circular hole) on the "L" grip. Note the large part of the slotted circular hole on the bottom of the "L" grip is where the pin must exit.



5. Move the grips apart gently, and let go of the lever and pin once it is free from the slot.

Hand Placement

Your selected exercise will determine optimum hand placements for the grips. Choose from the following:

Palm Up



Palm Down



Neutral/Hammer



Care & Storage

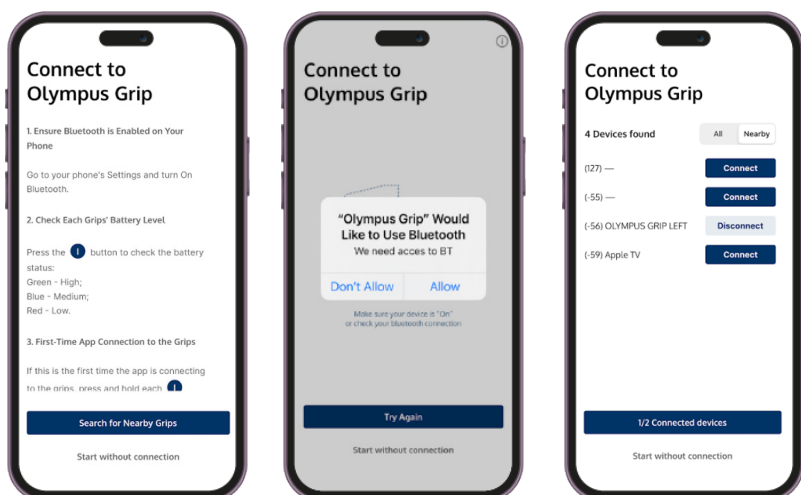
Your Olympus Grip has been carefully designed to require minimum maintenance as outlined below:

1. Wipe sweat, dirt, and other residue off the entire grip surface with a soft, clean cloth after use.
2. Pay special attention to wiping down the slotted circular slot and chamber in the bottom of the "L" grip which should be free of debris for correct grip connection. You can use a dry cloth or cotton swab to clean the inside of the hole. Don't spray water into this hole as it could leak into the walls of the grips.
3. Debris or dirt may get stuck underneath the pin on the "R" grip causing it to protrude along the bottom of the base of the pin, which may cause the "R" grip to become unlevel for ground resistance exercises. Extend the pin and use a cloth to clean the underside of the pin and its surrounding enclosure at the base.
4. Protect the Olympus Grip from the elements when not in use. Avoid storing in direct sunlight. Equipment should not be stored outside, in wet environments, or near heat sources.
5. Don't submerge your grips in water.
6. If the lever on the right grip becomes difficult to press or pin encounters friction when the grips are connected, lubricate the slot metal walls of the left grip and the small gap surrounding the pin at the base and the lever of the right grip with a silicone-based lubricant spray precision straw.
7. Silicone-based lubricant should also be applied to areas where rust is visible. Although the Olympus Grip V1.0 is largely made out of stainless steel the wear and tear of the product combined with sweat and moisture can cause rust overtime. The Olympus Grip V2.0 is largely made out of aluminum but there are few parts made from stainless steel.



App Connection

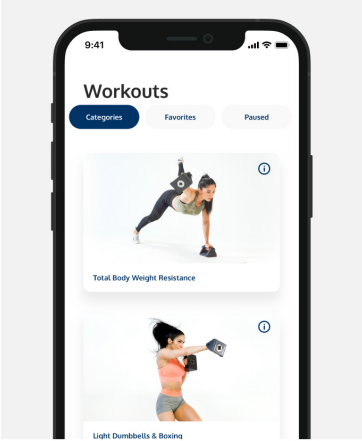
1. Download the Olympus Grip app from the Apple App Store.
2. Open the app and follow the instructions to sign up.
3. To initiate the connection process with the Olympus Grip app, one of the following activities need to be initiated on the app:
 - Live Workout - Start any workout
 - Grip Calibration - in Grip Settings
 - Grip Weight Adjustment - in Grip Settings
4. Press and hold the "I" Button on both grips to initiate the connection.
 - Ensure the grips are powered on and sufficiently charged by pressing the "I" or "R" Button.
 - Ensure Bluetooth is enabled on your phone. If no, go to your phone's settings and turn on the Bluetooth.
 - The bluetooth performance may be impacted by the distance between the grips and the app. Although the max boundary of the grips is 10 meters, try to keep the grips within a body length away to maintain a stable connection. For that reason, it may be helpful to utilize the left grip's phone mount.
5. Go to the devices page in the app, locate your Olympus Grip, and select the Olympus Grips (Left & Right) to complete the connection. The LED on the grips will turn on, indicating a successful connection (app images shown below).



NOTE: The Olympus Grip app can memorize multiple paired grips. You can forget grips that you no longer wish to connect with.

APP Features

Workouts



Categories

Over 250 workout options.

Paused

Allows you to go back to paused workouts within 24 hr.

Favorites

Allows you to save and edit workouts and keep them in one place so they are ready to start. You can also customize and add new exercises.

Categories



Total Body Weight Resistance

Incorporates the most popular exercise types and minimizes set-up time



Light Dumbbells & Boxing

Incorporate total body or upper body only dumbbell exercises.



Self Resistance

Connected grips to add as much weight as your opposing arm can resist



Point to Point

Move forward across a field with each rep



Strap Resistance

Use straps for dips, pull-up and leaning exercises.



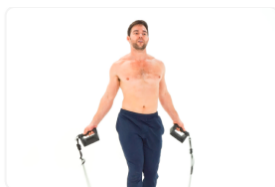
Band Resistance

Use tube bands to add additional resistance to your dumbbell exercises



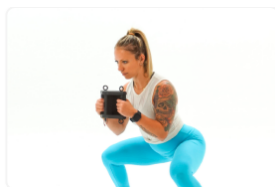
Foot Cradle

Adds your additional lower body weight to plank and dip like exercises.



Heavy Jump Rope

Provides an intense cardio and high burning calorie workout



Single Area Focus

Targets specific muscle groups rather than total body.



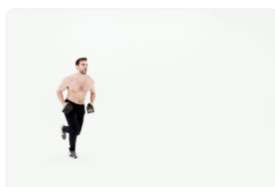
Random Workout

Allows users to try new workout based on their preferences.



Just Metrics Workout

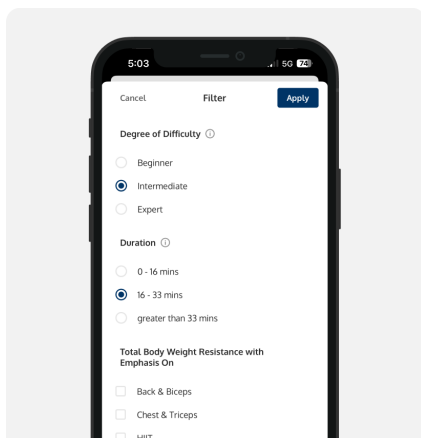
When users just want to capture weight and reps metrics are don't require an set exercise plan.



Track & Field

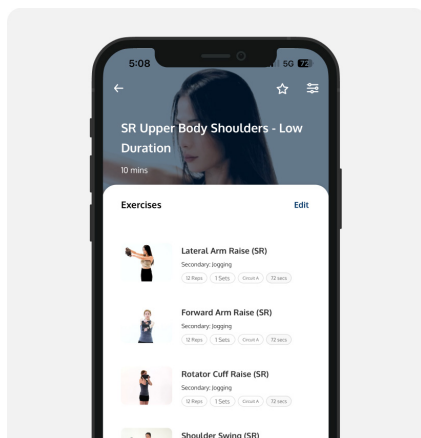
Track & Field

Workout Filters & Exercise List



Workout Filters

Find the optimal workout based on degree of difficulty, time duration & muscle group.

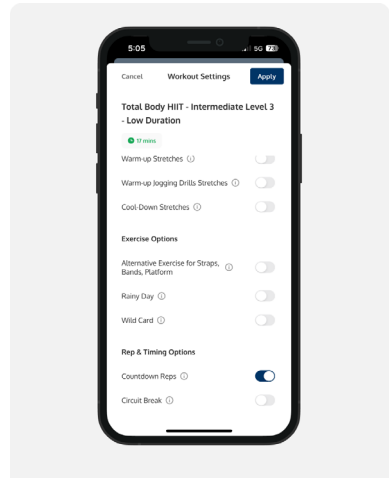


Workout Exercise List

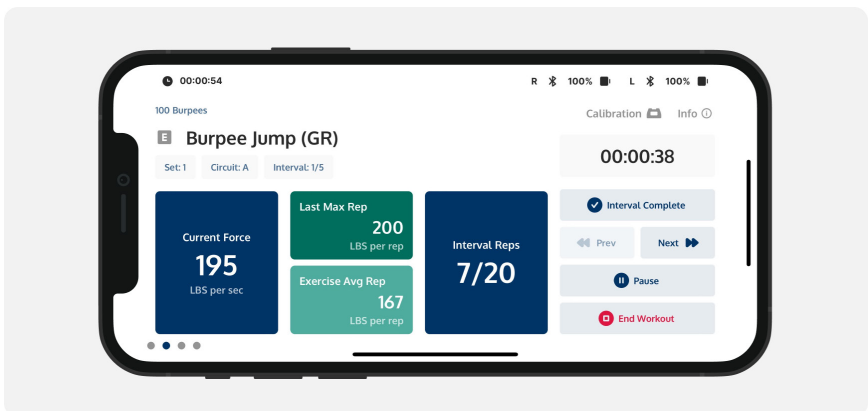
States the exercises, sets, and reps of a selected workout.

Workout Settings

- **Stretching plan options** to add directly to the workout.
- **Alternative exercise & Exercise progression options** – allows you evolve the workout based on your abilities, equipment, and preferences.
- **Wild Card Exercises** – introduces random exercises into a workout.
- **Automatic rep counter** – user may press a button to count reps based on the typical time to complete it.
- **Circuit Break** – provides additional rest time between circuits.



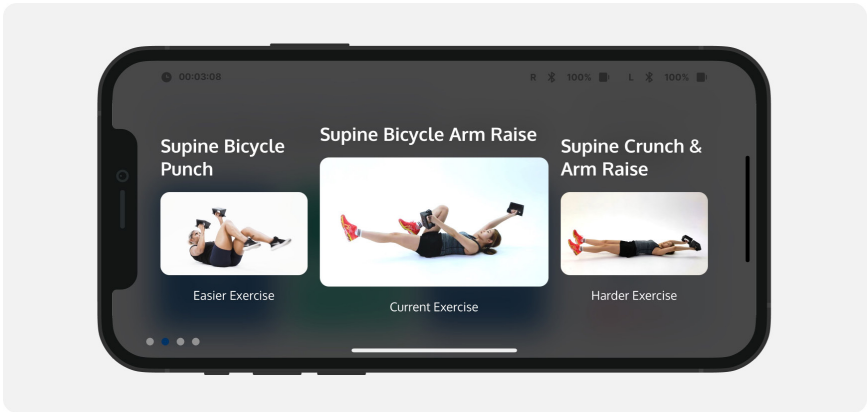
Live Workout Dashboard



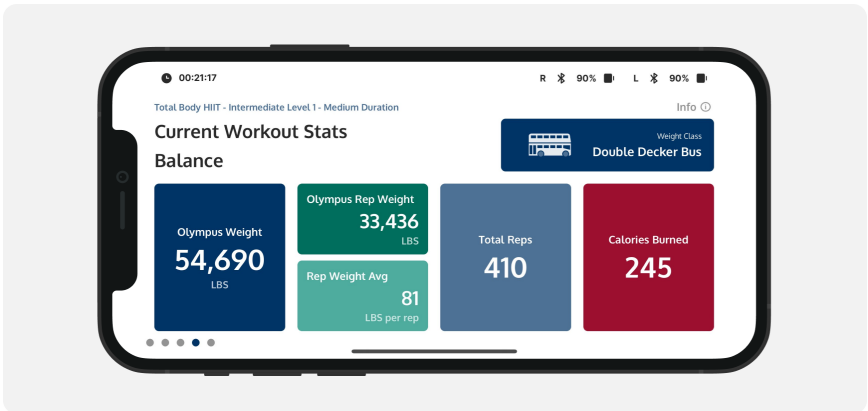
1. **Current Force** - average weight measured per second.
2. **Last Max Rep** – the maximum current force measured over each rep.
3. **Exercise Avg Rep** – tells you if your current Last Max Rep is below or above the avg for the exercise.
4. **Reps** – number of completed and target repetitions for the exercise interval.
5. **Sets, Circuit, Interval Data** – indicates the amount of work that needs to be done per exercise.
6. **Primary & Secondary Exercises** – allows you to mix and match thousands of combinations of lower and upper body exercises.

- 7. **Workout Time** – provides workout and interval duration.
- 8. **Interval Plan** – Swipe right provides an in depth tabular look of all the workout data metrics at the interval level.
- 9. **Exercise Progression** – Gives you the option to choose a less or more challenging exercise during the workout.

Exercise Progression



Live Workout Stats

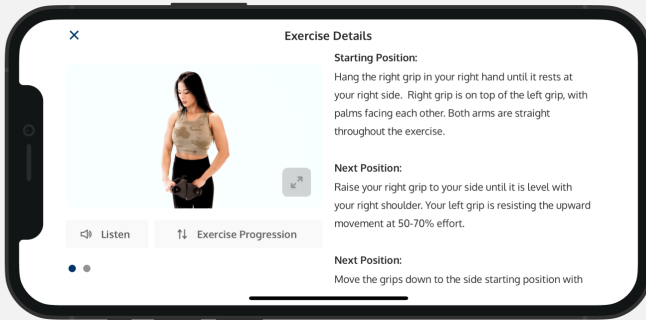
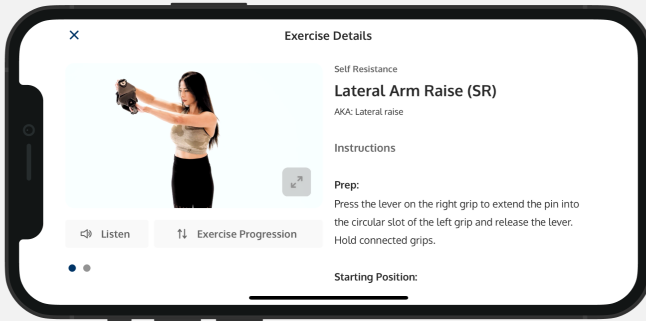


- 1. **Olympus Weight** – the Current Force cumulative balance over time measured in lbs per second.
- 2. **Olympus Rep Weight** – Cumulative balance of Last Max Rep Weight measured in lbs per rep.

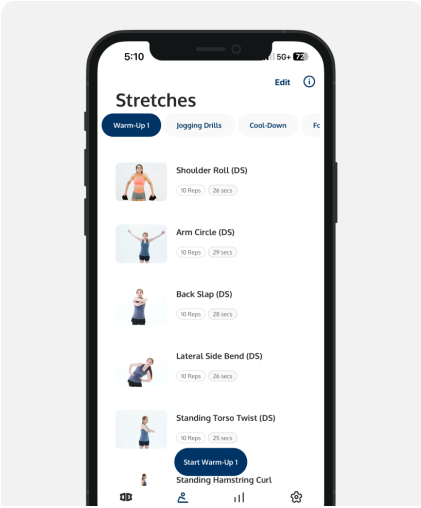
- 3. **Olympus Rep Weight Avg** – Last Max Rep average over the course of the workout.
- 4. **Total Reps** – total repetitions for all the exercises in the workout.
- 5. **Calories Burned** – estimates how many calories you burned given the intensity of the exercise, the duration of the exercise, and your weight.
- 6. **Weight Class** – Motivational Olympus Weight Milestone achievements.

Exercise Instructions

Includes a video, exercise progression, and in-depth exercise information, audio instruction.

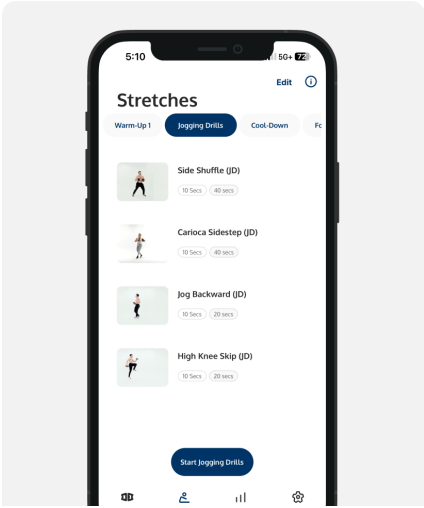


Stretches



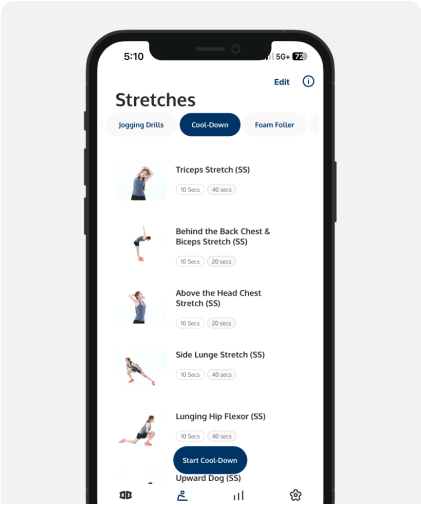
Warm-Up Stretches

Dynamic stretches to activate and warm-up every major part of your body.



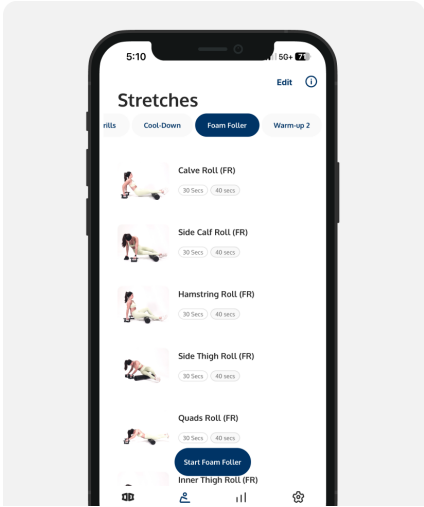
Jogging Drills

Active movements to warm up and stretch prior to running.



Cool Down Stretches

Static stretches designed to improve your flexibility post workout.

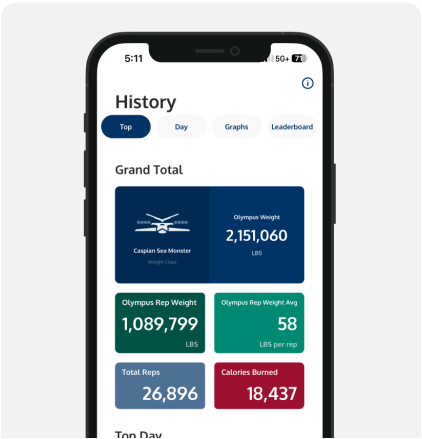


Foam Roller Stretches

Guide you through foam roller exercises to help you loosen your major muscle groups.

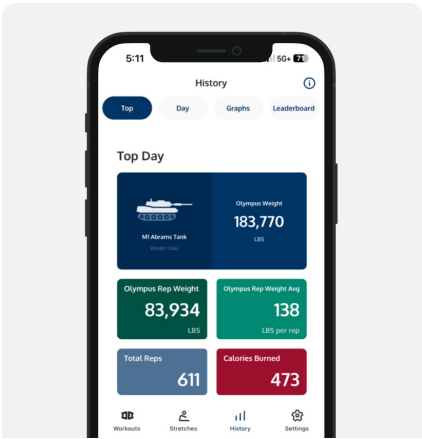
History

Top



Grand Total

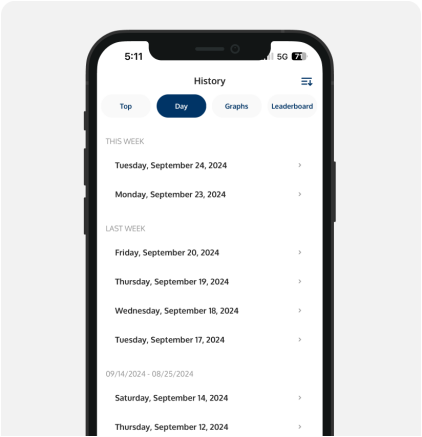
States the metric balance over every single workout.



Top Day

Indicates the highest metric results on a single workout day.

Day

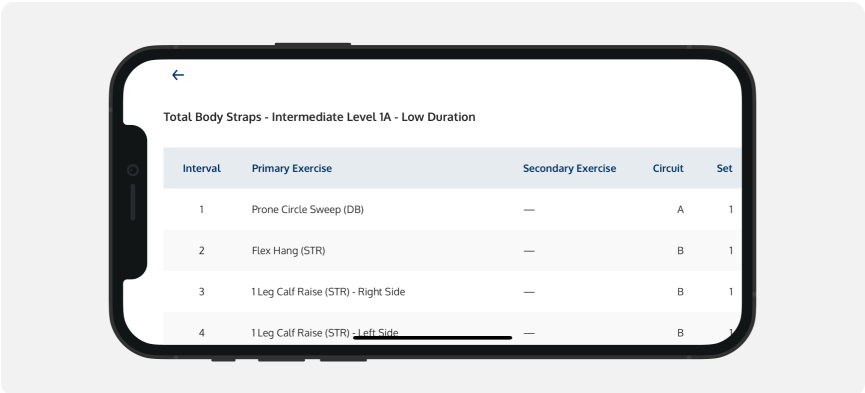


Day

Reviews workout results for any past chosen workout day

Interval Log

Provides the most detailed data for your workout at the interval level.



Scrolling to the right shows the following variable per exercise interval:

- Target reps & reps completed.
- Olympus Weight & Olympus Rep Weight.
- Rep Weight Avg.
- Burned Calories.
- Time and Rest Time.
- Custom Notes.

Graphs

