



## User guide

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## 1. Warnings



### Tack för att du köpt en produkt från RMJ Health AB!

Vårt fokus ligger på hög kvalitet i träning och rehabilitering. Hos oss hittar du allt från knäskydd till träningsband.

**Warning:** Innan du påbörjar din träning eller rehabilitering är det viktigt att läsa detta först. Kontakta en sjukgymnast eller personlig tränare om du är osäker på hur en övning ska utföras. Om du upplever smärta eller känner dig svimfärdig under träningen avsluta träningen omedelbart och kontakta en läkare. Produkten är lämplig för träning i hemmet såväl som på en idrotts- eller träningsanläggning. Inspektera alltid produkten och dess fästpunkt innan användning. Du måste alltid vara helt säker på att fästpunkten och produkten är tillräckligt stabil för att klara belastningen innan utförande av övning. Vid frågor kontakta vår support, [support@rmjhealth.com](mailto:support@rmjhealth.com)

**Warning:** Den här produkten är inte en medicinsk artikel utan bör användas som ett komplement för att underlätta fysisk aktivitet. Om du har en medicinsk åkomma bör du kontakt en läkare innan produkten används. RMJ Health AB kan inte garantera att skador inte uppstår även om produkten används korrekt men med rätt utrustning, sunt förnuft och kunskap minskar risken.



### Thank you for purchasing a product from RMJ Health AB!

Our focus is on high quality of training and rehabilitation. In our product range you will find everything from knee pads to exercise bands.

**Warning:** Before you begin your training or rehabilitation, it is important to first read this. Always consult a physical therapist or personal trainer if you are unsure how an exercise should be performed. If you experience pain or feel faint during exercise, stop training immediately and consult a physician. The product is suitable for home use as well as at a sport- or training facility. Always inspect the product and its point of attachment before use. You must always be absolutely sure that the anchor point and the product are stable enough to withstand the load before performing exercises. For questions, contact our support via mail at, [support@rmjhealth.com](mailto:support@rmjhealth.com)

**Warning:** This product is not a medical article, but should be used as an adjunct to facilitate physical activity. If you have a medical condition you should contact a doctor before use. RMJ Health Ltd cannot guarantee that damage will not occur even if the product is used correctly. With proper use, the right equipment, common sense and knowledge of the risks the risk will be minimized.

F



### **Merci d'avoir acheté un produit de RMJ Health AB!**

Notre attention se porte sur la haute qualité de l'entraînement et de la rééducation. Chez nous vous trouverez tout, de la genouillère aux bandes d'exercice.

**Attention!** Avant de commencer votre entraînement ou votre rééducation lisez impérativement ce qui suit. Contactez un physiothérapeute ou votre entraîneur personnel si vous n'êtes pas sûrs de la façon de faire un exercice, Si vous ressentez une douleur ou vous sentez faiblir pendant un entraînement, arrêtez immédiatement l'exercice et contactez un médecin. Ce produit convient pour l'entraînement à domicile ou dans un gymnase ou une salle d'entraînement. Contrôlez systématiquement ce produit et ses attaches avant utilisation. Vous devez toujours, avant chaque exercice, être sûr des attaches et que le produit supporte les charges. Pour toute question contactez notre support, [support@rmjhealth.com](mailto:support@rmjhealth.com)

**Attention!** Ce produit n'est pas un médicament et ne peut être utilisé que comme complément pour faciliter l'activité physique. Si vous suivez un traitement médical vous devez contacter un médecin avant d'utiliser ce produit. RJM Health AB ne peut garantir la qu'une blessure se produise même si ce produit est utilisé correctement, mais avec un matériel adéquat, du bon sens et de l'expérience, les risques sont réduits.

ES



### **¡Gracias por haber comprado un producto de RMJ Health AB!**

Nuestra atención se centra en la alta calidad del entrenamiento y la rehabilitación. A través de nosotros encontrará todo desde protección de rodilla hasta las bandas de ejercicio.

**Advertencia:** Antes que usted comience su entrenamiento o rehabilitación, es importante que lea estas instrucciones. Consulte con un fisioterapeuta o entrenador personal, si usted no está seguro de cómo realizar un ejercicio, si siente dolor, se siente mareado durante el entrenamiento pare inmediatamente y consulte con un médico. El producto es adecuado para un entrenamiento en el hogar, en un centro deportivo o gimnasio. Siempre revise el producto y su punto de unión antes de su uso. Debe estar seguro de que el punto de union y el producto es lo suficientemente fuerte como para soportar la carga antes de la ejecución del ejercicio. Si tiene alguna pregunta por favor póngase en contacto con nuestra empresa, [support@rmjhealth.com](mailto:support@rmjhealth.com)

**Advertencia:** Este producto no es un artículo médico, es un complemento para facilitar la actividad física. Si usted está en tratamiento, debe contactar a su médico antes de usar el producto. RMJ Health AB no puede garantizar que no se produzcan daños. El riesgo se reduce si el producto es usado correctamente, con el equipo adecuado, el sentido común y con el conocimiento.

DE



Vielen Dank, dass Sie ein Produkt von RMJ Health AB gekauft haben!

Unser Augenmerk gilt höchster Qualität bei Training und Rehabilitation. In unserer Produktpalette finden Sie alles vom Knieschützer bis zum Gymnastikband.

**Warnung:** Bitte lesen Sie die folgenden Informationen, bevor Sie mit dem Training oder der Rehabilitation beginnen. Bitte fragen Sie immer zuerst einen Physiotherapeuten oder Trainer, falls Sie sich über die korrekte Ausführung einer Übung unsicher sind. Falls während der Übung Schmerzen oder Unwohlsein auftreten stoppen Sie bitte umgehend das Training und konsultieren Sie einen Arzt. Das Produkt ist sowohl für den Hausgebrauch als auch für das Training in Sporteinrichtungen geeignet. Bitte untersuchen Sie das Produkt vor jeder Benutzung. Versichern Sie sich jedes Mal vor dem Üben, dass der Befestigungspunkt und das Produkt stabil genug sind um der Trainingsbelastung standzuhalten. Bei Rückfragen kontaktieren Sie bitte unseren Support via E-Mail unter [support@rmjhealth.com](mailto:support@rmjhealth.com).

**Warnung:** Dieses Produkt ist kein Medizinartikel, kann aber als Ergänzung zur Erleichterung sportlicher Aktivitäten genutzt werden.

Bitte konsultieren Sie vor dem Gebrauch einen Arzt, falls Sie unter medizinischen Beschwerden leiden. RMJ Health Ltd. kann auch bei korrekter Benutzung eine Beschädigung nicht ausschließen, aber mit entsprechendem Wissen, der richtigen Ausrüstung und gesundem Menschenverstand lässt sich dieses Risiko reduzieren.

## 2. Intended use

Activation Grip is a glove, to which you can attach a weight to be able to train the upper body strength without holding an object in your hand. Activation Grip can also be used to train the strength of the upper extremity by imitating the sport you practice as much as possible.

Intended use for Activation Grip is as an aid in the rehabilitation of people who can't hold an object in his/her hand such as hand injured individuals and individuals with impaired function of the hand as rheumatism. The product can also be used by athletes and exercisers who usually hold their sports gear in the hand.

The use of Activation Grip is intended in the home, fitness center or sports center. Follow the instructions carefully before using the product in order to minimize the risk of accidents.

Maximum load for Activation Grip is 45 kg.

### 2.1 Before use

Follow the bulleted list each time before using the Activation Grip:

- Make sure the glove is not damaged by following these points:
  - Is the eyelets, rings and cord damaged?
  - Is the resistance connected properly in the glove?
  - Is the resistance point of attachment stable and stays in place for training?
  - Is the glove correctly placed on your hand? The print should be on the back of the hand. (See image below)



Figure 1: Suggested coupling Activation Grip to a cable pulley machine.

## 2.2 After use

Follow the bulleted list each time after using the Activation Grip:

- Make sure the glove is not damaged by following these points:
  - Is the eyelets, rings and cord damaged?
  - If you share the glove with other people, make sure to clean it with fragrance free soap and water after use to minimize the risk of infection.

## 3. Example of exercises

*Activation Grip at the gym:*

Connect the Activation Grip to a cable pulley machine by putting the snap hook in the ring on the inside / outside of the hand, depending on the exercise. Select the desired resistance of the machine.

*Activation Grip at home:*

Connect Activation Grip to the exercise band. Choose a secure point of attachment in the home that cannot tip over or break. Door or banisters are recommended. Doorstop is available as an accessory on [www.activationgrip.se](http://www.activationgrip.se)

Below are some simple exercises that provide a good workout for the upper body. For more exercise suggestions, visit [www.activationgrip.se](http://www.activationgrip.se)

### 3.1 Biceps

*At the gym:*



*Start*



*Stop*

Move the hand against the shoulder as far up as you can. Proceed slowly back to the starting position and repeat the movement.

*At home:*



*Start*



*Stop*

Move the hand against the shoulder as far up as you can. Proceed slowly back to the starting position and repeat the movement.



### 3.2 Triceps

*At the gym:*



*Start*



*Stop*

Keep your arm in a 90 degrees angle and extend your arm completely. Proceed slowly back to starting position and repeat.

*At home:*



*Start*



*Stop*

Hold up your arm with your elbow pointing forward. Stretch out your arm as straight as possible while maintaining the same angle of the upper arm. Proceed slowly back to starting position and repeat.

### 3.3 Shoulders

*At the gym:*



*Start*



*Stop*

Start with the arm along the side of the body and then lift with your arm stretched straight out from the body at shoulder height. Slowly return to start position and repeat. NOTE: If you feel any the pain in the shoulder area, do not go higher then what is painless!

*At home:*



*Start*



*Stop*

Start with the arm along the side of the body and then lift with your arm stretched straight out from the body at shoulder height. Slowly return to start position and repeat. NOTE: If you feel any the pain in the shoulder area, do not go higher then what is painless!

### 3.5 Back

*At the gym:*



*Start*



*Stop*

Stand with your legs slightly bent and arch your back. Pretend you are holding a stick and pull your hands up towards your chest. Slowly return to starting position and repeat.

*At home:*



*Start*



*Stop*

Stand slightly leaning forward with your weight on your front leg. Pull your arm back, as high as possible. Remember to also use the back muscles in the movement. Slowly return to starting position and repeat.

### 3.6 Chest

*At the gym:*



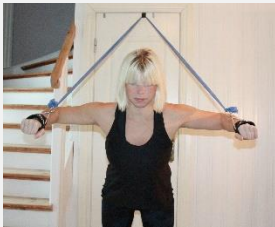
*Start*



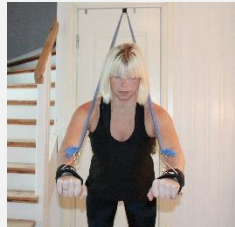
*Stop*

Start in a cross-like position where the arms are held straight out from the body. Push your hands together in front of your body still with outstretched arms. Remember to tighten up the chest. Slowly return to starting position and repeat.

*At home:*



*Start*



*Stop*

Start with hands parallel with your shoulders. Stretch your arms straight out. Remember to tighten up the chest. Slowly return to starting position and repeat.

## 4. Warranty and lifetime

RMJ Health offer 1 year warranty from date of purchase on Activation Grip. The warranty covers the production & manufacturing of the product and does not cover damage to the product due to improper use by the user.

Activation Grip has an estimated lifetime of 1 year in regular exercise.