Grip Calibration

In the meantime, if the gauge is dropped or mishandled, the calibration should be performed prior to the appearance of the software prompt. Place the grip dynamometer flat on a table as pictured below. The handle should be in position 2 (counting out from handle as pictured below). From the Main screen, select "Setup," "Calibrate," and "GripTrack" from the resulting menus. Make sure there is no externally applied weight on the gauge. Click on the "Zero Calibrate" button in the Grip Gauge Calibration dialog. Using a hook, attach a known weight to the center of the dynamometer as pictured below. Type the weight of the object into the dialog box and click on the button labeled "Weight Calibrate." The ideal weight for calibration purposes is 50 lb. and the minimum is 20 lb.

Zero Calibration   **Weight Calibration**