

# HOW TO USE ERA GRIP

Dear ERAgrip buyer,  
 We are delighted that you have chosen our product. We can already promise you that you've made the right choice!!!  
 We have summarised some general details about our product for you on the pages that follow. If you have any further questions, please contact us at: [shop@era-fit.com](mailto:shop@era-fit.com)

ERA GRIP SETS		ROOKY	RISE	PRO	HOMEGYM
ERAgrip		2x	2x	2x	2x
Vario 50 Adapter		4x	×	6x	6x
Vario 50 Screw		2x	×	2x	2x
Vario 30 Adapter		2x	×	2x	2x
Vario 30 Screw		2x	×	2x	2x
SZ Adapter		×	2x	2x	2x
Carabiner		×	2x	2x	2x
Lock Adapter		×	×	1x	1x
Resistance band		×	1x	×	1x
Weight plate 2,5kg		×	×	×	2x
Weight plate 5kg		×	×	×	2x
Baggy		1x	1x	1x	1x

## Scope of delivery

There are four different versions of ERAgrip.

**ROOKY · RISE · PRO · HOMEGYM**

The scope of delivery changes depending on which version you buy.  
 The table below outlines the individual components that come with the different sets.

## GENERAL PRODUCT DETAILS

Aside from the unique design, ERAgrip differs most from conventional dumbbells in terms of how they move and how force is exerted through them.

ERAgrip allows weight to be lifted directly under the palm of the hand, which is not the case with dumbbells or conventional cable attachments.

The unusual grip allows the user to stimulate muscles in new ways and therefore improves the results of the workout.

Changing weights quickly and easily is child's play for everyone thanks to our specially designed adapter system. This means that you don't have to buy countless dumbbells of different weights; instead, you can exercise your whole body perfectly with just a few dumbbells of different weights. You are free to choose between a diameter of 30mm or 50mm. Both versions are compatible with our multi-grip.

The adapter system can be expanded with any number of attachments. This allows the user to screw several weight plates on top of each other.

ERAgrip allows the user to perform workouts not only with weight plates, but also on cable machines or with resistance bands. It is our SZ adapter that makes this possible. It replaces numerous cable attachments and eliminates the problem of worn and sweaty grips in gyms.

An ergonomic and extremely innovative design makes working out very comfortable and the recesses at the fingertips allow the multi-grip to be adjusted to fit any hand size. Being small and compact, ERAgrip fits into any gym bag and can be taken anywhere. This means there is nothing to stop you from working out in a variety of locations.

## ONLINE WORKOUT VIDEOS:

When you purchase an ERAgrip "PRO" or "Home Gym" set from our online shop, you are entitled to a 12-month FREE membership to our premium MEMBER training portal with more than 200 exercises. Buyers of an ERAgrip "Rise" or "Rooky" set have access to our Free Member Area with free workout videos. Needless to say, all users have the option to buy a membership to the exclusive training portal in our shop at a later date.

(Kein Abo, der Premiumzugang wird automatisch wieder zur Free Member Area nach der gebuchten Zeit.)

**The best thing to do  
is to check it out  
right away!!!**



# ERAGRIP

The multi-grip is made of fibreglass composite plastic with a special surface finish. This material has allowed us to create a lightweight but robust design that is also waterproof and shock-resistant.

The black soft components are made of a non-slip rubber material to guarantee optimal grip during your workout.

ERAgrip sits perfectly in the hand thanks to its ergonomic design. Furthermore, the recesses at the fingertips allow for better grip during pulling exercises.

On the reverse side is a socket for various adapter systems.

The hand strap is attached to the ERAgrip with a click system. The design was conceived in such a way that the strap cannot come loose by itself. An extra integrated ring allows for increasing degrees of strength training using the back of the hand.

Our special adapter system enables the user to attach weight plates with a diameter of 30mm (VARIO 30) or 50mm (VARIO 50) to the multi-grip. Any number of attachments can be fixed to this system. This means that multiple weight plates can be attached one on top of the other.

We have developed a special eyebolt (SZ adapter) to fit our adapter system, which makes it possible to perform exercises on cable machines or with resistance bands. This means that the multi-grip can be taken anywhere and there is nothing to prevent you from working out on holiday or on a business trip.

It is also easy to exercise with weight plates using resistance bands by screwing the SZ adapter into the Vario 50 adapter.

The resistance bands are included in the RISE set and the HOME GYM set.

These are divided into 3 different weight levels.

**LIGHT: 2,5-5KG**

**MEDIUM: 5-10KG**

**HEAVY: 10-15KG**

The weight plates are included in the HOME GYM set.

The weight plates have been designed with a flanged precision stainless steel ring to allow smooth and trouble free loading and unloading of the plates without damaging the ERAgrip adapters.

**LIGHT: 2X 2,5KG**

**HEAVY: 2X 5KG**

# SAFETY INSTRUCTIONS

Our product has been tested and therefore meets the most up-to-date and highest safety standards. Despite this, the following guidelines should still be observed.

Before use, check that the delivery is complete (depending on the set; see table).

When assembling the ERAgrip, only use the parts supplied for the specific unit.

Before use, always check the ERAgrip for defects. If there is obvious damage to the exercise equipment, whether it be on the grip itself or on the adapters, it must be replaced immediately. Only use original spare parts for any repairs.

You can find these in our online shop at: [www.era-fit.com](http://www.era-fit.com).

If you are using ERAgrip for the first time, we recommend that you watch our introductory video or our training videos.

Before starting an exercise, always check that the connection or screw connection between the grip and the weight plates/resistance band or cable pull is secure and that there is no danger of it coming loose on its own.

Cable machines and resistance bands must only be attached to the eyelet of the hand strap or to the SZ adapter.

When using cable pulls with the SZ adapter, do not exceed the maximum load of **30kg per ERAgrip**.

When using cable pulls with the hand strap, do not exceed the maximum load of **20kg per ERAgrip**.

Weight plates must only be attached using the Vario adapter and nut included in the set. (50mm & 30mm diameter)

The Vario nut should only be tightened by hand - **do not use any tools to do this**.

Do not fix more than **4 attachments per ERAgrip** to the Vario 50 adapter.

Do not exceed the maximum load of **30kg per ERAgrip** when using VARIO adapters (50 or 30).

Weight plates with a diameter of 50mm must **NOT** be attached to the VARIO 30 adapter.

When adding attachments to the VARIO 50, always loosen the locking nut first, otherwise the joint may not be secure.

Do not attach both a VARIO 50 and a VARIO 30 to an ERAgrip at the same time!

If a seam in the wrist strap cracks or comes loose, it must be replaced immediately.

When using the Lock Adapter, always ensure that it is firmly connected to the VARIO adapter. As a general rule, we recommend watching one of our videos before using the Lock Adapter.

ERAgrip must not be used for long periods in water or rain.

# SAFETY INSTRUCTIONS

When using carabiners with the SZ adapter, they must be free-hanging.  
We recommend **100 x 10mm carabiners**.

If you use ERAgrip regularly, we recommend replacing the hand strap after six months to ensure that you can continue to use it safely.

Do not expose ERAgrip to intense heat or cold.

**Do not use aggressive cleaning agents** to clean the equipment.

**CAUTION!** If you experience dizziness, nausea, chest pain and/or other abnormal symptoms, discontinue exercise and consult an appropriate physician.

Children, handicapped people and those with disabilities should only use ERAgrip in the presence of another person who can provide assistance and guidance.

Before each use, check that the hand strap is functioning properly (adhesion of the Velcro) and that it is not damaged!  
If the adhesion of the Velcro tape is not 100%, do not use the ERAgrip anymore.

All strength training carries a risk of injury, so every user uses ERAgrip at their own risk.

# COMPONENTS AND TECHNICAL DATA



## ERAGRIP

ERAgrip is the centrepiece of our exercise system. You can attach weight plates, resistance bands or a cable pull to the underside of the two handles as required. An integrated ring allows for increasing degrees of strength training using the back of the hand.

The unique design and innovative shape enables you to exercise your muscles in a new and innovative way.

### TECHNICAL DATA:

Material: Hard components: PA GB30 (filled glass sphere)  
Soft components: TPE 70 Shore A

Weight: Hard components: approx. 8g  
Soft components: approx. 7g



## VARIO 50 ADAPTER

There is no training without it - this all-rounder is what makes it possible for you to perform more than 100 exercises with ERAgrip. The Vario 50 adapter allows you to attach weight plates (50mm diameter) to the ERAgrip.

### TECHNICAL DATA:

Material: PA GB30 (filled glass sphere)  
Weight: 68 grams



## VARIO 50 SCREW

Without the Screw - no hold. Every weight plate needs a means of fastening. The Vario 50 Screw is used to attach weight plates (50mm diameter) to the ERAgrip.

### TECHNICAL DATA:

Material: PA GB30 (filled glass sphere)  
Weight: 64 grams



## **VARIO 30 ADAPTER**

The little brother of the Vario 50 Adapter. It is designed for weight plates of a smaller diameter. The Vario 30 adapter allows you to attach weight plates (30mm diameter) to the ERAgrip.

### **TECHNICAL DATA:**

Material: PA GB30 (filled glass sphere)  
Weight: 74 grams



## **VARIO 30 SCREW**

The 30 Screw and 30 Adapter are like peas in a pod. They are as thick as thieves and also secure the weight plates to the ERAgrip. The Vario 30 Screw is used to attach weight plates (30mm diameter) to the ERAgrip.

### **TECHNICAL DATA:**

Material: PA GB30 (filled glass sphere)  
Weight: 51 grams



## **SZ ADAPTER**

The SZ adapter is indispensable whenever you use resistance bands or cable pull equipment. When attached to the ERAgrip, it provides the necessary element for attaching straps and cable pulls. The SZ adapter allows you to attach resistance bands and cable pulls using the carabiners provided (100x10mm).

### **TECHNICAL DATA:**

Material: PA GB30 (filled glass sphere)  
Weight: 51 grams



## LOCK- ADAPTER

The lock adapter allows you to work out efficiently and safely using two ERAgrips. This prevents the Vario 50 adapters from slipping. It can either be used with weight plates or with the help of a triangle grip on the cable machine.

### TECHNICAL DATA:

Material: PA GB30 (filled glass sphere)  
Gewicht: 61 grams



## REEP ADAPTER

The REEP adapter is designed to maximise your training radius and allow you to perform a variety of new exercises. It is used for many biceps, triceps and shoulder exercises that require some flexibility in the position of the pull weight.

This "sling" adapter creates what is known as a triangle of forces, which distributes the force evenly on the SZ adapter and the ring in the wrist strap; what's more, this adapter complements the lock adapter almost perfectly when using a pair of ERagrips.

### TECHNICAL DATA:

Material: Polyester 1,8mm / Galvanised steel  
Gewicht: 64 grams



## CARABINER

The 100x10mm carabiner is our link between the SZ adapter and the resistance band or cable pull machine. With this combination - ERAgrip, carabiner, SZ adapter and resistance band or cable pull - there is nothing standing in the way of your workout.

### TECHNICAL DATA:

Material: Galvanised steel  
Weight: 145 grams





## RESISTANCE BAND

Our resistance bands are the perfect alternative to conventional dumbbell and cable pull workouts.

### TECHNICAL DATA:

Material: Rubber

Weight categories: 2,5-5kg / 5-10kg / 10-15kg



## WEIGHT PLATES

These weight plates are the perfect shape and size for working out with an ERAgrip.

Weight plates from other manufacturers can also be attached to an ERAgrip.

### TECHNICAL DATA:

Material: Rubberised steel

Gewichtsklassen: 2,5kg / 5kg



## BAGGY

The ERA-FIT Baggy for transporting and storing your training equipment.

### TECHNICAL DATA:

Material: 210D Polyester

Gewicht: 10 grams

# WORKOUT FOR BEGINNERS & WORLD CHAMPIONS

ERAgrip ist Dein Fitnessstool, das in jede Trainingstasche und zu Deinem Trainingsplan passt. Es ersetzt teure und platzraubende Fitnessgeräte



## Full-Body-Workouts

Flexibilität und Abwechslung für Deinen Trainingsplan – ERAgrip ist entwickelt, um Deinen ganzen Körper zu trainieren.

Du brauchst keine platzraubenden und teuren Fitnessgeräte mehr – ein paar Hantelscheiben und Widerstandsbänder sind ausreichend, um mit ERAgrip Dein Ganzkörperworkout zu beginnen.



## Über 200 Übungen

Dank seiner Vielseitigkeit können mit dem Multigriff über 200 verschiedene Übungen durchgeführt werden. Das bringt Dir neue Muskelreize, durch die veränderte Grifftechnik und Abwechslung in Deinem 0815-Trainingsalltag.



## Kabelmaschinen & Widerstandsbänder

Durch die neuartige Handhaltung des Multigriffs setzt der Nutzer auch in diesem Fall wieder komplett neue Muskelreize. Gleichzeitig eliminiert er die Problematik abgegriffener und verschwitzter Griffe an den Geräten.



## Zu Hause oder im Studio

Egal wo, wann oder wie Du trainierst – ERAgrip ist Dein ständiger Trainingsbegleiter. Dank seiner Größe passt er optimal in jede Trainingstasche und kann so zu Hause oder im Studio eingesetzt werden. Während er zu Hause teure Kurzhantelsets überflüssig macht, bietet er im Fitnessstudio eine Unmenge an neuen Trainingserfahrungen.