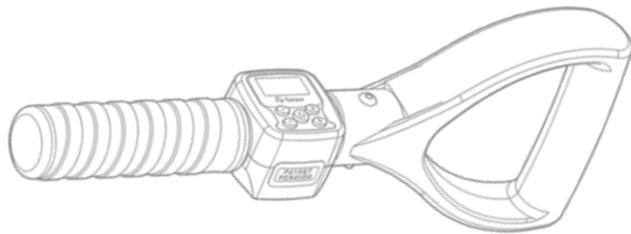


Tenew TORQUE TWIST

USER MANUAL – AUSTRALIA



1. INTRODUCTION

Torque Twist is a hand-held digital device designed to measure applied torque during controlled isometric forearm loading. It provides:

- Real-time (“track”) and Peak (“peak”) modes
- 80% progressive warning system with auditory buzzer and visual LED alarm.
- Four torque unit measurements. (Nm, Kgf.cm, Lbf.ft, Lbf.in)

2. INTENDED USE

Torque Twist is designed to:

- Measure applied torque (N·m)
- Assist with controlled isometric loading
- Provide feedback to support progressive isometric loading.

It is intended for:

- Adults aged 18 years and over
- Indoor, dry environments
- Low-velocity, controlled exercise

It is **not** intended for:

- High-speed twisting
- Ballistic or dynamic loading

This device is not designed to diagnose, treat, cure, or prevent medical conditions, and does not replace professional medical advice.

Read this manual fully, including all safety information, before using this product.



3. DEVICE COMPONENTS

Buttons

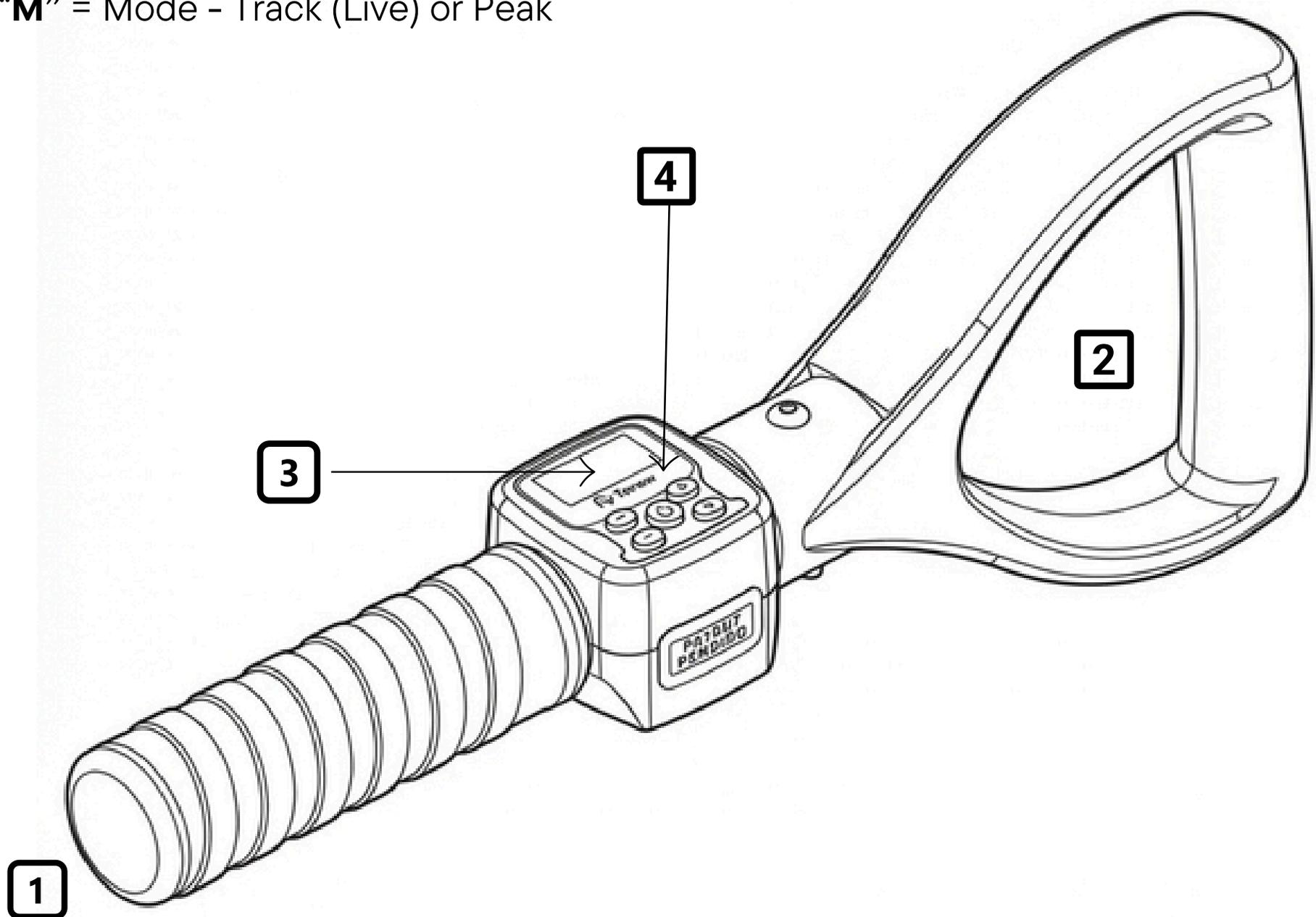
“**⏻**” = On / Off / Zero

“**+**” = Increase torque alarm

“**-**” = Decrease torque alarm

“**U/S**” = Unit Set (Nm, Kgf.cm, Lbf.ft, Lbf.in)

“**M**” = Mode - Track (Live) or Peak



Components

1. Cylindrical handle
2. D-shaped handle
3. LCD display
4. LED signal lamp

4. IMPORTANT SAFETY INFORMATION



This device is not designed to diagnose, treat, cure, or prevent medical conditions, and does not replace professional medical advice.

⚠ Begin slowly with a low target torque and increase gradually over time. Do not attempt high loads without prior adaptation.

⚠ Apply force gradually

⚠ Never jerk, snap, or bounce into load.

⚠ Stop use if pain increases

⚠ The device is electronically limited to 30 N·m. Do not intentionally attempt to exceed this limit.

⚠ Indoor / dry use only

⚠ 18+ only

Low-level muscular effort may occur during isometric loading. Stop immediately if:

- Pain increases during a hold
- Sharp or sudden pain occurs
- Numbness or tingling develops
- Grip strength decreases unexpectedly
- Swelling occurs

If symptoms worsen after a session or remain elevated the following day, reduce load before next use.

If pain persists, worsens, or is concerning, seek advice from a qualified healthcare professional before continuing use.

6. TECHNICAL SPECIFICATIONS

Specification	Value
Torque Display Range	0.9–30.0 N·m
Alarm Preset Range	0 N·m (alarm off) or 1.8–30.0 N·m
Increment	0.01 N·m
Accuracy	±2% / ±2.5%
Power	2 × AAA
Auto Shut-Off	Approx. 2 minutes

7. POWER AND MODES

Power On

- Press the Power button once.
- The previously saved preset value will display.

Power Off

- Press and hold Power.
- Preset value is remembered when device is turned off.

Real-Time Mode (“track”)

- Displays live torque
- Returns to zero when force is released

Peak Mode (“peak”)

- Records maximum torque
- Holds value after release
- Press Power/Zero to reset

8. SETTING TARGET TORQUE (ALARM)

Press:

- “+” to increase preset
- “-” to decrease preset

Preset options:

- 0 N·m = alarm off
- 1.8–30.0 N·m adjustable in 0.01 increments

9. AUDIO-VISUAL WARNING SYSTEM

At 80% of preset value:

- LED flashes slowly
- Buzzer sounds intermittently

As torque increases toward 100%:

- Alerts from LED and Buzzer become progressively faster

At 100% of preset value:

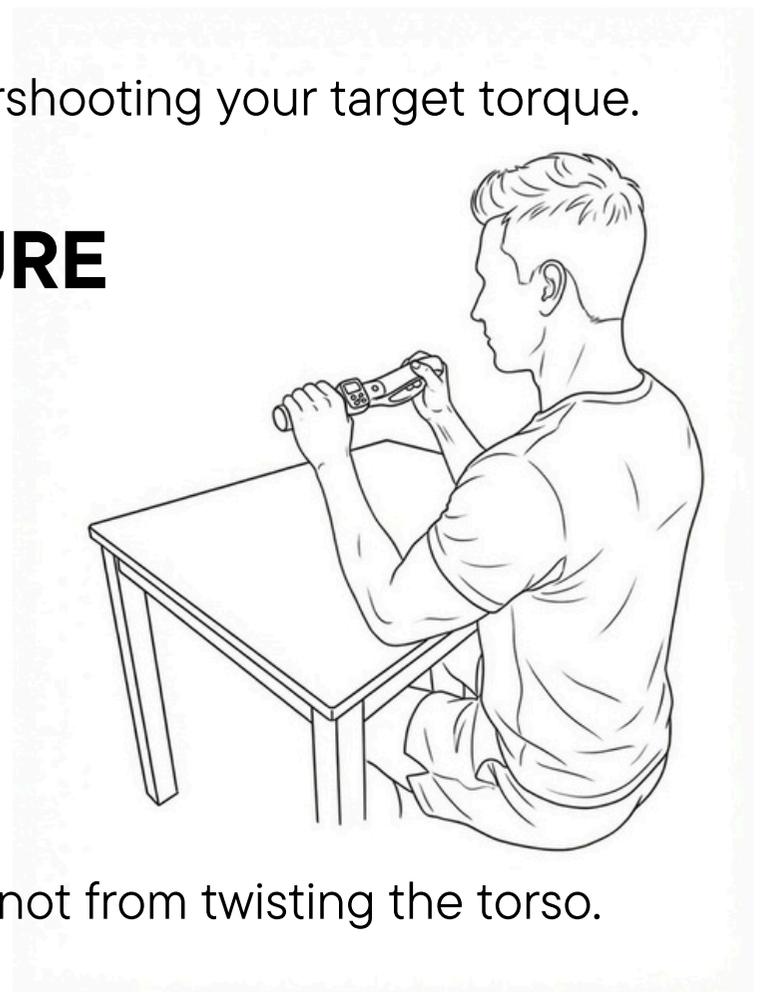
- LED and buzzer remain constant

This graduated alert system helps prevent overshooting your target torque.

10. BODY POSITION AND POSTURE

General Position

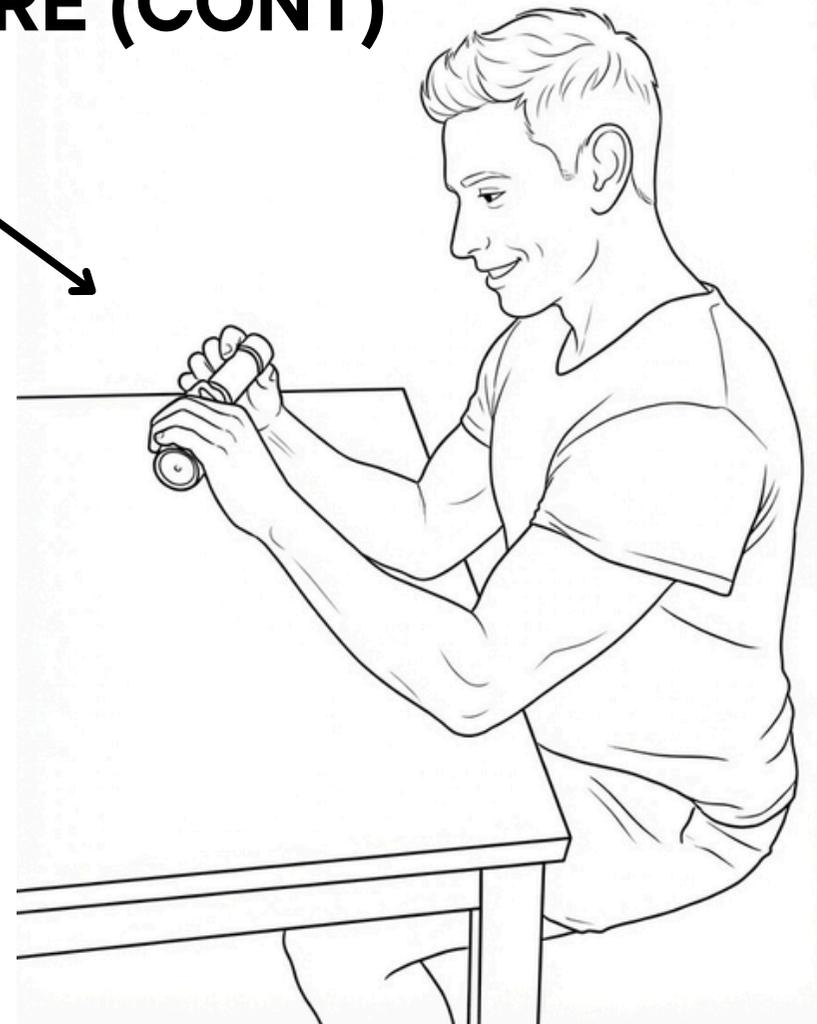
- Sit on a stable chair.
- Keep your spine upright but relaxed.
- Avoid slouching or leaning to one side.
- Keep shoulders relaxed (do not shrug).
- Breathe normally during holds
- Movement should come from the forearm — not from twisting the torso.



10. BODY POSITION AND POSTURE (CONT)

Wrist Extension & Wrist Flexion Position

- Sit upright at a desk.
- Place forearm comfortably on the desk surface.
- Keep elbow bent at approximately 90 degrees.
- Keep your elbow positioned beside your torso.
- Keep wrist aligned (avoid extreme, or uncomfortable angles).



Forearm Pronation & Supination Position

- Sit upright with elbow bent to approximately 90 degrees.
- Keep upper arm relaxed and close to body.
- Avoid swinging the shoulder.
- Rotate only through the forearm.



Posture Check Before Each Set

- ✓ Upright, relaxed spine
- ✓ Working Elbow ~90°
- ✓ Shoulder relaxed
- ✓ Stable seated position
- ✓ Controlled breathing

If you cannot maintain posture at your selected load, reduce loading torque, seek advice from a qualified healthcare professional before continuing use.

11. SELECTING YOUR TRAINING LOAD

- Always begin with the lowest load that feels controlled and comfortable.
- Do not attempt high torque levels during your first sessions.
- Gradually increase load over days and weeks as tolerance improves.
- Starting with excessive torque may increase the risk of symptom aggravation.
- Load increases across sessions should be gradual (no more than a few hundredths of a N·m).
- Only increase torque when previous sessions have been well tolerated.

Method

- Select a load that feels controlled and repeatable.
- Avoid shaking or breath holding.
- Increase gradually across sessions (no more than a few hundredths of a N·m).

12. HOW TO APPLY LOAD 13. STARTER PROTOCOL

1. Grip both handles securely.
2. Align wrist comfortably.
3. Apply torque slowly.
4. Stabilise at target torque.
5. Hold steadily.
6. Release gradually and under control.

Do not intentionally exceed preset torque.

Example starter loading protocol:

- 5 sets
- 5 second hold.
- 115 seconds rest
- 3 sessions per week
- Loading: As low as possible

Reduce load if symptoms increase.

14. MAINTENANCE AND STORAGE

- Wipe with microfiber cloth
- Do not wet or submerge
- Avoid high heat or humidity
- Do not drop
- Replace batteries when required
- Replace grip as needed

15. IMPORTANT NOTICE

Torque Twist is an exercise support device designed to assist with controlled isometric load application.

It does not:

- Diagnose medical conditions
- Guarantee therapeutic outcomes
- Replace professional medical advice



16. LIMITATION OF RESPONSIBILITY

The user is responsible for selecting appropriate loads and for using the device in a safe and controlled manner, within their individual physical capacity.

17. SUPPORT

For product support, usage questions, or warranty enquiries:

Website: www.tenew.com.au

Email: support@tenew.com.au