

DYNAMO MAX

HANDHELD STRENGTH & ROM

Technical Specifications



HARDWARE DIMENSIONS

Size	153mm L x 50 mm W x 50 mm H / 6" L x 2" W x 2" H (excluding attachments)
Weight	400g/ 0.9lbs (excluding attachments)

SENSOR SPECIFICATIONS

FORCE SENSOR SPECIFICATIONS

Sensor type	Load cell
Sampling rate	1,200hz
Capacity	10,000N / 1,000kg / 2,200 lbs
Resolution	1 N

MOVEMENT SENSOR (IMU) SPECIFICATIONS

Sensor type	9-Axis Inertial Measuring Unit (IMU): Accelerometer, Gyroscope and Magnetometer
Sampling rate	225hz

ELECTRONIC SPECIFICATIONS

Power	Inbuilt 600mAh lithium-ion rechargeable battery
Battery life	10 hours active use (approx.)
Charging method	USB-C cable (supplied)
Connectivity	Bluetooth 5.0

SOFTWARE REQUIREMENTS

iOS

Compatible devices	All iOS mobile phones and tablets purchased after July 2017
Operating system	Minimum requirement – iOS 11

ANDROID

Compatible devices	All Android mobile phones and tablets purchased after July 2014
Operating system	Minimum requirement - Android 5

ATTACHMENTS AND ACCESSORIES

Attachments	Flat Pad, Curved Pad, Adjustable Strap, Ankle Strap, ROM Sleeve, Handle and 2x Carabiners
Accessories	Travel Case
Expansion Pack	IMTP Baseplate, IMTP Lifting Bar and 2x Carabiners

DYNAMO PLUS

HANDHELD STRENGTH & ROM

Technical Specifications



HARDWARE DIMENSIONS

Size	134mm L x 53 mm W x 53 mm H / 5.2" L x 2" W x 2" H (excluding attachments)
Weight	300g / 0.7lbs (excluding attachments)

SENSOR SPECIFICATIONS

FORCE SENSOR SPECIFICATIONS

Sensor type	Load cell
Sampling rate	225hz
Capacity	2000N / 200kg / 440 lbs tension –1000N / 100kg / 220 lbs compression
Resolution	1 N

MOVEMENT SENSOR (IMU) SPECIFICATIONS

Sensor type	9-Axis Inertial Measuring Unit (IMU): Accelerometer, Gyroscope and Magnetometer
Sampling rate	225hz

ELECTRONIC SPECIFICATIONS

Power	Inbuilt 600mAh lithium-ion rechargeable battery
Battery life	10 hours active use (approx.)
Charging method	USB-C cable (supplied)
Connectivity	Bluetooth 5.0
Screen	Inbuilt OLED display

SOFTWARE REQUIREMENTS

iOS

Compatible devices	All iOS mobile phones and tablets purchased after July 2017
Operating system	Minimum requirement – iOS 11

ANDROID

Compatible devices	All Android mobile phones and tablets purchased after July 2014
Operating system	Minimum requirement - Android 5

ATTACHMENTS AND ACCESSORIES

Smart Attachments	Palm Pad, Flat Pad, Curved Pad, Tension Links and Grip Strength Attachment
Accessories	Adjustable ROM Strap, Ankle Attachment, Handle Attachment, Adjustable Strap Attachment, Carabiners and Travel Case

DYNAMO LITE

HANDHELD STRENGTH & ROM

Technical Specifications



HARDWARE DIMENSIONS

Size	95mm L x 73 mm W x 42mm H / 3.7" L x 2.8" W x 1.6" H (excluding attachments)
Weight	250g / 0.55lbs (excluding attachments)

SENSOR SPECIFICATIONS

FORCE SENSOR SPECIFICATIONS

Sensor type	Load cell
Sampling rate	225hz
Capacity	1000N / 100kg / 220 lbs compression
Resolution	1 N

MOVEMENT SENSOR SPECIFICATIONS

Sensor type	9-Axis Inertial Measuring Unit (IMU): Accelerometer, Gyroscope and Magnetometer
Sampling rate	225hz

ELECTRONIC SPECIFICATIONS

Power	Inbuilt 600mAh lithium-ion rechargeable battery
Battery life	10 hours active use (approx.)
Charging method	USB-C cable (supplied)
Connectivity	Bluetooth 5.0

SOFTWARE REQUIREMENTS

iOS

Compatible devices	All iOS mobile phones and tablets purchased after July 2017
Operating system	Minimum requirement – iOS 11

ANDROID

Compatible devices	All Android mobile phones and tablets purchased after July 2014
Operating system	Minimum requirement - Android 5

ACCESSORIES AND ATTACHMENTS

Accessories	Silicone Pouch, 3 x Adjustable Sleeves (Small/ Medium/ Large), Strength Strap, Charging Cable and Carry Case
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