

# NS-37 GRIP

#### User Guide





### NS-37 Grip – Features



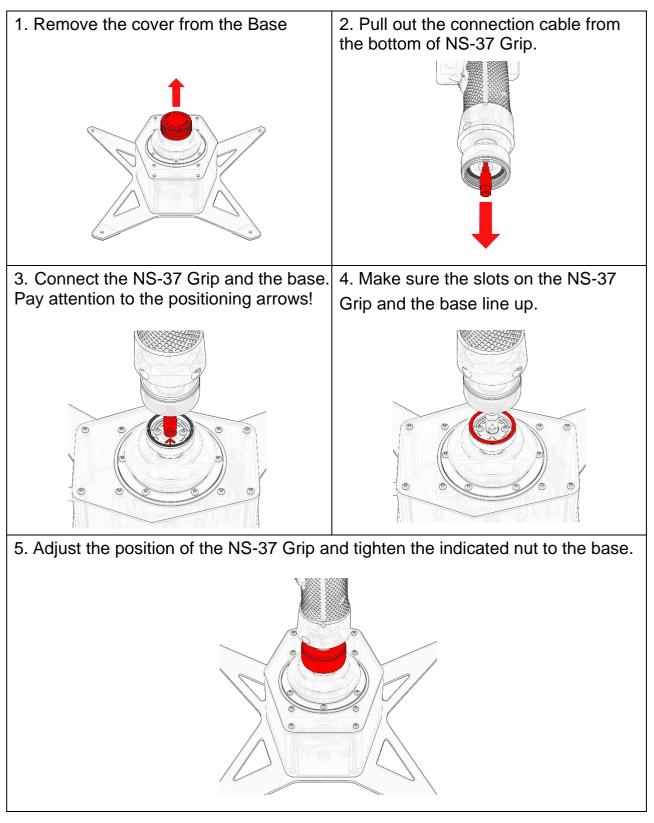




Figure 2. Contents of the NS-37 Grip product packaging.



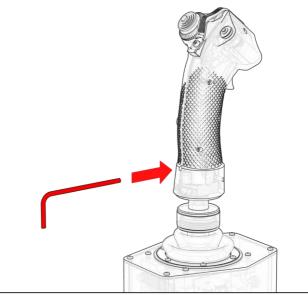
## NS-37 Grip – Mounting to the base





## NS-37 Grip – Twist Adjustments

1. You can disable or enable the twist by unscrewing or tightening the screw as shown in the figure.



2. You can adjust the resistance by tightening or loosening the screw as shown in the figure.

