

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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