



**USER
MANUAL
CRONOX
FORCE**





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Important precautions

To reduce the risk of injury and damage, read all important precautions and instructions in this manual before using your Cronox. Cronox assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

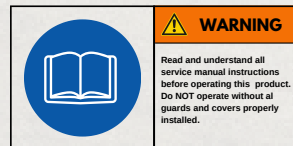
1. It is the responsibility of the owner to ensure that all users of the Dynox are adequately informed of all precautions.
2. Use the Dynox only as described in this manual.
3. The Dynox is intended for training use only. Do not use the Dynox in a commercial, race, or competition setting.
4. Never water your Dynox. Try keeping the Dynox away from moisture and dust.
5. Avoid placing Dynox in strong, direct sunlight. Plastic enclosure may reduce its lifetime.



No water
resistant



No impact
resistant





Before you begin

Thank you for selecting the Dynox. This product provides impressive features designed to make your training more effective and enjoyable.

For your benefit, read this manual carefully before you use the Dynox. If you have any questions after reading this manual, please see the back cover of this manual.

Before reading further, please get yourself into the parts that are labeled below.



Box B



Part identification chart

		
Dynamometer	Adjustable strap (x2)	Carabiner (x2)
		
Leg strap	Hand bar	USB-C cable



App and first use

1. Download the app in the app store

You can download the app in the following link:



Cronox Force:

apps.apple.com/cronox-force/



Android

Cronox Force:

play.google.com/cronox-force/

2. Create an account with your email

3. Grant access for bluetooth communication

4. Turn on the Dynox. Press the button for over 1.5 seconds.

5. Green light will be blinking until the phone is connected. Then it will be steady.



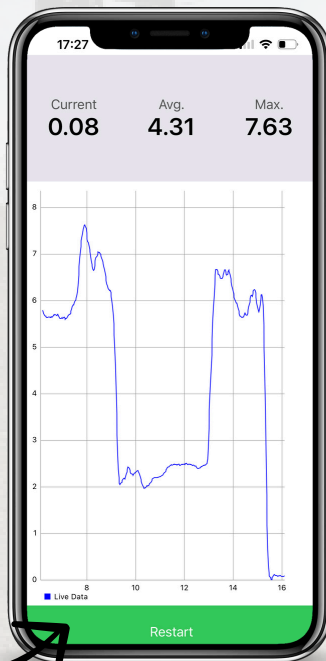


6. Open the mode 'Live Data' and click on continue.

7. Phone will connect automatically to the Dynox. Bottom bar button will be set to green and Dynox light will be steady.

8. Press on start. Data will start to be received in the app.

Green:
Bluetooth is
connected



Make sure
bluetooth is
ON



Batteries

1. Dynox battery is rechargeable. Use only 5V plug and USB-C
2. When plugin the cable, a green light indicates when charging. If light is not ON anymore, then Dynox is 100% charged.



Note: If Dynox is not turning on, the batteries are probably low. Try charging the device first.

Turn Dynox OFF

For turning the DYNEX off you can:

- Press on the push button
- Wait 5 minutes. Dynox will auto-power off



Troubleshooting



Bluetooth connection is not working.

- Make sure your smartphone is near main box.
- Go to Settings/Apps/Cronox/Permissions and check no permissions are denied for this app.
- Check Bluetooth connection is ON in your smartphone.
- Check batteries level of charge. Remember it is very important that batteries are not rechargeable.
- Try using other smartphone, but make sure you are not trying to connect two smartphones at the same time.
- Try turning off your Dynox device, closing Dynox App and starting all over again.
- Check you have Dynox App updated with latest version available.



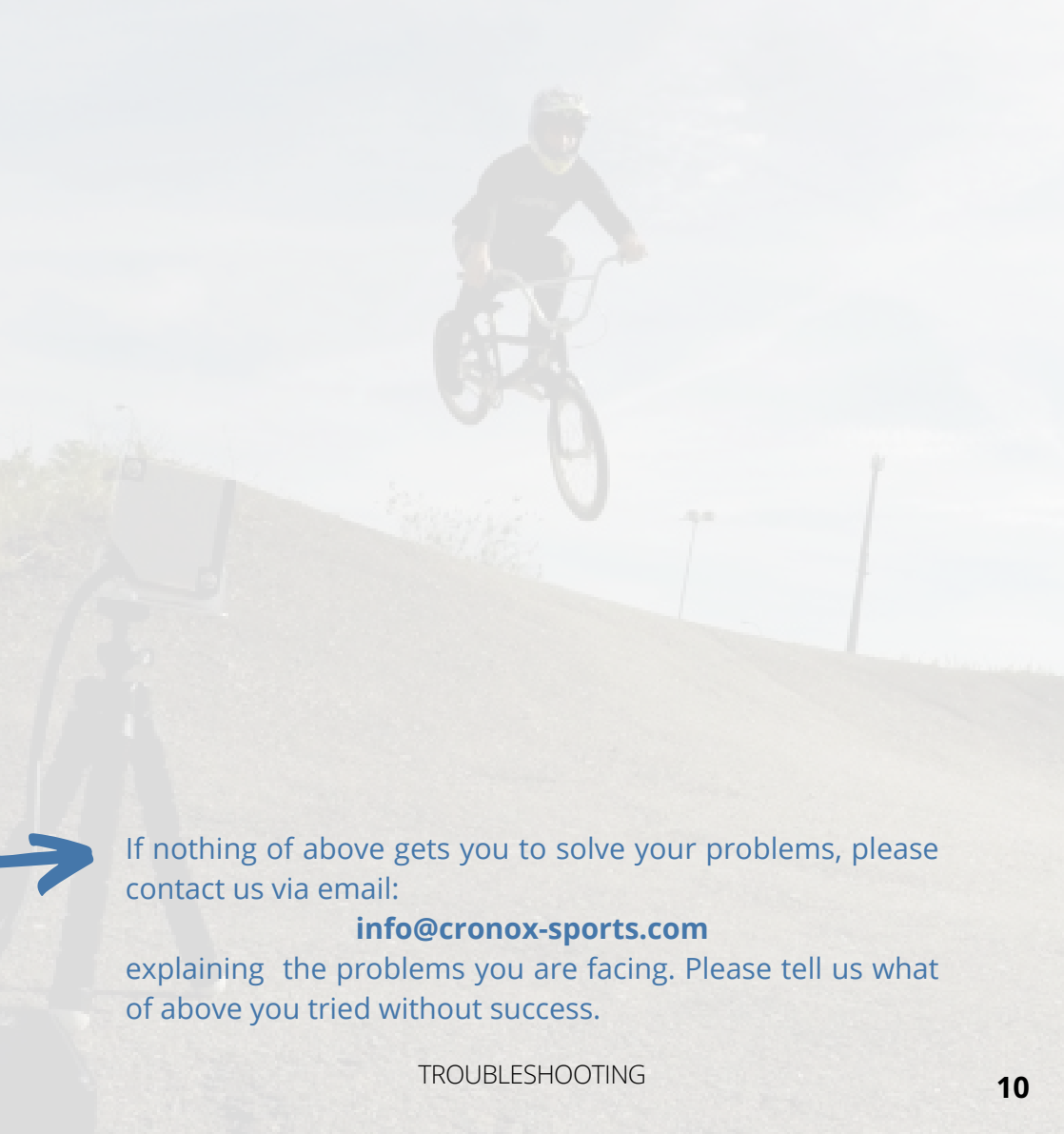
Bluetooth connection is ready but force display is not starting.

- Try turning off your Cronox device, closing Cronox App and starting all over again.
- Check batteries level of charge. Remember it is very important that batteries are not rechargeable.
- Make sure your smartphone is near Dynox box.



App keeps crashing.

- For App correct working, internet connection is needed.
- Make sure you are logged in and followed steps in page 12.
- Force app closure and start all over again.



If nothing of above gets you to solve your problems, please contact us via email:

info@cronox-sports.com

explaining the problems you are facing. Please tell us what of above you tried without success.



2 YEARS WARRANTY

If after carefully reading every very page of this manual, you are still facing problems please contact **info@cronox-sports.com** indicating:

- Order number
- Cronox device
- Explanation of problems you are facing
- Videos for evidence

Find us!



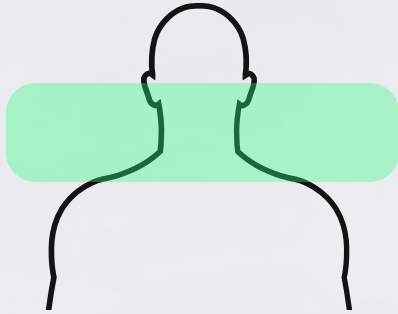
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Cronox Sports



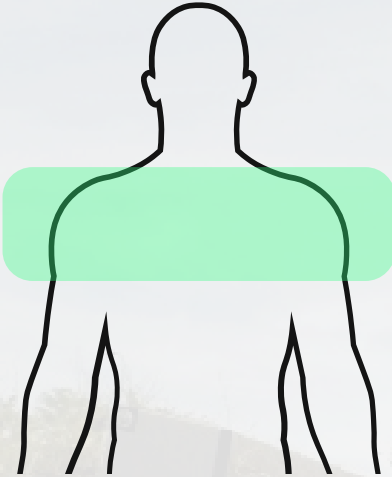
<https://cronox-sports.com>



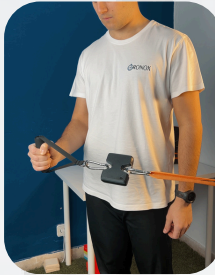
Isometric lateral neck pull

Setup: Sit or stand upright with a rigid strap attached to the dynamometer. Place the strap against the side of your head, keeping your neck neutral.

Execution: Pull sideways against the strap without moving your head, maintaining an isometric contraction. Hold for the desired time, then relax.



Isometric Lateral Shoulder Pull



Setup: Stand upright with a rigid strap attached to the Dynox. Hold the strap with one hand at shoulder height, keeping your arm slightly bent.

Execution: Pull sideways against the strap without moving your arm, maintaining an isometric contraction. Hold for the desired time, then relax.

Note: Arm can be extended too.

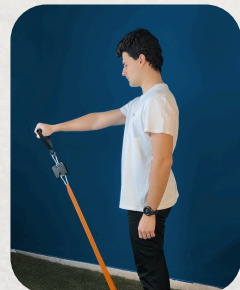


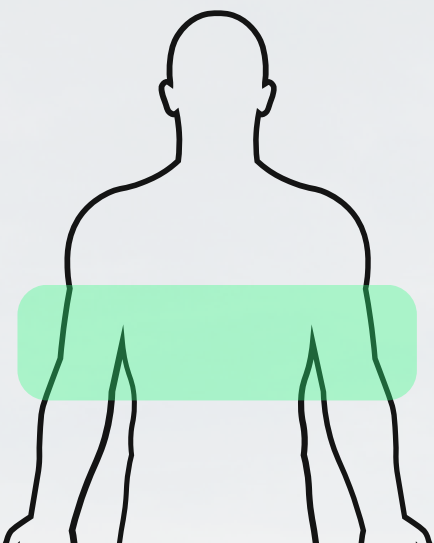
Isometric Vertical Shoulder Pull



Setup: Stand upright with a rigid strap attached to a dynamometer. Hold the strap with one hand, either pulling upward (shoulder elevation) or downward (shoulder depression).

Execution: Pull against the strap without moving your arm, maintaining an isometric contraction. Hold for the desired time, then relax.



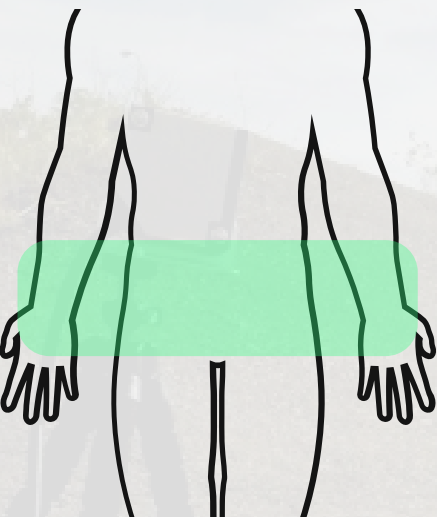


Isometric Biceps curl



Setup: Stand upright with a rigid strap attached to a dynamometer. Hold the strap with one hand, keeping your elbow bent at approximately 90 degrees.

Execution: Pull upward against the strap without moving your arm, maintaining an isometric contraction. Hold for the desired time, then relax.



Isometric Wrist curl (flexion/extension)

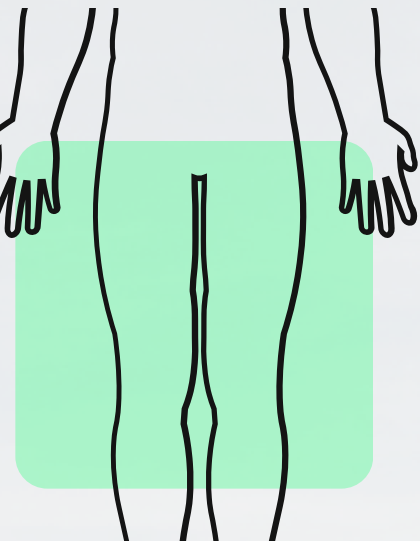


Setup: Sit or stand upright with a rigid strap attached to a dynamometer. Hold the strap with your hand, keeping your forearm stable and your wrist in a neutral position.

Execution:

- For upward resistance (wrist flexion): Pull the strap upward by engaging your wrist flexors without actual movement.
 - For downward resistance (wrist extension): Pull the strap downward by engaging your wrist extensors without actual movement.
- Hold for the desired time, then relax.





Isometric Seated Quadriceps Curl



Setup: Sit on a chair or bench with a rigid strap attached to a dynamometer. Secure the strap around your lower leg, just above the ankle, with your knee bent at 90 degrees.

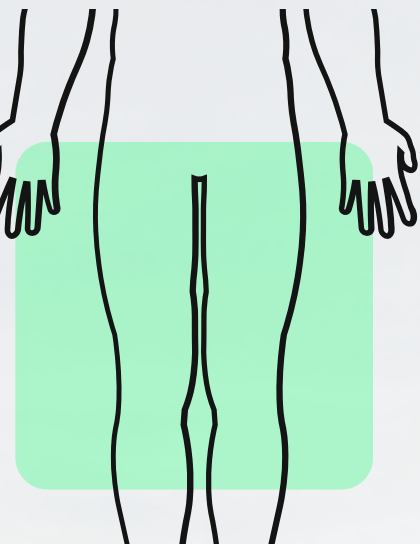
Execution: Push forward against the strap without extending your leg, engaging your quadriceps. Hold for the desired time, then relax.

Isometric Prone Hamstring Curl



Setup: Lie face down with a rigid strap attached to the dynamometer and secured around your lower leg, just above the ankle. Keep your knee bent at approximately 90 degrees.

Execution: Pull your heel toward your glutes against the strap without actual movement, engaging your hamstrings. Hold for the desired time, then relax.



Isometric Seated Knee Rotation (Internal & External Rotation)

Setup: Lie face down with a rigid strap attached to a dynamometer and secured around your lower leg, just above the ankle. Keep your knee bent at approximately 90 degrees.

Execution: Pull your heel toward your glutes against the strap without actual movement, engaging your hamstrings. Hold for the desired time, then relax.



Isometric Standing Hip Abduction & Adduction

Setup: Stand upright with a rigid strap attached to a dynamometer and secured around your ankle. Keep your leg straight and maintain balance.

Execution:

- For abduction (outward): Pull your leg outward against the strap without moving your hip.
- For adduction (inward): Pull your leg inward against the strap without moving your hip.
- Hold for the desired time, then relax.



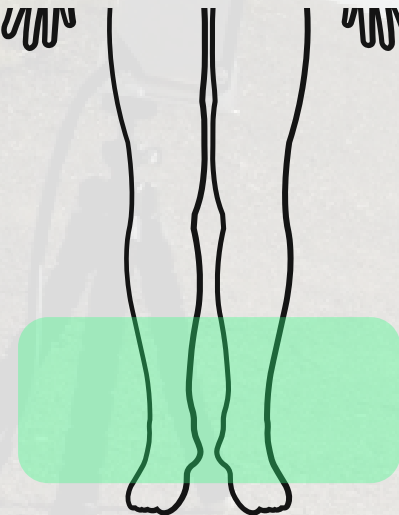


Isometric Standing Glute Press



Setup: Stand upright with a rigid strap attached to a dynamometer and secured around your ankle or knee, with the strap positioned behind you.

Execution: Push your leg backward against the strap without extending your hip. Engage your glutes and hold for the desired time, then relax.



Isometric Ankle Dorsiflexion



Setup: Sit on the floor with your legs extended. Attach a rigid strap to a dynamometer and secure it around the top of your foot. Keep your knee straight and your ankle in a neutral position.

Execution: Pull your foot upward against the strap (dorsiflexion) without actual movement, engaging the muscles in the front of your shin. Hold for the desired time, then relax.



Annex: Specific sports isometric exercises

Mid-tight pull



Hip thrust iso-push



Ankle iso-push



Isometric Bench Press Hold

