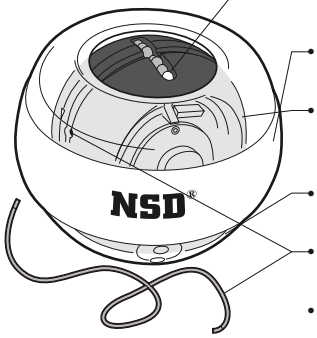
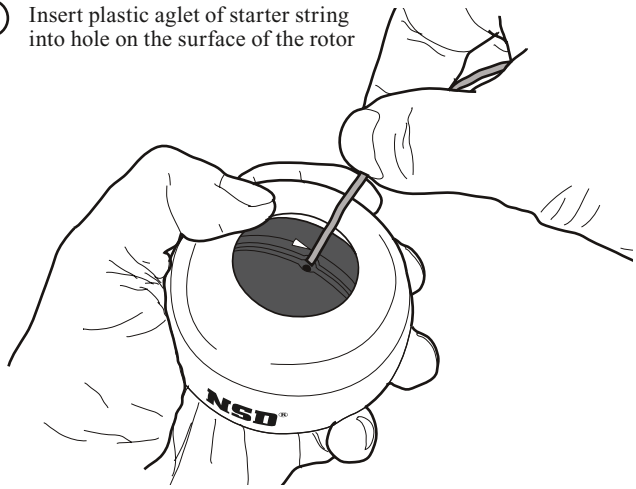
## NSD® PB-188P Gyroscopic Exerciser

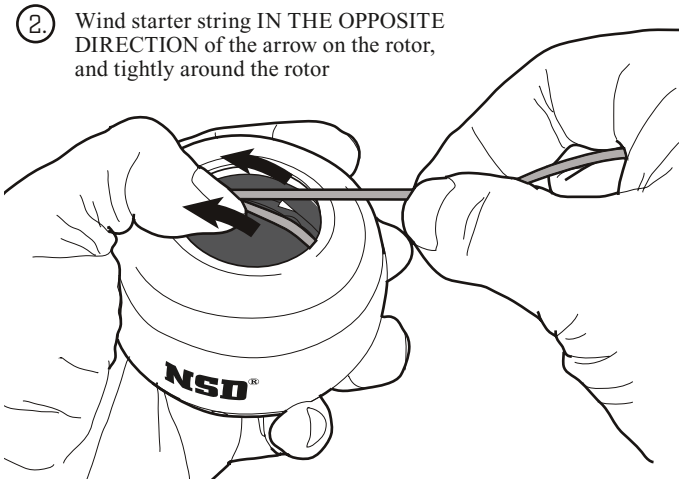



- LED Matrix counter built into rotor displays highest speed in RPM and 30 second Physical Strength Index right on the surface of the rotor
- Patented design with soft ergonomic grip
- Computer balanced inner rotor for VIBRATION FREE operation at up to 15,000 RPM
- Hard, blue impact resistant plastic shell and black rotor
- Simple to start with a pull-string (included)
- Small, compact exercise machine you can take ANYWHERE.

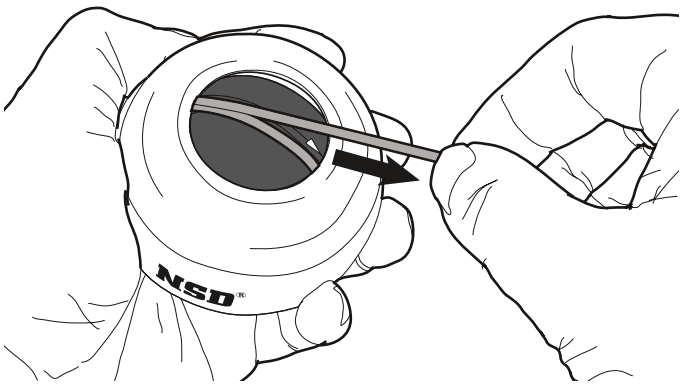
1. Insert plastic aglet of starter string into hole on the surface of the rotor



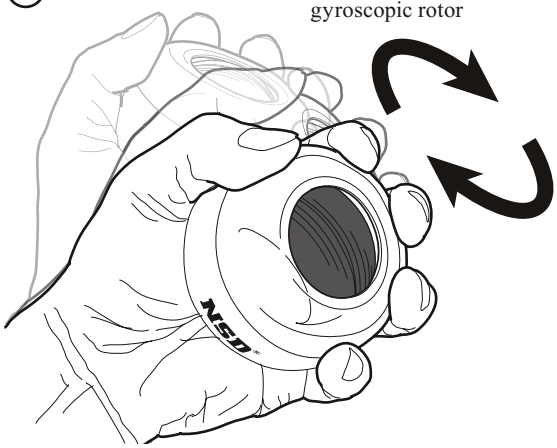

2. Wind starter string IN THE OPPOSITE DIRECTION of the arrow on the rotor, and tightly around the rotor




3. Remove finger(s) from the surface of the rotor, then pull the starter string rapidly to get the rotor spinning




4. Rotate your wrist in a circular motion to speed up the gyroscopic rotor




Below are a few tips to help you operate the exerciser:

- The faster the rotor spins, the easier it is to operate. Make sure you give the starter string a firm tug
- Start your wrist rotation slowly, in a motion similar to opening that of a door knob
- When you've matched the rhythm of the rotor's gyration, you'll see the rotor orbit once around its track for every single rotation of your wrist
- Once the rotor is spinning up to speed, be sure to keep a tight grip on the ergonomic grip
- Do not drop the ball
- Please keep the interior of the sphere clean and away from liquid and grease
- DO NOT TOUCH THE INNER ROTOR WHEN OPERATING!

## NanoSecond Technology

Taiwan Patent No.: 135058
U.S.A. Patent No.: 5800311
Germany Patent No.: 20201408.8
and other patents.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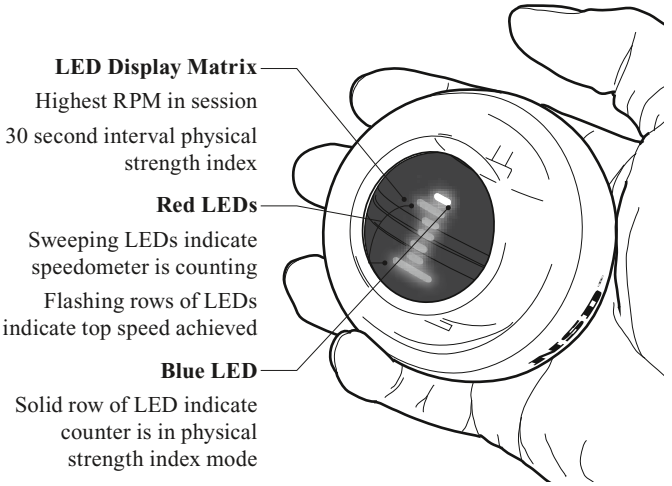
# NSD Gyroscopic Hand, Wrist, and Forearm Exerciser

user manual
**PB-188P**

## **NSD**® LED Matrix Display Counter

The PB-188P gyroscopic exerciser uses advanced microchip technology in combination with an LED matrix and a built-in counter to display information about your workout, including a top speed counter and a 30 second interval physical strength index.

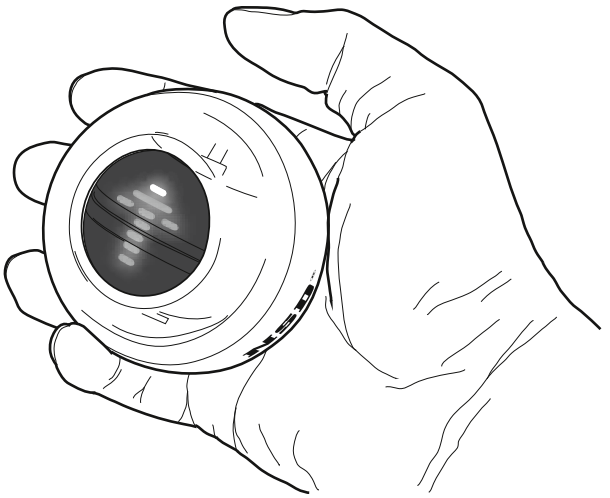
The matrix display consists of a row of 7 LEDs controlled by an internal chip powered by your exercise energy, and will light in a precise sequence to display the result of your workout right on the rotor surface.




### Highest RPM per Session

When the speed of the rotor exceed 6,000 RPM, the internal speedometer will start recording the top speed of the session and the red LEDs will go from a sweeping pattern to a flashing pattern. The higher the RPM achieved, the more "rows" of LED will be lit. Stop moving your wrist and let the rotor slow down naturally, and your top speed, or highest RPM of current session, will display on the rotor surface once the last row of red LEDs turn off.

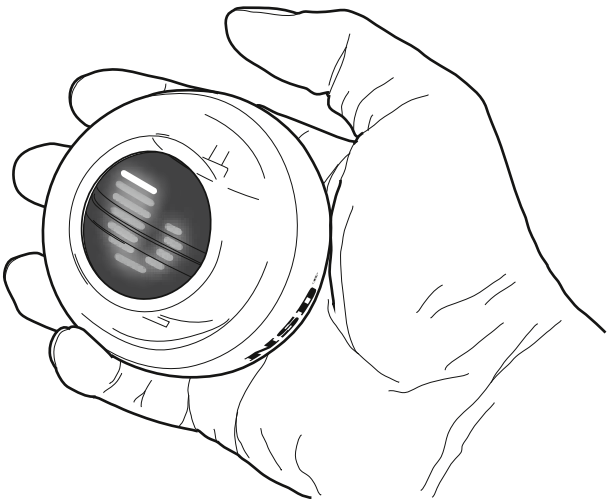
The score will display twice, one digit at a time on the rotor surface, following an up "arrow." Once speed of the rotor falls below 2,500 RPM the score will reset for the session.



### Physical Strength Index (30 seconds)

If the rotor speed is kept between 2,500 RPM and 6,000 RPM for 18 seconds, the blue LED will light up to indicate the speedometer is now in "Physical Strength Index" mode. The red LED will continue in a sweeping pattern until the speed of the rotor exceed 6,000 RPM.

When the rotor exceeds 6,000 RPM, the blue LED will change to a flashing pattern and a 30 second countdown will start, as the red LEDs glow solid. The faster the gyroscope is spinning, the more rows of red LEDs will glow. At the end of the 30 second interval, the blue LED will glow solid, and the numbers of revolutions achieved in the 30 second interval will display on the rotor, following the Physical Strength Index icon ( ) of a flexing arm, after the last row of red LED turns off.



### **NSD** Patents

NanoSecond Technology owns multiple patents in countries as listed. We will aggressively pursue and protect our intellectual property rights.

| **Australia** | **China** | **France** | **Germany** |
|---|---|---|---|
| No. 2004100675 | No. 02253289.7 | No. 2873301 | Nr.20215476.9 |
| No. 2008100053 | No. 02285307.3 | No. 2897271 | Nr.20212121.6 |
| No. 2007100698 | No. 200520027599.4 | No. 2909890 | Nr.202005017793.8 |
| No. 2005100371 | No. 3258043.6 | No. 2897270 | Nr.20311474.4 |
| No. 2006100976 | No. 200320112335.X | No. 2912924 | Nr.20320189.2 |
| No. 2007100698 | No. 200520130995.X | No. 2904230 | Nr.202006014737.3 |
| | No. 200320112334.5 | | Nr.20319784.4 |
| | No. 200320112356.1 | | Nr.202004017469.3 |
| | No. 200620027443.0 | | Nr.202007010179.1 |
| | No. 02233006.2 | | Nr.20201408.8 |
| | No. 200420029473.6 | | Nr.202004016651.8 |

| **Japan** | **Netherlands** | **Russia** | **Taiwan** | **USA** |
|---|---|---|---|---|
| No.3146882 | No.1027458 | No.71795 | No. 135058 | No.7,033,304 |
| No.3118250 | No.1030116 | **South Africa** | No. M 240246 | No.7,101,315 |
| No.3127440 | No.1033500 | No.2007/06366 | No. M 289072 | No.7,318,790 |
| No.3106852 | No.1026674 | | No. 143917 | No.7,086,990 |
| No.3127943 | No.1033359 | | No. M 240250 | No.7,452,307 |
| **Korea** | No.1033367 | | No. M 294341 | No.7,381,115 |
| No.373474 | No.1030115 | | No. 192202 | No.6,623,405 |
| No.405233 | | | No. M 240251 | No.7,077,786 |
| No.433558 | | | No. M 308777 | No.5,800,311 |
| | | | No. 210444 | No.6,942,601 |
| | | | No. M 242242 | |
| | | | No. M 350393 | |
| | | | No. M 244112 | |
| | | | No. M 259618 | |