

30XR

Manual ranging digital multimeter with non-contact voltage tester.



- Non-contact voltage tester to 600 V ac
- Magne-Grip™ Holster with magnetic hanging strap
- 600 V ac/dc
- 10 Amps ac/dc, fully safety fused
- Resistance to 20 MΩ
- Continuity beeper
- 1.5 V / 9 V battery test under load
- Min/Max and Data Hold
- Separate door for easy battery and fuse access
- CAT III 300 V, CAT II 600 V rated
- UL (cULus) listed
- One-year warranty

30XR Specifications (at 23 °C ± 5 °C, <75 % R.H. non-condensing)

DC Voltage	
Ranges	200 mV, 2 V, 20 V, 200 V, 600 V
Accuracy	all ranges: ± (1.5 % rdg + 1 digit)
Resolution	100 µV
Input Impedance	10 MΩ
AC Voltage (45 Hz to 500 Hz)	
Ranges	200 mV, 2 V, 20 V, 200 V, 600 V
Accuracy	all ranges: ± (1.5 % rdg + 4 digits)
Resolution	100 µV
Input Impedance	10 MΩ
DC Current	
Ranges	200 µA, 2 mA, 20 mA, 200 mA, 10 A
Accuracy	200 µA to 200 mA ranges: ± (1.5 % rdg + 1 digit) 10 A range: ± (2.0 % rdg + 3 digits)
Resolution	0.1 µA
Voltage Burden (Max)	200 µA range: 1 mV/µA 2 mA range: 100 mV/1mA 20 mA range: 1.1 mV/10 mA 200 mA range: 4.4 mV/1 mA 10 A range: 40 mV/1 A
AC Current (45 Hz to 500 Hz)	
Ranges	200 µA, 2 mA, 20 mA, 200 mA, 10 A
Accuracy	200 µA to 200 mA ranges: ± (2.0 % rdg + 4 digits) 10 A range: ± (2.5 % rdg + 4 digits)
Resolution	0.1 µA
Voltage Burden	See DC Current
Resistance	
Ranges	100 Ω, 1 kΩ, 10 kΩ, 100 kΩ, 1 MΩ, 20 MΩ
Accuracy	200 Ω to 200 kΩ ranges: ± (1.0 % rdg + 4 digits) 1 MΩ range: ± (1.5 % rdg + 4 digits) 20 MΩ range: ± (2.0 % rdg + 5 digits)
Resolution	100 mΩ
Open Circuit Voltage	200 Ω range: 3.0 V dc All other ranges: 0.3V dc typical
Continuity	
Audible Indication	75 Ω ± 25 Ω
Response Time	100 ms
Diode Test	
Test Current	1.0 mA (approximate)
Accuracy	± (1.5 % rdg + 3 digits)
Resolution	0.001 V
Open Circuit Voltage	3.0 V typical
Battery Test	
Ranges	1.5 V, 9 V
Accuracy	± (1.5 % rdg + 2 digits)
Resolution	1 mV, 50 mV
Load Test Current	1.5 V range: 150 mA typical 9 V range: 5 mA typical
Non-Contact Voltage Detector (NCV)	
AC Voltage	70 to 600 V ac
Red LED and Audible Indicator	

Meterman Service Manual

E Durkheim



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web and c a rockwood jr the journal of bone and joint surgery shoulder strengthening exercises shoulder service department of orthopaedics the university of texas health science center treatment of instability of the shoulder with an exercise program 893 vol 74 a no 6 july 1992 pulley kit and

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web rotator cuff and shoulder rehabilitation exercises to ensure that this program is safe and effective for you it should be performed under your doctor's supervision talk to your doctor or physical therapist about which exercises will

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web jun 21 2016 the most commonly recommended initial treatment for multidirectional instability is a rehabilitation program although there is evidence to support the effect of conservative management on this condition the published literature provides little information on the exercise parameters of such programs

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