

Operating instructions Free Pedometer with one key

Free Pedometer Features:

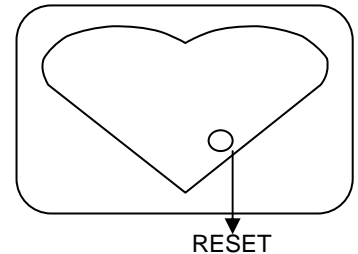
1. Pedometer (step counter) adopts microcomputer technology with mini-construction design and readable LCD display. The paces are detected via the movement of waist.
2. Step counts range from 0 to 99999.
3. Press "RESET" key to return the LCD display to zero.
4. It will auto turn off after not in use for one and half minutes.

Free Pedometer Mounting:

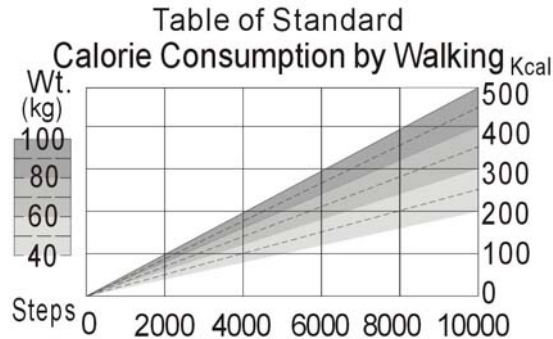
Attach the pedometer securely and vertical to your waistband or belt, close to the center of your body, false mounting or walking way will possibly cause inaccurate result.

Free Pedometer Measurements:

1. Please press the "RESET" key to clear all the numbers memory before start the measurement.
2. To maintain accurate measurement, please attach the pedometer vertical to your waistband or belt.



Free Pedometer Reference: Table of Standard Calorie Consumption by Walking



Free Pedometer Notes:

1. For this precise instrument, please make sure to operate and maintain properly.
2. Don't disassemble the instrument except replacing battery, or will cause damage to it or influence on its measuring accuracy.
3. To maintain accurate reading, the battery should be changed every 12 month. When changing the battery, please call the expert, or maybe cause damage.
4. Breakable does not drop and wet