

Operating Instructions Digital Pedometer

INTRODUCTION

Congratulations on your purchasing the easy to use light weight digital pedometer (step counter). We hope this unit can effectively help you to track your progress and improve your stamina.

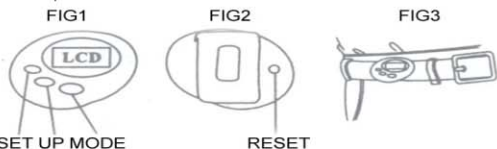
HOW TO WEAR THE PEDOMETER

Pedometer counts walking or running steps according to movement of waist, please attach at waist level to your belt, slacks or training attire. Maintaining a horizontal position, attach securely [FIG.3].

Note: Improper positioning of the pedometer may result in incorrect data collection.

NAMES AND FUNCTIONS [FIG.1 AND 2]

- A. LCD
Single line display with 5 digits
- B. MODE button
Press MODE button to transfer mode and display in turn:
Time mode → step mode → Km (or Mile) mode → Kcal (Calorie) mod
- C. SET button
Start , transfer or end adjusting.
- D. UP button
In time mode, press UP button to select 12 hours or 24 hours system.
In step mode, press UP button 3 seconds to clear the step to 0.
While adjusting , press UP button to select exact weight and stride.
- E. RESET button
If the pedometer has no response to any button operation, Please press RESET button to restart the unit



HOW TO USE THE PEDOMETER

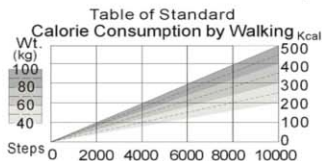
- A. Clear memory
Enter into the step mode, hold down UP button for 2 seconds to clear step number memory. Otherwise the pedometer will count step accumulatively to maximum of 99999 steps and then return to 0.
- B. Set weight and stride
In the step mode, hold down SET button for 2 seconds, then You can adjust weight and stride by pressing SET or UP Button.
In metric standard, every time you press UP button, the stride number will add 1, the stride adjustable range is 4-40 inches. The weight number will add 1 every time, the weight adjustable range is 10-330 pounds.
If no button is pressed within about 60 seconds, then display will change to time mode.
- C. Set time
In time mode, holding down SET button for 2 seconds, you can select hour or minute to adjust by pressing SET button. Press UP button to adjust the digital. If no button is pressed within about 60 seconds, then display will change to time mode.

NOTE:

Once the stride is set, it will be memorized until a change of battery. When the battery is changed, the initial assumed stride is 10cm (or 4 inches) and is memorized.

Once the weight is set, it will be memorized until a change of battery. When the battery is changed, the initial assumed weight is 10kg (or 10 pounds) and is memorized.

REFERENCE: Table of Standard Calorie Consumption by Walking



NOTES:

As this unit is a precise electronic product, so please use it carefully and correctly. Please don't take it apart unless for changing the battery (once AG 10 button cell battery). Incorrectly taking it apart may affect the accuracy of step counting or damage this unit.