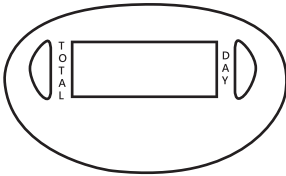


INSTRUCTION

150



FEATURES

1. Records number of steps taken to 999,999 steps
 2. Memory storage of daily and cumulative steps
 3. Auto power ON/OFF
 4. No programming required for immediate use, just clip on and go!
- **Auto Filter Sensor:**
5 steps movement sensor filters out irregular results and activates only after 5 or more steps.
 - **Delayed Reset Button:**
This is to prevent accidentally erasing reset the records on the display.
 - **Accurate Pendulum Movement:**
The pedometer is controlled by an internal pendulum that moves down with each step that you take and springs up again.

TO OPERATE THE Pedometer

1. Press the "DAY" button to show day records.
2. Press the "TOTAL" button again to show total records.
3. Start walking or running. The display registers the number of steps taken to 999,999 steps (excluding irregular movements).

TO RESET THE Pedometer

1. DAY-Hold the "DAY" button for 2 seconds to reset trip/day records to zero.
2. TOTAL-Hold the "TOTAL" button for 2 seconds to reset day/total records to zero.
3. Reset the "DAY" records everyday to start working program every day.
4. The total mode stores cumulative steps taken over 3 months to 999,999 steps.

Note: All resets must be done manually. The concept is to use the DAY counter as a daily or trip/workout counter while also having a cumulative count that can be a separate weekly, monthly, or any period you choose.

AUTO POWER ON/OFF

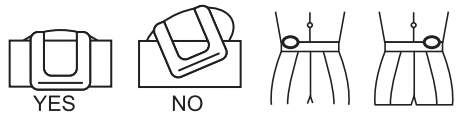
1. The display will blank when no activity has been detected for 4 minutes.
2. Press button or walk 5 steps to power ON the unit.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until five (5) continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "♣" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "♣" disappears).

TO POSITION THE Pedometer

1. Clip the unit to your belt or to the top of your shorts, trousers or slacks as close to your hip as possible.
2. The unit is vertical to the ground as this will aid in proper function and make the display easy to read.



BATTERY REPLACEMENT

1. Remove the rear cover of the unit with a screwdriver or similar tool.
2. Remove and replace battery with LR44 or equivalent.
3. Make sure that the "+" side is up.
4. Pedometer is not waterproof. Keep away from any liquid.
5. Treat it carefully. Do not drop it or expose it to shock.

MADE IN TAIWAN