

## FEATURES

1. Records number of steps taken to 999,999 steps
2. Measures distance travelled to 9,999.99 miles
3. Registers time used during walk/run up to 99:59:59
4. Auto power ON/OFF

### • 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 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 OPEN THE PEDOMETER

1. To open the lid is to monitor the records you exercised.
2. To work properly, pedometer case must be closed.

## TO SET YOUR STRIDE

### 1-7ft

1. Walk or run a measured distance and divide by the number of steps traveled to arrive at your stride length.
2. Press the MODE button to move the cursor to point "MILE".
3. Hold the MODE button for 4 seconds and display shows previous stride length.
4. Each repeated press of the MODE button increases stride by 0.05ft.
5. When personal stride is complete, the display will return to original display after 4 seconds.

## TO OPERATE THE PEDOMETER

1. Press the MODE button to move the cursor to point "STEP" to show step records.
2. Press the MODE button again to move the cursor to point "MILE" to show distance travelled.
3. Press the MODE button again to move the cursor to point "⌚" to show activity time.
4. Start walking or running. The unit will keep track of your step, distance and activity time.

## TO RESET THE PEDOMETER

1. In each mode, hold the MODE button for 2 seconds to reset all records to zero.
2. Rester records everday to start walking program per day.

## AUTO POWER ON/OFF

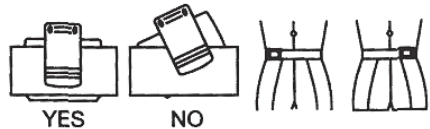
1. The display will blank when no activity has been detected for 4 minutes.
2. Press button or walk 5 steps to power ON the unit.

## 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. Insert a coin and open the unit lid on the bottom of the body.
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.