

FEATURES

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

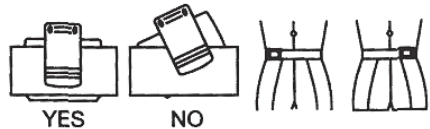
- 1.The display will blank when no activity has been detected for 4 minutes.
- 2.Press button or walk 5 steps to power ON the unit.

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.