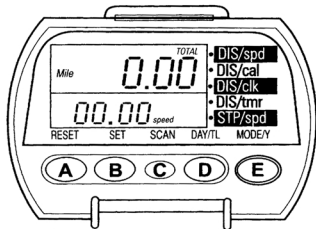


## MULTI-FUNCTION Pedometer



- Auto Filter Sensor
- Auto Reset
- Auto Power ON/OFF
- Delayed Reset Button
- Yardage Meter For Short Distance

### 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 THE MEASUREMENT

1. Decide first if you want to work in Miles or Kilometers.
2. Hold the RESET button (A) for 5 seconds to convert the displayed value from Imperial to Metric unit or vice versa.
3. The originally displayed value will reset to zero.

### TO SET YOUR STRIDE

(1-7ft or 30-215cm)

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/Y button (E) to reach **DIS/spd** mode.
3. Press the SET button (B) and display shows previous stride length.
4. Each repeated press of the SET button increases stride by 0.05ft (1cm).
5. Repeatedly press the RESET button (A) decreases stride.
6. When personal stride is complete, the display will return to original display after 3 seconds.

### TO SET YOUR WEIGHT

(60-300lb or 30-135kg)

1. Press the MODE/Y button (E) to reach **DIS/cal** mode.
2. Press the SET button (B) and display shows previous weight.
3. Each repeated press of the SET button increases weight by 1lb(1kg).
4. Repeatedly press the RESET button (A) decreases weight.

5. When personal weight is complete, the display will return to original display after 3 seconds.

### TO SET THE CLOCK

1. Press the MODE/Y button (E) to reach **DIS/clk** mode.
2. Press the SET button to show time to be adjusted.
3. Press the RESET button (A) to adjust "HOUR" digit.
4. Press the SET button (B) to adjust "MINUTE" digit.
5. When the clock is set, the display will return to original display after 3 seconds.

### FUNCTIONS

Press the MODE/Y button (E) repeatedly to cycle through all five dual display readings:

- **DIS/spd**  
Upper display shows distance travelled to 99.999 MILE or KM. Lower display shows average speed in MPH or KPH.
- **DIS/cal**  
Upper display shows distance travelled to 99.999 MILE or KM. Lower display shows kcalories burned over distance travelled.
- **DIS/clk**  
Upper display shows distance travelled to 99.999 MILE or KM. Lower display shows time of day.
- **DIS/tmr**  
Upper display shows distance travelled to 99.999 MILE or KM. Lower display shows time used during walk/run trip to 100 hours.
- **STEP/spd**  
Upper display shows number of steps taken to 99,999 steps. Lower display shows SPM (average steps per minute).

### YARDAGE METER

1. Press the MODE/Y button (E) for 5 seconds to show the distance in yard on upper display and time of day on lower display.
2. Press the RESET button (A) for one second to reset to zero.
3. Press the MODE/Y button (E) for 5 seconds again to return to original display.

### MANUAL ZERO RESET

1. Day-Press RESET button (A) for one second to reset trip/day records to zero.
2. Total-Press the RESET button for one second to reset day/total records to zero.

### AUTO ZERO RESET

1. At 2:00am each day, the previous day's records will auto reset to zero but display is still retained until 5 steps take.
2. Stride length and weight as set will not be affected.

### AUTO POWER ON/OFF

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

### TO USE THE SCAN BUTTON

1. Press the SCAN button (C) to view all five exercise readings in continuous cycle lasting 3 seconds for each dual display.
2. Press the SCAN button again to stop cycling.

### TO USE THE TOTAL BUTTON

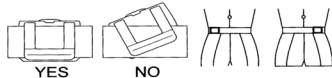
1. Total-Press the DAY/TL button (D) and the display will show total records.
2. Day-Press the DAY/TL button again to revert to trip/day records.

### 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.

MADE IN TAIWAN