

FITNESS PEDOMETER



- Auto Filter Sensor
- Auto Reset For Day And Week
- Auto Power ON/OFF
- Walk, Run And Auto W/R Strides
- Exercise Speed
- Yardage Meter For Short Distance
- Weekly Memory For Steps/Distance/Kcal/Timer
- Total/Average records for previous week

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 3 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 WALK/RUN STRIDES

1-7ft or 30-215cm

1. Press the W/R button (B) to show walk, run and auto conversion to walk/run strides.
2. Press the MODE button (E) to reach DIS/spd mode.
3. Hold the W/R button for 3 seconds to show walk stride.
4. Each repeated press of the W/R button increases stride by 0.05ft (1cm).
5. Repeatedly press the RESET button (A) decreases stride.
6. Press the MODE button (E) to show run stride.
7. Each repeated press of the W/R button increases stride by 0.05ft (1cm).
8. Repeatedly press the RESET button (A) decreases stride.
9. Auto conversion to walk/run strides:
 - * If you are in the walk action, the word of "WALK" will blink.
 - * If you are in the run action, the word of "RUN" will blink.
10. 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 button (E) to reach DIS/cik mode.
2. Hold the SET button (B) for 3 seconds to show personal weight.
3. Each repeated press of the SET button

INSTRUCTION

- 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 button (E) to reach DIS/cik mode.
2. Hold the SET button (B) for 3 seconds 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. Press the SCAN button (C) to advance "WEEKDAY".
6. When the clock is set, the display will return to original display after 3 seconds.

FUNCTIONS

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

● STEP/SPD

- Upper display shows number of steps taken to 99,999 steps.
- Lower display shows SPM (average steps per minute).

● 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.

● 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.

YARDAGE METER

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

TO SHOW THIS WEEK'S RECORDS

1. Press the DAY-WEEK button (D) and "TOTAL" appears to display this week's records up to now.
2. Press the DAY-WEEK button again to revert to trip/day records.

TO RECALL PREV WEEK'S RECORDS.

1. Hold the DAY-WEEK button (D) for 3 seconds. Upper display shows recorded total of previous week. Lower display shows recorded average records of previous week.
2. Repeated press of the MODE button (E) to recall each mode records.
3. Press the DAY-WEEK button (D) again or walk 5 steps to revert to original display.

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.

MANUAL ZERO RESET

1. Day-Press the RESET button (A) for one second to reset trip/day records to zero.
2. Week-Press the RESET button for one second to reset day/week 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. At 2:00am each Sun, the last week's records will auto reset to zero but still remains on display. Walk 5 steps to start new week's records and these records are transferred to previous week's memory.

AUTO POWER ON/OFF

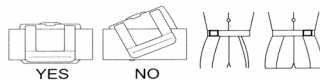
1. The display will blank when no activity has been detected for 4 minutes.
2. Press any button or walk 5 steps to power ON the unit.

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 coin and open the unit lid on the top of the body.
2. Remove and replace battery with LR44 or equivalent.
3. Make sure that the "+" side is up.
4. Re-enter your stride length, weight and set time of day.
5. Pedometer is not waterproof, keep away from any liquid.
6. Treat it carefully, do not drop it, or expose it to shock.