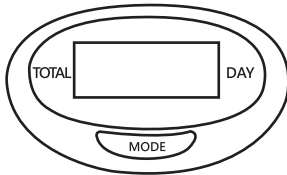


# INSTRUCTION

110



## 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 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 MODE button to show day records and display will appear "STEP" .
- 2.Press the MODE button again to show total records and display will appear "TTL" .
- 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-Press the MODE button to show "STEP" in the display. Hold the MODE button for 2 seconds to reset trip/day records to zero.
- 2.TOTAL-Press the MODE button again to show "TTL" in the display. Hold the MODE button for 2 seconds to reset day/day 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

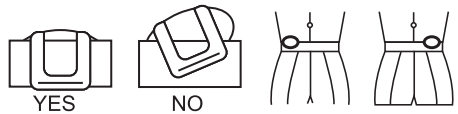
- 1.The display will blank when no activity has been detected for 4 minutes.
- 2.Press button or walk 5 steps to power ON the unit.

## 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