



FEATURES

- 1.Registers time used during walk/run up to 99:59:59
- 2.Records number of steps taken to 999,999 steps
- 3.Memory storage of daily and cumulative steps
- 4.Auto power ON/OFF
- 5.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 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 OPERATE THE PEDOMETER

- 1.Press the MODE button to move the cursor to point "⌚" to show day activity time.
- 2.Press the MODE button again to move the cursor to point "DAY" to show day step.
- 3.Press the MODE button again to move the cursor to point "TOTAL" to show total step.
- 4.Start walking or running. The unit will keep track of your day activity time, day step and total step.

TO RESET THE PEDOMETER

- 1.DAY-In "⌚" and "DAY" mode, holds the MODE button for 2 seconds to reset day records to zero.
- 2.TOTAL-In "TOTAL" mode, holds the MODE button for 2 seconds to reset day/total records to zero.
- 3.Reset the DAY records everyday to start working program pey 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.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.