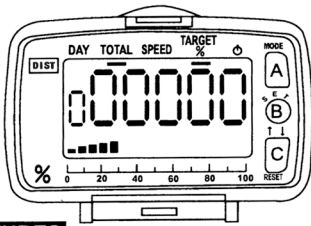


TARGET Pedometer



FEATURES

1. Larger easy-to-read display
2. Flips down for easy viewing while on waist
- **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 reset 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.

FUNCTIONS

1. Memory storage of daily and cumulative distance.
2. Stores cumulative distance travelled to 999.99 mile or km.
3. Shows average speed in MPH or KPH.
4. Displays day's distance goal in percentage showing.
5. Record time used during walk or run trip.

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 (C) 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.

TARGET %

1. The standard goal is 5 Mile or Km per day memorized in unit.
2. In the TARGET % mode, hold the SET button (B) for 3 seconds first.
3. Press the SET button to increase the digit by 0.5 Mile or Km.
4. Press the RESET button (C) to decrease the digit by 0.5 Mile or Km.
5. If no further adjusting for 3 seconds or press the MODE button (A), the display will return to the original display.

20 DIAGRAMS

1. There are 20 diagrams on the lower side of display.
2. One diagram is equal to 5% of the distance goal achieved.
3. If daily goal is completed, all diagrams will be flashing.
4. If 110% arrived, there appears 2 diagrams in flashing.

TO OPERATE THE Pedometer

1. Please reset Day's records to zero in the morning everyday.
2. Start walking or running.
3. You can view your results through the pedometer modes.

TO RESET THE Pedometer

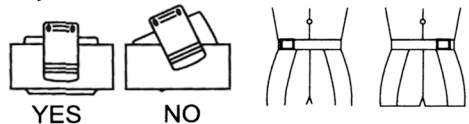
1. Day, Speed, %, Auto Timer:
Hold the RESET button (C) for 3 seconds to reset these records to zero.
2. Total: Hold the RESET button of 3 seconds to reset Total and Day's records to zero.

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.