## FEATURES

1. Larger easy-to-read display
2. Flips down for easy viewing while on waist
3. Auto daily reset
4. Auto power ON/OFF
5. Memory storage of daily and cumulative records for step, distance, calorie and activity time.
   - **Auto Filter Sensor:**
     5 steps movement sensor filters out irregular results and actives only after 5 or more steps.
   - **Delayed Reset Button:**
     This is to prevent accidently 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.

## FUNCTIONS

1. Records number of steps taken to 10,000,000 steps.
2. Measures distance traveled to 20,000.00 Miles or Kilometers.
3. Calculates CAL burned.
4. Shows activity time used during current walk/run up to 20,000 hours.
5. Display time in hours (AM and PM) and minutes format.

## 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 button (C) to move the cursor to point "DIST".
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. Press the RESET button (A) to decrease your stride length.
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 button (C) to move the cursor to point "KCAL".
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. Press the RESET button (A) to decrease your 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 (C) to move the cursor to point "🕐".
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.

## TO SHOW TODAY/TOTAL RECORDS

1. Press the TODAY/TOTAL button (E) repeatedly to read today or total records.
2. TODAY - To memory today's records.
   TOTAL - To memory total records up to now.
3. Press the Mode button (C) repeatedly to read records for step, distance, calorie, activity time and time of day.

## WALKING DAYS

1. Press the MODE button (C) to move the cursor to CLOCK mode.
2. Hold the RESET button (A) to display the number of days passed by.
3. Release the RESET button to return to the normal CLOCK display.
4. Memory the number of days up to 2,000 days.
5. The first day is displayed 0 day in clock mode.

## TO RECALL TIME OF DAY

1. Press and hold the 🕐 button (D) to momentarily recall current time of day.
2. Release the 🕐 button to return to original display.

## MANUAL ZERO RESET

1. TODAY - Hold the reset button (A) for 3 seconds to reset trip/today records to zero.
2. TOTAL - Hold the reset button for 3 seconds to reset today/total records to zero.

## AUTO ZERO RESET

1. At 2:00am each day, the previous day's records will auto reset to zero.
2. Walk 5 steps to start new day's records.

## 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.



YES     NO

## BATTERY REPLACEMENT

1. Insert a coin and open the unit lid on the bottom of the body.
2. Remove and replace battery with LR44 repeatedly 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