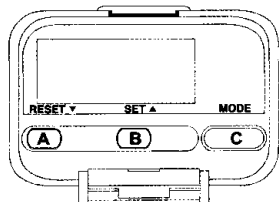


INSTRUCTION

EXERCISE Pedometer



FEATURES

1. Larger easy-to-read display
 2. Flips down for easy viewing while on waist
 3. Auto scan function
 4. Auto power ON/OFF
- **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.

FUNCTIONS

1. Records number of steps taken to 999,999 steps.
2. Measures distance traveled to 999.99 Miles or Kilometers.
3. Calculates Kcal burned.
4. Displays time in hours (AM and PM) and minutes format.
5. Shows time used during current walk/run up to 100 hours.

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 "CLOCK".
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 OPERATE THE PEDOMETER

1. Press the reset button for 2 seconds to reset all recorded data.
2. Start walking or running. The unit will keep track of your step, distance, calories burned, time of day and show exercise timer.

TO RESET THE PEDOMETER

1. Press the reset button for 2 seconds to clear memory of all recorded information and reset to zero.

2. Stride length and weight as set will not be affected.

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.

TO USE THE SCAN FEATURE

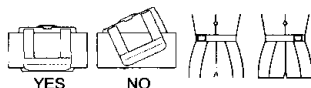
1. Press the MODE button (C) until SCAN appears.
2. If no further pressing, the display will show SCAN after 3 seconds.
3. This views all five exercise readings in continuous cycle lasting 3 seconds.
4. Press the MODE button (C) again to stop cycling.

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.

MADE IN TAIWAN