

**FEATURES:**

- Displays and tells you the walking steps (up to 99,999 steps)
- Displays and tells you the walking distance (up to 999.99 km)
- Pacer control (with different songs)
- Displays and tells you the time with alarm

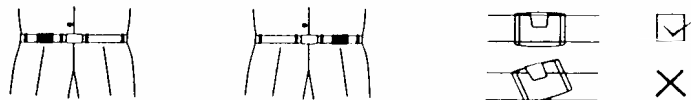
**Introduction**

While you are keeping your eyes on the road, this unique product tells you how many steps you have taken, how far you have walked or jogged and the current time. Simply press a button and a clear voice tells you everything. The alarm clock can also help you to define your own workout time. Incorrect measurements may result under the following conditions:

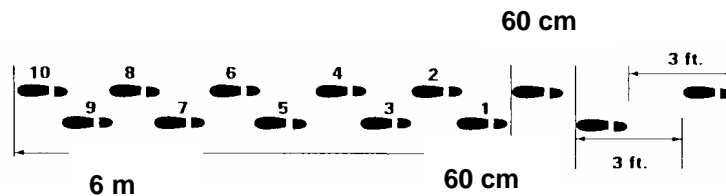
- 1) If you walk with irregular steps, drag your feet, or walk in sandals
- 2) If you subject the meter to vertical or vibrating motion, suddenly stand up or sit down, jump or participate in sports, walk up or down steep slopes, or get on and off the automobiles, or buses.

**Installation Method**

Attached to your belt, belt ness slacks, skirt or training suit bottoms using the clip

**Adjusting your stride**

For computing the distance coverage, it is important to keep regular strides and maintain your walking form. To determine your average stride length, walk 10 steps as illustration and divide by 10 the distance covered to arrive at your average length.

**Getting started****Setup your stride length (Step size):**

1. For setup your stride length press 3 times the button [MODE], step length blinks.
2. Press [↑] to increase or press [↓] to decrease the step length by 5 cm. Press and hold the [↑] or [↓] button in order to increase or decrease the step length rapidly.
3. Press [⏸] to report the current step length.
4. The valid range of step length is 5 to 200 cm.
5. Confirm the setup with button [MODE]. You hear 4 cheep tone and the setup is finished, Unit returns to Standard mode.

**Time Set Mode:**

1. For setup the real time press 1 times the button [MODE], time blinks.
2. Press [↑] to increase the hour digit or press [↓] to increase the minute digit. Press and hold the [↑] or [↓] button in order to increase the digitals rapidly.
3. Press [⏸] to report the time.
4. Confirm the setup with pressing 3 times the button [MODE]. You hear 4 cheep tone and the setup is finished, Unit returns to Standard mode.

**Alarm Set Mode:**

1. For setup the alarm time press 2 times the button [MODE], alarm blinks.
2. Press [↑] to increase the hour digit or press [↓] to increase the minute digit. Press and hold the [↑] or [↓] buttons in order to increase the digits rapidly.
3. Press [⏸] to report the alarm time.

4. Confirm the setup with pressing 2 times the button [MODE]. You hear 4 cheep tone and the setup is finished, Unit returns to Standard mode.

### **Standard Mode:**

1. In Standard mode, Display shows you steps, distance and time.
2. Press [◀] to report the displays values.
3. Press [CLR] to reset the counter of walked steps and walked distance to zero.

### **Alarm on and off**

1. For turn on and off the alarm, press repeated button [↑]
2. You change every pressing between the 4 different sounds and turn off the alarm.
3. If you have activate the alarm, you can see [🔔] in display.

### **PACER**

#### **How is pacer control function works?**

First of all initiate the music by pressing [🔊] button in standard mode, you change every pressing between the 4 different sounds and turn off the sound (if you see [🎵] in display, the pacer is turn on). The rhythm of the song will play differently depends on the jogging speed. The faster the user walk, the faster the song plays so you can find your right rhythm.

### **While the music is playing**

- Press [▶] to report current display.
- Press [CLR] to reset the counter of walked steps, walked distance & burnt calories to zero and the music will automatically switch to next one.

### **Battery Installation:**

1. Gently pull out the battery cover.
2. Insert 1 piece lithium battery. (Noted: If not disposed of properly, batteries can be harmful.)
3. Close the battery cover.

### **BATTERY REPLACEMENT**

1. When the display becomes dim or is fading, replace the battery with a new CR2025, or equivalent. Pull out the battery cover take the old battery out (Protect the environment by talking exhausted batteries to authorized disposal stations) and insert the new one into the battery holder. (with + side up) and close the battery cover.

### **Trouble shooting**

1. Should the display show no numbers or signs of fading, please press the button [RESET] on the back of the unit or change the batteries. After a replacement of batteries, please also press the button [RESET] and set the pedometer according to instructions above.

### **Specifications:**

- Power source: DC 3V (1 x Lithium Battery CR2025)
- Battery life: >6 months
- Product size: 60 x 40 x 25 mm
- Product weight: 32 g

