

**Product Features:**

- Step counter can count up to 99,999
- Distance can be displayed up to 99,999 km
- Calorie consumption can display up to 9,999.9 kcal
- Training time can display hour and minute
- Body Mass Index (BMI)
- Body Fat (%)

**Notes on Measurement**

Hold the case vertically and shake it softly up and down with its display facing towards you by this, the pendulum inside starts to click gently indicating that it is functioning properly. 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 up and down, walk up or down steep slopes, or get on and off an automobile.

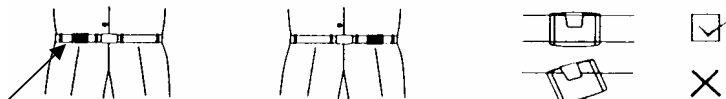


**Key description**

<b>MODE</b>	To select distance, calorie consumption, timer and FAT/BMI on the display
<b>SET/START</b>	To set personal data
<b>↑/RESET</b>	To set/reset personal data and values/BMI Analysis
<b>↓</b>	To set personal data and values

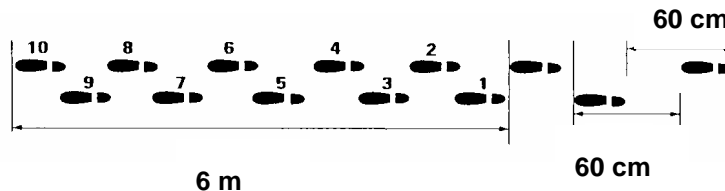
**Installation Method**

Attach to your belt or waistline using the clip in an upright, straight position as shown below.



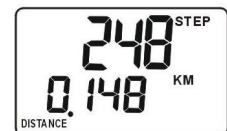
**Adjusting your stride**

For computing the distance coverage, it is important to keep regular strides and maintain your walking form. To determine your average stride length, walk a distance of (i.e. 6 meters) as illustration shows and divide by the steps you needed for this distance (i.e. 10 steps): 6 meters / 10 steps = 60 cm stride length. Please input this value.



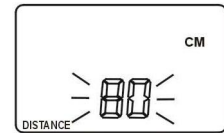
**Step-Counter/Pedometer**

1. The upper line displays the number of steps taken. This pedometer automatically records all steps, if you attach the instrument correctly as shown above.
2. In order to view distance (km), press the button [MODE] several times until DISTANCE appears in the lower left of the display.
3. You can reset all values to zero by pressing [↑/RESET] button.  
(All values of steps, distance, calories and timer will be reset.)



### Setting of step length (only at initial usage):

1. For setting step length, press the button [MODE] several times until DISTANCE appears in the display.
2. Press the button [SET/START] to set the step length.
3. By pressing the button [↑/RESET], you can now adjust your step length in 5cm intervals from 30 – 150 cm.
4. Please wait for 5 sec. until this value is saved and the display is back into operating modus.



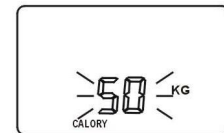
### Calorie consumption

1. Press the button [MODE] several times until the display shows „CALORY“ [KCAL]. The pedometer will calculate the calories consumed from number of steps taken and your body weight.
2. You can reset all values to zero by pressing [UP/RESET] button.  
(All values of steps, distance, calories and timer will be reset.)



### Setting of body weight (only at initial usage):

1. For setting the body weight, press the button [MODE] until CALORY appears on the display.
2. Press the button [SET/START] to set the weight
3. By pressing the button [↑/RESET], you can now adjust your body weight in 1kg interval from 20 – 150 KG
4. Please wait for 5 sec. until this value is saved and the display is back into operating modus.



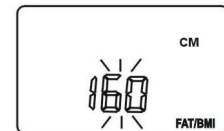
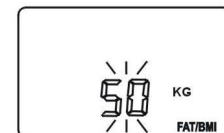
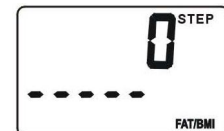
### Timer

1. Press the button [MODE] several times until the display shows „TIMER“. The pedometer will record the length of time while you are actively walking or running. Display will show after 1 min.
2. You can reset all values to zero by pressing [UP/RESET] button.  
(All values of steps, distance, calories and timer will be reset.)



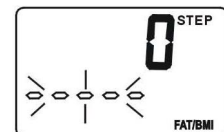
### Body Mass Index (BMI) & Body Fat

1. Press the button [MODE] several times until the display shows „FAT/BMI“. Now you can start the Body Mass Index (BMI) and Body Fat function. The display will show the results of Body Fat in % and the BMI. More Information to these values at the bottom of this manual.
2. You can start the function by pressing [↑/RESET] button. Please place your thumbs during the process on the silver contact plates (left thumb on the left plate, right thumb on the right plate).
3. The blinking icon on the right side of the display symbolizes the trend of your Body Fat. A more precise classification is outlined at the end of the manual.



### Personal settings (only at initial usage):

1. For setting body weight, press the button [MODE] several times until „FAT/BMI“ appears on the display.
2. Press the button [SET/Start] to set the weight
3. By pressing the buttons [↑/RESET] and [↓], you can now adjust your body weight in 1kg interval from 20 – 150 KG
4. Please wait for 5 sec. until this value is saved and the display is back into operating modus.
5. Press the button [SET/Start] to set the height
6. By pressing the buttons [↑/RESET] and [↓], you can now adjust your body height in 1cm interval from 100 – 210 cm
7. Press the button [SET/Start] to the age
8. By pressing the buttons [↑/RESET] and [↓], you can now adjust your age from 1 – 99 years
9. Press the button [SET/Start] to set your sex
10. By pressing the buttons [↑/RESET] and [↓], you can choose between „♀“, female and „♂“, male.
11. Press the button [SET/Start] to start your first analysis. Place both thumbs, as outlined above, onto the silver contact plates and wait until the dashed line has appeared 2 times.



**General Information to BMI**

The BMI brings your Body Weight in relation to your Body Height.

Formula:  $BMI = (Body\ Weight\ in\ Kg) / (Body\ Height\ in\ m)^2$   
*Body Mass Index (BMI)*





BMI		
Women	Man	
< 19	< 20	Under weight
19– 24	20 – 25	Normal weight
24 – 30	25 – 30	Little overweight
> 30	> 30	Overweight (Adipositas)

**General Information about the body fat determination**

The composition of the human body is based on genetical and nutrition factors. The composition can also be influenced by many other factors like personal fitness, illness or malnutrition.

For a judgement of its composition, the human body is seen as a system composed of at least two compartments: Fat and fatfree body mass (FFM) and whose proportion and exact volume can be determined.

The table shows you a classification of the body fat value to the respectively objective phenotype:

Body Fat Analysis			
Woman	Man	Symbol	
< 23%	< 11%		Under weight
23 – 36	11 – 23		Normal weight
36 – 40	23 – 30		Little overweight
> 40	> 30		Overweight (Adipositas)

**Note**

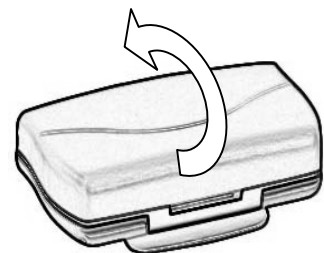
This is not a medical instrument!

In order to determine your exact Body Fat values or any treatments, please consult your physician or nutrition counselor.

**BATTERY REPLACEMENT**

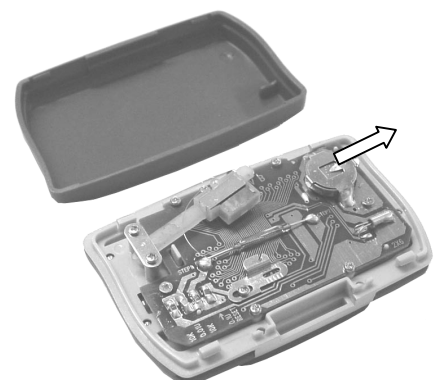
When the display becomes dim or is fading, replace the battery with a new LR1130, or equivalent. Open the battery cover and take the old battery out (protect the environment by taking empty batteries to authorized disposal stations). Insert the new one into the battery holder. (with + side up) and close the battery cover.

Now please set your pedometer according to the description above.



**Trouble shooting**

Should the display show no numbers or signs of fatigue, please replace the batteries. After a replacement of batteries, please set the pedometer according to instructions above.



**Specifications:**

- Power source: Lithium Battery LR1130
- Battery life: >6 months
- Product size: 69 x 42 x 24 mm
- Product weight: 35 g

