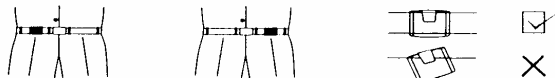


Functions:

This step counter records the number of steps taken (up to 100.000 steps to one rotation).

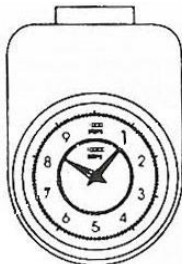
How to wear:

Clip the step counter to your waistline or belt as shown in the picture below.



How to use:

For first-time use please turn the setting knob at the back in counter-clockwise direction to re-set the reading to zero. Hang it vertically on the waist-band or belt and it will count the pace automatically.



Longer hand:

1 rotation = 1.000 steps, one pitch line = 10 steps

Shorter hand:

1 rotation = 10.000 steps, one pitch line = 200 steps

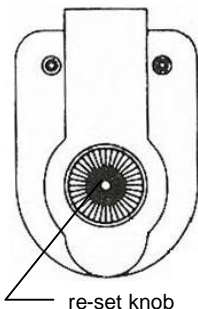
Reset to zero:

Turn the setting knob at the back in counter-clockwise direction to re-set the reading to zero.

Distance:

You can generate your covered distance, by multiplying your real step length with the numbers of steps. Please note that you have a different step length when you are jogging or walking. Following chart show you average peaks.

Body height	step length ca., in cm	Covered distance by 1.000 steps	
		„walking „	„jogging“
150 cm	55/60 cm	ca. 550 meters	ca. 600 meters
160 cm	65/75 cm	ca. 650 meters	ca. 750 meters
170 cm	75/90 cm	ca. 750 meters	ca. 900 meters
180 cm	80/100 cm	ca. 800 meters	ca. 1.000 meters
190 cm	85/110 cm	ca. 850 meters	ca. 1.100 meters



trouble shooting:

Are the displayed numbers of steps not correct please check if you wear the step counter like explained under the point: „How to wear“.

If there is no measurement, please hold the case vertically and shake it softly up and down. When the pendulum inside starts to click, then this is indicating that it is functioning properly.