

Product Features:

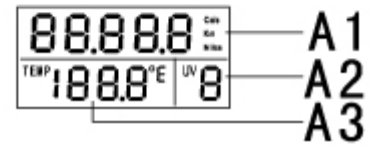
- Step counter can count up to 99,999
- Distance can be displayed up to 99,999 km/miles
- Calorie consumption can display up to 9.999.9 cal
- UV-Measurement with UV-Level indicator
- Displays temperature in °C/°F
- Auto power off



Notes on Measurement

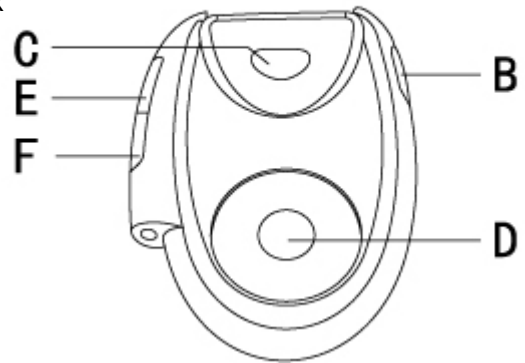
Hold the pedometer with the display upside and shake it softly up and down with its display facing towards you by this, the pendulum inside starts to click gently indicating that it is functioning properly. Incorrect measurements may result under the following conditions:

- 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.



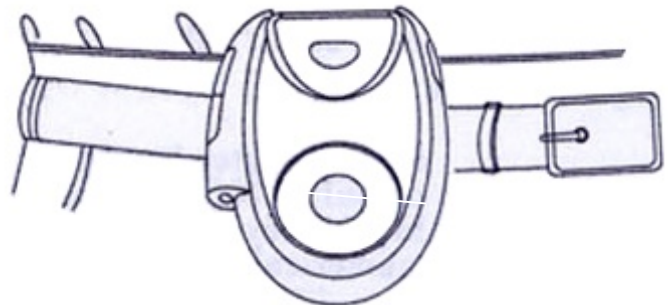
Display and Key description

- A Multiple-Display
- A1 Display of steps, distance and calories
- A2 Display of the UV-Level
- A3 Display of temperature
- B Reset button (resets all values)
- C Button for UV measurement
- D UV-Sensor
- E MODE-button (choosing functions)
- F SET-button (to set personal settings)



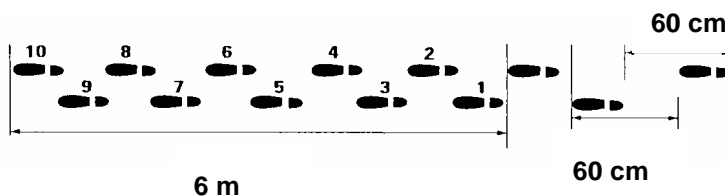
Installation Method

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



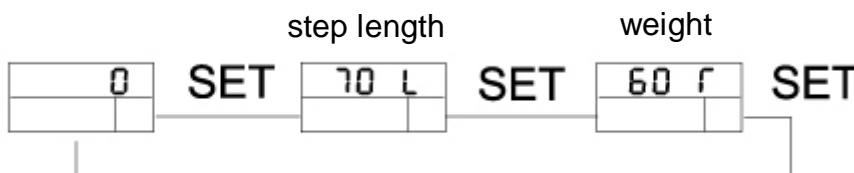
Adjusting your stride

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.



Basic setting (only necessary at initial usage)

1. Press the button [SET] to set your personal values (step-length / weight).
2. Now you can adjust your step-length with the button [MODE].
3. Press the button [SET] again to set your weight with the button [MODE].
4. To conclude the settings, press once again the button [SET].



Use of Pedometer

After attaching your pedometer to your belt or waistline, push the [RESET] button to reset the steps to zero. Now you can start walking or jogging and the pedometer will count your steps.

You can switch with the button [MODE] between „steps – distance in miles – distance in km – CALS“.

Use of UV measurement / thermometer

While measuring UV-intensity, the sensing window for photocell should face toward the sunlight so as to get a more accurate measurement.

Press [UV] key to enter “UV Detect” mode. Current UV Level will then be displayed on LCD.

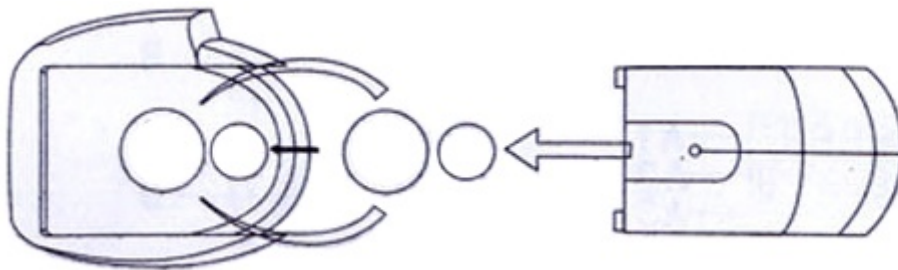
UV intensity is divided into 8 levels:

- Level 1 – 3 low UV-content
- Level 4 – 6 middle UV-content
- Level 7 – 8 high UV-content

You can switch with button [UV measurement] between °C and °F

Battery replacement

When the display becomes dim or is fading, replace the battery (1 x AG13 for pedometer / 1 x CR2032 for temperature). Open the battery cover and remove the screws with a screwdriver. Take off clip and remove the old battery (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 with the screw. Push the button [RESET] and set your personal settings.



Trouble shooting

- Should the display become dim or is fading, please replace the battery.
- If the displayed steps are incorrect, check the upright position of the pedometer on your belt or waistline.
- If the pedometer has fallen down, the pendulum could be damaged irreparably. The Warranty does not cover misuse.
- UV-measurement: If you cannot get a UV level indication right away, please try to hold the pedometer with the sensing window facing the sunlight longer into the UV-rays.

Specifications:

- Step counting range: 0 – 99,999 steps
- Distance range: 0 – 99,999 kilometers (miles)
- Calorie range: 0 – 9,999.9 calories
- Weight range: 30 – 150 kg (5kg)
- Step length range: 30 – 120 cm (5cm)
- Step counting error: +/- 5%
- UV-Level error: +/- 1 Level
- Power source: 1 x AG13 (Pedometer)
1 x CR2032 (Thermometer)
- Battery life : >6 months
- Product size: 70 x 53 x 33 mm
- Weight: approx. 42 g

