

FEATURES:

- Step Counter counts step taken up to 100.000
- Distance Counter counts distance covered up to 1.000 km
- Calorie Counter
- Count Up/ Down Timer:
- Stopwatch
- Clock with Alarm
- Tally Counter

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:

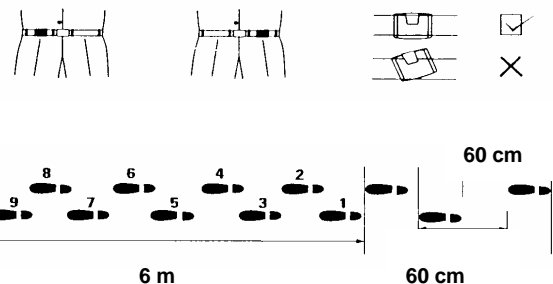
- 1) If you walk with irregular steps, drag your feet, or walk in sandals
- 2) If you subject the meter to vertical or vibrating motion, suddenly stand up or sit down, jump up and down, walk up or down steep slopes, or get on and off an automobile.

Installation Method

Attach to your belt or waistline 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 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.

**Before Setup**

IMPORTANT!! Please press [RESET] button on backside before using.

Normal Time Setting

Press [MODE] to reach the TIME mode (TIME will appear at the bottom).

Hold [SET] button until the "second" digit starts flashing, press [ADJUST] to reset the seconds to 00 sec. Press [SET], the minutes start flashing, and press [ADJUST] to adjust. Press [SET] again, the hour starts flashing and press [ADJUST] to adjust. Press [SET] once to quit the setting & back to normal display. Press [ADJUST] to set 12/24 hour display

Alarm Time Setting

Press [MODE] to reach the alarm mode (ALM will appear at the bottom).

Hold [SET] button until the "minute" digit starts flashing, press [ADJUST] to adjust. Press [SET] again, the hour starts flashing and press [ADJUST] to adjust. Press [SET] once to quit the setting & back to normal display.

Alarm on and off

At ALM mode push [ADJUST] to turn on/off the alarm "⏰" appears = Alarm on / "⏰" disappears = Alarm off

Stopwatch Count up Function

Press [MODE] to reach the count-up mode (UP will appear at the bottom). Press [ADJUST] to start or stop the count-up Press [SET] to reset.

Count down Function

Press [MODE] to reach the count-down mode (DOWN will appear at the bottom).

Hold [SET] button until the "second" digit starts flashing, press [ADJUST] to adjust. Press [SET], the minutes start flashing, and press [ADJUST] to adjust.

Press [SET] again, the hour starts flashing and press [ADJUST] to adjust. Press [SET] once to quit the setting, and ready for the count down.

Press [ADJUST] to start the count down. When the time reached the desired setting, the "Beep" Alarm will sound. Press [SET] to stop the alarm and go back to the count-down mode. Keep memory of the last setting data. Press (SET) & [ADJUST] together to reset. Maximum Count 23hr. 59min. 59sec.

Step Counter Function

Press [MODE] to reach the step-counter mode (STP.M will appear at the bottom).

Press [ADJUST] to change the STEP, DIS, CALS (Step Counter, Distance Counter, Calorie Calculator) at the Step-mode. The device can count the number of steps you walk by its internal sensor. Press (SET) & [ADJUST] together to reset the step record.

At the DIS mode

Press [SET] to set the stride length, (STR will appear at the top)

Input your stride length by pressing the [ADJUST] button (The range of the stride length is from minimum 30 cm to maximum 90 cm).

At the CALS mode

Press [SET] to enter the weight input mode (WT will appear at the bottom)

Press [ADJUST] to input your weight (The range you can set is from minimum 20kg to maximum 150kg)

Press [SET] to confirm.

Press [ADJUST] change to STEP mode, it will show how many steps are already counted

Tally Counter Function

Press [COUNT] to count-up manually. This function is available in all modes, but will be displayed only in STEP mode.

BATTERY REPLACEMENT

When the display becomes dim or is fading, replace the battery with a new L1154, or equivalent. Use a "+" type screwdriver to open the battery cover. Take the old battery out and insert the new one into the battery holder. (with + side up).

Trouble shooting

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.

