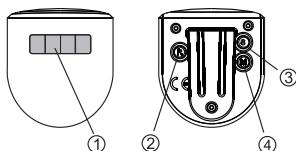


Cosmic Solar Pedometer WHF-CS08

Multi function Pedometer



1. Solar Panel
2. Reset Button
3. Set Button
4. Mode Button

Dual powered pedometer with solar and back up battery. The solar panel is used to generate power to operate the pedometer in good sunlight or under bright light.

The back up battery will only be active when there is not enough sunlight or bright light to function the pedometer.

FEATURES:

- Distance walked up to 999.99 Miles
- Calories burned up to 999.99 Kcal
- Battery saver auto shut-off

1. STEP COUNTER

Paces are detected via the movement of the waist. For accurate reading mount the unit at the near the center of the body. To avoid counting sudden movements as steps, this pedometer will begin counting after 4 or less steps. These steps are included in the step total.

- Press MODE until the arrow on right side of display screen points at STEP
- Press and hold RESET for three seconds to set steps counted to zero

2. DISTANCE WALKED

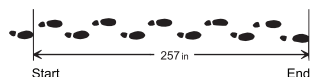
- Press MODE until the arrow points at MILE on the screen is displayed
- Press and hold RESET for three seconds to set distance walked to zero

3. TO SET STRIDE

A stride value is necessary to determine the distance walked.

- Press MODE until the arrow points at MILE on screen is displayed
- Press and hold SET button until screen flashes
- Press the SET button to change the stride inch value
 - Imperial value range is 12 – 60 inches

TO DETERMINE STRIDE



- Sidewalks are a good surface to measure a stride
- Mark the starting point with a rock or chalk at the tip of toes
- Starting with both feet parallel walk 10 steps at normal stride
- Mark the end of the 10th step at the toe furthest in front
- Measure starting and stop distance in inches
- Divide total distance inches by 10 to obtain stride inch measurement (round off to the nearest number)

4. CALORIES BURNED

- Press MODE until arrow points at KCAL on screen displayed
- Press and hold RESET to set value to zero

5. TO SET WEIGHT

A weight value is necessary to determine the Calories Burned value.

- Press MODE until the arrow points at KCAL on the screen is displayed
- Press and hold SET button until screen flashes
- Press the RESET button to change the weight pound value
 - LBS value range is 60LBS – 300LBS

6. AUTO SHUT-OFF

If no motion is detected for 1 minute, the auto shut-off is enabled. Pedometer data is retained in memory. Once motion is detected auto shut-off is disabled and unit will resume functions.



TROUBLE SHOOTING:

Problems	Cause & Remedy
Not all steps detected	Ensure pedometer is properly mounted near the middle of the body.
LCD screen is black	Pedometer was exposed to direct sunlight or operated in high temperature too long. Screen will recover under shade or lowered temperatures.