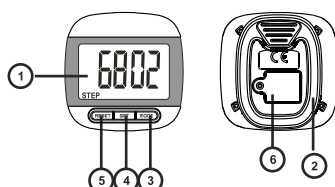


Widescreen Walker Pedometer

OPERATION MANUAL



Function:

1. LCD display
2. BELT Clip
3. MODE Button
4. SET Button
5. RESET Button
6. Battery Cover

Features:

- Step counter up to 99999 steps
- Distance traveled indication up to 999.99 KM/ 999.99 Miles
- Calories burnt indication up to 999.99 Kcal
- Metric and imperial system selection
- Auto Shut off

The paces are detected via the movement of the waist. For accurate reading, mount the unit closer to the center of the body.

1. Step Counter Function

- Press MODE button until the bottom of the display shows the word "Step", the step counter will start counting once motion is detected.
- To avoid counting sudden movements as steps, the pedometer does not display the step count for the first 4 steps (or less). If you continue walking for more than 4 steps, the display will show the first 5 steps walked and continues to count.
- To reset the counter, press and hold the RESET button until the digits revert back to zero.

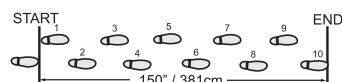
2. Distance traveled

- Press MODE button until the bottom of the display shows the word "KM" for metric version. For imperial version, it will show "MILE".
- Press the SET button for adjusting the stride distance. This is the distance for each pace. The digits on the display will start to flash**
- Press the RESET button as many times as necessary to adjust to the desired value. Once the value is set, leave the unit idle for 5 seconds, it will revert to distance traveled mode.
- The distance traveled counter will start counting once motion is detected
- To reset the counter, press and hold the RESET button until the digits revert back to zero

Note:

- ** Stride setting
- Metric: Range from 30 cm - 150 cm; with setting at 2 cm interval
- Imperial: Range from 12 inch - 60 inch; with setting at 1 inch interval
- Default Stride: 30 inch / 80 cm

3. Setting your STRIDE LENGTH:



- a) As above illustration, walk 10 steps with normal stride

- b) Measure the distance from start to end
c) Calculate your stride by dividing the total distance by 10

Example:
Total Distance=150" / Stride=150"/10 paces=15"
Total Distance=381cm / Stride=381cm/10 paces=38cm**

** rounded off to the nearest unit

4. Calorie Calculation

- Press MODE button until the bottom of the display show "KCAL".
- Press the SET button for inputting your body weight. The digits on the display will start to flash ##
- Press the RESET button as many times as necessary to adjust your body weight value. Once the value is set, leave the unit idle for 5 seconds, it will revert back to calorie mode.
- The counter will start counting once motion is detected.
- To reset the calorie counter, press and hold RESET button until the digits revert back to zero.

Note

- ##Weight setting
- Metric: range from 30 kg-135 kg; with setting at 1 kg interval
- Imperial: range from 60 lb - 300 lb; with setting at 1 lb interval
- Default weight: 100 lb / 45 kg

5. Metric and Imperial

The pedometer can be set to either Imperial or Metric system.

- Under any mode, press and hold the MODE button until the display blink and digits revert back to zero.
- Press MODE button to distance traveled mode and check bottom line indicator to see if it is in imperial or metric format.

6. Auto shut off

If no motion is detected for 1 minute, the unit will automatically shut off. The value of the pedometer will still be retained in memory. It will resume once motion is detected.

7. Battery

- Uses Ag 10 x 1 pc [Included]
- Unscrew battery cover to replace with fresh battery

Note:

- Be sure to operate and maintain pedometer properly with care
- Do not disassemble parts, electrical components or replace back up battery. Doing so could cause damage and affect the accuracy of the pedometer measurement.

Troubleshooting:

Problems	Cause & Remedy
Not all your steps were detected	Mount the pedometer properly according to the manual and ensure your walking method is correct.
LCD is black	The pedometer has been put under direct sunlight or operated in high temperature too long. It will recover normal status under the shade.

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