

Changing batteries

Open the battery compartment, which is situated underneath the operating buttons with a coin or something similar. Change the battery (1,5 Volt V 13 GA) ensuring that polarity is correct -plus-(+) facing upwards.



Detecting errors

The distance shown is incorrect

- Check the pace type
- Check the step-length
- Check whether the pedometer is attached at hip height
- Check whether the pedometer is closed properly

The display is faded

- Change battery

The display is showing miles

- Press the [FEET] button followed by the [METER] button to display the correct length

Other errors

- Press [RESET]

Warranty

Extensive testing and attention has been devoted to the manufacture of the pedometer. The warranty is valid for 2 years after purchasing. Damages that have occurred due to improper use of the device, as well as parts that are subject to wear and tear, are not covered by the warranty.

Pedometer FITTY3

For
walkers
and
joggers

Operating instructions



Technical data

Dimensions

55 x 60 x 30 mm

Weight

53 grams

Battery

1,5 V V 13 GA

Distance display

0 – 99 999 steps

Display

Steps, metres, feet,
kilometres, miles,
time

Operating details



FEET	Display in feet
TIME	Displays time
STEP	Displays steps
METER	Displays metres
H/+	On switch + or hours
MILES/KM	Display in km
START	Start button
MIN/-	On switch – or minutes
RESET	Resets time / distance

Pace button:



Choosing your pace

Chose desired pace by operating [PACE BUTTON].

Jogging   Walking

Following this, set your step length.

Setting your step length

Operate the [METER] button, the pre-set step-length, of 0,75 m will appear on the display. Operating the [H/+] or the [MIN/-] button lets you set the step-length individually. After setting, wait a moment for the display to stop blinking. Please be aware that the step-length can only be altered while the display is blinking.

approx. step-length

body height	walking/jogging
140 cm	50 cm / 55 cm
150 cm	55 cm / 60 cm
160 cm	65 cm / 75 cm
170 cm	75 cm / 90 cm
180 cm	80 cm / 100 cm
190 cm	85 cm / 110 cm
200 cm	90 cm / 115 cm

Setting the time

Operate the [TIME] button; the set time will blink and can be changed with the [H/+] button (to set the hours) and the [MIN/-] button (to set minutes). After setting, wait a moment for the display to stop blinking. With the 24Hr switch (in the battery compartment), you can choose between a 12h or a 24h display.

Appliance

Fasten the counter tightly and securely to your belt or waistband. Operate the START button in order for your steps to be counted. You can now select your choice of METRE, KILOMETRE, STEPS or TIME button. By pressing RESET, you will delete your previous distance.