

Product Features:

- Step counter can count up to 99999 steps, user can set weight and stride length
- Distance can be displayed up to 99999 mile (or km)
- Calorie consumption can display up to 9999.9 kcal
- Current time and training time can display hour and minute

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:

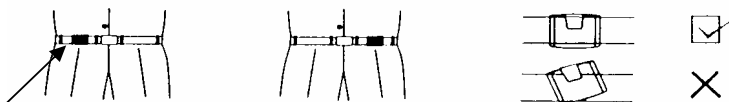
- 1) If you walk with irregular steps, drag your feet, or walk in sandals
- 2) If you subject the meter to vertical or vibrating motion, suddenly stand up or sit down, jump up and down, walk up or down steep slopes, or get on and off an automobile.

Key description

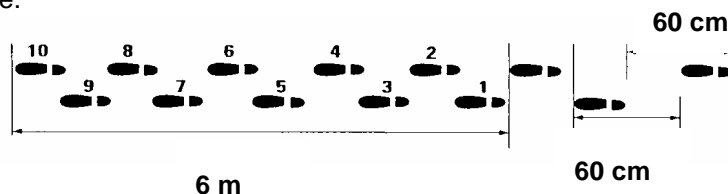
- MODE** to select distance , calorie consumption, timer and clock function on the display.
- SET** to set stride length under distance mode, to set your weight under calorie mode, to set hour and minute under clock function mode
- UP/RESET** to adjust values under setting mode, to clear values of step, distance, and calorie under non-setting mode

**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.

**Step-Counter/Pedometer**

1. The upper line displays the number of steps taken. This pedometer automatically records all steps, if you attach the instrument correctly as shown above.
2. In order to view distance (km), press the button [MODE] several times until DISTANCE appears in the lower left of the display.
3. You can reset all values to zero by pressing [UP/RESET] button.
(All values of steps, distance, calories and timer will be reset.)

**Setting of step length (only at initial usage):**

1. For setting step length, press the button [MODE] several times until DISTANCE appears in the display.
2. Press the button [SET] to set the step length.
3. By pressing the button [UP/RESET], you can now adjust your step length in 5cm intervals from 30 – 150 cm.
4. Please wait for 5 sec. until this value is safed and the display is back into operating modus.



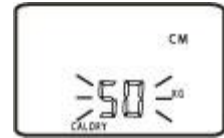
Calorie consumption

1. Press the button [MODE] several times until the display shows „CALORY“ [KCAL]. The pedometer will calculate the calories consumed from number of steps taken and your body weight.
2. You can reset all values to zero by pressing [UP/RESET] button.
(All values of steps, distance, calories and timer will be reset.)



Setting of body weight (only at initial usage):

1. For setting the body weight, press the button [MODE] until CALORY appears on the display.
2. Press the button [SET] to set the weight
3. By pressing the button [UP/RESET], you can now adjust your body weight in 1kg interval from 20 – 150 KG
4. Please wait for 5 sec. until this value is saved and the display is back into operating modus.



Timer

1. Press the button [MODE] several times until the display shows „TIMER“. The pedometer will record the length of time while you are actively walking or running. Display will show after 1 min.
2. You can reset all values to zero by pressing [UP/RESET] button.
(All values of steps, distance, calories and timer will be reset.)



Clock function

Setting of clock:

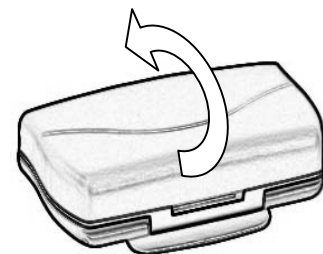
1. Press the button [MODE] several times until the display shows „CLOCK“.
2. Press the button [SET] to adjust the hour
3. When pressing the button [UP/RESET], you can now set the hour accordingly.
4. Press the button [SET] again to adjust the minutes.
5. When pressing the button [UP/RESET], you can now set the minutes accordingly
6. Press the button [SET] again to save the time setting.

Note: AM = *ante meridiem* -> Morning
PM = *post meridiem* -> after noon time



BATTERY REPLACEMENT

When the display becomes dim or is fading, replace the battery with a new LR1130, or equivalent. Open the battery cover and take the old battery out (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.



Trouble shooting

Should the display show no numbers or signs of fatigue, please replace the batteries. After a replacement of batteries, please set the pedometer according to instructions above.

Specifications:

- Power source Lithium Battery LR1130
- Battery life: >6 months
- Product size: 60 x 37 x 24 mm
- Product weight 30 g

