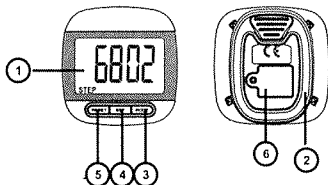


Widescreen Walker Pedometer

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.

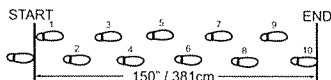
2. Distance traveled

- 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:



- Measure the distance from start to end
- 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.

Patent ID US D615425
Made in China

- As above illustration, walk 10 steps with normal stride

▲ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**
- **Seek** immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.



- * Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc or rechargeable batteries.
- * Even used batteries may cause severe injury or death.
- * Call a local poison control center for treatment information.
- * Compatible battery type is AG10. Nominal battery voltage is 1.5V.
- * Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children.
Do NOT dispose of batteries in household trash or incinerate.
- * Ensure the batteries are installed according to polarity (+ and -).
- * Do not force discharge, recharge, disassemble, heat above (212°F/100°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- * Non-rechargeable battery is not to be recharged.
- * Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- * Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.
- * If battery fluid gets in your eyes, immediately rinse with plenty of clean water.
- * Keep the unit out of reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.