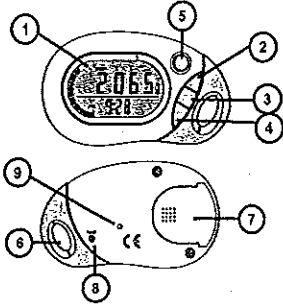


**PLEASE READ MANUAL CAREFULLY BEFORE OPERATING**



- Function:**
1. LCD display
  2. SET Button
  3. MODE Button
  4. RESET Button
  5. Memory button
  6. Lanyard Hole
  7. Battery Cover
  8. System RESET Hole
  9. Buzzer hole

- Features:**
- PEDEOMETER**
- 3D Silent Pedometer Sensor
  - Step counter up to 99999 steps
  - Distance traveled indication up to 999.99 KM/ 999.99 Miles
  - Calories burnt indication up to 9999.9 Kcal
  - Metric and Imperial system selection
  - 10 Steps Error Correction

- TARGET**
- Set your daily walking steps target

- CLOCK**
- 12/24 Hours Format

- ACTIVITY TIME**
- Record your daily activity time during walking

- 7 DAY MEMORY**
- Record your pedometer activities upto 7 days

- LOW BATTERY INDICATOR**
- When battery is low, low battery icon will show on LCD display

**1. SETTING YOUR PERSONAL DATA AND CLOCK TIME**

- In 'STEP' mode, Press and hold 'SET' until the display show the icon 'SETUP' and the digits start to flash

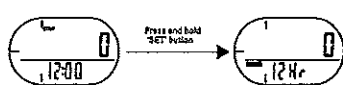


Fig. 1: Setup screen

- Press "RESET" button to choose between "12Hr" and "24Hr" for 12 or 24 hours clock display format
- Press "SET" button to enter the following setting sequence: select 12 or 24 Hours clock format, set clock time, select KG (metric) or LB (Imperial) units, set weight and set height



Fig. 2a: Under Setup mode: selecting metric or imperial units

- Press (RESET) / (MODE) to set the desired 12 or 24 hours display format, set the desired clock time. Next, press (SET) to set stride. Select CM for metric units or IN for imperial units, set desired STRIDE and WEIGHT.

Note: To set the stride length correctly, please read the section on 'SETTING THE STRIDE LENGTH'

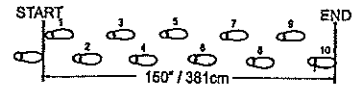
- After setting the weight, press (SET) to set the daily walking "TARGET" steps. Use (RESET)/(MODE) to select the desired walking steps in intervals of 1000 steps.



Fig. 2b: Under Setup mode: setting daily target steps

- Press "SET" or leave it idle for approx. 10 seconds to confirm setting

**SETTING YOUR STRIDE LENGTH:**



- As above illustration, walk 10 steps with your normal stride
- 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)
- Note: Stride Setting range
- Metric: Range from 30cm - 160 cm; with setting at 1cm Interval
- Imperial: Range from 12inch - 60inch; with setting at 1 inch Interval
- Default Stride: 30 Inch / 80cm

**2. CLOCK FUNCTION**

The clock can display the time in 12H or 24H format. This can only be selected under the setting mode and no other mode.

For 12H format, only the PM icon show for noon time.

Under sleep mode, i.e. Unit left idle for 1 minute, the LCD display will shut off automatically. If any movements are detected, the pedometer will wake up from sleep mode

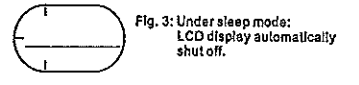


Fig. 3: Under sleep mode: LCD display automatically shut off.

**3. PEDEOMETER FUNCTION**

The paces are detected via the walking movement. You can place the unit inside your pocket or inside your handbag/back pack.

**A. 'TOTAL STEP' FUNCTION**

- Press MODE button until the top of the display shows the word "TOTAL STEP". This shows the record of total number of steps accumulated since the last reset of the pedometer step counter. This is the total number of steps walked over a period of time.



Viewing "Total distance walked"  
 - Press "SET" under total step mode display

Viewing "Total calories burnt"  
 - Press "SET" twice under total step mode display

Viewing "Total time walked"  
 - Press "SET" as many times as necessary under the total step mode display

- To reset the counter, press and hold the RESET button until the digits revert back to zero.

WARNING: all pedometer data including memory will also be reset to '0'.

**B. 'STEP' FUNCTION**

- Press MODE button until the top of the display shows the word "STEP". This shows the number of steps walked during the day.



- To reset the counter, press and hold the RESET button until the digits revert back to zero.

WARNING: the pedometer data for the day will be reset to '0'.

**C. 10 STEPS ERROR CORRECTION**

- To avoid counting sudden movements as steps, the counter will not count any movement less than 10 consecutive steps.

**D. DISTANCE TRAVELLED**

- Press MODE button until the display shows the word "KM" for metric version. For Imperial version, it will show "MILE".
- The distance travelled counter will start counting once motion is detected.
- To reset the distance, press and hold the RESET button until the digits revert back to zero

WARNING: the pedometer data for the day will be reset to '0'.

**E. CALORIES**

- Press Mode button until the display shows "KCAL". The counter will start counting once motion is detected.
- To reset the calorie counter, press and hold the RESET button until the digits revert back to zero.

**F. ACTIVITY TIME**

- Record the accumulated time walked during the day
- Press Mode button until the display shows "ACTIVITY".
- The counter will start counting once motion is detected.
- To reset the activity timer, press and hold the RESET button until the digits revert back to zero.

Warning: all pedometer data for the day will also be reset to '0'.

**4. USING THE MEMORY FUNCTION**

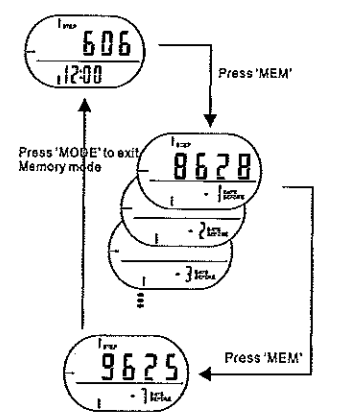
This unit can store up to seven days of data for number of steps walked.

The current day data is automatically stored in memory when the clock time reaches 12:00am midnight.

The display will reset to '0' for the new day. WARNING: Changing current clock time may affect the memory data stored in the pedometer

- Press the 'MEM' button. The step data from yesterday is show: "-1 DAYS AGO" is displayed. Continue pressing the 'MEM' button until all seven days of stored data is displayed; [-7 DAYS AGO] being the last set of data.

Example: To view the memory data



- Note:
- The clock time is not displayed when using the memory mode.
  - To exit Memory mode, press the 'MODE' button and return to current day data

RESETTING THE MEMORY DATA TO '0'  
 - Go to "TOTAL STEP" mode, press and hold "RESET" button until the digits reset to '0'

Note: ALL PEDEOMETER DATA INCLUDING MEMORY DATA WILL BE CLEARED III

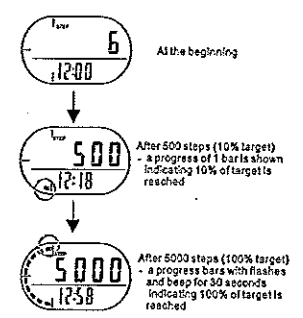
**5. TARGET STEP**

You can set your target steps you need to walk for each day.

The target step setting is done in the setting mode under section 1.

Note: for target step setting under 1000 steps, the steps adjustment are at 100 steps interval.

Viewing the target step graph:  
 For example 5000 steps



When the target steps set is reached, the progress bar on the display will flash and the pedometer will beep for 30 seconds.

**6. LOW BATTERY INDICATOR**

When the battery is dropped to certain level, the low battery indicator icon "A" will shown on the display. It is time to replace with fresh battery.



**7. USING THE SYSTEM RESET HOLE**

Use the SYSTEM RESET function in the following situations:

- When batteries are being replace
- When the display becomes unrecognizable
- When pressing any keys have no actions

Press the SYSTEM RESET button on the back of the unit with a pin or paper clip. The display will revert to its default setting.

WARNING: all data stored in MEMORY and the set data (time, weight and stride length) will be erased.

You will need to set the time, weight and stride length again.

**8. CHANGING THE BATTERIES**

- The pedometer uses 1 piece of CR-2032 button cell battery.
- Remove the battery door
- Take out the old battery
- Put fresh battery back into the compartment. Make sure it is the correct polarity position.
- Slide and secure the battery door into the compartment.

**9. SPECIFICATIONS**

**BATTERY**  
 Use CR-2032 x 1pc [Included]

**TIME DISPLAY**  
 12/24 Hour System