

PEDOMETER WITH PANIC ALARM

MODEL - P209

INSTRUCTION MANUAL

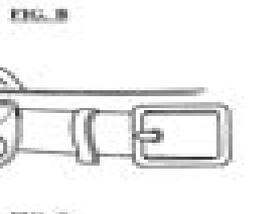
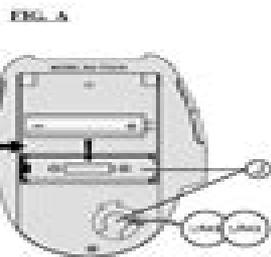
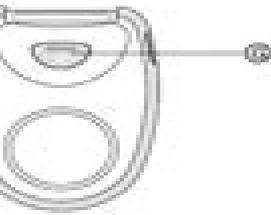
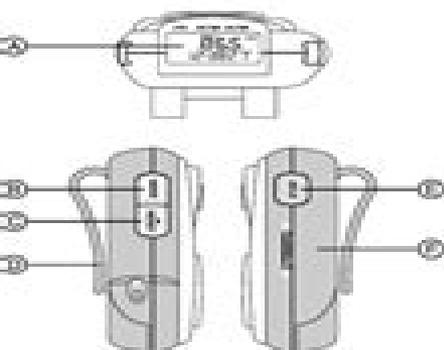


FIG. D

USER'S MANUAL

INTRODUCTION

Congratulations on your purchase of the Pedometer, a finely manufactured device that completes your active life by letting you count the steps taken in a walk or run. Distance covered, calories burnt and time elapsed. What's more, the pedometer is equipped with a built-in LCD digital panic alarm, which helps you measure distance, time and speed in case of need.

BUILT-IN FEATURES

1. Strap connector
2. LCD/cover latch and cover latch
3. Total distance counter
4. Total calorie counter
5. Stride distance adjustment
6. Cover up latch
7. Panic alarm
8. LED backlight
9. Low battery indicator
10. Motion sensitivity adjustment

CONTROL BUTTONS AND PHYSICAL FEATURES (FIG. A)

- 1. LED**
Press this display for step discontinuation if the
- 2. [ON/OFF] button**
Changes display mode.
- 3. [RECALL] button**
Resets a value to zero or manual mode or increases a value in wrong mode.
- 4. [STOP] button**
For attaching to shirt or clothing.
- 5. [START/PAUSE] button**
Start or stop the count-up timer.
- 6. SENSITIVITY ADJUSTER**
Adjusts the sensitivity of the unit to motion.
- 7. [BACKLIGHT] button**
Turns on the backlight.
- 8. PANIC ALARM PIN**
Activates the panic alarm which beeps from the unit.
- 9. FASTENING CLIP AND STRAP**
For further securing the unit to clothing and acts as a pull chord for the panic alarm.
- 10. BATTERY COMPARTMENT**
Accommodates 2 x CR2032 size 3 x 1.5V alkaline batteries.

BATTERY INSTALLATION

Two types of battery are required. Pedometer function is powered by 2 pair CR2032 battery. Panic alarm is powered by one 1.5V alkaline battery.

1. Open the battery compartment door.
2. Insert two CR2032 size 3 x 1.5V alkaline batteries (FIG. B).
3. Replace the compartment door.

The low battery indicator will light up when CR2032 batteries are dying up. Replace batteries accordingly.

Note: If not disposed of properly, batteries can be harmful to the environment by leaking caustic liquids or substances to soil and water.

HOW TO ATTACH THE PEDOMETER

Use the belt clip and fastening clip to secure the pedometer conveniently to your belt, shirt or waist strap (FIG. C).

Note: The improper positioning of the pedometer may result in incorrect measurements.

DISPLAY MODES

The pedometer has three display modes: step, distance/time and calories/burnt time. To switch a display mode, press [ON/OFF]. An indicator will light up for the active mode in display.

HOW TO USE THE BACKLIGHT

The backlight facilitates display reading in the night. To use it, press the backlight button to light up the display for five seconds.

HOW TO SET THE REAL-TIME CLOCK

1. Press [ON/OFF] for step display.
2. Hold [ON/OFF] for two seconds. The 10 hour value will blink.
3. Use [▲] to adjust between 1-2 hours and 24 hour clock format.
4. Press [ON/OFF]. The hour digit will blink.
5. Use [▲] to enter the desired value. Hold down the button for ten seconds.
6. Press [ON/OFF]. The second digit will blink.
7. Use [▲] to enter the desired value.
8. Press [ON/OFF]. The second digit will blink.

STRIDE DISTANCE AND BODY HEIGHT

The stride distance is used to measure the total distance covered in a run or walk. Depending on the profile, you can set the stride distance between 50 to 170cm (20 to 66 inches) for regular walking. To check your own stride distance, walk 10 steps and divide by 10 the total distance covered (FIG. E).



The body height is used to calculate the calories burnt. You can set it between 50 to 170cm (20 to 66 inches) for regular walking.

- To enter the stride distance and body height,
1. Press [ON/OFF] for discontinuous or calibration display.
 2. Hold [ON/OFF] for two seconds. The weight and stride distance will be displayed with the stride distance blinking.
 3. Use [▲] to enter the desired value for stride.
 4. Press [ON/OFF]. The weight value will blink.
 5. Use [▲] to enter the desired value.
 6. Press [ON/OFF] to continue and exit.

STEPS, DISTANCE AND CALORIES

To check the total number of steps taken, distance covered or calories burnt, press [RECALL] for their respective display.

- To check the value after a certain distance or time,
1. Press [ON/OFF] for step display.
 2. Press [RECALL] to check the value. Then the total distance and calories will be checked alternately with the next step.
 3. Press [ON/OFF] for discontinuous or calibration display.
 4. Press [RECALL] to check the value.
 5. Press [STOP] to start the timer when ready. The timer will count up to 99 hours, 59 minutes and 59 seconds before commencing from zero again.
 6. Use [ON/OFF] to stop the timer when done.

Note on motion sensitivity: To make the unit more or less sensitive to motion, separate the motion sensitivity adjuster. To determine the proper amount of motion sensitivity for an individual walking pattern, experiment with different settings.

FITNESS TIPS

To stay fit, it generally takes a person weighing 60kg to walk 10,000 steps or more approximately 500 calories. The following diagram will give you some basic information on the calorie consumption for people of various weights (FIG. D).

HOW TO USE THE PANIC ALARM

The alarm will be activated when the panic alarm pin is disturbed from its socket. Pull the chord and shake the pin when the situation arises.

To stop the alarm, simply reinsert the pin to its socket.

Note: Use your 1.5V battery not less than approx. 10 minutes if the panic alarm activates. It is suggested to use the alarm function every time before you use the pedometer.

SPECIFICATIONS

Operating Mode	• STEP, DISTANCE, CALORIES
Real-time clock	• LCD/cover opens with force • memory • second display
Step counter	• Up to 99,999 steps
Distance recorded	• Up to 999.99km, up to 999.99 miles for regular walking
Calorie consumption	• Up to 9999 kcal
Cover up timer	• 99 hours, 59 minutes, 59 seconds
Stride distance	• 50 to 170 cm (up to 11 to 66 inches for regular walking)
Weight range	• Up to 120kg (up to 265 lbs, for regular walking)
Power source	• 2x CR2032 3V battery • 1 x 1.5V alkaline
Power source	• 2x CR2032 3V battery • 1 x 1.5V alkaline
Operating temperature	• -10°C to 40°C
Storage temperature	• -20°C to 60°C
Product size	• 52 x 70 x 23 mm (2" x 2.8" x 0.9")
Weight	• 50g (without included)

WARRANTY

1. Do not introduce the unit to water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with abrasives or corrosive materials. Also, use cleaning agents that do not attack the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive force, shock, heat, compression or humidity. Such treatment may result in malfunctions, a shorter lifetime, loss of data, improper functions, or structural pain.
4. Do not tamper with the unit's internal components. Doing so will invalidate the unit's warranty and may cause damage. The unit contains no non-replaceable parts.
5. Only use new batteries as specified in this instruction manual. The use of old and old batteries or the old batteries may leak.

Read this instruction manual thoroughly before operating the unit.

CAUTION

- The content of this manual is subject to change without further notice.
- After updating functions, the display shown in this manual may differ from the actual display.
- The manufacturer and the supplier hold no responsibility or give no any other person for any damage, expenses, lost profits, or any other claim arising by using the product.
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