

Strap-hand pedometer instructions

Features:

The LCD display with five-digit number, two keys-mode/adjust and set/reset.

- (1)step counts range from 0 to 99999
- (2)record calorie, Km& Mike, account distance.
- (3)Time in 12/24 hour display
- (4)Body weight and stride (Metric or British system)
- (5)Under the time display, press" MODE" to display steps>step distance>calorie
- (6)Power:1.5V



Operating instructions

1. metric and British system exchange

after replacement new battery, LCD display flash Metric and British system, pressing "MODE" key to set, please note that Metric and British system will re-exchange replacement new battery

2. time setting

LCD display 12:00 the same time with confirmed metric or British system. Press "SET"2sec. "Hour" flashes press "MODE" to adjust time, then pres "SET" to confirm. The same way to adjust "Min"

3. count steps

press "MODE" again. LCD display shows "0", start count steps from"0",press"SET"to return the LCD display to zero.

4. step distance setting

LCD display time, press twice"MODE" key to display 0:00 mile(British system),press (SET) 2sec. to display"24inch". Step distance ranges from 10 to 80 in by pressing "MODE" key, and it will add 2 in each time you press until default value 24 in .(step distance of Metric ranges from 30 to 200CM,and will add 5CM each time you press until default value 60CM), Press "SET" to confirm step distance.

5. weight setting

LCD will display 0.00 kcal with pressing "MODE" key three times under the time display status, and 130IB with pressing" SET" key 2S,(British system)weight ranges from 70 to 250IB by pressing"MODE" key, and will add 5ib each time you press until default value 130ib(weight of Metric ranges from 30 to 120KG, and will add 2KG each time you press until default value 60KG).press SET to confirm weight.

Note:

do not disassemble the instrument, or will cause damage.

Battery use AG10*1pc, battery dangerous, keep away from children under 3years.to maintain accurate reading, the battery should be changed every 12 month when changing the battery, please call the expert, or maybe cause damage. Breakable, do not drop and wet.