

## OPERATION INSTRUCTIONS TALKING PEDOMETER



**PULL OFF THE INSULATION TAPE ON  
THE BACK OF THE PEDOMETER**

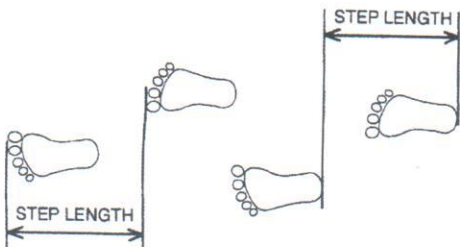
This talking pedometer provides many useful functions to make your walking and jogging easier and more fun. Its features include:

- **Steps and Distance Announcement** – announces the number of steps and distance you have walked or jogged.
- **Talking Clock** – announces the current time.

### SETTING THE STEP LENGTH

In order to calculate the distance you have walked or jogged, the talking pedometer needs your step length. Follow these steps to obtain your step length and enter it into the pedometer.

1. Measure your step length toe-to-toe or heel-to-heel. For more accurate results, measure the distance of 10 steps and average them by dividing 10 to get the step length.



2. To enter the step length, repeatedly press **MODE** until you hear “Enter your step length”, Repeatedly press **UP** and / or **DOWN** until the correct step length appears. Each press increases or decreases step length by 5 cm or 2 inches. The maximum step length is 200 cm or 80 inches.

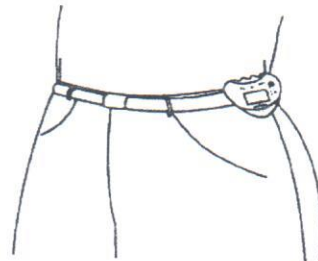
3. Press **MODE** once, the pedometer beeps once and returns to normal display mode.

### ANNOUNCING THE NUMBERS OF STEPS AND DISTANCE

Press the “**TALK**” button. The pedometer announces both the numbers of steps and distance you have walked or jogged.

### USING THE PEDOMETER

1. Press **CLEAR** to reset **STEPS** and **KM** or **MILES** to 0.
2. Clip the pedometer on your belt. The pedometer must be in a vertical position, otherwise, incorrect readings may result.



3. Start to walk or jog as you normally do.

### SETTING THE TIME

Follow these steps to set the time.

1. Press **MODE** repeatedly until you hear “Time Set” and the time display flashes.
2. Press **UP** until the correct hour appears.
3. Repeatedly press (or press and hold) **DOWN** until the correct minute appears.
4. Press **MODE** three times, the clock beeps once and returns to the normal display mode.

## ANNOUNCING THE TIME


Press and hold **TALK** , the pedometer announces the steps, distance then the current time and alarm sound.


## USING THE ALARM

### Setting the Alarm Time

1. Press **MODE** repeatedly until you hear "Alarm Set" , **AL** appears on the display and the time display flashes.
2. Repeatedly press **UP** until the correct hour appears.
3. Repeatedly press (or press and hold) **DOWN** until the correct minute appears.
4. Press **MODE** twice. The clock returns to the normal display mode.

### Turning Alarm On/Off

To turn off the alarm, repeatedly press **UP** until you hear "Alarm Off" and  disappears from the LCD.

To turn on the alarm, repeatedly press **UP** until you Hear "Alarm On" together with alarm sounds and  appears.

## REPLACING BATTERIES

If the sound weakens, distorts, or the display dims, replace the battery. This pedometer uses one CR2025 lithium battery, follow these steps to install battery.

1. Use a Philips screwdriver to remove the four screws on the back of the case.
2. Use your finger to press down in the middle of the metal clip and push it toward one end (upper). Insert the tip of a small screwdriver in the gap at upper end of the clip to pry open and remove the metal clip.
3. Install a new CR2025 battery with the positive (+) side facing up, replace the clip by pressing down

the clip to snap into place. Secure the back case with the screws.

4. Use a sharp object such as end of a paper clip to press the **RESET** button on the back of the pedometer to initialize the pedometer, the LCD displays 0:00.

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