

USER MANUAL

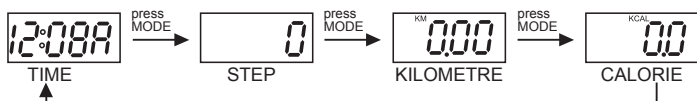
Basic function and brief introduction

The clock function, step measure 0-99999, the step distance setting ,calculating the total step distance, the weigh setting , calculating the total calorie consumption. Please put the pedometer close to the center of you body as far as possible and put it on the belt left side or right side ,for the accuracy ,please keeping the speed and Frequency stability,Avoiding the rough turn and touching with water.

Battery :LR44\1.5v\alkaline

Please setting the step distance and weigh before you need calculating the total step distance and calorie consumption

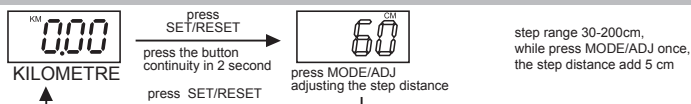
Function flow char



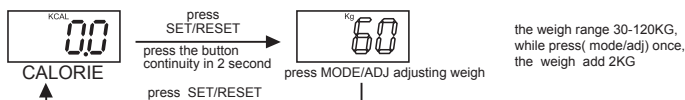
Standard time setting



Step distance setting,total step distance calculating



Weigh setting, the total calorie consumption calculating



Step clearing

