

**PEDEOMETER WITH PANIC ALARM
MODEL: PPSR
INTRODUCTION MANUAL**

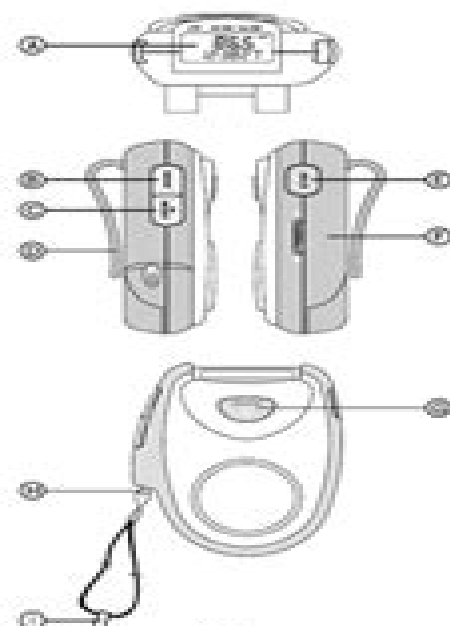


FIG. A

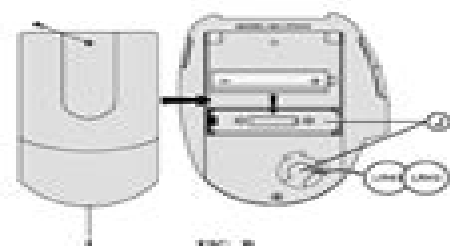


FIG. B



FIG. C



FIG. D

BUILT-IN FEATURES

1. Step counter
2. Distance display and time clock
3. Total distance counter
4. Total calorie counter
5. Mode distance adjustment
6. Count up timer
7. Sleep alarm
8. EL backlight
9. Low battery indicator
10. Motion sensitivity adjustment

CONTROL BUTTONS AND PHYSICAL FEATURES (FIG. A)

A. LCD

Two-line display for easy discrimination of data.

B. [MODE] button

Changes display modes.

C. [RESET] button

Resets a value to zero in normal mode or increments a value in memory mode.

D. BELT CLIP

For attaching to a belt or clothing.

E. DISPLAY AND PERFORMANCE

Shows or steps the counting time.

F. SENSITIVITY ADJUST

Adjusts the sensitivity of the unit to motion.

G. BACKLIGHT ON/OFF button

Turns on the backlight.

H. PANIC ALARM SW

Activates the panic alarm when attached from the unit.

I. ELITE TONGUE CLIP AND CORD

For faster attaching the unit to clothing and are in a pull chord for the panic alarm.

J. BATTERY COMPARTMENT

Accommodates 2 x LR44 size B & 1 x 1/2N alkaline batteries.

BATTERY INSTALLATION

Two types of battery are required. Pedometer function is powered by 2 x LR44 battery. Panic alarm is powered by one 1.2V alkaline battery.

1. Open the battery compartment door.
2. Insert two LR44 size 1 x one 1.2V alkaline batteries (FIG. B).
3. Replace the compartment door.

The low battery indicator will light up when LR44 batteries are dying up. Replace batteries accordingly.

Note: If you disposed of properly, batteries can be harmful to the environment. The following information is provided for disposal of used batteries.

HOW TO ATTACH THE PEDEOMETER

Use the top clip and latching clip to secure the pedometer horizontally to your belt, shorts or training attire (FIG. C).

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

DISPLAY MODES

The pedometer has three display modes: step, distance/time, and calorie counter. To enter a display mode, press [MODE]. The indicator will light up for the active mode to display.

HOW TO USE THE BACKLIGHT

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

HOW TO SET THE REAL-TIME CLOCK

1. Press [MODE] for step display.
2. Hold [MODE] for two seconds. The 12-hour value will blink.
3. Use [▲] to select between 12-hour and 24-hour clock format.
4. Press [MODE]. The hour digits will blink.
5. Use [▲] to enter the desired value. Hold down the button for fast adjustment.
6. Press [MODE]. The minute digits will blink.
7. Use [▲] to enter the desired value.
8. Press [MODE]. The second digits will blink.

9. Use [▲] to enter the digits in order or wait for the desired value to appear.
10. Press [MODE] to continue and exit.

STRIDE DISTANCE AND BODY WEIGHT

The stride distance is used to measure the total distance covered in a unit of walk. Depending on the person, you can set the stride distance between 30 to 130cm (11 to 40 inches) for optimal accuracy. To check your own stride distance, walk 10 steps and divide by 10 the total distance covered. (FIG. E)



The body weight is used to calculate the calories burnt. You can set it between 30 to 130 kg (66 to 286 pounds) for optimal accuracy.

To enter the stride distance and body weight.

1. Press [MODE] for distance/time or calorie counter display.
2. Hold [MODE] for two seconds. The weight and stride distance will be displayed with the active distance display.
3. Use [▲] to enter the desired value for stride.
4. Press [MODE]. The weight value will blink.
5. Use [▲] to enter the desired value.
6. Press [MODE] to continue and exit.

Note: The pedometer will automatically return to the distance/time display if no setting is made for three seconds.

STEPS, DISTANCE AND CALORIES

To check the total number of steps when distance covered or calorie burnt, press [MODE] for the respective display.

To check the values over a certain distance or time.

1. Press [MODE] for step display.
2. Press [MODE] to clear the value. Note the total distance and calories will be cleared alongside with the step count.
3. Press [MODE] for distance/time or calorie counter display.
4. Press [MODE] to clear the value.
5. Press [MODE] 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. Call the pedometer will start registering the data if any motion is detected afterwards.
7. Press [MODE] to stop the timer when done.

Note on motion sensitivity: To make the unit more or less sensitive to motion, separate the motion sensitivity adjustment. To determine the proper amount of motion sensitivity for an individual, testing various settings may be required with different settings.

FITNESS TIPS

To keep fit, it is generally advised a person weighing 60kg needs walk 10,000 steps to burn approximately 500 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights. (FIG. F)

HOW TO USE THE PANIC ALARM

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

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

Note: One new 1.2V battery can last for approx. 10 hours if the panic alarm activates. It is suggested to test the alarm function every three before you use the pedometer.

SPECIFICATIONS

Operating Mode	STEP, DISTANCE, CAL, TIMER
Real-time clock	12/24 hour system with hour, minute, second display
Step counter	0 to 99,999 steps
Distance measured	0 to 999.99km (or 0 to 999.99 miles for imperial unit)
Calorie consumption	0 to 99999 kcal
Count up timer	99 hours, 59 minutes, 59 seconds
Stride distance	30 to 130 cm (or 11 to 40 inches for imperial unit)
Weight range	30kg (66lb) to 130kg (286lb) for imperial unit
Panic alarm	powered 1.2V (1.5V) alkaline or 5 pin battery
Battery counter	2 x LR44 1.5V battery + 1 x 1/2N alkaline
Operating temperature	-10°C to 40°C
Storage temperature	-20°C to 60°C
Product size	50 x 75 x 25 mm (2" x 3" x 1")
Weight	1.5g (0.053 oz) included

MAINTENANCE

1. Do not immerse the unit in 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 abrasive or corrosive materials. After use, cleaning agents may corrode the plastic parts and corrode the internal circuit.
3. Do not subject the unit to excessive force, shock, drop, compression, or bending. Such treatment may result in malfunction, a shorter lifespan, life span, damaged features, or damaged parts.
4. Do not tamper with the unit's internal components. Doing so will void the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
5. Only certified technicians according to the instruction manual for the unit may repair and maintain the unit. Unauthorized repair may void the warranty.

Read the instruction manual thoroughly before operating the unit.

CAUTION

- The contents of this manual is subject to change without further notice.
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