

# HEART RATE PEDOMETER



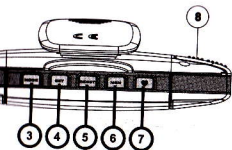
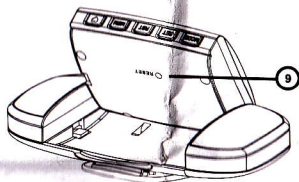
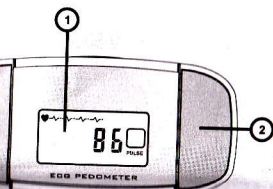
ECG pedometer can detect and amplifies the tiny electrical changes in skin that are caused by the heart muscle during each heartbeat.

Electrical changes are recorded over time and interpreted as heart rate expressed as beats per minute (bpm).

## ATTENTION:

This pedometer is not a medical instrument.  
The Heart rate value is for reference check only.  
If at anytime you feel unwell, please seek medical advice immediately.

## READ MANUAL CAREFULLY BEFORE OPERATING



## LAYOUT:

1. LCD display
2. Sensor Pad
3. MODE Button
4. SET Button
5. RESET Button
6. MEMORY Button
7. PULSE Button
8. Battery Door
9. System RESET hole

## FEATURES:

### PEDOMETER

- Hammer action Pedometer Sensor
- Step counter up to 99999 steps
- Distance traveled indication up to 999.99 KM/ 999.99 Miles
- Calories burnt indication up to 9999.9 Kcal
- Metric and Imperial system selection
- 10 Steps Error Correction
- Flip up display for easy viewing

### HEART RATE MONITOR

- Place thumbs over sensor pads for easy heart rate reading

### CLOCK

- 12/24 Hours Format

### ACTIVITY TIME

- Record your daily activity time during walking

### 7 DAY MEMORY

- Record your pedometer activities upto 7 days

### NIGHT LIGHT

- Press any key, the LCD will light up for easy viewing in the dark.

## GETTING STARTED

- Pull battery insulator to activate the pedometer. The clock digits from the LCD display will come on
- If LCD is blank with no digits or the colon from the clock is not flashing, please perform a 'SYSTEM RESET' - SEE SECTION (7): PERFORMING A SYSTEM RESET.

## 1. SETTING THE CLOCK TIME

- In 'CLOCK' mode, Press and hold "SET" button until the display digits start to flash

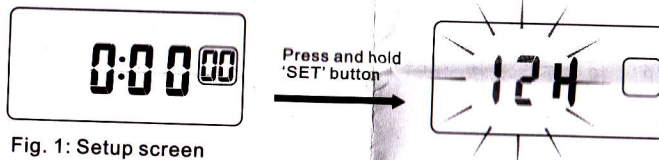


Fig. 1: Setup screen

- Press "RESET" button to choose between "12H" and "24H" for 12 or 24 hours clock display format
- Press "SET" button to enter the following setting sequence: select 12 or 24 Hours clock format, set hour and set minutes.
- Press "RESET" button to set the desired values.
- Press "MODE" or leave unit idle for approx. 10 seconds to confirm clock time setting.

Note: for 12 HOUR display format, the clock will have the letter "A" in front of the clock time for 'AM' time.

## 2. SETTING YOUR PERSONAL DATA: WEIGHT & STRIDE

- In 'STEP' mode, Press and hold "SET" button until the display show the flashing icon "LB" or "KG"

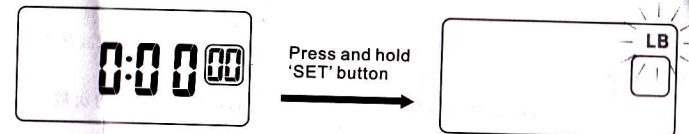
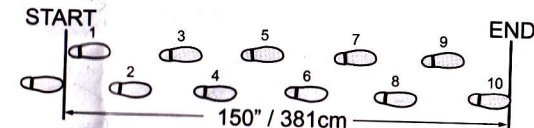


Fig. 2: Setup screen for personal data setting

- Press "RESET" button to choose between "LB" and "KG" to select between for imperial and metric units setting respectively.
- Press "SET" button to enter the following setting sequence: select KG (metric) or LB(imperial) units, set weight and set stride (see below for how to set stride).
- Press "MODE" or leave it idle for approx. 10 seconds to confirm setting.

## SETTING YOUR STRIDE LENGTH:



- As above illustration, walk 10 steps with your normal stride
- Measure the distance from start to end
- Calculate your stride by dividing the total distance by 10

Example:

Total Distance = 150" / Stride = 150" / 10 paces = 15"

Total Distance = 381cm / Stride = 381cm / 10 paces = 38cm\*\*

\*\* (rounded off to the nearest unit)

Note:

Stride Setting range

- Metric: Range from 30cm ~ 150 cm; with setting at 1cm interval

- Imperial: Range from 12inch ~ 60inch; with setting at 1 inch interval

- Default Stride: 30 inch / 80cm

## 3. PEDOMETER FUNCTION

The paces are detected via the movement of the waist.  
For accurate reading, mount the unit closer to the center of the body.

## A. STEP FUNCTION

- Press MODE button until the bottom of the display shows the word "Step". The step counter will start counting once motion is detected.





the counter, press and hold the RESET button until the digits revert back to zero.

G: all pedometer data for the day will also be reset to '0'.

### ERROR CORRECTION

counting sudden movements as steps, the counter will not count movement less than 10 consecutive steps.

### MODE TRAVELLED

MODE button until the display shows the word "KM" for metric. For imperial version, it will show "MILE".

Distance travelled counter will start counting once motion is detected. When the distance, press and hold the RESET button until the digits revert back to zero.

### UNIT

MODE button until the display shows "KCAL".

Calorie counter will start counting once motion is detected.

When the calorie counter, press and hold the RESET button until the digits revert back to zero.

### ACTIVITY TIME

When the accumulated time walked during the day.

MODE button until the display shows "ACTIVITY".

Activity timer will start counting once motion is detected.

When the activity timer, press and hold the RESET button until the digits revert back to zero.

G: all pedometer data for the day will also be reset to '0'.

### THE MEMORY FUNCTION

The device can store up to seven days of data for number of steps, calories, and activity time.

Present day data is automatically stored in memory when the clock reaches 12:00am midnight.

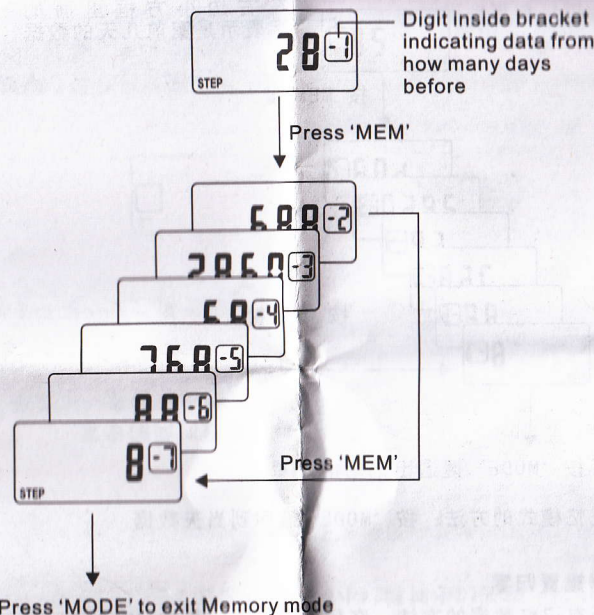
Display will reset to '0' for the new day.

G: Changes in current clock time may affect the memory data stored in the pedometer.

To view the data stored in the memory, press the 'MODE' button until the data you want to see is displayed: **Steps**, **Calories**, **Distance** or **Activity**.

Press the 'MEM' button. The data from previous day will be shown. By continuously pressing the 'MEM' button until all seven days of data are displayed.

Example: Viewing steps walked for the last 7 days



- To exit Memory mode, press the 'MODE' button and revert to viewing data for present day.

### RESETTING THE MEMORY DATA TO '0'

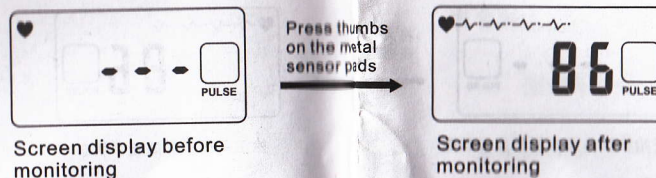
- To clear all data from Memory, simply press and hold the 'RESET' button under Memory mode until the digits become '0'.

Note: ALL MEMORY DATA WILL BE CLEARED !!!

### 5. HEART RATE MONITORING

- Press the "Heart" button, the device will go to the heart rate screen

- Place the thumbs on the 2 metallic sensor pads and the device will start monitoring. This process will take approx. 30~45 seconds and the LCD display will show your heart rate (bpm) at that instance of time.



For accurate heart rate reading:

- Do not use the device near any electrical appliances with strong electrical field.
- Make sure you are sitting/standing still while monitoring your heart rate. Rapid movements will make the device difficult detecting your pulse.
- Exerting strong force on the sensor pads will not affect the heart rate result.
- It is not necessary to position the device level with the heart
- If after 1 minute monitoring and with no result, press the "Heart" button and try again.

Note:

- This is not a professional medical instrument.
- Do check your heart rate regularly with professional medical equipment or consult your doctor.

### 6. CHANGING THE BATTERY

- The pedometer uses 3 pieces of AG-13/LR-44 button cell battery.
- Remove the battery door
- Remove the old batteries
- Put fresh batteries back into the compartment. Make sure it is inserted in the correct polarity position.
- Secure the battery door into the compartment.

### 7. PERFORMING A SYSTEM RESET

Perform the SYSTEM RESET action in the following situations:

- When batteries are being replaced
- When the display digits become unrecognizable
- When pressing any keys have no actions

Press the SYSTEM RESET button on the back of the unit with a pin or paper clip, piercing through the SYSTEM RESET hole. The LCD display will revert to its default setting.

WARNING: all data stored in MEMORY and the set data (time, weight and stride length) will be erased.

You will need to set the value for clock time, weight and stride length again.

### 8. SPECIFICATIONS

**BATTERY** : Use AG-13 / LR-44 x 2 pcs (included)

**TIME DISPLAY** : 12 Hour / 24 Hour system format