START RATE DOMETER

CG 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. MEMORY Button
6. PULSE Button
7. Battery Door
8. 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
- Places thumbs over sensor pads for easy heart rate reading
- 12/24 Hours Format

Activity Time
- Record your daily activity time during walking

7 Day Memory
- Record your pedometer activities up to 7 days

NIGHT LIGHT
- Press any key, the LCD will light up for easy viewing at night.

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

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 shows the flashing icon 'LB' or 'KG'

- 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 = 381 cm / Stride = 381 cm / 10 paces = 38 cm
**(rounded off to the nearest unit)

Note:
Stride Setting range
- Metric: Range from 30 cm ~ 160 cm; with setting at 1 cm interval
- Imperial: Range from 12 inch ~ 60 inch; with setting at 1 inch interval
- Default Stride: 30 inch / 80 cm

3. Pedometer Function
The steps 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.
Example: Viewing steps walked for the last 7 days

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
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