INSTRUCTION MANUAL

FEATURES:

I)	Clock	: 12-hour format.
II)	Step Counter	: counts step taken up to 99999.
III)	Distance Counter	: counts distance covered up to 999.99 KM/MILE
IV)	Calorie Counter	: counts calorie burned up to 99999 CAL
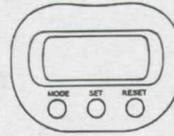
I) CLOCK

SET THE TIME.

1. Press MODE to get into clock mode.
2. Press SET to hour setting, hour shown in LCD flashes.   Press RESET to set the hour.
   Each press will advance 1 hour, press and hold RESET will speedly adjust the hour
3. Press SET shift to minute setting, minute shown in LCD flashes.   Press RESET to set the minute.
   Each press of RESET will advance 1 minute, Press and hold RESET will speedly adjust the minute
4. Press SET shift   to 12 or 24 hour format setting, 12H or 24H shown in LCD flashes. Press RESET to set the format.
5. Press SET again to activate the clock.

NOTE : in 12-hour format clock, P indicates PM

II) STEP COUNTER

The step counter counts how many steps you have walked or run.

1. Press MODE to get into the step counter mode.   LCD displays 00000 (if not, press RESET to clear the value to 00000).
2. Clip it to your belt, shorts or slacks as close to hip bone as possible.
3. Be sure to place in correct position and keep it straight as figure 1.

Fig. 1

4. Begin to walk or run.   It will count your individual steps (1, 2, 3, ...99999 steps).
5. To restart: simply press RESET to clear the old records and follow step 1-4.

III) DISTANCE COUNTER

The distance counter keeps a walking/running total of the distance travelled.

1. Press MODE to get into the distance counter mode.   LCD displays 0.00 (if not, press RESET to clear value to 0.00).
2. Measure your stride length first.
   According to your normal step, walk or run 10 steps.   The distance from the first step's toe to the tenth step's toe is your total step distance.
   Divide the total step distance by 10 to get your average stride length.   (For example, total step distance of 700 cm divided by 10 steps equals a distance of 70 cm per stride).
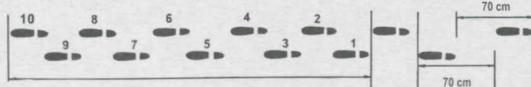
NOTE : You can choose to use **KM** system or **MILE** system by pressing MODE key for 5 seconds till LCD blink. The old data will be cleared to 0. Then the current system will be changed to the other one.

3. Press SET to stride length setting. LCD will flash. (For example, LCD displays 70 cm (or 2.50 FT) which means 70 cm (or 2.50 FT) for your stride length.) Then, Press RESET to input your stride length while LCD is flashing. Each press of RESET will advance 1 cm (or 0.1FT). Press RESET continuously until the calue is set to the calculated average stride length as the step No. 2.
    NOTE : stride setting range : 30~150 cm in KM system & 1.00~5.00 FT in MILE system.
4. Clip it to your belt, shorts, or slacks as close to hip bone as possible.
5. Be sure to place in correct position and keep it straight as figure 1.
6. Begin to walk or run.   It will accumulate distance you travelled. (0.01, 0.02, 0.03,....999.99 KM/MILE)
7. To restart: simply press RESET to clear old records and follow step 1-6.

IV) CALORIE COUNTER

The calorie counter let you learn the amounts of calorie you have burn during your walking/running.

1. Press **MODE** to get into the calorie counter mode. LCD displays 0.00 (if not, press **RESET** to clear value to 0.00).
2. Press SET, to weight setting. LCD will flash. (For example, LCD displays 60kg (110LB) which means 60 kg (or 110 ponds) for your weight.) Then, Press RESET to input your weight while LCD is flashing. Each press of RESET will advance 1 kg (or 1 LB). Press RESET continuously until the value is set to your weight.
    NOTE : weight setting range : 35~135 kg in KM system & 80~300 LB in MILE system.
3. Clip it to your belt, shorts, or slacks as close to hip bone as possible.
4. Be sure to place in correct position and keep it straight as figure 1.
5. Begin to walk or run.   It will accumulate the amount of calorie you have burnt during your   walking/running. (0.01, 0.02, 0.03, ... 99999 CAL).
6. To restart: simply press **RESET** to clear old records and follow step 1-5.

BATTERY REPLACEMENT

When display dim or fade out, replace the battery with a new LR1130 button cell battery, or equivelant.

1. Use a screwdriver to loosen the screws at the back cover as Figure 2. Separate the back cover apart from the front case and take the old battery out. Then insert a new one into the battery holder. (with + side up).
2. Assemble the back cover on the front case and tighten the screws. Promptly dispose of the old battery.
    NOTE: You need to re-enter the stride length, weight, & adjust clock after replacing battery. The Pedometer have an initial stride length set of 70 cm (or 2.5 feet) and an initial weight set of 60kg (or 110lb).

WARNING

1. Since your Aussie Sport Science PEDOMETER is a precision electronic instructment. Be sure keep it carefully and prevent from dropping and shocking.
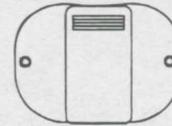2. PEDOMETER is not waterproof. Keep it away from water or other liquid.

Figure 2

Aussie Fit Sport Science Fair Dinkum Warranty

Your new pedometer is guaranteed against manufacturer defect for 12 months from date of purchase when used as per instructions for its designed purpose. The LR1130 button cell battery will last over 12 months and can be easily self replaced or by a battery kiosk or watchmaker. The pedometer is not water proof, however we understand accidents do happen and unintentional pedometer damager may result. As a "Fair Dinkum" Aussie Company we offer to replace your pedometer at half the retail cost should it be accidentally damaged. Simply send your pedometer with a covering note, return address and   phone contact number with 50% of the purchase price plus $10.00 to cover postage and handling. For all warranty claims   send   only to:
Aussie Fit Sport Science Pty. Ltd., 3 Vantage Point Drive, Burleigh Heads Qld. 4220 Australia.
Email: sales@aussiefitsport.com.au Ph/Fax (07) 5576 3688 www.aussieiftsport.com.au