

## STEP COUNTER

### FEATURE

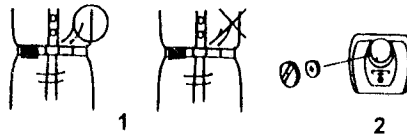
- Easy read jumbo LCD display.
- Single button operation.
- Low power consumption. Battery life over one year.

### OPERATION

- Clip unit to belt, trunks, skirt, slacks, or trousers.
- Be sure unit is straight and secure as Fig. 1 below.
- Press "RESET" button to display 00000.
- Start to walk, jog or run. The unit will accumulate your steps from 1-99999.

### BATTERY REPLACEMENT

- Use coin to open battery cover from the bottom as Fig. 2.
- Take out the OLD battery & replace with a new LR44 battery or equivalent  
Fig.



**Please retain this Pedometer Use Guide along with the operating instructions and proof of purchase.**

### **FIRST PLEASE READ THE INSTRUCTIONS INSIDE THE HANG CARD**

**Aussie Fit Sport Science** has been developing and marketing fitness products since 1984. Customer satisfaction is our goal and your guarantee.

"**GO THE DISTANCE**" is a classic phrase expressing the effort required to be successful. How far have you walked/run? Look at your **Pedometer**, an instrument for estimating the distance travelled on foot by multiplying your stride length (which you must enter) by the number of steps you take. Now you can accurately measure and record the distance walked or run to stay motivated, and stay on track to reach your fitness target.

**Regardless of your stride length, each step you take will be recorded to help you measure your 10,000 plus steps a day target for weight loss.**

Your new Pedometer is a precise electronic instrument comprising a mechanical movement sensor, electronic circuit board and battery power source. **Other than step count alone, accurate distance requires you to enter your accurately measured stride length.** Some models also calculate the estimated calories burnt during your exercise session and require you to enter your weight.