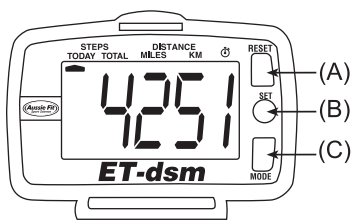


# Pedometer Use Instructions.

## Aussie Fit Sport Science

### GEN-3 *ET-dsm* step memory model



#### FEATURES

1. Records number of steps taken to 999,999 steps
2. Memory storage of daily and cumulative steps
3. Larger easy-to-read display
4. Flips down for easy viewing while on waist
5. Auto power SLEEP MODE

#### • Auto Filter Sensor:

5 steps movement sensor filters out irregular results and activates only after 5 or more steps.

#### • Delayed Reset Button:

This is to prevent accidentally erasing the records on the display.

#### • Accurate Pendulum Movement:

The pedometer is controlled by an internal pendulum that moves down with each step that you take and springs up again.

#### FUNCTIONS

1. **STEPS - TODAY:** Counts steps taken since last reset. Reset daily to count each day's steps.
2. **STEPS - TOTAL:** Keeps track of all steps taken, even after Day's STEPs are reset.
3. **DISTANCE:** Shows total distance walked or jogged since last reset, in miles or kilometers.
4. **⌚ (ACTIVITY TIMER):** Shows daily activity time in minutes and seconds and after one hour in hours and minutes since last reset. The timer runs automatically whenever steps are being recorded.

#### TO OPEN THE PEDOMETER

1. To open the lid is to monitor the records you exercised.
2. To work properly, pedometer case must be closed.

#### TO RESET THE PEDOMETER

1. **DAY** - In "TODAY" and "⌚" modes, holds the RESET button (A) for 3 seconds to reset trip/day records to zero.
2. **TOTAL** - In "TOTAL" and "DISTANCE" modes, holds the RESET button (A) for 3 seconds to reset day/total records to zero.
3. Reset the "DAY" records everyday to start working program pay day.
4. The total mode stores cumulative steps taken over 3 months to 999,999 steps.
5. Stride length as set is not affected.

#### **Note:** All resets must be done manually.

The concept is to use the "DAY" counter as a daily or trip/workout counter while also having a cumulative count that can be a separate weekly, monthly, or any period your choose.

#### AUTO POWER SLEEP MODE

1. The display will blank when no activity has been detected for 4 minutes.
2. Press button or walk 5 steps to power ON the unit.

#### AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until five (5) continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).

#### TO SET THE MEASUREMENT

1. Decide first if you want to work in Kilometers or Miles.
2. Hold the RESET button (A) for 5 seconds to convert the displayed value from Imperial to Metric unit or vice versa.
3. The originally displayed value will reset to zero.

#### TO SET YOUR STRIDE

(30-215cm or 1-7ft)

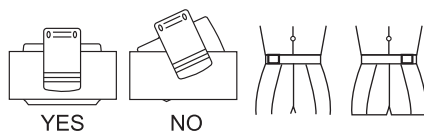
1. Walk or run a measured distance and divide by the number of steps traveled to arrive at your stride length.
2. Press the MODE button (C) to move the cursor to point "DISTANCE".
3. Press the SET button (B) for 3 seconds and display shows previous stride length.
4. Each repeated press of the SET button increases stride by 1cm (0.05ft).
5. Press the RESET button (A) to decrease your stride length.
6. When personal stride is complete, the display will return to original display after 5 seconds.

#### TO OPERATE THE PEDOMETER

1. Press the reset button for 3 seconds to reset today step and activity time everyday.
2. Start walking or running. The unit will keep track of your today step, today activity time and total step, total distance.

#### TO POSITION THE PEDOMETER

1. Clip the unit to your belt or to the top of your shorts, trousers or slacks as close to your hip as possible.
2. The unit is vertical to the ground as this will aid in proper function and make the display easy to read.



#### BATTERY REPLACEMENT

1. Insert a coin and open the unit lid on the bottom of the body.
2. Remove and replace battery with Maxell LR43 or equivalent.
3. Make sure that the "+" side is up.
4. Pedometer is not waterproof. Keep away from any liquid.
5. Treat it carefully. Do not drop it or expose it to shock.

## Aussie Fit Sport Science

### Fair Dinkum Warranty

We are so confident in our pedometer quality we offer a three year warranty from the date of purchase against any manufacturer defect when used as instructed for its designed purpose. The battery will last over one year and is easily self replaced or by a battery kiosk or watchmaker. The pedometer is not waterproof, however we understand accidents can occur and pedometer damage may result. As a "fair dinkum" Aussie Company we offer to replace your pedometer at 50% of the purchase price should you accidentally damage it. Simply send your damaged pedometer with a covering note and 50% of the purchase price plus \$10.00 postage and handling fee to:

**Aussie Fit Sport Science**  
**3 Vantage Point Drive**  
**Burleigh Heads Qld 4220**  
**Australia**  
**Ph/Fax (07) 5576 3688**  
**Email [sales@aussiefitsport.com.au](mailto:sales@aussiefitsport.com.au)**  
**[www.aussiefitsport.com.au](http://www.aussiefitsport.com.au)**

Please note this warranty offer is only available directly through Aussie Fit Sport Science Pty Ltd