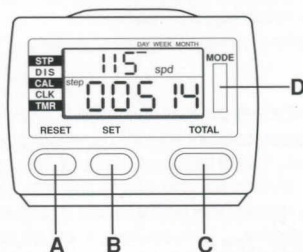


Pedometer Use Instructions.

Aussie Fit Sport Science

S>D PRO MODEL



MONTHLY PEDOMETER

- 5 Steps Filter Sensor
- Auto Reset For Day And Week
- Day/Week/Month Records For Steps/Distance/Kcal/Timer
- Time Of Day
- Steps Taken To 399,999 Steps
- Activity Time
- Lap Timer
- Exercise Speed
- Delayed Reset Button

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 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 Metric to Imperial unit or vice versa.
3. The originally displayed value will reset to zero.

TO SET YOUR STRIDE

(30-215cm or 1-8ft)

1. Press the MODE button (D) to reach DISTANCE mode.
2. Press the SET button (B) to show stride adjusted.
3. Each repeated press of the SET button increases stride by one cm (1inch). Hold for rapid advance. For example: F3.11 means 3 feet 11 inches.
4. When personal stride is complete, the display will return to original display after 3 seconds.

TO SET YOUR WEIGHT

(30-135kg or 60-280lb)

1. Press the MODE button (D) to reach CALORIES mode.
2. Press the SET button (B) to show personal weight.
3. Each repeated press of the SET button increases weight by 1kg (1lb). Hold for rapid advance.
4. When personal weight is complete, the display will return to original display after 3 seconds.

TO SET THE CLOCK

1. Press the MODE button (D) to reach CLOCK mode.
2. Press the SET button (B) to show time to be adjusted.
3. Press the RESET button (A) to adjust "HOUR" digit.
4. Press the SET button (B) to adjust "MINUTE" digit.
5. Press the TOTAL button (C) to advance "WEEKDAY".
6. When the clock is set, the display will return to original display after 3 seconds.

FUNCTIONS

Press the MODE button (D) repeatedly to cycle through all five dual display readings:

● STEPS

Lower display shows number of steps taken to 399,999 steps.
Upper display shows SPM (average number of steps per minute).

● DISTANCE

Lower display shows distance travelled to 999.99 MILE or KM.
Upper display shows average speed in MPH or KPH.

● CALORIES

Lower display calculates KCALS burned.
Upper display CPM (average calories Consumption per minute).

● CLOCK

Lower display shows hours and minutes.
Upper display shows seconds.

● TIMER (ACTIVITY TIME)

Lower display shows time used during walk/run trips to 100 hours.
Upper display shows lap timer on each walk/run trip.

TO SHOW DAY/WEEK/MONTH RECORDS

Press the TOTAL button (C) repeatedly to read day/week/month records of the specified mode.

1. Day-To memory today's records
2. Week-To memory this week's records up to now.
3. Month-To memory total days records.
Upper display shows the number of days calculated.

MANUAL ZERO RESET

1. Day-Press the RESET button (A) for two seconds to reset trip/day records to zero.
2. Week-Press the RESET button for two seconds to reset day/week records to zero.
3. Month
 - a. Press the RESET button for two seconds to reset day/week/month records to zero.
 - b. On the first day of each month, resets all records to zero to start new month's program.

AUTO ZERO RESET

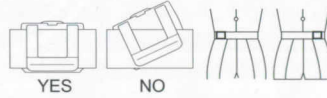
1. At 2:00am each day, the previous day's records will auto reset to zero (but display is still retained until 5 steps take).
2. At 2:00am each Sun, the last week's records will auto reset to zero but still remains on display. Walk 5 steps to start new week's records.

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 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. Remove two small screws securing the front logo plate and lift off the logo plate.
2. Remove and replace battery with LR44 type or equivalent. Be sure "+" side is up when the battery is inserted into the compartment.
3. Place front logo plate in its original position and fasten the two screws.
4. Re-enter your stride length, weight and set time of day.
5. Pedometer is not waterproof. Keep away from any liquid.
6. 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:

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