AUSSIE FIT SPORT SCIENCE
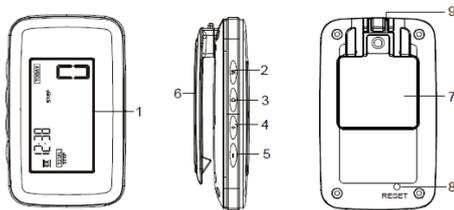# SD-PRO 3D MOTION SENSOR PEDOMETER

USER'S INSTRUCTION

Thank you for your purchase of this Aussie Fit Sport Science 3D Motion Sensing Pedometer.
The utmost care has gone into the design and manufacture.
Please read the manual carefully and keep it for further reference.

FEATURES:

- Step and Kcal 7 days memory
- 10 step filter to eliminate non-step movements
- Suitable for walking / jogging / running
- Step counting up 1 to 99,999
- Calculates the total distance, speed and Kcal
- Exercise Event Timer
- Real time clock and date
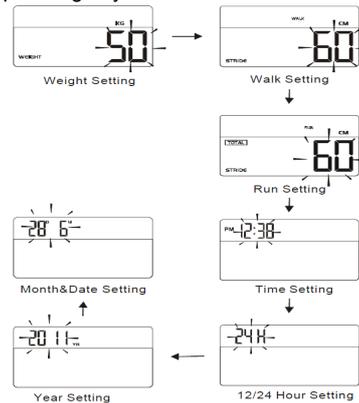- Metric/Imperial: to switch, press MODE & DISPLAY Keys together & hold down 5 secs.

PRODUCT DESCRIPTION

1. LCD display
2. MODE button
3. DISPLAY button
4. START/STOP button
5. SPLIT/CLEAR button
6. Removable Clip
7. Battery door
8. RESET button
9. Lanyard position if required

FUNCTION MODES

Today mode

Exercise mode

Memory mode

Press the MODE button to switch between modes.

HOW TO INPUT USER SETTINGS

1. Set Weight, Walk and Run stride length, Time and Date. In "today mode", press and hold MODE button for 2 seconds until the weight digit flashes.
2. Press SPLIT/CLEAR to decrease value or START/STOP button to increase value. Press and hold either button to advance quickly.
3. Press MODE button again to move through the settings, see diagram below.
4. Press MODE button after last setting to exit and save the settings or let it exit automatically in 30 seconds without pressing any button.
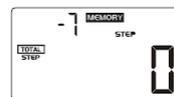

Weight Setting → Walk Setting
Run Setting
Time Setting
Month&Date Setting
12/24 Hour Setting
Year Setting

Note: To measure your stride length, 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 eg. Total step distance of 700cm divided by 10 steps equals a distance of 70cm per stride.

TODAY MODE

This mode displays total steps and time.
In this mode press either the START/STOP or SPLIT/CLEAR button to switch between time and date display.
Press DISPLAY button to check step/distance/Kcal/time/speed records.

EXERCISE MODE

To record a separate exercise event, press START/STOP button in this mode to start the counting function, press it again to stop the counting.

To record split times in a separate exercise event, press SPLIT/CLEAR button in this mode to start the counting function, press again, to pause the display (counting continues in the background), and press again to continue counting.

Press the DISPLAY button to check step/distance/Kcal/time/speed records.

Press SPLIT/CLEAR button again to reset to zero in this mode.

Note: This total movement is still being registered in total steps, time, distance, speed and Kcal.

MEMORY MODE

In memory mode, press SPLIT/CLEAR button to check the records upwards, press START/STOP button to check the records downwards.

Press DISPLAY button to switch between step and Kcal records.

Note:

1. The pedometer will have the memory of nearest 7 days' records
2. The maximum counting is 99,999 steps.
3. Steps below 10 will not trigger to show on the display. When steps above 10 continuously it will be added to the total.

RESET BUTTON

In case of malfunction, insert a paper clip wire & press to reset to default values.

HOW TO WEAR THE PEDOMETER

Pedometer can be worn in any position either clipped to waist, wrist or watch band; or without clip in a pocket or carried in a waist bag/bum bag.

HOW TO REMOVE CLIP AND BATTERY SAVING INSULATOR

1. Push the clip and the tiny fastener at the same time to slide off the clip.
2. Loosen the screw by using a screwdriver.
3. Pull the insulator out in right direction – see diagram.
4. If needed, you may unscrew the screw to open the battery door, and place a lanyard in it.
5. Replace the battery door and tighten the screw.
6. Replace the clip if required to clip onto a belt or waistband.

Lanyard
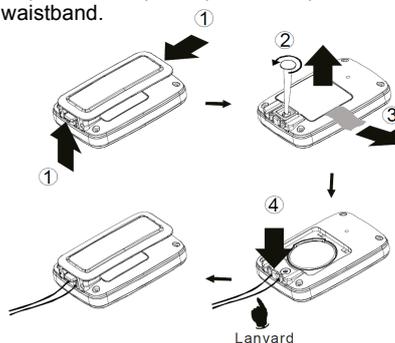
BATTERY SAVING

To save battery power, when no movement is sensed for 3 minutes, the display will turn off automatically. Data will not be lost in this sleep mode. Pedometer movement will automatically turn the display on.

BATTERY REPLACEMENT

When the low battery icon ⊠ appears in the display, this indicates the battery requires replacing. Remove the clip, loosen and remove the screw on the battery door, replace with one CR2032 lithium battery.

Attention! Please dispose the used battery in an ecologically safe manner.