



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

## USER'S INSTRUCTION

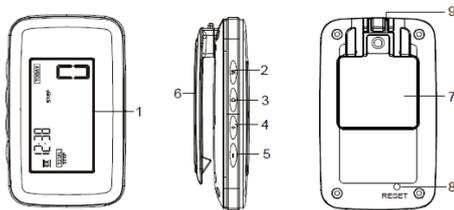
Thank you for your purchase of this Aussie Fit Sport Science 3D Motion Sensing Pedometer.  
The utmost care has gone into the design and manufacture.  
Please read the manual carefully and keep it for further reference.

### FEATURES:

- Step and Kcal 7 days memory
- 10 step filter to eliminate non-step movements
- Suitable for walking / jogging / running
- Step counting up 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.

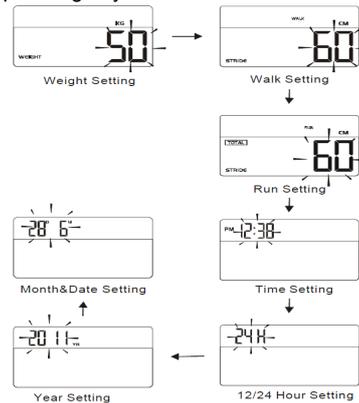
### PRODUCT DESCRIPTION

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



### 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.



### FUNCTION MODES

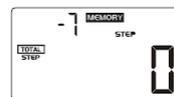
*Today mode*



*Exercise mode*



*Memory mode*



Press the MODE button to switch between modes.

**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.

### **Aussie Fit Sport Science - Warranty against Defects**

In certain circumstances Aussie Fit Sport Science provides a warranty to repair or replace certain of its goods, where they are defective, other than resulting from abnormal use, misuse or where the goods have been subject to any other external factors outside of Aussie Fit Sport Science's control. The benefits under any of Aussie fit Sport Science's warranties are in addition to other rights and remedies you may have at law.

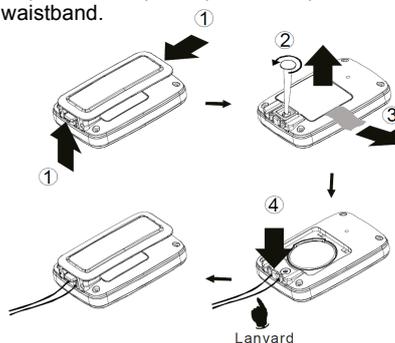
If you are a consumer as defined in the Australian Consumer law, our goods come with a guarantee that cannot be excluded under the Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

If your good is defective and it is within the specified warranty period, as indicated on the goods packaging, and with a receipt of purchase you should contact Aussie Fit Sport Science. Once you have contacted us in some instances reasonable expenses incurred by you in making the claim may be reimbursed, eg postage but you must first contact us for authorization. Goods presented for repair may be replaced by refurbished goods of the same type rather than being repaired. Refurbished parts may be used to repair the goods.

Aussie Fit Sport Science  
PO Box 3727  
Burleigh Town Centre  
Burleigh Heads QLD 4220  
Ph/Fax: 07 55763688  
sales@aussiefitsport.com.au  
www.aussiefitsport.com.au

## **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.



## **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.