



PEDOMETER WATCH

MODEL: PE603

USER MANUAL

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INTRODUCTION

Thank you for selecting the Oregon Scientific™ Pedometer Watch (PE603). The PE603 is an intelligent pedometer in the form of a watch. The PE603 bundles a time, alarm, pedometer, 1-7 days memory and calorie counting function.

IMPORTANT

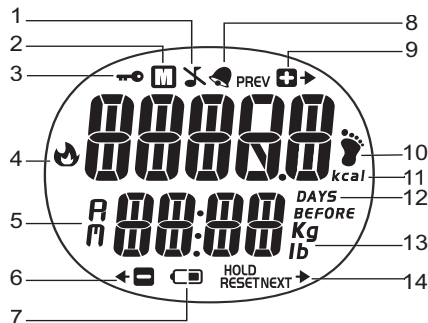
Oregon Scientific™ assumes no responsibility for any loss, or any claims by third parties that may arise through the use of this watch.

OVERVIEW



1. - : Activate backlight; activate keypad lock
2. **DISP**: Change display; lower values in setting mode
3. **MEM**: Display memory mode; toggle pedometer memory in reverse order
4. **SET**: Enter setting modes; confirm and move to next setting option; toggle pedometer memory

GETTING STARTED



1. : Keypad tone is turned OFF
2. : Appears when in memory mode
3. : Indicates keypad is locked
4. : Appears when viewing calories burned



5. $\frac{R.P}{A.M}$: Indicates morning or afternoon when clock is set in 12HR mode
6. : Smart indicator; Lower values
7. : Indicates battery is running low
8. : Alarm is set; will flash when activated
9. : Smart indicator; Increase values
10. : Appears in pedometer mode (main mode)
11. *kcal*: Appears when viewing calories burned
12. $\frac{DAYS}{BEFORE}$: Indicates pedometer memory from 1-7 days before
13. $\frac{KG}{LB}$: Weight unit
14. NEXT : Smart indicator when in setting mode

ABOUT THE PEDOMETER WATCH

The pedometer watch is able to measure steps taken when walking or running. It begins counting after the first 16 steps are taken consecutively.

USING THE PEDOMETER

In order to record accurate readings the following guidelines should be adhered:

- The pedometer watch should be worn on the left wrist only.
- This pedometer measures steps for both walking and running. Sudden movements performed continuously, such as playing the piano or typing, may result in false readings. To limit these false readings,

you should keep your left arm steady for approximately 2-3 seconds.

GETTING STARTED

TURN ON WATCH (FIRST-TIME USE ONLY)

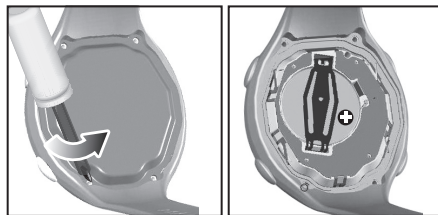
Press and hold any key for 2 seconds to activate the LCD display.

GETTING STARTED

The watch uses a 1 x CR2032 lithium battery, which has already been installed. See below for battery warnings.

LOW BATTERY ICON	DESCRIPTION
	The watch battery is low.






To replace battery:



- Using a small Phillips screwdriver to remove battery compartment lid. Once opened, please keep the screws in a safe place to avoid losing them.
- Remove the old batteries and insert the new matching the polarities.
- Replace the lid by screwing it back into place using a Phillips screwdriver.

USE IN THE WATER

The PE603 is water-resistant up to 50 meters (164 feet).


				
RAIN SPLASHES ETC	SHOWERING (WARM/ COOL WATER ONLY)	LIGHT SWIMMING/ SHALLOW WATER	SHALLOW DIVING/ SURFING/ WATER SPORTS	SNORKELING/ DEEP WATER DIVING
50M / 164 FEET	OK	OK	OK	NO

NOTE Set the unit before exposing it to excessive water. Pressing the keys while in the water or during heavy rainstorms may cause water to enter the unit.

OPERATION

BACKLIGHT AND KEYPAD LOCK

Press  -  to turn backlight ON for 5 seconds.

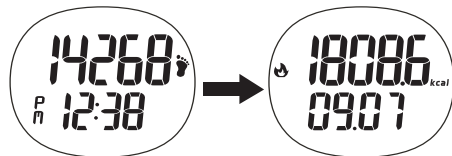
NOTE The backlight function will not operate while the low battery icon  is displayed and it will return to normal once batteries have been replaced.

To toggle keypad lock ON / OFF:

Press and hold  -  .  indicates keypad is locked.

DISPLAY MODES

Press **DISP** to switch between Pedometer with Time display and Calories burned with Date display.



NOTE Calories Burned and date will appear for up to 5 seconds at a time before reverting back to Time and Pedometer display.

SETTING MODE

Press **SET** to enter the setting mode.

Press **SET** continuously to scroll through setting modes. The setting modes are as follows:

- Alarm
- Date
- Time
- Weight
- Beep ON / OFF

To set setting modes:

1. Press and hold **SET** to enter new settings.
2. Press **MEM** to increase values and **DISP** to lower values.
3. Press **SET** to confirm.

MEMORY MODE

The pedometer watch can store your steps taken for up to 7 days. At the end of each day the pedometer watch will automatically record steps taken.

To view records:

- Press **MEM** to enter memory mode.
- Press **MEM** again to view steps taken, in reverse order, 7-1 days memory before present day.
- Press **SET** to view steps taken, in successive order, 1-7 days memory before present day.

To erase all records:

In memory mode, press and hold **SET** until a confirmation sound is heard.

SPECIFICATIONS

Real time clock	12/24 hour with hour / minute / second
Power	1 x CR2032 lithium battery
Operating temperature	0°C to 40°C (32°F to 104°F)
Storage temperature	-20°C to 60°C (-4°F to 140°F)
Water resistant	Up to 50 meters (164 feet) without pressing keys

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Use luke warm water and mild soap to clean the watch and chest belt thoroughly after each training session. Never use the products in hot water or store them when wet.
- Do not bend or stretch the transmitter part of the chest belt.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never

expose the product to direct sunlight for extended periods. Such treatment may result in malfunction.

- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service centre annually.
- When disposing of this product, do so in accordance with your local waste disposal regulations.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.

- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice.

ABOUT OREGON SCIENTIFIC

Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products.

If you're in the US and would like to contact our Customer Care department directly, please visit:

www2.oregonscientific.com/service/support.asp

OR

Call 1-800-853-8883.

For international inquiries, please visit: www2.oregonscientific.com/about/international.asp.

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Pedometer Watch (model:PE603) is in compliance with EMC directive 89/336/CE. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

