

**DIGITAL PEDOMETER
MODEL : WA101
INSTRUCTION MANUAL**

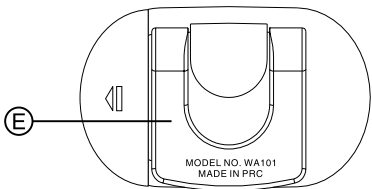
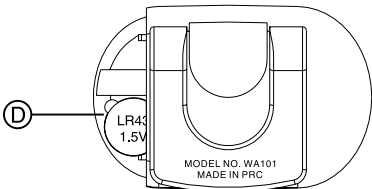


FIG. A

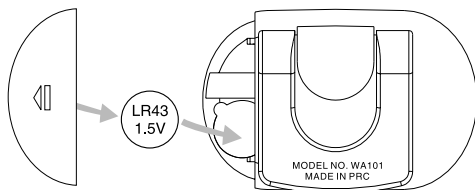


FIG. B

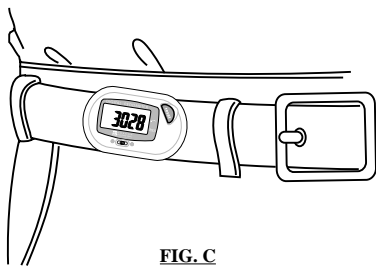


FIG. C

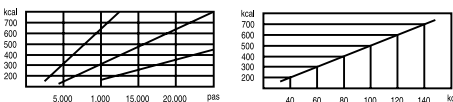


FIG. D

ENGLISH

**DIGITAL PEDOMETER
INSTRUCTIONAL MANUAL**

INTRODUCTION

Congratulations on your purchasing the easy-to-use light weight digital pedometer. This unit can monitor the number of steps taken in a walk or run and let you achieve better performance when you make exercise.

FEATURES

1. 5-digit LCD display
2. Step counter
3. Motion sensitivity adjustment

NAMES AND FUNCTIONS [FIG. A]

- A. LCD**
Single line display with 5 digits
- B. RESET Button**
Resets display value to zero
- C. Motion Sensitivity Slide Switch**
Increases or decreases the unit's response to motion
- D. Battery compartment**
Insert one (1pieces) LR43 size batteries
- E. Belt Clip**
Clips to belt or clothing

BATTERY INSTALLATION

1. Gently press and pull the battery compartment door.
2. Insert one (1 pieces) LR43 size 1.5V batteries or equivalent. [FIG. B]
3. Replace the battery compartment door.



Note: If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

HOW TO WEAR THE PEDOMETER

Attach at waist level to your belt, slacks, or training attire.. Maintaining a horizontal position, attach securely. [FIG. C]

Note: Improper positioning of the pedometer may result in incorrect data collection.

HOW TO USE THE PEDOMETER

1. Press RESET button to clear the display to zero.
2. The unit now is ready to count steps.

Adjust the motion sensitivity

To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individuals walking pattern, experiment with different settings.

FITNESS TIPS [FIG. D]

To keep fit, it generally takes a person weighing 60kg to walk 10,000 steps to burn approximately 300 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights.

SPECIFICATIONS

- Display : Single line with 5 digits
- Step counter : 0 to 99,999 steps
- Power source : 1 x LR43 1.5V batteries or equivalent
- Operation temperature : -10°C to 40°C
- Storage temperature : -20°C to 60°C
- Product size : 21(D) x 37(W) x 58(L) mm
- Weight : 16g (including batteries)

MAINTENANCE

1. Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive: force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
4. Do not tamper with the unit's internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
5. Only use new batteries as specified in this instruction manual. Do not mix new and old batteries as the old batteries may leak.

Read this instruction manual thoroughly before operating the unit.

CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitation, the displays shown in this manual may differ from the actual display.
- The manufacturer and its suppliers held no responsibility to you or any other person for any damage expenses, lost profits, or any other claim arise by using this product.
- The contents of this manual may not be reproduced without the permission of the manufacturer.