

**TANITA®**

Monitoring Your Health

# Tanita Step™

3Axes Pedometer

PD-724

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**TANITA<sup>®</sup>**

Monitoring Your Health

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# Instruction manual

## Before you use your pedometer

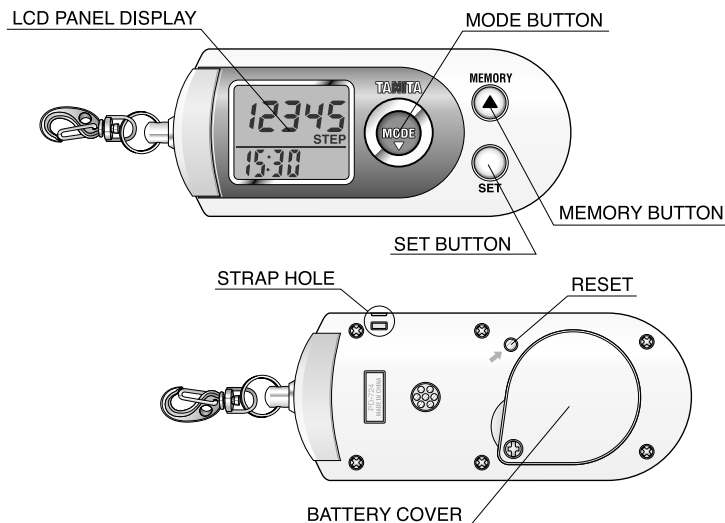
### Caution

- Avoid leaving pedometer in direct sunlight.
- Do not subject pedometer to severe shock or put pressure on the LCD.
- Do not use liquid to clean. Use only a soft cloth.
- Do not open inner casing.

### Choke hazard

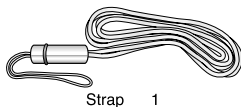
- Keep battery and screws away from children.
- Consult your physician before starting any new exercise routine.

## Get to know your pedometer



## Accessories

Instruction manual	1
Battery	1



Strap 1



Simple screwdriver 1

## To use this instrument correctly

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Whether this instrument is attached to your pocket, bag, neck strap, etc, it is still able to correctly measure your steps, calorie consumption, and other information. However, please note the following advice;

### Attachment position

#### ● In your pocket

※ The instrument could break if placed in a back trouser-pocket.

#### ● In your bag

→ If the instrument is in your bag, take care to avoid moving it irregularly in use.

#### ● Hanging from your neck

Use the strap provided, or a purchased strap.

### Measurement of steps etc.

● This instrument is equipped with a 3D sensor, so it is able to respond to a variety of everyday movements. Therefore, its readings may differ from those of our other belt-mounted pedometers.

● To prevent incorrect readings the pedometer automatically judges when walking starts.

→ If a certain motion continues for 7s or more the instrument judges the motion to be walking and measures from that time. If the motion stops, the measurement will stop until there is another period of at least 7s of constant motion.

※ This instrument has an energy-saving mode. The display disappears if it does not detect any motion for approximately 10 minutes. The clock and step counter are displayed again automatically, once motion is detected. (Refer to p.12 of this manual).

### In the following situations, measurement may become inaccurate

**During setting operation and memory operation the instrument does not measure steps.**

#### ● During irregular movement of the instrument

E.g.: • If it is hung from a bag or neck strap and moves irregularly due to bumping against the user.  
• If it moves irregularly inside a bag or pocket.

#### ● If walking motion is irregular



- When walking with a shuffling motion.
- When walking in loose sandals, thongs or similar footwear.
- When the stride length is not uniform by walking in crowded streets etc.

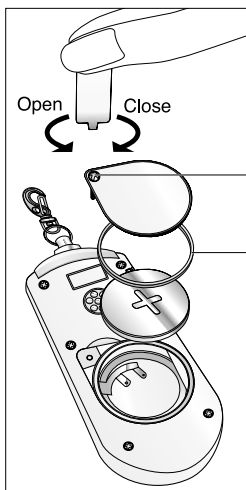
#### ● When used for sports other than walking, or in locations with high vibration

- Climbing up and down stairs or steep slopes.
- When swaying aboard a vehicle (train, bus, bicycle, car, etc.).
- When sitting down and standing up.

#### ● When jogging or walking slowly.

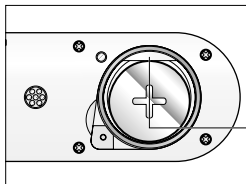
## Usage 1. Fitting and replacing batteries


When the battery runs down,  is displayed on the display screen. Replace promptly with a new battery (CR2032). Make settings again after removing or replacing the battery. (If no changes are required, press the  button. Refer to p6-p8 of this manual to make changes).

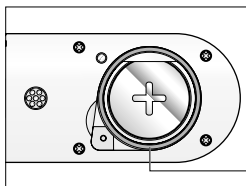


- ① Use the simple screwdriver provided, or a commercially available fine screwdriver, to turn the screw on the battery cover on the back of the body.

If the inner ring comes off, take care not to lose it.



- ② Remove the battery cover, and tuck the battery provided (CR2032) under the projection with the  side uppermost to set it in position.



- ③ Fit the inner ring in its original position (in the body groove).

Do not allow the inner ring to slip out of place.

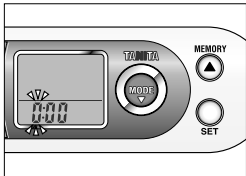
- ④ Put the battery cover back in place and screw it down tightly.

## Usage 2. Initial settings **Set the clock: Set the current time**


### Notice

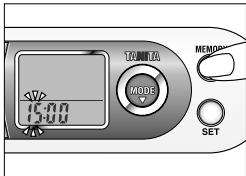
- Correct values will not be displayed until initial settings have been made. Be sure to make the initial settings.

**E.g. To set to 3:00PM** ※ The clock uses 24-hour display.



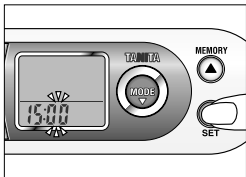
- ① **When the battery is fitted, the hour digit of the displayed time is flashing.**

If you do not press any button within 1 minute the display switches to Step and Clock. To continue setting, press the  button for approximately 2s more.



- ② **Press the  and  buttons to set the hour.**

Press continuously to advance the setting rapidly.

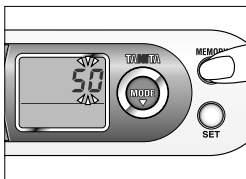




- ③ **Press the  button to finalize the setting.**

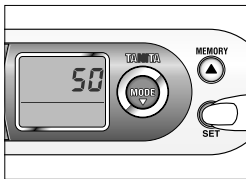
Next, the Minute digit flashes. Set in the same way as the hour digit.

**Usage 3. Initial settings Set body weight: The setting weight range is 20-150 kg (50-300lb)**

E.g. to set body weight 50 kg (111lb), stride 40 cm (16in).



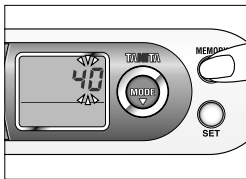
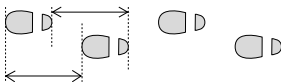
- ④ After setting the Clock, the Body Weight digit flashes.
- ⑤ Press the  and  buttons to set body weight.  
Press continuously to advance the setting rapidly.  
(The setting range is 20-150 kg (50-300lb))





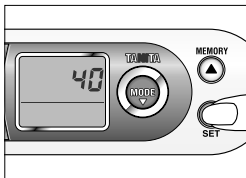
- ⑥ Press the  button to finalize the setting.


**Usage 4. Initial settings Set stride length: The setting range is 20-150 cm(10-60 in Inches)**

For the best accuracy you should take 2-3 steps before starting measurement. Make a mark on the ground as your start point then take 3 steps back from there. Start to walk and begin counting 10 steps from the marked start point.

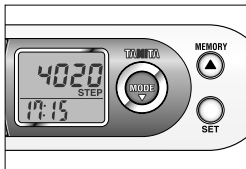


- ⑦ After setting body weight, the stride length display flashes.
- ⑧ Press the  and  buttons to set stride length.  
Press continuously to advance the setting rapidly.  
(The setting range is 20-150 cm(10-60 in Inches))



- ⑨ Press the  button to finalize the setting.  
Initial setting is complete.

## Usage 5. Initial settings **Change settings**

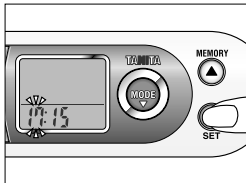


- ① You can change the time settings by starting from the following display modes:


- Step and Clock
- Distance and Walking Time
- Calorie Consumption\*



- ② Press the  button for at least 2s.




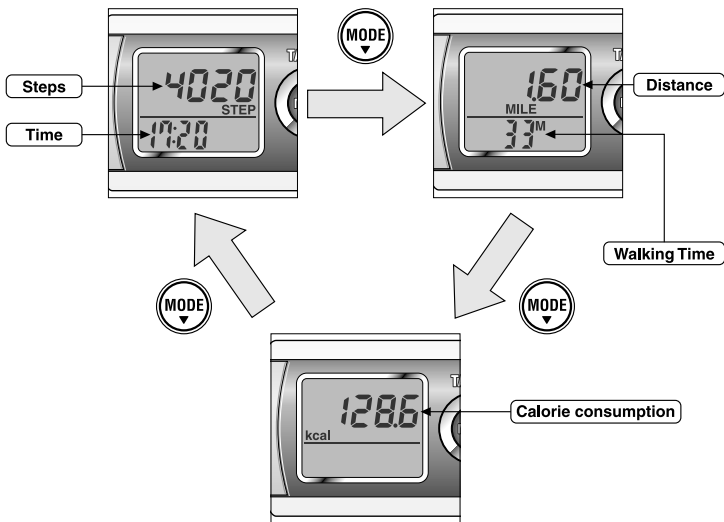
- ③ **The hour digit of the clock flashes.**

Press the  button to move the display forward to the item you wish to set, and make the necessary settings. Refer to p6-p8 of this manual for the detailed setting methods.



## Usage 6. Switch the Mode

Pressing the  button changes the display to show the various modes. Start from the Step and Clock mode.

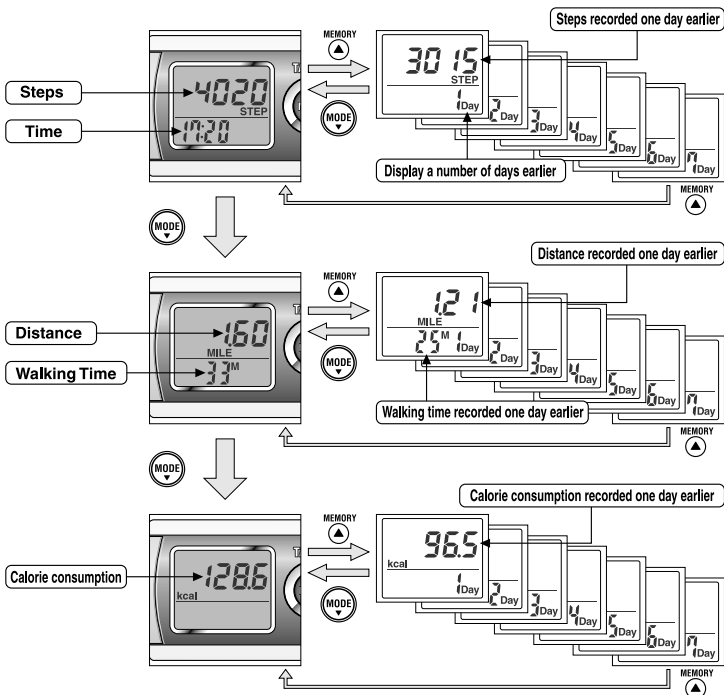


<b>Steps</b>	Displays the number of steps. (Up to 99,999 steps per day can be displayed. The total does not change if the count exceeds 99,999).
<b>Time</b>	Displays the clock in 24-hour format.
<b>Distance</b>	Displays distance walked, as calculated from the set stride length and the number of steps. (Up to 149.99km(94.79mile) are displayed per day. The display does not change if the count exceeds 149.99km(94.79mile)).
<b>Walking Time</b>	The time for each step is measured and the walking time is calculated and displayed.
<b>Calorie consumption</b>	Calorie consumption is calculated and displayed, based on set body weight, number of steps, and walking speed. (Up to 9999.9 calories are displayed per day. The display does not change if the count exceeds 9999.9 calories).

## Usage 7. View the memory

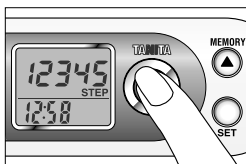
This instrument can recall measurement values for Steps, Distance, Walking time, and Calorie consumption (up to 7 day's values). The measurement values for the previous day are automatically placed in memory at 3:00 AM, and the display value changes to "0". (If the measurement values for one day exceed their maximum values, the maximum value is memorized). After 7 days, the first day's values are deleted and new values are placed in memory.


To view the memorized values, press the **MEMORY** button when the corresponding value is on display. Each time the **MEMORY** button is pressed, the display moves back to an older value. Press the **MODE** button to return to today's values.

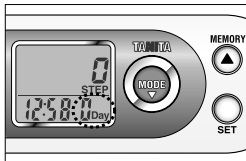


## Usage 8. Use the split function

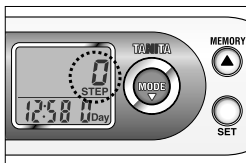
This instrument can measure specific information within a day, such as steps and calorie consumption from point A to point B. (Values measured with split function will not be placed in memory.)



- ① Press the  button for about 5 sec. while in normal display.



- ② “0 Day” will display.

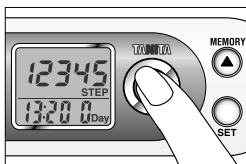


Press the  button.

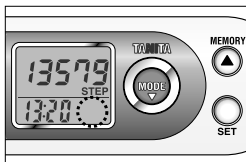
The value measured up to this point will become “0”.  
Start making new measurement.

- ※ If using the split function, the total value for that day can be checked after being automatically placed in memory (at 3:00 AM).  
(Measurement values with the split function will not remain).

## Canceling the split function



- ① Press the  button during split display.



- ② “0 Day” will disappear from the display.  
Split function is cancelled, and you return to normal mode.

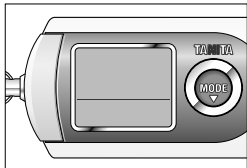
- ※ In normal mode, the value measured from first use of the day will be displayed.

## Usage 9. Energy-saving mode

This instrument switches automatically to the energy-saving mode if it detects no motion for approximately 10 minutes.



- ① When no motion is detected for approximately 10 minutes



- ② All displays disappear

To return from the energy-saving mode, move the instrument or press any button.



- ③ HELLO is displayed, and



- ④ Step and Clock are displayed

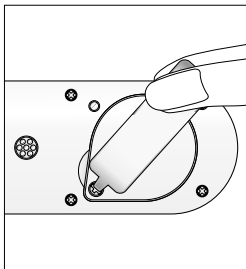
## Usage 10. Clearing the values for that day

Measurement values are automatically placed in memory at 3:00 AM. Before that time, the values for that day only can be set to zero.

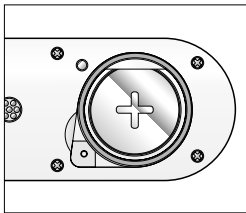
### Notice

If the battery is removed to clear the system, the measurement values for that day (Steps, Distance, Walking time, Calories consumption, cannot be restored.

※Measurement values and initial setting content stored in memory are not lost.



- ① **Remove the battery cover on the back of the body, and remove the battery.**



- ② **Check that the display has gone blank, and fit the battery back in place and reattach the battery cover.**

The values for that day have been cleared. After clearing is complete, the hour digit of the display flashes. If no changes are required, press the Set button to advance the mode.

※The hour digit flashes for approximately 1 minute. If there is no setting, it displays 0:00. (For details of the setting method, refer to p6-p8 of this manual).

Clearing is also required in the following situations.

○If the display becomes irregular.

○If the buttons do not function.

→Remove the battery, and leave it out for at least 3 minutes before putting it back.

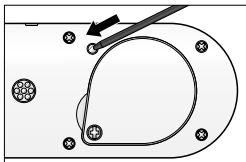
## Usage 11. Clearing the system

Clear the system in the following circumstances:

- When you want to change all setting content and memorized measurement values to zero.

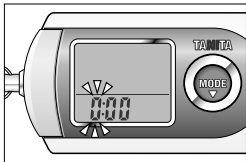
### Note

After a system clearance, it will not be possible to restore memory values for Steps, Distance, Walking Time, or Calorie Consumption.



- ① Press once the REST hole on the back of the body with a rigid pointed implement.

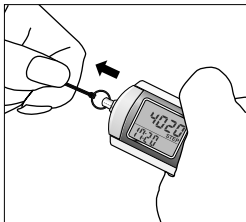
※ Handle the pointed implement with care.



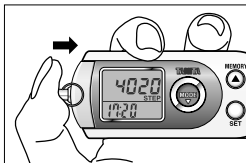
- ② The display changes to 0:00 and the Time digit of the clock flashes.

All values are now cleared. To go on using this instrument, perform initial settings again. Refer to p6-p8 of this manual.

## Usage 12. Using the Personal Alarm




- ① Grip the instrument body and the the personal alarm strap firmly, and pull the strap strongly until it clicks.
- ② The alarm sounds.



- ③ To stop the alarm, push the personal alarm strap back into the instrument body until it clicks. The sound stops.

Alarm volume is limited and is designed to attract attention in the immediate vicinity.

## Troubleshooting

The  mark is displayed	The battery has run down. Replace it promptly with a new CR2032 battery. Refer to p5.
The battery is fitted but nothing is displayed.	Is the battery oriented correctly? Check the ⊕ and ⊖ sides. Refer to p5.
	The battery has run down. Replace it promptly with a new CR2032 battery. Refer to p5.
The measured value is too low or too high	Is the instrument attached correctly? Refer to p4.
	If walking is irregular, no values are measured. Refer to p4.
	Are the settings correct? Check the settings. Refer to p8.

## Main specifications

	Centimeter version	Inch version	
<b>Setting range</b>	20 - 150 cm	10 - 60 inches	
<b>Body weight</b>	20 -150kg	50 - 300 lb	
<b>Display content</b>	<b>Distance</b>	Min. 0.01 km, Max. 149.99 km	Min. 0.01 mile, Max. 94.79 mile
	<b>Steps</b>	Min. 1 step, Max. 99,999 steps	
	<b>Time</b>	24-hour display	
	<b>Calorie consumption</b>	Min. 0.1 kcal, Max. 9999.9 kcal	
	<b>Walking time</b>	Min. 1 m, Max. 19h, 59 m.	
<b>Detection method</b>	Triaxial acceleration sensor		
<b>Power supply</b>	DC3.0V (one CR2032 battery)		
<b>Battery life</b>	Approx. 6 months (When used for approximately 4 hours per day)		
<b>External dimensions</b>	D12 x W81.4 x H32.2 mm (D0.47 x W3.2 x H1.27 inches)		
<b>Weight</b>	Approx. 27g (0.06 lb)		

※ It is not possible to switch between centimeter and inch versions.

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# TANITA®

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This device features radio interference suppression in compliance with valid EC Regulation 89/336/EEC.

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Cet appareil est funkentstört, correspondant der geltenden EG-Richtlinie 89/336/EWG.

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Cet appareil est déparasité conformément à la directive CE 89/336/CEE en vigueur.

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Este aparato tiene supresión antiparasitaria según la directiva CEE vigente 89/336/CEE.

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Questo apparecchio è conforme alle normative 89/336/CE vigenti in materia di radiodisturbi.

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Hinweis:  
Diese Zeichen finden  
Sie auf  
schadstoffhaltigen

Batterien:

Pb Pb = Batterie enthält Blei

Cd Cd = Batterie enthält Cadmium

Hg Hg = Batterie enthält Quecksilber

** Batterien dürfen nicht in den Hausmüll!**

Als Verbraucher sind Sie gesetzlich verpflichtet gebrauchte oder ausgelaufene Batterien zurückzugeben. Sie können Ihre alten Batterien bei den öffentlichen Sammelstellen, in Ihrer Stadt oder überall dort abgeben, wo Batterien der betreffenden Art verkauft werden, und speziell gekennzeichnete Sammelbehälter aufgestellt sind. Bei Verschrottung des Gerätes sind die Batterien zu entnehmen und müssen ebenfalls bei Sammelstellen abgegeben werden.