

PEO 637

Instruction Manual

Before you use your pedometer

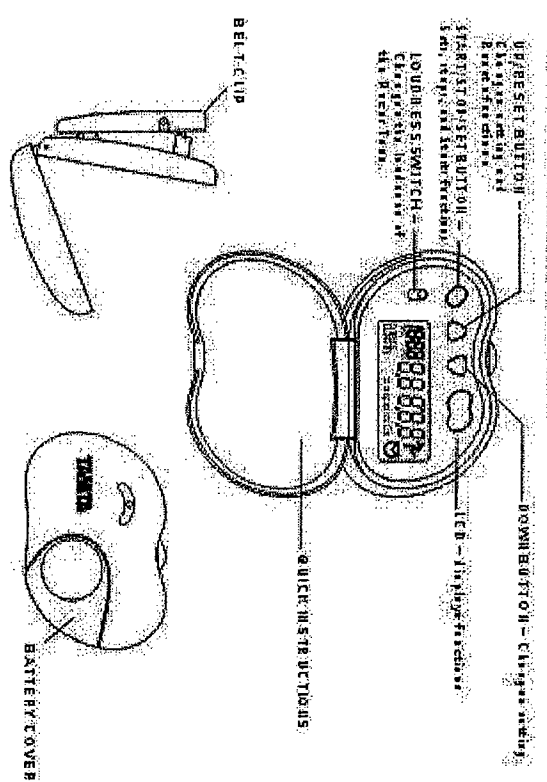
Cautions

- 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 in freezing.

Choke hazard

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

Get to know your pedometer



CLOCK STEPS TAKEN	Refers to the 12 hour AM/PM clock function. This is the number of steps you have taken. Each time you bring your right or left foot forward, a step is recorded.
STRIDE LENGTH	The average length of one step. One step is the length between the heel of your backfoot to the heel of your front foot when you walk.
MILES WALKED	This is the number of miles that you have walked. It is calculated by multiplying the STEPS TAKEN by the STRIDE LENGTH.

Glossary

1. After you have completed the setting, please press the START/STOP/SET button. If you do not press any button in 60 seconds, the pedometer will leave the setup mode automatically.
2. Your pedometer will prompt you to adjust the setting after battery replacement.

THE MODE BUTTON

Pressing the MODE button changes the pedometer function according to the following sequence:
 Step counting (step) > Traveling distance measurement (mile) > Calorie consumption estimation (Cal) > Stopwatch > Pacer

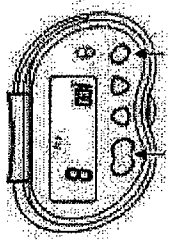


FIGURE 1: Pedometer ready

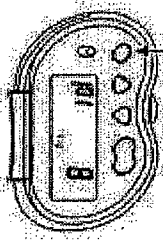


FIGURE 2: Pedometer ready

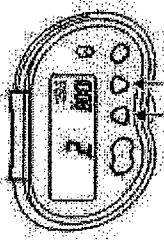


FIGURE 3: Pedometer ready

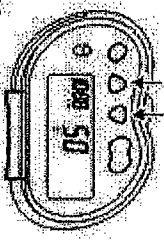


FIGURE 4: Pedometer ready