

3 Axes Pedometer

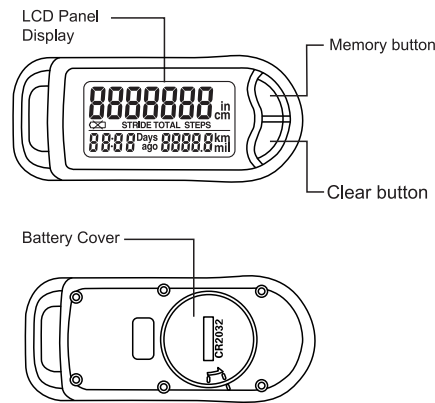
Model: PD-733F

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.
- Consult your physician before starting any new exercise routine.

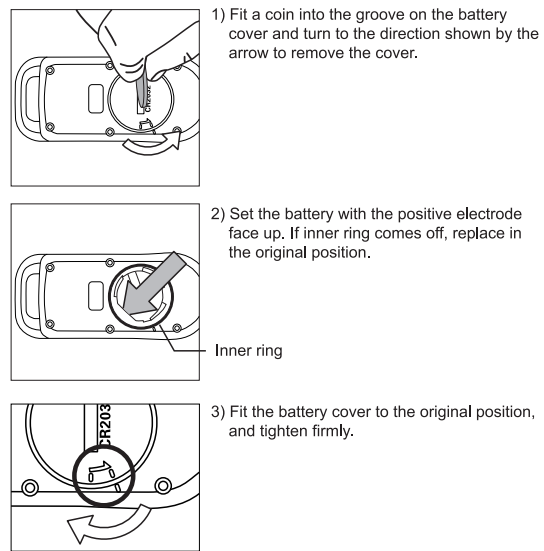
Choke hazard

- Keep battery away from children.



Fitting and replacing battery

Open the battery cover on the back of the unit. Insert the battery (CR2032) as indicated. Please note that the included battery from the factory may have decreased energy levels over time.



Replacing Battery

The LCD will flash a battery icon, to indicate that the battery is low. When this occurs, replace a new battery.

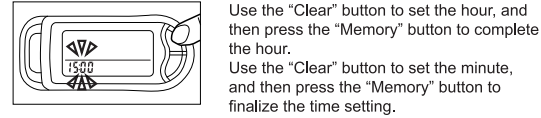
Note: If you do not intend to use the product for a long period of time, remove the battery before storage.

Note: In order to keep memory current, do not replace the battery around 3:00AM because this unit updates the memory at 3:00AM.

Initial settings

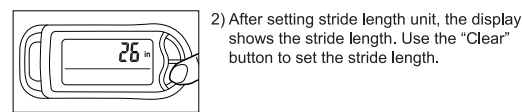
Set the current time

Note: Correct values will not be displayed until initial settings have been made. Be sure to make the initial settings.
* The clock uses 24-hour display.



Set stride length

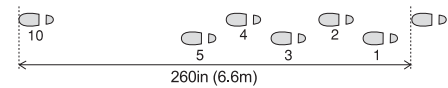
1) After setting time, the display shows the stride length unit. Use the "Clear" button to set the unit, and then press the "Memory" button to complete.



2) After setting stride length unit, the display shows the stride length. Use the "Clear" button to set the stride length.



For the best accuracy, 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.



Attachment position

In your pocket:
The unit could be damaged if placed in a back trouser pocket.



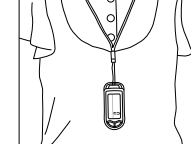
In your bag:
If the unit is in your bag, take care to avoid moving it irregularly when in use.



Hanging from your belt loop:
Use the carabiner provide, or a purchased carabiner.

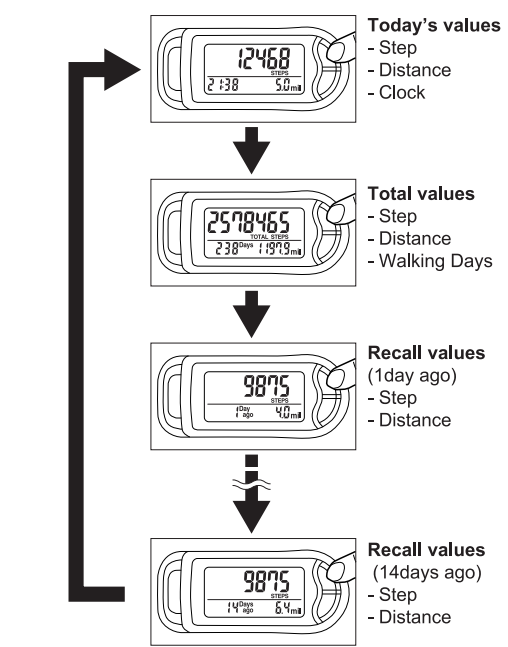


Hanging from your neck:
Attach your own strap.



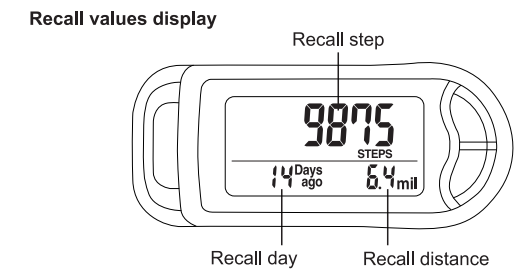
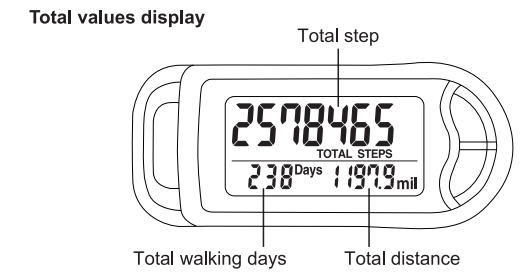
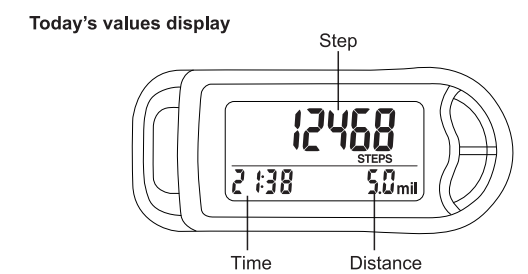
Taking readings

Pressing the "Memory" button changes the display to show the various modes. Start from the "Today's values" mode.



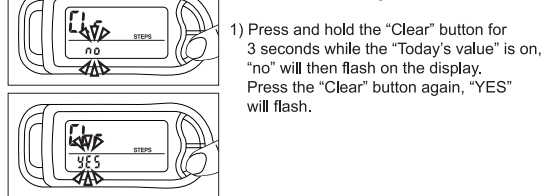
Press the "Clear" button to return to "today's values" while the display shows "Total values" or "Recall values". The measurement values for the previous day are automatically placed in memory at 3:00AM, and "today's value" changes to "0". After 14 days, the first day's values are deleted and new values are placed in memory.

Taking readings

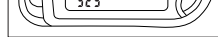


Reset function

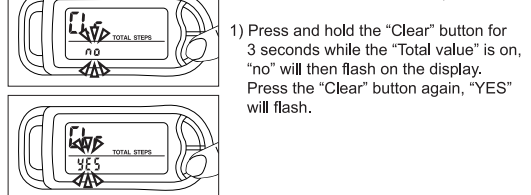
To reset the today's values;



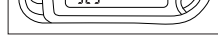
2) Press the "Memory" button to reset today's value completely while "YES" is flashing on the display.



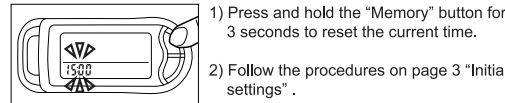
To reset the total values;



2) Press the "Memory" button to reset today's value completely while "YES" is flashing on the display.



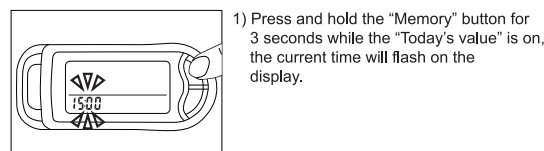
Reset the current time & stride length



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 Step and Distance.



2) Press and hold the "Memory" and "Clear" buttons simultaneously for 3 seconds, "0:00" will flash after all segments of the display are shown. Continue to set the clock.



Handling tips

Whether this unit is in your pocket, bag, around your neck, etc, it is still able to correctly measure your steps, and other information. Please note the following advice:

Measurement of steps etc.

- This unit is equipped with a 3 axes sensor, so it is able to respond to a variety of everyday movements. Therefore, its readings may differ from those of belt-mounted pedometers.
- To prevent incorrect readings the pedometer automatically judges when walking starts. If a certain motion continues for 7 seconds or more the unit judges the motion to be walking and measure from that time. If the motion stops, the measurement will stop until there is another period of at least 7 seconds of constant motion.

Energy-saving mode

- This unit switches automatically to the energy-saving mode when it detects no motion for approximately 5 minutes, all displays disappear.

- To return from the energy-saving mode, move the unit or press any button. "HELLO" is displayed, and Today's values (Step, Distance and Clock) are displayed.

In the following situations, measurement may become inaccurate

- During setting operation and memory operation the unit does not measure steps.
- With irregular movement of the unit.
 - 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 uniformed 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.

Troubleshooting

The "Battery" icon or "Lo" is displayed.

- The battery has run down. Replace it promptly with a new battery (CR2032).

The battery is fitted but nothing is displayed.

- Is the battery oriented correctly? Check the "+" and "-" sides.
- The battery has run down. Replace it promptly with a new battery (CR2032).

The measured value is too low or too high.

- Is the unit attached correctly?
- If walking is irregular, no values are measured.
- Are the settings correct? Check the settings.

The "Err" is displayed.

- Remove and reinstall the battery.

Specifications

Display content	Today's value display	Clock	24-hour display
		Steps	Min. 1 step, Max. 9999999 steps
Total value display	Distance	Min. 0.1 mile, Max. 9999.9 mile	Min. 0.1 km, Max. 9999.9 km
		Recall days (Memory)	Max. 14 days
Total value display	steps	Min. 1 step, Max. 9999999 steps	
	Distance	Min. 0.1 mile, Max. 9999.9 mile	Min. 0.1 km, Max. 9999.9 km
	Days	Min. 1 day, Max. 9999 days	
Input stride length range		10 - 60 in	20 - 150 cm
Detection method		Triaxial acceleration sensor	
Power supply		DC 3.0V (1 x CR2032 battery)	
Battery life		Approx. 1 year (When used for approx. 4 hours per day)	
External dimensions		3.3 in D x 0.5 in W x 1.4 in H D 12.5 x W 84 x H 36.5 mm	
Weight		Approx. 1.1 oz / 30 g	

Federal Communications Commission and Canadian ICES Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules and Canadian ICES-003. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

CE This device features radio interference suppression in compliance with EC Regulation 2004/108/EC.

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