

Instruction Manual

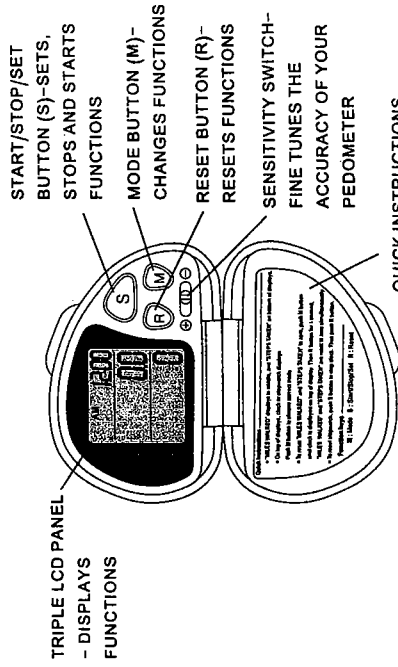
Before you use your pedometer

- 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.

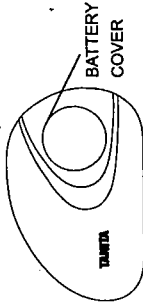
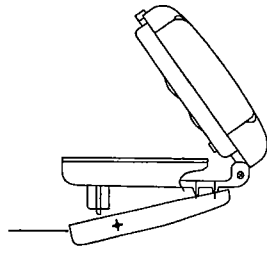
Choke hazard

- Keep battery and screws away from children.

Go to know your pedometer

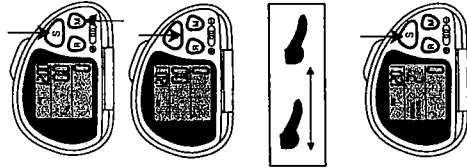


BELT CLIP



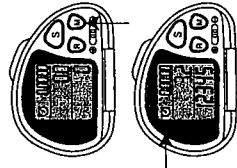
Glossary

CLOCK	It refers to the 12 hour (AM/PM) clock function.
STRIDE LENGTH	The average length of one step. One step is the length between the heel of your back foot to the heel of your front foot when you walk.
STEPS TAKEN	This is the number of steps you have taken. Each time you bring your right or left foot forward, a step is recorded.
MILES WALKED	This is the number of miles that you have walked. It is calculated by multiplying the STEPS TAKEN by your STRIDE LENGTH.
SENSITIVITY SWITCH	It controls the sensitivity of your pedometer. Everyone walks differently. Even the same person can sometimes walk with a heavy step one day and a light step the next. Your walking style affects the overall accuracy of the STEPS TAKEN function.
STOPWATCH	It refers to the stopwatch function.



- ## How to set up your pedometer
1. Press the M button until the upper segment of the LCD displays the time (eg. AM 12:00). Press and hold the S button for 3 seconds. The reading in the upper segment of the LCD will flash slowly.
 2. Set the clock by pressing the S button. Holding the S button for more than 1 sec triggers the fast setting function. Releasing the button will unlock the fast setting option.
 3. After setting the clock, press the M button to go to the stride length setting mode.
 4. The key to accurate distance measurement is determining your correct stride. To calculate the average stride accurately, walk ten steps and divide the total distance by 10. The result is your average stride. For higher accuracy, you are recommended to repeat this measurement several times.
 5. Adjust your stride length by pressing the S button. Each time you press the S button, the displayed number will increase by 2" until it reaches 60". After that it will cycle back to 2".
 6. After you have completed the setting, press the M button. If you do not press any button in 60 seconds, the pedometer will leave the setup mode automatically.

- Your pedometer will prompt you to adjust the setting after battery replacement.

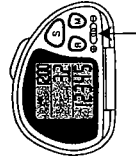


The mode (M) button

The mode is controlled by the MODE button. Each time you press this button, the mode will cycle between the CLOCK and the STOPWATCH (picture icon).

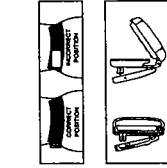
Stopwatch

1. You could time your walk out duration by using this function.
2. Press the M button until the stopwatch displays in the upper segment of the LCD.
3. The LCD will display a five digit number. From left to right, the first digit represents the hours, the second two digits represent minutes, and the fourth and fifth digits represent seconds.
4. Pressing the S button will start the stopwatch. Pressing the same button again will pause this function. To continue the counting, press the S button one more time.
5. Pressing the R button, when the stopwatch is paused, will reset the stopwatch.
6. The stopwatch will continue to time your work-out duration even if you have changed to Clock mode.



Sensitivity switch

The SENSITIVITY SWITCH fine tunes the sensitivity of the unit to your personal step. If you step lightly, you want the pedometer to be more sensitive. You should slide the switch toward the positive (+) sign. If your stride is stronger, you should move the switch toward the negative (-) sign.



- ## How do I wear my pedometer
1. Securely attach the pedometer to your belt, on your hip using the pedometer belt clip.
 2. Make sure the pedometer is level not tilted.
 3. Do not place the pedometer in your pocket. It will not give you accurate results if you do.
 4. Your pedometer allows you to read the display without removing from your belt. Gently pull case downward to read, then snap into position.

Step counting

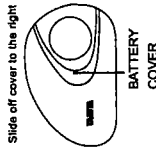
1. Your pedometer records the number of steps automatically.
2. To reset your readings back to 0, press and hold the R button for 1 second when the clock is shown in the upper segment of the LCD. You are not able to reset this reading when the LCD is displaying the stopwatch.
3. This will clear all the reading in Distance measurement simultaneously.

Miles Walked

1. It refers to the total distance (in miles) that you have traveled.
2. A correct value of stride length is important in determining miles walked. Please follow the procedures in the SETUP section if you want to adjust the stride length value.
3. To reset your readings back to 0, press and hold the R button for 1 second when the clock is shown in the upper segment of the LCD. You are not able to reset this reading when the LCD is displaying the stopwatch. This will also clear the reading in Step counting simultaneously.

Replacing the battery

1. Your pedometer uses one LR43 battery. Please replace a new battery when the display is blank or difficult to read.
2. The pedometer will automatically prompt you to enter your personal data again. Please follow the procedures in the SET UP section.



Trouble shooting

PROBLEM	POSSIBLE CAUSE	SOLUTION
FAINT DISPLAY SCREEN FREEZES	LOW BATTERY POWER RESET PROBLEM	REPLACE BATTERY REINSERT
STEP COUNTING OR TRAVELING DISTANCE IS NOT ACCURATE	INCORRECT POSITION ON WAISTBAND or IRREGULAR PACE or STRIDE LENGTH OR SENSITIVITY IS NOT SET CORRECTLY	REFER TO 'HOW DO I WEAR MY PEDOMETER' TRY TO EXERCISE WITH A UNIFORM RHYTHM CHANGE STRIDE LENGTH OR SENSITIVITY SETTING

Specifications

Model	PD-636
Clock	12 hour (AM/PM)
Stride Range	2" - 60"
Step counter	0 - 99,999
Distance measurement	0 - 999.9 miles
Stopwatch	0 - 9hr 59min 59sec
Dimensions	66 x 44 x 28 mm
Weight	Approximately 32g

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