

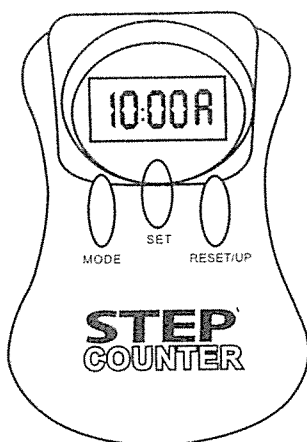
# STEP COUNTER

Congratulations! You have purchased a sophisticated personal Step Counter which with the added benefit of measured stride and weight functions to give you a good indication of how your personal fitness and health is progressing. The set up functions are easy to program and we recommend that you follow the detailed instructions below to get the most out of your personal Step Counter.

## Setting up your STEP Counter

\*First activate your Step Counter by pulling out the plastic tab to engage the battery\*

1



MODE Selection:

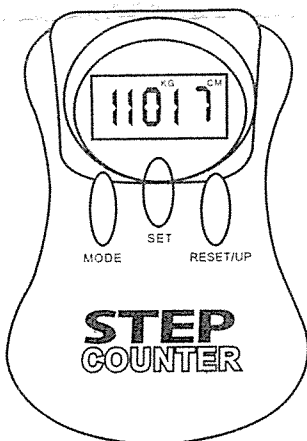
Press the MODE button to select function in turn

Time >> Step >> Km >> Kcal (calorie)

Time Set mode:

- In the time mode press the RESET button to swap between 12/24 hour system.
- To change the time, Press the SET button for more than 3 seconds until SET TIME is displayed.
- Press the RESET button to set the hour, press again to set the minutes.

2



To set your personal stride length and weight:

This is a customised function that will indicate actual distance walked more accurately. To measure your stride, walk ten paces from a set point, measure the distance then divide by 10. For instance if your measured 10 paces is 6m then ONE stride will be 60 cms.

- Press the SET button for more than 3 seconds until digital display flashes.
- Now using the RESET button set your personal stride length.
- Repeat the process for inputting your weight.

Step mode:

- Press the MODE button to view your Steps walked.

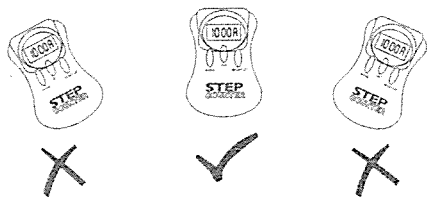
Km mode:

- Press the MODE button to view your distance walked in kilometres.

Kcal (calorie) mode:

- Press the MODE button to view your calories consumed in Kcals.

## Using your STEP Counter



To use:

- Before using, zero the display by pressing MODE until the step screen is shown. Then press CLEAR to reset the step counter to zero.
- Place the Step Counter over your hip as shown left.
- Now every step you take will increase the count by one.
- Pressing the MODE button will now show the total distance walked and calories consumed in Kcals.

Correct orientation on your hip is important