

# PEDOMETER WITH PANIC ALARM

MODEL : P209

## INSTRUCTION MANUAL

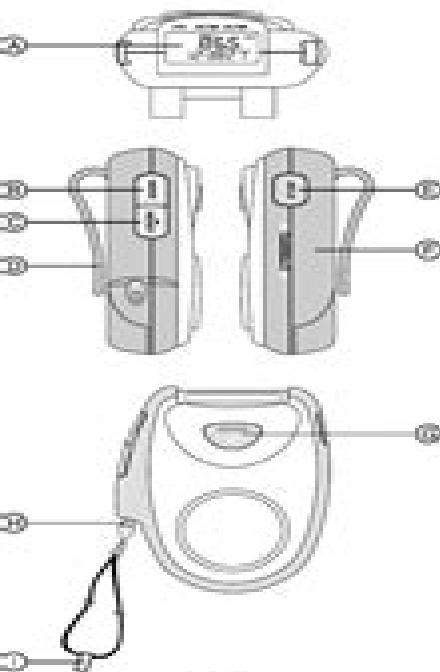


FIG. A

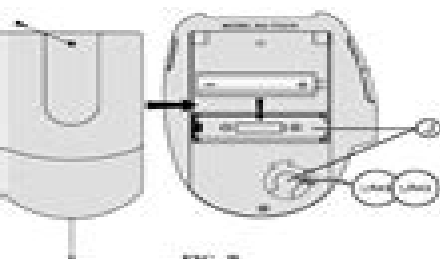


FIG. B

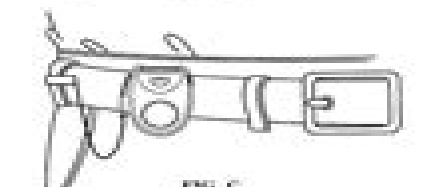


FIG. C



FIG. D

## INTRODUCTION

Congratulations on your purchase of the Pedometer, a handy, multifunctional device that complements your active life by letting you count the steps taken in a walk or run, distance covered, calories burnt and time elapsed. What's more, the pedometer is equipped with a built-in LCD digital panic alarm, which helps you measure extensive load and speed in case of need.

## BUILT-IN FEATURES

1. Step counter
2. LCD timer for real-time clock
3. Total distance counter
4. Total calorie counter
5. Stride distance adjustment
6. Count up timer
7. Panic alarm
8. EL Backlight
9. Low battery indicator
10. Motion sensitivity adjustment

## CONTROL BUTTONS AND PHYSICAL FEATURES (FIG. A)

- LED**  
Press this display for step discontinuation if the
- [MODE]** button  
Changes display modes.
- [RESET/▲]** button  
Resets a value to zero in normal mode or increases a value in setting mode.
- [HOLD/▼]**  
For attaching to a belt or clothing.
- [ON/OFF/▲/▼/HOLD]** button  
Starts or stops the count-up timer.
- MOVEMENT SENSITOR**  
Adjusts the sensitivity of the unit to motion.
- BACKLIGHT** button  
Turns on the backlight.
- PANIC ALARM PIN**  
Activates the panic alarm which beeps from the unit.
- FASTENING CLIP AND CHORD**  
For further securing the unit to clothing and acts as a pull chord for the panic alarm.
- BATTERY COMPARTMENT**  
Accommodates 2 x LR44 size A & 1 x CR alkaline batteries.

## BATTERY INSTALLATION

Two types of battery are required. Pedometer function is powered by 2 pre-LR44 batteries. Panic alarm is powered by one 1.5V alkaline battery.

1. Open the battery compartment door.
2. Insert two LR44 size A or one CR alkaline batteries. (FIG. B)
3. Replace the compartment door.

The low battery indicator will light up when LR44 batteries are dying up. Replace batteries accordingly.

**Note:** If not disposed of properly, batteries can be harmful to the environment by leaking exhausted batteries to unlicensed disposal stations.

## HOW TO ATTACH THE PEDOMETER

Use the belt clip and fastening clip to secure the pedometer horizontally to your belt, clasp or training attire. (FIG. C)

**Note:** The improper positioning of the pedometer may result in incorrect measurements.

## DISPLAY MODES

The pedometer has three display modes: step, distance/time, and calories burnt timer. To select a display mode, press [MODE]. An indicator will light up for the active mode in display.

## HOW TO USE THE BACKLIGHT

The backlight facilitates display reading in the night. To use it, press the backlight button to light up the display for five seconds.

## HOW TO SET THE REAL-TIME CLOCK

1. Press [MODE] for step display.
2. Hold [MODE] for two seconds. The 10-hour value will flash.
3. Use [▲] to select between 1-2 hour and 24-hour clock format.
4. Press [MODE]. The hour digits will flash.
5. Use [▲] to enter the desired value. Hold down the button for five seconds.
6. Press [MODE]. The minute digits will flash.
7. Use [▲] to enter the desired value.
8. Press [MODE]. The second digits will flash.

## USER MANUAL

Use the following steps to select or enter the desired value in screen.

1. Press [MODE] to confirm and exit.

## STRIDE DISTANCE AND BODY HEIGHT

The stride distance is used to measure the total distance covered in a run or walk. Depending on the person, you can set the stride distance between 50 or 170 cm (20 or 66 inches) for regular walking motion. The clock your own stride distance, walk 10 steps and divide by 10 the total distance covered (FIG. D).



The body weight is used to calculate the calories burnt. You can set it between 50 to 170 kg (110 to 360 pounds) for regular motion.

To enter the stride distance and body weight,

1. Press [MODE] for distance/time or calorie/burner display.
2. Hold [MODE] for two seconds. The weight and stride distance will be displayed with the stride distance flashing.
3. Use [▲] to enter the desired value for stride.
4. Press [MODE]. The weight value will flash.
5. Use [▲] to enter the desired value.
6. Press [MODE] to confirm and exit.

**Note:** the pedometer will automatically return to the distance/time display if no setting is made for seven seconds.

## STEPS, DISTANCE AND CALORIES

To check the total number of steps taken, distance covered or calories burnt, press [MODE] for their respective display.

To check the values over a certain distance or time,

1. Press [MODE] for step display.
2. Press [HOLD/▼] to clear the value. Then the total distance and calories will be cleared alongside with the total steps.
3. Press [MODE] for distance/time or calorie/burner display.
4. Press [HOLD/▼] to clear the time.
5. Press [START] to start the timer when ready. The timer will count up to 99 hours, 59 minutes and 59 seconds before commencing from zero again.
6. Use [MODE] the pedometer will start registering the data if any motion is detected afterwards.
7. Press [STOP] to stop the timer when done.

**Note:** an motion sensibility. To make the unit more or less sensitive to motion, adjust the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individual walking pattern, experiment with different settings.

## FITNESS TIPS

To keep fit, it is generally advised a person weighing 60kg to walk 10,000 steps or more approximately 800 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights. (FIG. B)

## HOW TO USE THE PANIC ALARM

The alarm will be activated when the panic alarm pin is detached from its socket. Pull the chord and detach the pin when the situation arises.

To stop the alarm, simply reinsert the pin to its socket.

**Note:** Use new CR battery can last for approx. 15 minutes if the panic alarm activates. It is suggested to test the alarm function every time before you use the pedometer.

## SPECIFICATIONS

Operating Modes	• STEP, DISTANCE/TIME, CALORIES
Real-time clock	• LCD timer operates with hour + minute + second display
Step counter	• up to 99,999 steps
Distance recorded	• 0 to 999.99 km, 0 to 0 to 999.99 miles for regular motion
Calorie consumption	• 0 to 9999 kcal
Count up timer	• 99 hours, 59 minutes, 59 seconds
Stride distance	• 50 to 170 cm (20 to 66 inches) for regular motion
Weight range	• 50 to 170 kg (110 to 360 lbs) for regular motion
Panic alarm	• alarm 110-115 dB measured at 3 cm distance
Alarm source	• 1 x LR44 1.5V battery + 1 x CR alkaline
Operating temperature	• -10°C to 40°C
Storage temperature	• -20°C to 60°C
Product size	• 52 x 70 x 23 mm (2" x 2.8" x 1")
Weight	• 50g (battery included)

## DECLARATION

1. Do not introduce the unit to water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with abrasives or corrosive materials. Also avoid cleaning agents that scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive force, shock, heat, temperature or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or damaged parts.
4. Do not tamper with the unit's internal components. Doing so will void the unit's warranty and may cause damage. The unit contains no non-repairable parts.
5. Only use spare batteries as specified in this instruction manual. The new unit size and old batteries as the old batteries may leak.

**Read this instruction manual thoroughly before operating the unit.**

## CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitations, the display shown in this manual may differ from the actual display.
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# M262d Pedometer With Panic Alarm User Guide

**Camilla Rothe**



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