

**PEDOMETER WITH PANIC ALARM**

MODEL : PFD-99

**INSTRUCTION MANUAL**

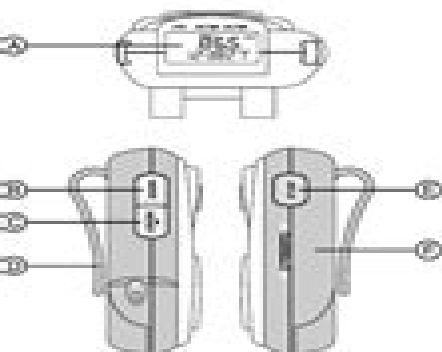


FIG. A

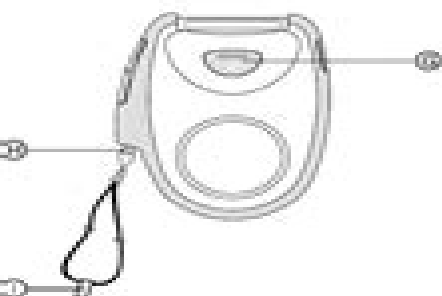


FIG. B

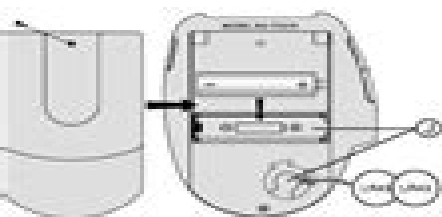


FIG. C

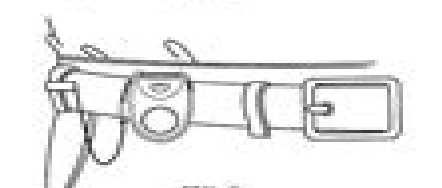


FIG. D

**USER'S MANUAL**

**INTRODUCTION**

Congratulations on your purchase of the Pedometer. Carefully read the instructions before the completion of your setup. Use by being you avoid the weight added to a walk or run distance covered, calories burnt and time required. What is more, the pedometer is equipped with a built-in LCD digital panic alarm, which helps you measure distance, time and speed in case of need.

**BUILT-IN FEATURES**

1. Strap connector
2. LCD/cover frame and time clock
3. Total distance counter
4. Total calorie counter
5. Stride distance adjustment
6. Clean up lever
7. Panic alarm
8. LED backlight
9. Low battery indicator
10. Motion sensitivity adjustment

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

1. **LED**  
Press this display for step discrimination of data.
2. **[MODE]** button  
Changes display mode.
3. **[RESET/▲]** button  
Resets a value to zero or manual mode or increases a value in setting mode.
4. **[▶/▶/▲]** button  
For attaching to a belt or clothing.
5. **[▶/▶/▲/▶/▶/▲]** button  
Starts or stops the count-up timer.
6. **MOVEMENT SENSITOR**  
Adjusts the sensitivity of the unit to motion.
7. **BACKLIGHT** button  
Turns on the backlight.
8. **PANIC ALARM PIN**  
Activates the panic alarm which described from the user.
9. **FASTENING CLIP AND CHORD**  
For further securing the unit to clothing and acts as a pull chord for the panic alarm.
10. **BATTERY COMPARTMENT**  
Accommodates 2 x LR44 size A or 1.5V alkaline batteries.

**BATTERY INSTALLATION**

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

1. Open the battery compartment door.
  2. Insert two LR44 size A or one 1.5V 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 caustic liquid. Batteries to be collected in authorized disposal system.

**HOW TO ATTACH THE PEDOMETER**

Use the belt clip and fastening clip to secure the pedometer conveniently to your belt, shoelace or walking stick (FIG. C).

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

**DISPLAY MODES**

The pedometer has three display modes: step, distance/time and calories/burnt time. To switch 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 blink.
3. Use [▲] to adjust between 1-2 hours and 24-hour clock format.
4. Press [MODE]. The hour digit will blink.
5. Use [▲] to enter the desired value. Hold down the button for the adjustment.
6. Press [MODE]. The second digit will blink.
7. Use [▲] to enter the desired value.
8. Press [MODE]. The second digit will blink.

**STRIDE DISTANCE AND BODY HEIGHT**

The stride distance is used to measure the total distance covered in a run or walk. Depending on the stride, you can set the stride distance between 50 to 170cm (20 to 67 inches) for regular walking. The check your own stride distance, walk 10 steps and divide by 10 for the total distance covered (FIG. E).



The body height is used to calculate the calories burnt. The use of it depends on a 170kg (375 lb) adult gender for the regular measure.

- To enter the stride distance and body height.
1. Press [MODE] for distance/time or calorie/burnt display.
  2. Hold [MODE] for two seconds. The weight and stride distance will be displayed with the stride distance blinking.
  3. Use [▲] to enter the desired value for stride.
  4. Press [MODE]. The weight value will blink.
  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 value over a certain distance or time.
1. Press [MODE] for step display.
  2. Press [▶/▶/▲] to clear the value. Then the total distance and calories will be cleared accordingly with the total steps.
  3. Press [MODE] for distance/time or calorie/burnt display.
  4. Press [▶/▶/▲] to clear the value.
  5. Press [▶/▶/▲] 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 [▶/▶/▲] the pedometer will start registering the data if any motion is detected afterwards.
  7. Press [▶/▶/▲] to stop the timer when done.

**Note on motion sensitivity:** To make the user aware of how sensitive to motion, regardless the motion sensitivity mode selected, to determine the proper amount of motion sensitivity for an individual walking pattern, experiment with different settings.

**FITNESS TIPS**

To bring fit, a generally advised person weighing 60kg to walk 10,000 steps or more approximately 500 calories. The following diagram will give you some basic information on the calorie consumption for people of various weights (FIG. D).

**HOW TO USE THE PANIC ALARM**

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

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

**Note:** Use new 1.5V battery can last for approx. 10 minutes if the panic alarm activates. It is suggested to use the alarm function every time before you use the pedometer.

**SPECIFICATIONS**

Operating Mode	• STEP, DISTANCE, CALORIES
Real-time clock	• LCD/cover opens with lever • memory • second display
Step counter	• Up to 999,999 steps
Distance recorded	• Up to 999.99km, up to 999.99 miles for the regular measure
Calorie consumption	• Up to 9999 kcal
Clean up timer	• 99 hours, 59 minutes, 59 seconds
Stride distance	• 50 to 170 cm (20 to 67 inches) for regular measure
Weight range	• Up to 170kg (375 lbs) for the regular measure
Power source	• 2x LR44 (1.5V) cell (included) or 1 x 1.5V 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 0.9")
Weight	• 50g (battery included)

**DISPOSABLE**

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, use cleaning agents that scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive force, shock, heat, compression or humidity. Such treatment may result in malfunctions, a shorter lifetime, data loss, improper functions, or structural pain.
4. Do not tamper with the unit's internal components. Doing so will invalidate the unit's warranty and may cause damage. The unit contains no non-removable parts.
5. Only use new batteries as specified in this instruction manual. The use of old and old batteries or 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.
- Other operating functions, the display shown in this manual may differ from the actual display.
- The manufacturer and the supplier hold no responsibility or give no any other person for any damage, expenses, lost profits, or any other claim arise by using the product.
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# M262d Pedometer With Panic Alarm User Guide

**Hussin A.Rothana**



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