

Manual for 248-102

1. Functions

Time: 12hr/24hr

Alarm: Daily alarm

Pedometer: Count your steps, estimate distance and amount of burnt KCAL

2. Buttons

ADJ, SET, MODE

3. Basic operate instructions

I Set for “KM, KG, CM” or “Mile, Lb, In”

- After pull out the battery tab, the screen will show “KMKGCM”, press the “ADJ” button to switch to “MILBIN”

II Adjust Time

- Hold the SET button for 4 seconds until it shows “12HR”, press ADJ button to make it “24HR”. Press SET button again and go to the time adjust mode. The Hour will blink, press the ADJ button to adjust the hour, press SET button go to Minute, press ADJ button to set the minute. Press SET again and the time is set.

III Alarm

- Press MODE button to the “AL” screen, turn on/off the alarm by pressing the ADJ button. When the bell sign is on which means it’s turned on.
- Press the SET button for 4 seconds, press ADJ to adjust the time, press SET to confirm.
- To cancel the alarm, press ADJ and the bell sign will go off, then press SET to confirm.

IV Weight Setting

- Go to the Screen which shows “KCAL” and “STEP”, press SET for 4 seconds and “75lb” blinks. Press ADJ to set your weight, the range is between 70-250lbs. Press SET to confirm.

V Distance Set up

- Press MODE and go to the screen which shows “MI” and “STEP”. Press SET for 4 seconds, press ADJ for the desired Distance, press SET to confirm.

VI Reset the STEP counter to 0

- Hold the ADJ button until the counter reset to 0.
- Please note the counter cannot reset when the “AL” mode is turned on.

VII KCAL burnt Mode

- Press MODE and go to the screen which shows “KCAL, Target, Remain”
- Press SET for 4 seconds until the KCAL number blinks, press ADJ to adjust the desired number and press SET to confirm.
- To stop the count, just press ADJ.
- Press MODE can display the summary of the KCAL burnt.

4. Reminder

This Pedometer should be clipped on the belt Vertically, otherwise it will affect the accuracy of the pedometer.