Operating Instructions
Digital pedometer Art.-No. 29121

Features
-pedometer
-speedmeter
-tripmeter
-exercise time measurement
-clock with alarm function
-stopwatch

Battery: Open the battery cover at the backside of the instrument with a coin, remove the battery stripe and install the battery (+ side facing the cover).

Attention:Used batteries have to be put in the specially reserved collecting receptacles.

Mounting: Attach the pedometer securely to your waistbend or belt, close to the center of your body.

Initiation: After installing the battery, the pedometer is ready for use. The display shows all segments for 2 seconds and all data is cleared. The instrument then enters the clock mode.

Mode selection:
*Clock mode   *Alarm mode   *Stopwatch mode   *Pedometer mode
The mode can be selected by pressing the MODE key.

Clock mode: The clock mode is symbolized by a clock and shows the current time.
Setting time:
▪ Press the SET key tor 2 sec., and the minute digits flash. The second digits clear to zero at the same time.
▪ Press the INC key to adjust the minutes.
▪ Press the SET key, and the hour digits flash.
▪ Press the INC key to adjust the hours. To switch between the 12/24 hour system press the SYS key.
▪ Press the SET key once more to end setting.

Alarm mode: The alarm mode is symbolized by an alarm clock and shows the time at which the alarm beeps for 15 seconds.
Setting alarm time:
▪ Press the SET key for 2 sec., and the minute digits flash.
▪ Press the INC key to adjust the minutes.
▪ Press the SET key, and the hour digits flash.
▪ Press the INC key to adjust the hours.
▪ Press the SET key once more to end setting.

Turn on/off the alarm:
Press the AL key to turn on/off the alarm in all mode except pedometer mode. A wave symbol appears when the alarm is on. With the alarm function the key sound is activated and reactivated as well.

Stopwatch mode: The stopwatch mode is symbolized by a stopwatch. In this mode the instrument can be used as a stopwatch. The measuring capacity is 9 hours, 59 minutes and 59 seconds, the resolution is one hundredth second.
Normal time measurement:
▪ Press the START/STOP key to start the measurement.
▪ Press the START/STOP key again to stop the measurement.
▪ Press the RST key to clear the recorded time.

Split time measurement:
▪ Press the START/STOP key to start the measurement.
▪ Press the SPLIT key to measure the split time. The flashing split flag indicates that the measurement continues internally.

- Press the SPLIT key to release the split value. The split flag disappears, and the normal time measurement is indicated again. The split time measurement can be repeated as frequently as you like.
- Press the START /STOP key to stop the measurement.
- Press the RST key to clear the recorded time.

Double time measurement:
- Press the START/STOP key to start the measurement of two events simultaneously.
- Press the SPLIT key to measure the time of the first event. The flashing split flag indicates that the measurement of the second event continues internally.
- Press the START/STOP key to stop the measurement of the second event. The split flag stops flashing.
- Press the SPLIT key to display the time of the second event.
- Press the RST key to clear both values.

Pedometer mode: The pedometer mode is symbolized by a running man. This mode can be used for your walking or jogging exercise and records
1. exercise time (max. 9 hours. 59 minutes. 59 seconds)
2. number of steps (max. 99999 steps)
3. covered distance (max. 999.99 km or miles)
4. speed (max. 99.999 km/h oder miles/h, update every 6 seconds)

Setting stride length:
The stride length is an important parameter for the measurement of distance and speed. The accuracy of the measurement depends on the correct stride length and the regularity of your steps. Therefore it is better to measure the distance of 10 steps and divide the number by 10. For walking and running purpose are two different stride lenghts available. Within the run mode the step detection is more sensitive than in the walk mode.
- Press the W/R key to select the WALK or RUN stride.
- Press the SET key for 2 sec., and the last digit flashes.
- Press the SYS key to select either centimeters (CM) oder inches (IN) as the unit of measurement.
- Press the INC key to adjust the flashing digit.
- Press the SET key to adjust the next digits.
- To finish the setting press the SET key again.

Starting the measurement:
- Start the measurement by pressing the START/STOP key. During the measurement, the running man symbol flashes and the exercise time is shown.
- With the ALT key you can always see the step counter, the travelled distance, the speed and the exercise time alternatively.
- Press the START/STOP key to stop the measurement. The running man symbol stops flashing.
- Press the RST key to reset all values.

Trouble shooting:

Not all of your steps were detected:	Mount the pedometer closer to the center of your body.
Too many steps were detected:	Perhaps you use run mode for walking. Change to walk mode.
Slow display response:	The temperature has been below O °C. The display returns to normal when the temperature rises.
LCD is black:	The pedometer has been put in direct sunlight too long. It will return to normal in the shade.

Please change the battery before complaining.
No guarantee if the instrument is handled or opened improperly.