

10.9cm

18.5cm

REF 12-1956

Baseline® Deluxe Pedometer Instructions

*NOTE: Before initial use, pull off insulation film from your pedometer.

MODE INDICATOR: indicates mode selected.

Button Definition:

- MODE: operation button for choosing function such as STEP (Step Counter), mile/km (Distance Counter), Kcal (Calorie Counter) and Exercise Time.
- SET: under mile/km mode press this key to set your stride; under Kcal mode press this key to set weight.
- RESET: press to clear the value to zero.

FUNCTIONS:

Step Counter: counts steps taken up to 99999.

Distance Counter: measures distance covered up to 999.99 miles/km.

Calorie Counter: counts calories burned up to 999.99 Kcal.

Exercise Time: measures activity time.

FEATURES:

1. High accuracy: whether tracking steps or distance traveled, the pedometer is 98% accurate while walking and 99% accurate while running.
2. Low power consumption: the battery life can last for more than one year.
3. The pedometer remains in standby mode until 5 continuous steps are counted.
4. LCD screen will automatically shut down after four minutes to save battery life when no activity is detected.
5. Measures distance / weight in imperial or metric units.

ATTENTION:

1. The pedometer emits a clicking sound when in use.
2. Because this device is a high precision instrument, please do not take the device apart and avoid dropping in order to maintain accuracy.
3. Keep away from moist areas and water.
4. Please consult your physician before undertaking any new exercise program.

WARNING:

- Use only specified battery types
- Replace battery compartment cover securely
- Keep away from water and excessive moisture
- Do not use if electronic components are exposed
- Dispose of batteries according to local regulations

Disposal Method

Dispose of item in accordance with the local/regional/national/international regulations.

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SETUP YOUR PEDOMETER

SELECTING IMPERIAL OR METRIC UNIT OF MEASURE

*NOTE: Changing the unit of measure will reset all previously recorded data. You can choose the imperial system (miles, feet, lb) or metric system (km, cm, kg) by pressing and holding the MODE key for 5 seconds until the LCD display blinks. All recorded data will be cleared to 0 and the unit of measure will change.

SETTING STRIDE LENGTH AND WEIGHT

Stride Length

Walk or run 3-10 steps (while taking a normal stride). Measure the distance between the front of your first and last footprints. Divide the total distance by number of steps taken to get your average stride length. (For example, a total distance of 30 feet divided by 10 steps equals a distance of 3 feet per stride.) See Fig 1.

Stride length can be set from 1 to 5 feet (30 to 150cm). Press MODE until mile/km appears. Press SET. The display will flash and show the current stride length. Press RESET to increase stride length in 0.1 feet or 1cm increments. Press and hold RESET to increase the value quickly.

Weight

Weight can be set from 80 lbs to 300 lbs (35kg to 135kg). Press MODE until Kcal is selected. Press SET. Display will flash current weight. Press RESET to increase weight in 1 lb or 1kg increments. Weight will only increase, continue pressing RESET until value reverts to 80 lbs (35kg). Press and hold RESET to increase the value quickly.

WHERE TO WEAR PEDOMETER:

Clip pedometer to your belt, pants, or skirt as close to hip bone as possible (Fig 2). Ensure pedometer is positioned properly and straight for greatest accuracy.

CHANGING DISPLAY:

Press MODE until desired function is selected.

RESETTING:

Press and hold RESET to clear all data.

BATTERY REPLACEMENT:

When display is dim or flickering, replace the battery with a new LR1130 button cell battery or equivalent.

1. Use a flathead screwdriver to open the battery cover. Take the old battery out and insert a new one into the battery holder with + side up.
2. Close the battery cover.
3. Note: You need to re-enter the stride length and weight each time after replacing the battery.