



# PedoBodyfat

DIGITAL PEDOMETER

WC044

## TABLE OF CONTENTS

PEDOMETER FEATURES	3
BASIC OPERATION OF BUTTONS	4
PRIMARY OPERATING MODES	6
DETERMINING YOUR STRIDE LENGTH	7
SETTING TIME OF DAY	8
SETTING USER DATA	8
OPERATING THE BODYFAT ANALYZER	10
WEARING YOUR PEDOMETER	13
MOTION SENSITIVITY SLIDE SWITCH	14
CHANGING THE BATTERIES	15
CARE OF YOUR PEDOMETER	16

## PEDOMETER FEATURES

This Pedometer are highly accurate and reliable pedometers and are effective for both walking and running. Features include Step Counter, Distance, Calories Burned, Time of Day and Percentage of Body Fat. The BodyFat Analyzer also allows personal data settings for up to five individual users.

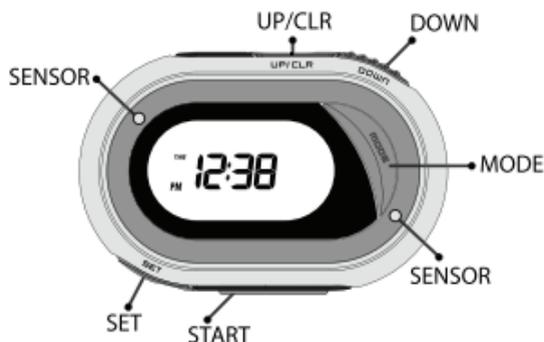
### **TIME MODE**

- 12 hour / 24 hour display.

### **STEP COUNTER**

- 1-99,999 steps
- Distance can be displayed up to 9999.9 km with 0.1km resolution.
- Calorie consumption can display up to 9999.9 kcal with 0.1 kcal resolution.

## BASIC OPERATION OF BUTTONS



### DOWN KEY

- Decreases variable in setting sequence.
- Scrolls through USER settings in Body Fat Analysis mode.
- Scrolls through sub modes in Step mode.

### START KEY

- Activates Body Fat Analysis mode.

### MODE KEY

- Scrolls through various modes of the pedometer.

### SET KEY

- Enters the setting sequence for user data.
- Advances to next variable in setting sequence.

### UP/CLR KEY

- Increases variable in setting sequence.
- Scrolls through USERS in Body Fat Analysis mode.
- Scrolls through sub modes in Step mode.

## PRIMARY OPERATING MODES

The BodyFat Analyzer has 3 primary operational modes:

**TIME MODE:** Time of Day is displayed.

**WEIGHT/BODY FAT ANALYZER MODE:**

Top line displays weight of selected user.

Lower line displays user selected (1-5) and gender icon. **SUB MODE:** Percentage of Body Fat for selected user.

**STEP MODE:** Top line displays Steps Taken.

Lower line displays user selected. (Step mode stores separate information for each individual user.)

**SUB MODES:** PRESSING the DOWN key scrolls through Steps Taken, Calories Consumed and Distance Traveled. PRESSING the UP key scrolls to select User.

## DETERMINING YOUR STRIDE LENGTH

1. You will need a tape measure to accurately measure your stride.
2. Mark a spot on the ground. Start with your toe to that point and take 10 natural strides of the type you want to measure (run, walk, jog, etc).
3. Mark the place where the toe of your forward foot stopped.
4. Measure the distance between the two points, and divide by 10.

## SETTING TIME OF DAY

1. Advance to TIME SCREEN by PRESSING the MODE key.
2. PRESS & HOLD the SET key to enter into the setting sequence.
3. Adjust HOURS by PRESSING the UP or DOWN keys. Hold the keys for fast scrolling.
4. Advance to SET MINUTES by PRESSING the SET key. Adjust by PRESSING the UP or DOWN keys.
5. PRESS SET key to exit the setting sequence.  
NOTE: Select 12 or 24 hr. time format by PRESSING the UP key. (in 12 hr. format, PM will appear in the upper left corner of the display screen after 12:00 noon.)

## SETTING USER DATA

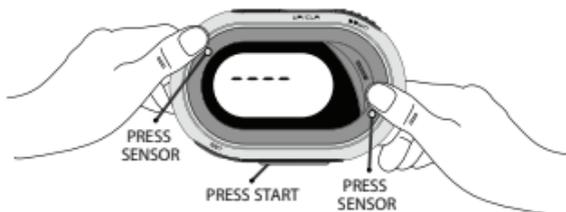
1. Advance to USER/BODY FAT ANALYZER MODE by PRESSING the MODE key.
2. Select USER (1-5, blinking numeral in lower line) by PRESSING the UP key.
3. PRESS & HOLD the SET key to enter into the setting sequence.

4. Adjust WEIGHT by PRESSING the UP or DOWN keys. Hold the keys for fast scrolling.
5. Advance to set HEIGHT by PRESSING the SET key. Adjust height by PRESSING the UP or DOWN keys.
6. Advance to set AGE by PRESSING the SET key. Adjust Age by PRESSING the UP or DOWN keys.
7. Advance to set GENDER by PRESSING the SET key. Adjust by PRESSING the UP or DOWN keys.
8. Advance to set STRIDE LENGTH by PRESSING the SET key. Adjust Stride Length by PRESSING the UP or DOWN keys. (See "Determining Your Stride Length" pg. 5)
9. PRESS SET key to exit the Setting Sequence.  
NOTE: To save multiple files for exercise session comparison, enter your personal data for multiple users.

## OPERATING THE BODYFAT ANALYZER

### In BODY FAT ANALYSIS MODE:

1. PRESS the START key on the bottom of the pedometer unit.
2. Touch the sensors on the face of the pedometer unit with your thumbs (press firmly for best results).



3. Upper line will display a sequence of four O's followed by PERCENTAGE OF BODY FAT. Lower line will display GENERAL BODY TYPE as a determination of body fat percentage (see chart pg. 9). If sensors can not get a proper reading, ERR will display in the upper line. Please try measurement again.

*NOTE: To ensure proper contact, it is recommended that fingers be slightly moistened with perspiration or saliva.*

### In USER/BODY FAT ANALYSIS MODE:

The lower display line of the BodyFat indicates your GENERAL BODY TYPE AS A PERCENTAGE OF BODY FAT using the following scale:

Gender	Age	Slim	Normal	Above Average% BF	High % BF	Very High % BF
Male	Below 30	Below 15%	15%-21%	21.1%-26%	26.1%-36%	Above 36%
Male	Above 30	Below 18%	8%-24%	24.1%-29%	29.1%-39%	Above 39%
Female	Below 30	Below 18%	18%-25%	25.1%-31%	31.1%-41%	Above 41%
Female	Above 30	Below 21%	21%-28%	28.1%-34%	34.1%-44%	Above 44%

### In STEP MODE:

1. The upper display line indicates the NUMBER OF STEPS TAKEN.
2. You can toggle between the STEP COUNT, DISTANCE, and the CALORIES BURNED by PRESSING the UP or DOWN keys.
3. The calculation of the distance traveled plus calories burned depends on the user you selected in the Body Fat Mode. Example: if you selected user no. 5 as your data, all the calculations will be based on the information of user No. 5.
4. PRESS & HOLD the SET key to RESET THE STEP COUNT. Step Count / Distance Traveled / Calories Burned will be erased (for selected USER).

## WEARING YOUR BODYFAT PEDOMETER

Your Pedometer clips easily and securely to the waist or belt of your pants or shorts. The face of the unit pivots upward for easy viewing of the display screen. For best results keep the unit in line with the "crease line" of your clothes.

NOTE: Some situations may result in incorrect step counting:

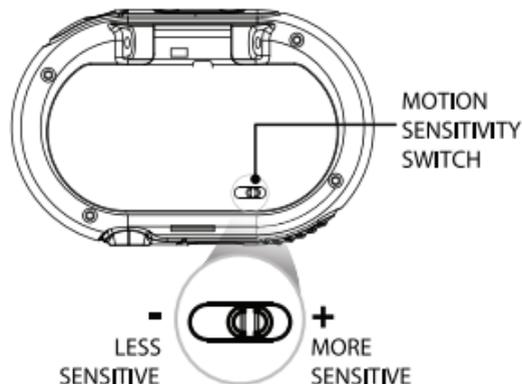
1. The step counter isn't direct perpendicular to the ground. The pedometer must be at least 60 degrees to the ground.
2. Dragging feet walking with sandals or sandal like shoes, or uneven footstep in a crowded area.
3. Sports other than walking or jogging, walking up or down stairs.
4. Inside a vehicle (bicycle, motorcar, train, bus or other vehicle that generate some vibration).
5. Motion of standing up or sitting down.

## MOTION SENSITIVITY SLIDE SWITCH

To make the unit more or less sensitive to motion, reposition the MOTION SENSITIVITY SLIDE SWITCH.

1. ADJUST SWITCH to the RIGHT for a MORE SENSITIVE SETTING (for most women and men with a smoother walking stride).
2. ADJUST SWITCH to the LEFT for a LESS SENSITIVE SETTING.

To determine the proper amount of motion sensitivity for an individuals walking pattern, experiment with different settings.



## CHANGING THE BATTERIES

PEDOMETER with BODYFAT ANALYZER

1. Remove battery door using a coin or other small object.
2. Remove old batteries.
3. Install new batteries, making sure the polarity of each is correct.
4. Replace and tighten the battery door.
5. Replace the battery compartment and fasten the screw.

NOTE: The units are powered by CR2032 3v Lithium batteries. These batteries are very common and can be found at most drug stores and camera shops.



## CARE OF PEDOMETER

1. Avoid Extreme Temperatures.
2. To clean the unit, use a dry soft cloth or a soft cloth moistened in a solution of water and a mild neutral detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
3. Store your pedometer unit in a cool, dry place when not in use.
4. Cold temperatures may cause the display to dim or fail completely. Normal operation should return when the unit warms up.
5. Keep this manual and any other documentation that comes with the step counter in a safe place for future reference.

