



WC064 Digital Pedometer **Basic**

WC066 Digital Pedometer **FM**

WC067 Digital Pedometer **Panic Alarm**

PWC064-03001

PWC066-03001

PWC067-03001

***CJEL*O**

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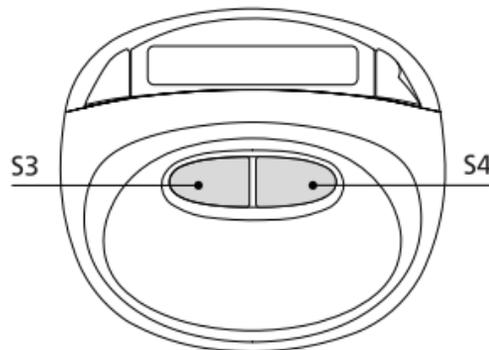
Features

This pedometer is highly accurate and reliable. This is effective for both walking and running. Features include Step Counter, Distance and Calories consumption, Time, and Stopwatch.

Features including:

- Basic features: Time + Step mode, Distance + stopwatch mode, Calories mode, Set Calories
- Step counter can count up to 99999 steps.
- Calorie consumption can display up to 9999.9 kcal with 0.1 kcal resolutions.
- Distance can be displayed up to 9999.9 mile (or km) with 0.001-mile (or km) resolution.
- Distance displayed in mile or km.
- Weight and Stride can be adjusted by user.
- Time mode has 12 / 24 hour display formats selectable by user.
- 1/100 second stop watch with working range to 59 minutes 59 seconds 99 with 1/100 accuracy.

Basic Operation of Buttons



Press S1 mode button to change different mode.

TIME > ALARM > STEP COUNT > Distance > Calorie > Stopwatch > TIME

Time Mode

- Press S1 button , and see the "TMR" on display .
- You can simply press S2 to change 12/ 24H display
- Hold S4 for 2sec. to enter Adjust Mode, you can scroll S1 & S2 to adjust hr. Press S4 to confirm and move to Minute adjust, scroll S1 or S2 to adjust and confirm by press S4

Alarm Mode

- Press S1 button , and see the "ALM" on display .
- Hold S4 for 2sec. to enter Adjust Mode, you can scroll S1 & S2 to adjust hr. Press S4 to confirm and move to Minute adjust. , scroll S1 or S2 to adjust and confirm by press S4
- Then you can see both Hr and Min Digit are flashing , you can press S1 to toggle the Alarm ON/OFF , when alarm is ON , the alarm sign is displayed.
- Press S4 to confirm

Step Counting Mode

- Press S1 button , and see the "STEP" on display.
- You can see the number of step you are walked on the display
- Press and hold S4 for 2 sec to enter the adjust mode for KM/ Mile. You can press S1 or S2 to switch the KM / MILE icon. Press S4 to confirm.
- Press S3 button to Reset the steps

Distance Mode

- Press S1 button to enter Distance mode , either "KM" or "MILE" icon will show.
- Press S2 to switch Km <-> Mile

Set Stride :

- Press and hold S4 for 2 sec.
To enter the stride adjust mode
- You can press S1 or S2 to adjust the stride distance (1cm / 1 inch resolution)
- Press S4 to confirm

Calories Mode

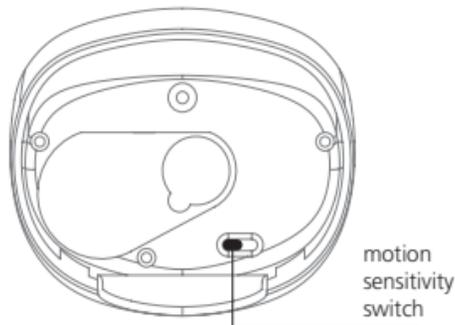
- Press and hold S4 for 2 sec.
To enter the weight adjust mode
- You can press S1 or S2 to adjust the weight (1 kg / 1 Lb. resolution)
- Press S4 to confirm

Stopwatch Mode

- Press S1 button , and see the "STW" on display .
- Press S2 to "Start" Stopwatch ,
press S2 again to "Stop" stopwatch.
- Press S4 to "Clear" the data
- Or you can press S4 during the stopwatch is started, for "Split" timing display.
- Press S4 to resume.

Motion Sensitivity Slide Switch

- To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individuals walking pattern, experiment with different settings.



How to use FM Radio (WC066 only)

- Plug the earphone plug into the earphone jack to turn on the radio.
- Reset radio to the lowest frequency range by pressing "RESET" button. Advance to the next frequency available by pressing "SCAN" button until the desired station is reached.
- Unplug the earphone plug to turn off the radio.

How to use Panic Alarm (WC067 only)

- Pull out the panic alarm pin from the unit to trigger the alarm. Insert the panic alarm pin back to the jack to stop the panic alarm instantly.

How to wear your pedometer

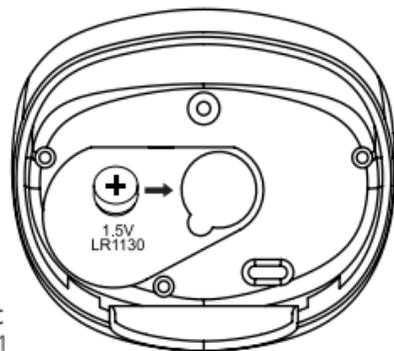
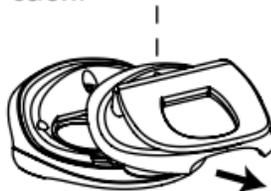
Your step counter clips easily and snugly to either side of the hip portion of your trousers or shorts. For best results keep the unit in line with the "Crease line" of your trousers.

Some situations may affect the accuracy of the step counting:

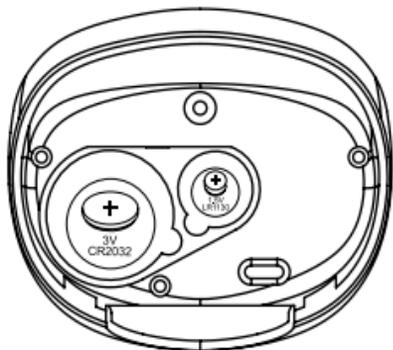
- The step counter isn't direct perpendicular to the ground. The pedometer needed to be at least 60 degree to the ground.
- Dragging feet walking with sandals or sandals like shoes, or uneven footstep in a crowd area.
- Sport except walking or jogging, walking up / down from stair.
- Inside a vehicle (bicycle, motorcar, train, bus and other vehicle have some vibration generated.
- Motion of stand or sit.

Battery Replacement

- Release the battery compartment by unscrew the secure screw and slide out the battery compartment.
- Pull out the battery with the help of fingernail.
- Flip out the exhausted battery and replaced with new battery. Make sure the polarity is correct.
- Put the battery compartment back and fasten the screw.

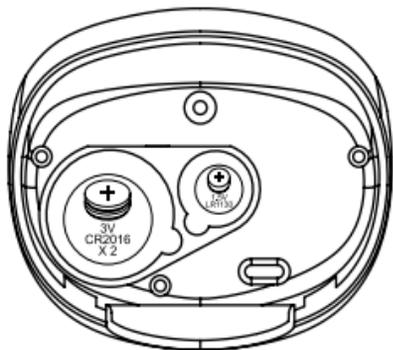


WC-064 Basic
LR1130 (1.5V) x 1



WC-066 FM

LR1130 (1.5V) x 1 , FM use : CR2032 (3V) x 1



WC-067 Panic Alarm

LR1130 (1.5V) x 1 , Panic Alarm use : CR2016 (3V) x 2

Care of the pedometer

- Avoid exposing the step counter to extreme temperatures.
- To clean the step counter, 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.
- Store your step counter in a dry place when not in use.
- Keep this manual and any other documentation that comes with the step counter in a safe place for future reference.



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