



## WC065 Digital Pedometer **Pulse**

PWC065-03001

**CJELD**

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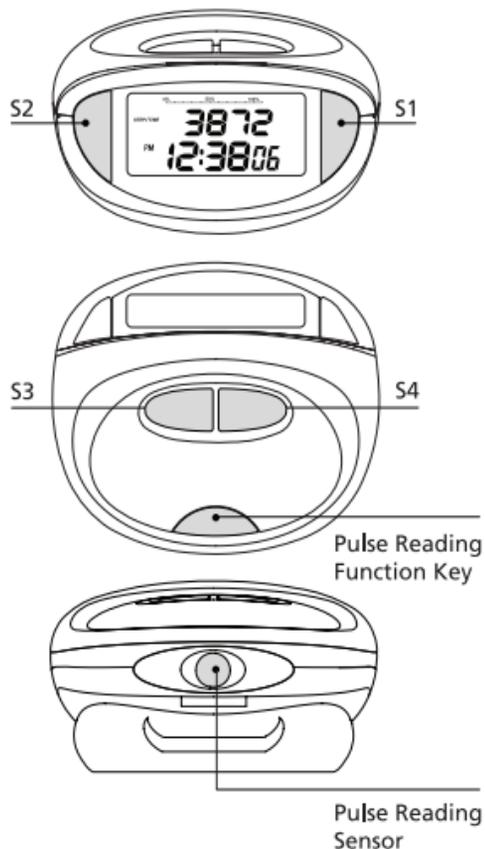
## Features

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

### Features including:

- Basic features: Time + Step mode, Distance + stopwatch mode, Calories + ODO mode, Set Calories + Day calories mode, Pulse reader,
- 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 0.01-mile (or km) resolution.
- Distance displayed in mile or km, preset by factory.
- Target Calories consumption with working range from 1 to 9999.9 Kcal.
- Weight and Stride can be adjusted by user.
- Time mode has 12 / 24 hour display formats selectable by user.
- Pulse mode: Pulse monitor with working range of 10 BPM to 199 BPM.
- The Pulse rate monitor functions are operated by finger touch.
- 1/100 second stop watch with working range to 59 minutes 59 seconds 99 with 1/100 accuracy.

## Basic Operation of Buttons



## Time + Step mode

- It shows the step count in the top roll display and the time in the bottom roll display.
- TIME setting: Press S2 to enter Adjust mode, "12hr" flashing in the display.
- Press S3 or S4 to toggle 12 / 24 hour display format. If 24-hour display format is selected, there will be no AM/PM symbol. Press S2 to confirm, and move to Hour adjustment.
- Press S3 and/or S4 to adjust the time. Hold the button for fast scrolling. Press S2 to confirm.
- Personal data setting: Press S3 and S4 to adjust stride distance and weight. Press S2 to confirm.

## Distance + Stopwatch mode

- Press Mode key to enter Distance + Stopwatch mode.
- It shows the distance traveled in the top roll display and stopwatch in the bottom roll display.
- Stopwatch : Press S2 to start. Press S2 again to stop. Press S3 to reset the stopwatch back to zero.

## Calorie + ODO mode

- Press Mode key twice to enter Calorie + ODO mode.
- It shows calories burned in the top roll display and total distance traveled(ODO) in the bottom roll display. The total distance traveled can only be reset after replacing the batteries.

## Set Calories + Day calories mode

- Press Mode key thrice to enter Set Calories + Day calories mode.
- It shows the target calories burned in the top roll display and the actual calories burned during the day in the bottom roll display.
- The top edge of the display show a bar scale which represent how much percentage of Target Calories you have achieve. Both the day calories and the bar scale will be automatically reset for each day.
- Press S2 to enter the target calories adjust mode. The first digit on the left will be flash. Press S3 or S4 to adjust. Press S2 to move to the next digit. Press S2 to confirm.
- The Step counting cannot be reset. Only the calories counting can be reset and updated.

## 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 likes 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.

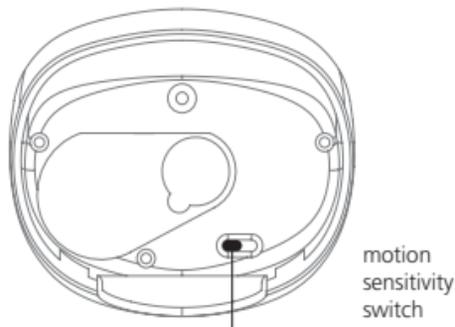
## How to use Pulse Reading Function

Press the Pulse rate monitor key to trigger the pulse reading mode.

- Place your finger (Preferably the index finger) on the Pulse rate sensor located at the edge of the step counter (Do not press too hard). The step counter starts to detect the pulse automatically. It may take few seconds to display the current pulse rate (BPM- Beat per minute).

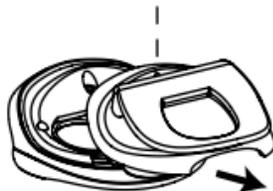
## Motion Sensitivity Slide Switch

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.

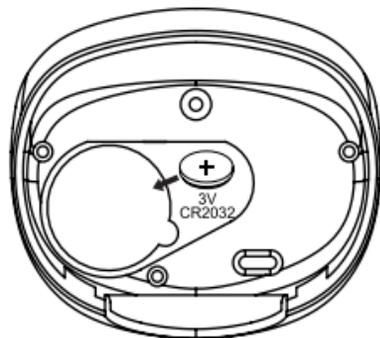


## Battery Replacement

- Release the battery compartment by unscrew the secure screw.
- 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-065 Pulse  
CR2032 (3V) x 1



## Care of the pedometer

- Avoid exposing the step counter to extreme temperatures.
- Avoid taking a pulse reading while your finger is indirect sunlight (Strong sunlight will generate interference through the finger to the pulse sensor). Try to cover your finger with your other hand when you need to take the pulse reading under direct sunlight.
- To clean the step counter, use a dry soft cloth of 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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