



ACCU**STRIDE**

Digital Clip-on Pedometer
WC153

ACCU**STRIDE**FM

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INTRODUCTION

Thank you for choosing this digital pedometer, a precise device design for monitoring your performance during exercise. This digital pedometer features with 3- line display that can show time, step and all information related (calories / distance / speed / percentage of goal / exercise timer) to exercise simultaneously. It also has memory function that can store and show the data up to seven days. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for later reference when necessary.

No. of step we need to do per day

To keep you health and reduced chronic disease risk, we recommended you to do 10,000 steps a day. For an effective weight loss, this should be between 12,000 and 15,000 steps. If you want to have high level of fitness, you should make at least 3000 or more steady steps per day.

USE OF PEDOMETER

- Clip the unit along the belt of your trousers with the removable clip. Make sure the unit is perpendicular to the ground. The max. tolerance is - 30° / + 30°.
- Wear Solid shoes.
- Jog or walk at a steady pace.
- Do not walk extremely slow or at an unsteady pace.
- Up and down movements or vibration (such as in the car) can create incorrect reading.

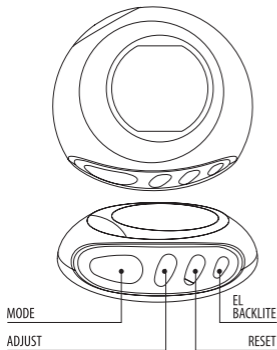
BASIC FEATURE

This unit has 7 basic features:

- Time
- Walk / Run
- Memory
- User Data
- Pacer
- Alarm
- Stopwatch

Press the **MODE** key to browse around the mode. In most of the case, you can press and hold the **ADJUST** key to adjust the data / setting on those mode.

Time >> Walk or Run >> Daily Record >> Age >> Pace >> Alarm >> Stopwatch



TIME MODE

This pedometer will display Time + Date and the essential information for the exercise performance. You can select to display the exercise information on the lower roll by toggle the **RESET** key.

That information are:

Step >> Calories >> Distance >> Speed >> Percentage of target goal >> exercise timer

Note: All the exercise information will be clear and reset by the end of day (12:00AM). The exercise information of the previous day will be stored in the memory of the unit. You cannot reset and clear the step count within the Time mode.

To set the time, press and hold the **ADJUST** key for 2 second. The **HOUR digit** starts flashing. Press the **RESET** key to increase(+) the digit, and press the **MODE** key to switch

to **MINUTE digit**. Press the **RESET** key to increase(+) the digit, and press the **MODE** key to switch to **SECOND digit**. Press the **RESET** key to reset the second into zero.

Press the **MODE** key to move forward the setting of **DAY / MONTH / YEAR**, as well as the **12 / 24 DISPLAY FORMAT**. Press **RESET** key to adjust, and **MODE** key to confirm. It will come back to time display when you finish all time setting.

WALK / RUN MODE

If you want to have the exercise information as the main display, you can switch the unit into Walk mode / Run mode by press and hold **RESET** key for two seconds. For the best accuracy of the speed and distance measurement, this is recommended to select the appropriate mode for the activities you do.

The information will be display in the following combination:

Step + Exercise timer >> Distance + Step >> Calories + Step >> Speed + Step

Toggle the **RESET** key to select the display combination. Hold the **ADJUST** key for two second to clear the step counting. All the information of that day will be clear, while the information on the Memory will not be erase.

Measure your Stride Distance

Correct stride distance is defined from a tip of your foot to another one. To measure the correct average stride distance, divide the total distance of ten steps you walked / run by the number of step (10). Calculate the stride distance in the following way:

You walk 6.2 meters, 6.2m (total distance) / 10 (number of steps) = 0.62m (62cm).

You need to measure the stride distance for both walking and running. To measure the stride distance for running, it is recommended to take more steps (say 50 steps) to get the more accurate stride distance.

Start Walking

To avoid wrong counting, the display of the pedometer will start showing the number of steps taken after the 5th step. This means that the display will not change for 5 steps after you start walking. All the steps taken will be counted and displayed.

MEMORY MODE

This unit can store the data of number of step, Calories burned, distance traveled, and the percentage of goal you reaches. These data can be shown for seven days.

The display will show the date you record, and the step you did. The Calories burned, distance traveled, and the percentage of goal you reaches will be display one after another automatically.

Press the RESET key to recall previous data, and it can store measured values of seven consecutive days. Even you did not do any exercise in one of those day(s), the display will keep the record as "ZERO".

You cannot select and erase the record of one individual day. The only way to clear the record is to clear all the memories of seven days together. To clear the memories, press and hold the ADJUST key for 2 second, and the display will show " NO INFO". New data will be store in the next day.

USER DATA MODE

The calculation of the calories burned, distance traveled, speed, as well as the percentage of goal achieved is based on the information you have set in the unit. The information needs are:

Age >> Weight (in KG / LB) >> Walking stride distance >> Running stride distance >> Target goal

Toggle the **RESET** key to see the information. To set the information, press and hold the **ADJUST** key for 2 second. You can start adjust the Age by pressing the **RESET** key. The range of age is from 5 to 99. Press the **MODE** key to confirm.

Now you need **TO SET THE WEIGHT**.

Toggle the **RESET** key to switch between the unit (KG / LB), press **MODE** key to confirm, and press **RESET** key to adjust the data. The range of KG is from 20KG to 150KG, and the LB is from 44LB to 331 LB. Press the **MODE** key to confirm.

The next data is **TO SET STRIDE DISTANCE**. Before setting the stride distance, you need to set the unit first. Toggle the **RESET** key to switch between the unit (INCH / CM), press **MODE** key to confirm. Now you need to set the walking stride distance. Press the **RESET** key to adjust the stride length, and press **MODE** key to confirm. Do the same way of setting for stride distance for running.

The last setting is **TO SET YOUR TARGET GOAL OF NO. OF STEP**. The first digit will start flashing. You can either press the **RESET** key to adjust the digit, and press the **MODE** key to confirm, or simply press the **MODE** key to move to the next digit. Set all 4 digits and press the **MODE** key to confirm. The minimum value of the target is 100 steps.

PACER MODE

This unit features with a pacer function to help you to keep the walking / running in the correct pace you want. Press the **RESET** key to switch on the pacer, and the pacer will start beeping the pace in all modes. Press the **RESET** key in the Pacer mode to switch it off.

Press and hold the **ADJUST** key to adjust the pace. Press the **RESET** key to select the pace you want. The pace you can select are 30 / 50 / 60 / 70 / 80 / 90 / 100 / 110 / 120 / 130 / 140 / 160 / 180 beat per minute. Press the **ADJUST** key to confirm.

ALARM MODE

This unit also got a daily ALARM function. Toggle the **RESET** key to switch **ON / OFF** the alarm.

Press and hold the **ADJUST** key to adjust the alarm time. The alarm will automatically turn ON when you start the alarm adjust. The **Hours** digit starts flashing. Press the **RESET** key to increase the digit, and press the **MODE** key to switch to **Minute** digit. Press the **RESET** key to increase the digit, and press the **MODE** key to confirm.

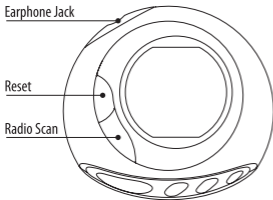
STOPWATCH MODE

The last feature of this unit is Stopwatch. Press the **ADJUST** key to start the stopwatch, and press the **ADJUST** key again to stop the stopwatch. The stopwatch can still running even you press the **MODE** key to other mode. Press the **RESET** key to reset the stopwatch.

HOW TO USE THE FM RADIO

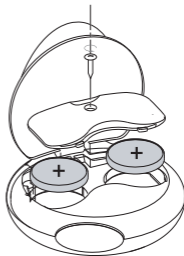
(WC154 Pedometer FM only)

- 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.



BATTERY REPLACEMENT

- Use a screwdriver to unscrew the battery compartment cover on the backside of the unit.
- Use a thin stick to remove the exhausted battery from the unit, and insert a new 3V lithium battery type CR2032. Be sure to place the positive (+) side of the battery upward.
- Put the battery cover on the battery compartment and fasten the screw.



CARE AND MAINTENANCE

- Never attempt to disassemble or service your unit.
 - Protect the electronic module from extreme heat, shocks and long time exposure to direct sunlight.
 - Unit can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
 - Store the unit in a dry place when you are not using it.
 - Keep the pedometer out of reach of young children
 - If a young child swallows battery, battery cover or screw, immediately consult a doctor
 - The operation environment of the pedometer must be free from shocks, magnetic fields, electrical noise and strong vibration
 - Do not swing the pedometer
- Do not hang the pedometer from your neck during jogging
 - Do not drop or step on the pedometer
 - Do not put the pedometer in the back pocket of your short or pants
 - Do not wash the pedometer or touch it with wet hands.

