

ULTRAK 280 3D MOTION SENSOR PEDOMETER

USER'S INSTRUCTION

Thank you for your purchase of this high quality pedometer, the utmost care has gone into the design and manufacture. Please read the manual carefully and keep it for further reference.

FEATURES

- 7 days memories
- Suitable for walking / jogging / running
- Count calorie and walking speed automatically
- Calculate the total distance
- Step counting up to 99,999
- Real time clock and date
- Metric / British system available

FUNCTION KEYS

SPLIT/CLEAR key In today mode, press it to switch between time and date display.

In Exercise mode, press it to pause the display with the digits flash, press it again to start the display again.

When the counting is stopped, press it to clear the record.

In memory mode, press it to check the records upwards.

START/STOP key In today mode, press it to switch between time and date display.

In Exercise mode, press it to start the counting, press it again to stop the counting.

In memory mode, press it to check the records downwards.

DISPLAY key In today/exercise mode, press it to switch between step, distance, calorie, time, speed.

In memory mode, press it to switch between step and calorie.

MODE key Press it to switch between today mode, exercise mode and memory mode.

In today mode, press and hold it for 2 seconds to enter the setting mode.

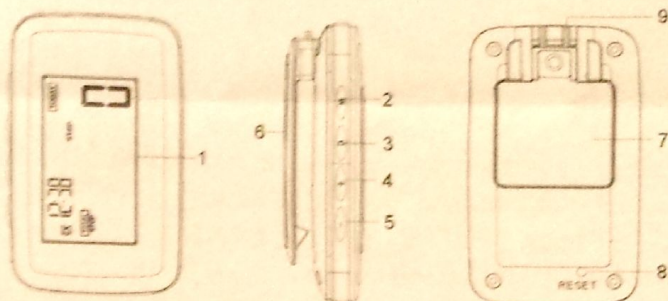
RESET key:

Press it to return all values to default values.

In case of malfunction, the unit may be required to reset.

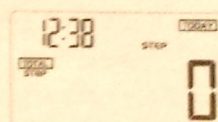
PRODUCT DESCRIPTION

1. LCD display
2. MODE key
3. DISPLAY key
4. START/STOP key
5. SPLIT/CLEAR key
6. Clip
7. Battery door
8. RESET key
9. Lanyard

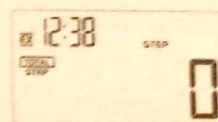


FUNCTION MODES

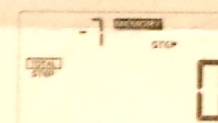
Today mode



Exercise mode



Memory mode



STEP COUNTING

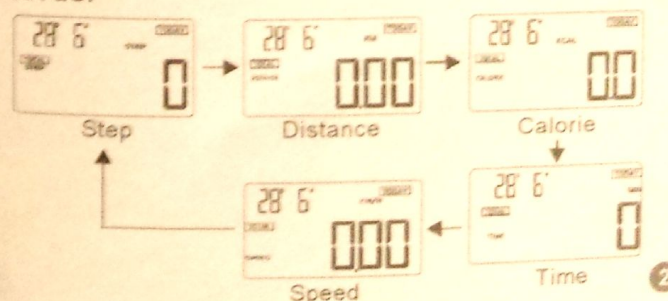
1. In exercise mode, press START/STOP key to start counting function, press it again to stop the counting.

Note:

1. The maximum counting is 99,999 steps.
2. Steps below 10 will not trigger to show on the LCD. When steps above 10 continuously it will be added to the total.

CHECKING RECORDS

In today mode and exercise mode, press DISPLAY key to check step/distance/calorie/time/speed records.



MEMORY MODE

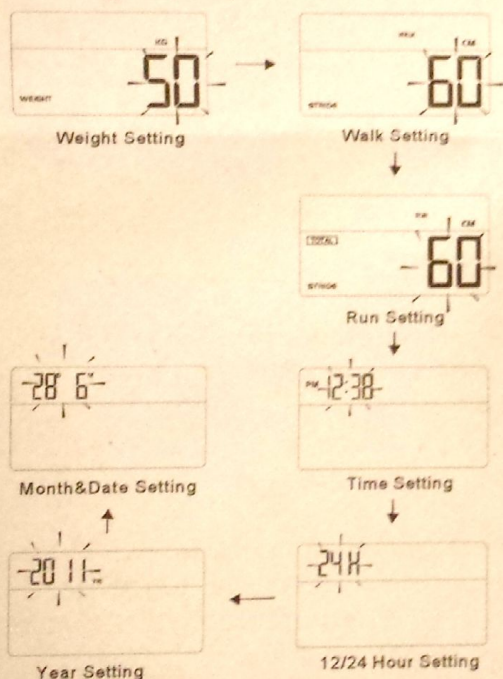
1. In memory mode, press SPLIT/CLEAR key to check the records upwards, press START/STOP key to check the records downwards.
2. Press DISPLAY key to switch between step and calorie records.

Note:

The pedometer will have the memory of nearest 7 days' records.

RELATIVE DATE SETTING

1. In today mode, press and hold MODE key for 2 seconds until the weight digit flashes.
2. Press SPLIT/CLEAR or START/STOP key to set the desired value.
3. Press MODE key to set the relative date in this order: Weight > Walk > Run > Time > 12/24 Hr > Year > Month & Date.
4. Press MODE key to save the settings and exit the setting mode or let it exit automatically 30 seconds later without pressing any key.



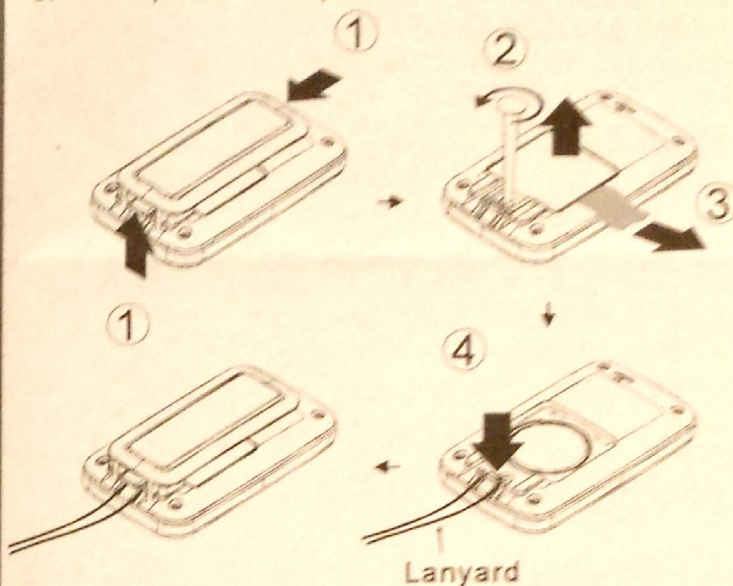
METRIC AND BRITISH STYLE

Press MODE and DISPLAY key at the same time for 5 seconds to switch between metric and british style.

HOW TO REMOVE INSULATOR

1. Push the clip and the tiny fastener at the same time to remove the clip.
2. Loose the screw using a screwdriver.

3. Pull the insulator out carefully in right direction.
4. If needed, you may unscrew the screw to open the battery door, and place a lanyard in it.
5. Replace the battery door and tighten the screw.
6. Replace the clip.

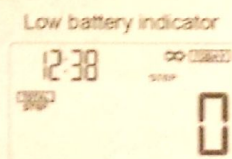


BATTERY SAVING

The LCD display will turn off automatically in 3 minutes without any operation. It can reduce power consumption of battery. Shake the pedometer detected by the sensor in the case to turn on the display.

BATTERY REPLACEMENT

When the low battery icon "~~B~~" appears in the LCD display, It indicates that the battery power is not enough. Remove the clip, loosen and remove the screw on the battery door, replace with one CR2032 battery at once.



Note:

Attention! Please dispose of the used unit or battery in an ecologically safe manner.

