



AE2720 Pedometer

INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer.

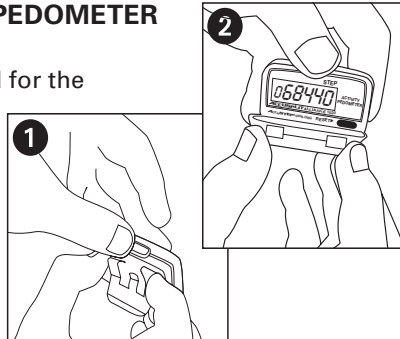
It's easy to set up your new pedometer.

Just follow the steps below, and start walking!

HOW TO OPEN YOUR PEDOMETER

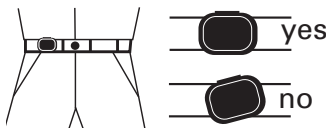
See diagrams at right.

The cover must be closed for the pedometer to work.



WEARING YOUR PEDOMETER

Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. The strong polycarbonate clip makes it easy.



Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

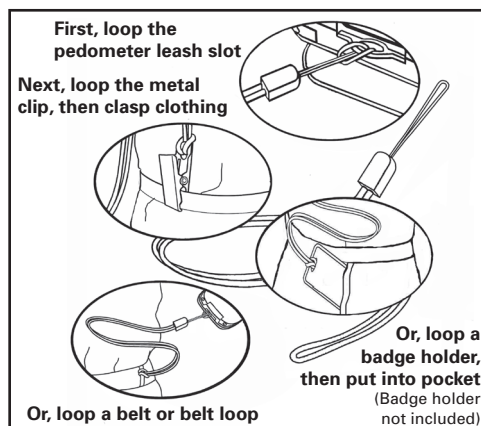
The cover must be closed for the pedometer to work.

To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

ATTACHING THE LEASH

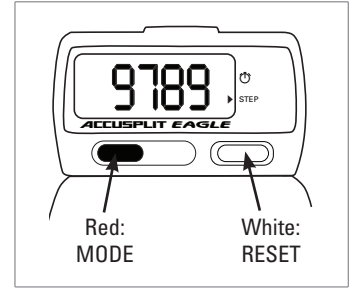
Attach the pedometer to the leash by looping the leash through the pedometer leash slot. Next, loop the leash through the metal clip, then clasp the waistband of your clothing with the pedometer belt clip.

Note: You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.



DISPLAY MODES

- **STEP:** STEP mode shows your step count since last reset, up to 1,000,000 steps.
- **⌚: ACTIVITY TIMER MODE** shows total activity time in minutes and seconds since last reset. The timer runs automatically whenever steps are being recorded.



VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, and activity time. Repeatedly press the red MODE button to cycle through the pedometer modes:

STEP → ACTIVITY TIMER → STEP

2-STEP DELAY FILTER

ACCUSPLIT has added a "2 step delay" filter to this pedometer, to weed out false steps caused by tapping the foot, sitting down, etc. The filter is set to "2 steps," meaning that the unit will wait to start counting steps until more than two steps have been recorded. When you are beginning a walk, the display will not show any steps for a few seconds. After the unit has sensed three steps, the display will register all of those steps at once, and keep counting from that point.

RESETTING YOUR PEDOMETER

Most people prefer to reset step counts daily. To reset: press and hold the white RESET button for at least 2 seconds.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type L1142 (LR43) 1.5 volt silver oxide battery.

To replace:

1. Insert a coin into the slot on the front of the case, and twist counterclockwise to loosen the battery door.
2. Remove battery door and take out the old battery. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Put the battery door back on and twist the coin clockwise to tighten.

Eat Right! Walk More!

Live Well!

The ACCUSPLIT Lifestyle

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