

Wristband pedometer operation manual

Function and operation instructions

1. Please wear it on your wrist. Look LCD display from the inside direction.
2. When it power on, display will show Metric system and British system, You can choose Metric system or British system according to your need.
3. Press the MODE key once by once, it will display TIME, STEPS, DISTANCE, CALORIES in-sequence.
4. Press and holding MODE key for 3 seconds, it will show full screen display for Metric system and British system switching. Under STEP mode, press and holding SET key for 2 seconds, step count data clear and restart to count steps.
5. Under TIME mode, press and holding SET key for 2 seconds, figures will flash, press MODE key for 12/24 hours switching and time adjusting.
6. Under DISTANCE mode, press and holding SET key for 2 seconds to set individual step length. Under CALORIE mode, press and holding SET key for 2 seconds to set individual weight.

Malfunction description	Solution
Step-counting inaccuracy	Adjust way of running, make sure your arm waver correctly, and regularly.
blurry display	Pedometer out of battery, unscrew the battery cover, and replace a new battery.
Dark display	Exposure to sunshine for long time, too high temperature due to. It will restore under indoor cool environment.



Remark:

1. product powered by 1X 1.5V cell battery AG10 or LR1130 (product model W-721 is powered by 1X 1.5V cell battery AG3)
2. high precision product demand carefully using.
3. please do not dismounting product. (except battery replacing), keep product away from fire and water.
4. If product No. is W-721, it with an extra function countdown timer. (time, step-count, distance, calorie, and timer)

