

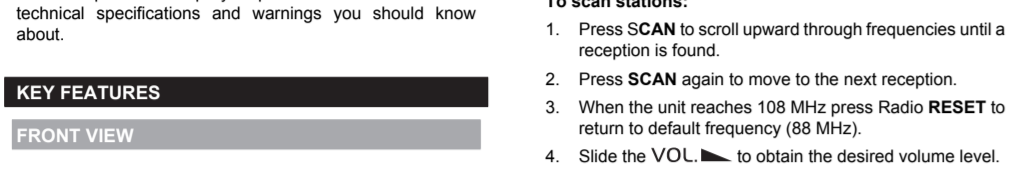
Oregon Scientific

Pedometer with Radio

Model: PE326FM

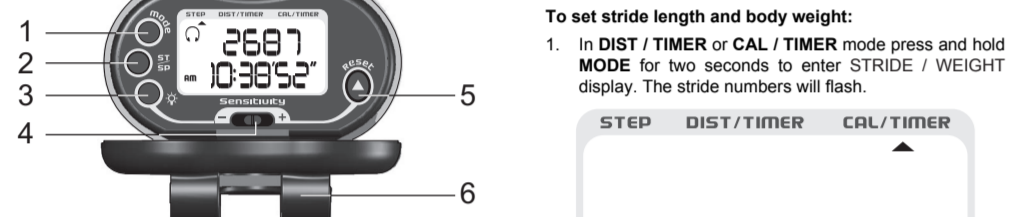
USER MANUAL

INTRODUCTION
Thank you for selecting an Oregon Scientific™ pedometer (PE326FM).
Keep this manual handy as you use your new product. It contains practical step-by-step instructions as well as technical specifications and warnings you should know about.

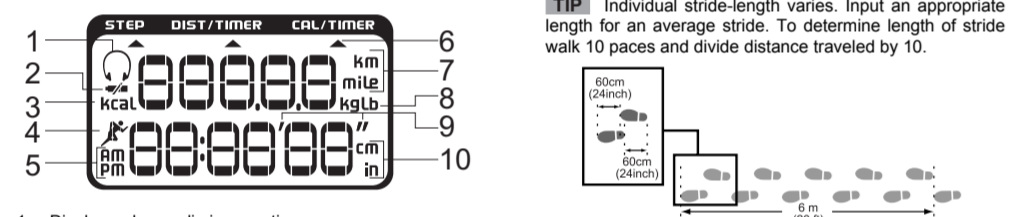


- KEY FEATURES**
- COVER RELEASE: Press to open protective cover
 - VOL: ⏮/⏭: Slide to increase / decrease radio volume
 - Battery compartment
 - RADIO RESET: Press to return to default station (88 MHz)
 - Slide the VOL ⏮/⏭ to obtain the desired volume level.

- ADJUSTING THE SETTINGS**
- DISTANCE AND CALORIES**
- Total distance = steps taken x average step length
Measuring distance correctly depends on getting the correct average length of individual stride.
- Precise calories burned calculations require taking into account many factors. The PE326FM uses body weight and the number of steps taken to give a good estimate.

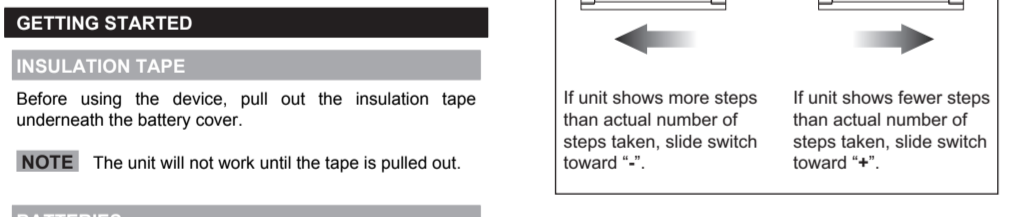


- MODES**
- MODE: Toggles between STEP, DIST / TIMER and CAL / TIMER
 - ST / SP: Starts / Stops timer
 - ☺: Turns backlight on
 - Motion sensitivity switch: increases or decreases unit sensitivity

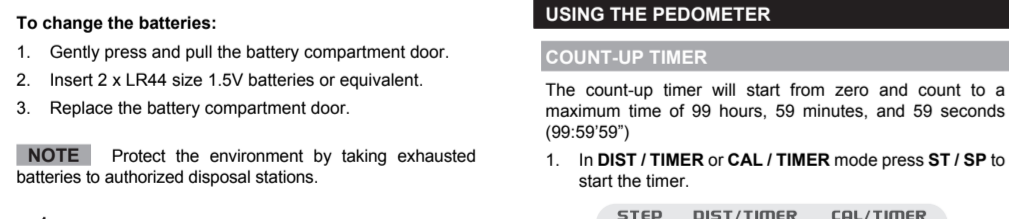


- DISPLAYS**
- Displays when radio is operating
 - Displays when batteries are low
 - Displays when calories are shown
 - Displays when timer is running
 - Displays am / pm on a 12 hour clock
 - Indicating mode displayed:

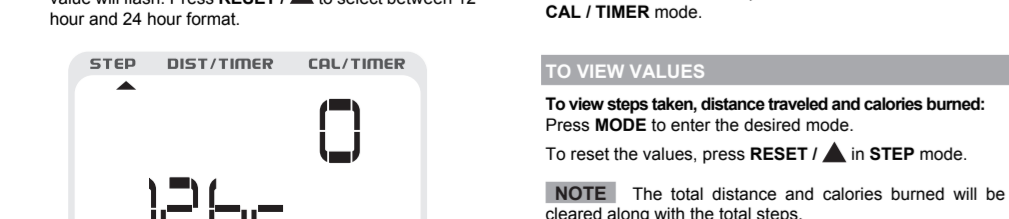
- GETTING STARTED**
- Before using the device, pull out the insulation tape underneath the battery cover.
- INSULATION TAPE**
- If unit shows more steps than actual number of steps taken, slide switch toward "+".
- If unit shows fewer steps than actual number of steps taken, slide switch toward "-".



- BATTERIES**
- NOTE: Imperial units of measure are used on US models only and metric units of measure are used on EU / UK models only.
- USING THE PEDIOMETER**
- The following conditions may cause incorrect reading of steps taken:
- Uneven walking pace, such as walking in crowded areas or on uneven floor.
 - Frequent up and down movements, such as standing up and sitting down, running, jumping, going up and down stairs etc.



- TO OPEN THE BATTERY:**
- Gently press and pull the battery compartment door.
 - Insert 2 x LR44 size 1.5V batteries or equivalent.
 - Replace the battery compartment door.
- NOTE:** Protect the environment by taking exhausted batteries to authorized disposal stations.



- CLOCK**
- Press MODE until the STEP mode is displayed.
 - Press and hold MODE for two seconds. The 12-hour value will flash. Press RESET / ▲ to select between 12 hour and 24 hour format.
- TO VIEW VALUES**
- To view steps taken, distance traveled and calories burned: Press MODE to enter the desired mode.
- NOTE:** The total distance and calories burned will be cleared along with the total steps.

FITNESS TIPS

To keep fit, it generally takes a person weighing 60kg to walk 10,000 steps to burn approximately 300 calories. The following diagram will give you some basic reference to the calorie consumption for people of various weights.

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product.

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Never use the products in hot water or store them when wet.
- Do not subject the product to excessive force, shock, dust, temperature change, or humidity. Never expose the product to direct sunlight for extended periods. This treatment may result in malfunction.
- Do not tamper with any internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- Due to printing limitations, the displays shown in this manual may differ from the actual display.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

NOTE: The technical specifications for this product and the contents of the user manual are subject to change without notice.

ADJUSTING THE SETTINGS

DISTANCE AND CALORIES

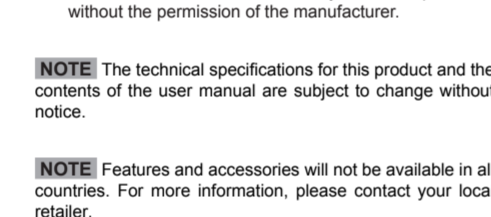
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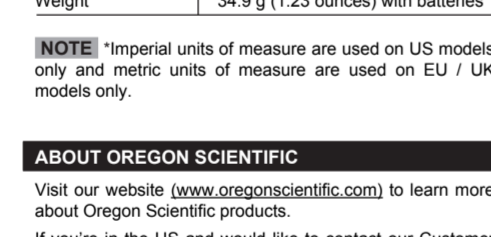
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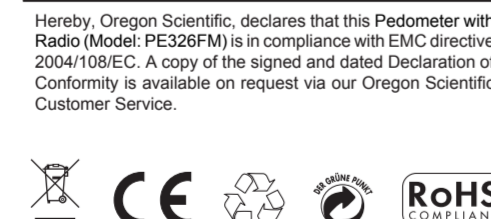


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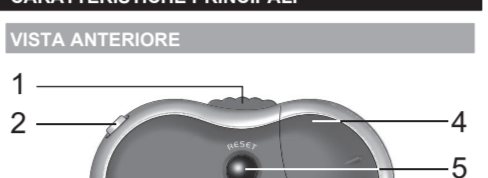
Contapassi con radio FM

Modello: PE326FM

MANUALE PER L'UTENTE

INTRODUZIONE

Grazie per aver scelto il contapassi Oregon Scientific™ (PE326FM).
Si consiglia di tenere questo manuale a portata di mano durante l'uso del prodotto. Il manuale contiene pratiche istruzioni dettagliate, dati tecnici e avvertenze che vi sono di grande utilità.



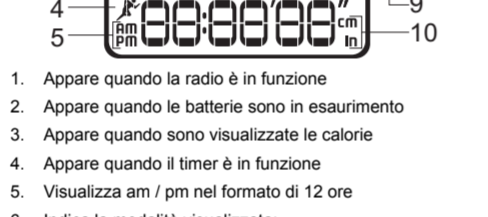
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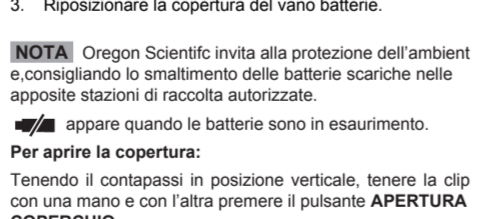


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Podomètre avec Radio

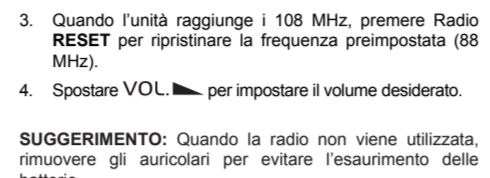
Modèle : PE326FM

MANUEL DE L'UTILISATEUR

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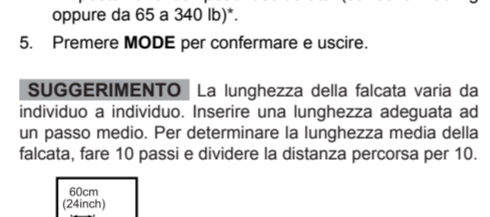
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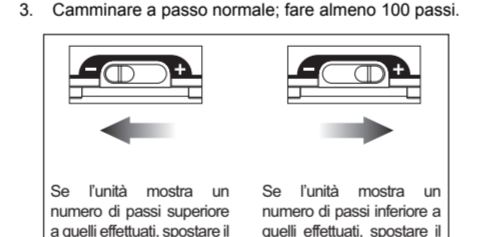
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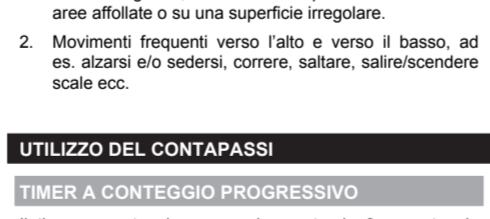


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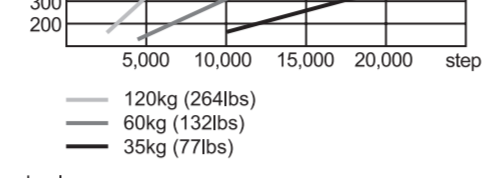
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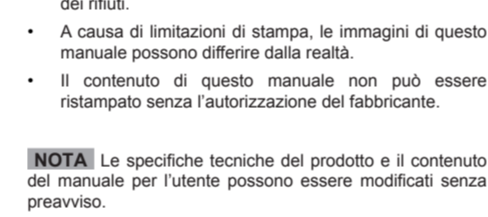
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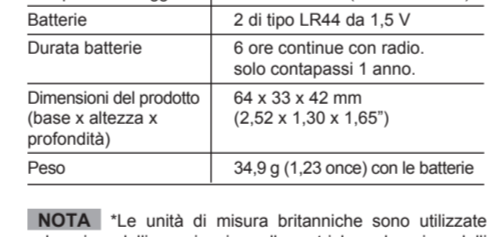
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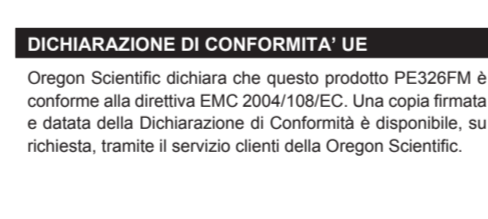


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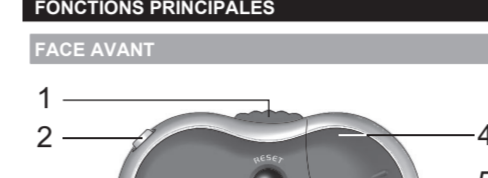
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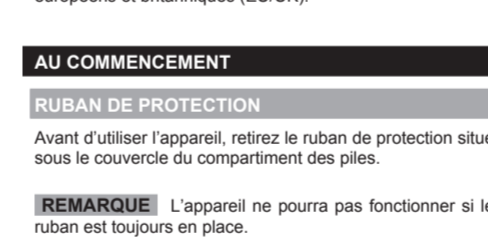
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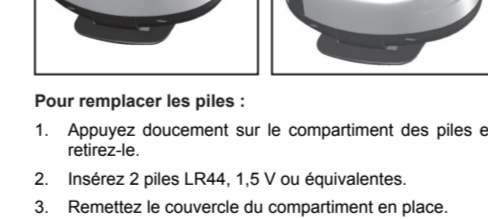


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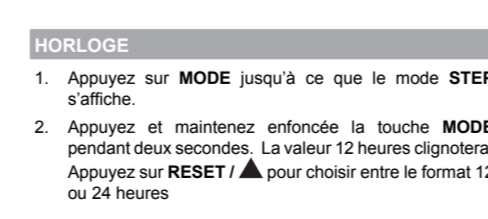
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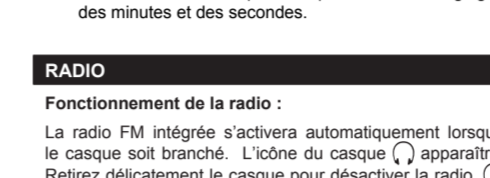
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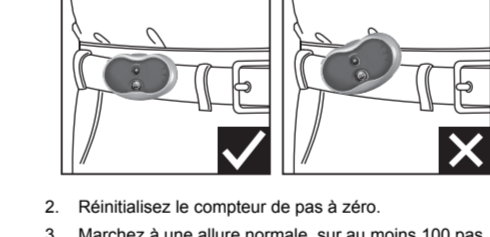
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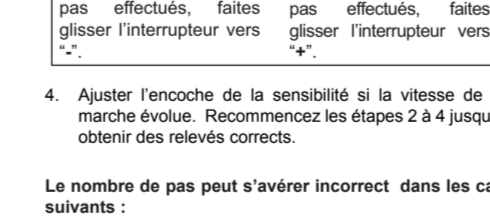


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- CLOCK**
- Press MODE until the STEP mode is displayed.
 - Press and hold MODE for two seconds. The 12-hour value will flash. Press RESET / ▲ to select between 12 hour and 24 hour format.
- TO VIEW VALUES**
- To view steps taken, distance traveled and calories burned: Press MODE to enter the desired mode.
- NOTE:** The total distance and calories burned will be cleared along with the total steps.

Podomètre avec Radio

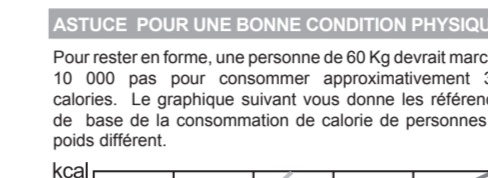
Modèle : PE326FM

MANUEL DE L'UTILISATEUR

INTRODUCTION

Merci d'avoir fait l'acquisition de ce Podomètre (modèle PE326FM) de Oregon Scientific™.

Veillez conserver ce manuel pour toutes références ultérieures. Il contient toutes les instructions pratiques, les caractéristiques techniques et les avertissements à prendre en compte.



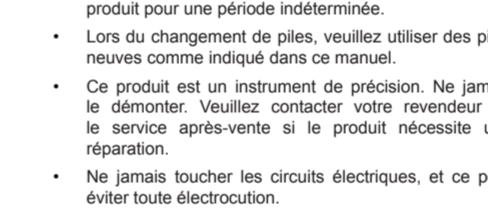
- KEY FEATURES**
- COVER RELEASE: Press to open protective cover
 - VOL: ⏮/⏭: Slide to increase / decrease radio volume
 - Battery compartment
 - RADIO RESET: Press to return to default station (88 MHz)
 - Slide the VOL ⏮/⏭ to obtain the desired volume level.

- ADJUSTING THE SETTINGS**
- DISTANCE AND CALORIES**
- Total distance = steps taken x average step length
Measuring distance correctly depends on getting the correct average length of individual stride.
- Precise calories burned calculations require taking into account many factors. The PE326FM uses body weight and the number of steps taken to give a good estimate.

TO SET STRIDE LENGTH AND BODY WEIGHT:

- In DIST / TIMER or CAL / TIMER mode press and hold MODE for two seconds to enter STRIDE / WEIGHT display. The stride numbers will flash.

- MODES**
- MODE: Toggles between STEP, DIST / TIMER and CAL / TIMER
 - ST / SP: Starts / Stops timer
 - ☺: Turns backlight on
 - Motion sensitivity switch: increases or decreases unit sensitivity



- DISPLAYS**
- Displays when radio is operating
 - Displays when batteries are low
 - Displays when calories are shown
 - Displays when timer is running
 - Displays am / pm on a 12 hour clock
 - Indicating mode displayed:

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