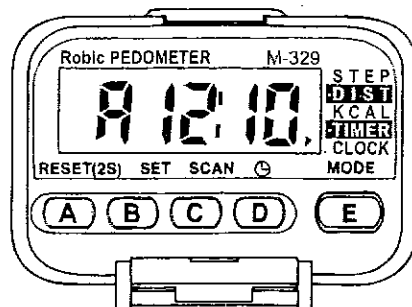


## M329 MODE-SCANNING PEDOMETER INSTRUCTIONS

THANK YOU for buying the Robic M329 Mode-Scanning Pedometer. Your purchase brings you a reliable, World-Class Pedometer with timer and clock. It records distance, steps and calories burned.

In order to ensure that you receive the maximum enjoyment from your Mode-Scanning Pedometer, BEFORE USING, PLEASE TAKE A MOMENT TO REVIEW THIS OPERATION GUIDE TO FULLY UNDERSTAND HOW YOUR PEDOMETER WORKS.



### Features

1. Large easy-to-read display
2. Flips down for easy viewing while on waist
3. Auto Scan function
4. Auto Power ON/OFF
  - Auto Filter Sensor:  
5 Steps Movement Sensor filters out irregular results and activates only after 5 or more steps.
  - Delayed Reset Button:  
This is to prevent accidentally erasing the records on the display.
  - Accurate Pendulum Movement:  
The pedometer is controlled by an internal pendulum that moves down with each step that you take and springs up again.

### Functions

1. Records number of steps taken to 199,999 steps.
2. Measures distance traveled to 999.99 Kilometers or Miles.
3. Calculates calories burned.
4. Shows activity time used during current walk/run up to 100 hours.
5. Display time in hours (AM and PM) and minutes format.

### Opening the Pedometer

1. Open the pedometer lid to see your exercise records only.
2. To work properly, the pedometer case must be closed.

### Setting the Measurement

1. Decide first if you want to work in Kilometers or Miles.
2. Hold the RESET button (A) for 5 seconds to convert the displayed value from Imperial to Metric unit or vice versa.
3. The originally displayed value will reset to zero.

### Setting your Stride (1-7 ft or 30-215 cm)

1. Walk or run a measured distance and divide by the number of steps traveled to arrive at your stride length.
2. Press the MODE button (E) to move the cursor to "DIST".
3. Press the SET button (B) to display previous stride length.
4. Each repeated press of the SET button increases the stride length by 0.05 ft (1 cm).
5. Press the RESET button (A) to decrease your stride length.
6. When your personal stride is complete, the display will return to the original display after 3 seconds.

### Setting Your Weight (60-300 lb or 30-135 kg)

1. Press the MODE button (E) to move the cursor to "KCAL".
2. Press the SET button (B) to display previous weight.
3. Each repeated press of the SET button increases the weight by 1 lb (1 kg).
4. Press the RESET button (A) to decrease your weight.
5. When your personal weight is complete, the display will return to the original display after 3 seconds.

### Operating the Pedometer

1. Press the RESET button (A) for 2 seconds to reset all recorded data.
2. Start walking or running. The unit will keep track of your steps, distance, calories burned, activity time and time of day.

### Resetting the Pedometer

1. Press the RESET button (A) for 2 seconds to clear memory of all recorded information and reset to zero.
2. Stride length and weight as set will not be affected.

### Recalling Time of Day

1. Press and hold the  $\odot$  button (D) to momentarily recall current time of day.
2. Release the  $\odot$  button to return to original display.

### Using the Scan Feature

1. Press the SCAN button (C) to turn scanning on. The display will show "SC".
2. This will show all five exercise readings in a continuous cycle lasting 3 seconds.
3. Press the SCAN button again to stop cycling.

### Auto Power On/Off

1. The display will go blank when no activity has been detected for 4 minutes.
2. Press a button or walk 5 steps to turn the power on.

### Auto Movement Sensor

1. To filter out random movements, the pedometer remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in and the "Active" indicator "  $\downarrow$  " appears on the upper left of the display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the pedometer switches to standby status ("Active indicator" "  $\downarrow$  " disappears).

### Positioning the Pedometer

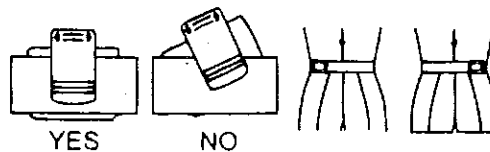
1. Clip the pedometer to your belt or to the top of your pants as close to your hip as possible.
2. The pedometer should be vertical to the ground. This will aid in proper function and make the display easy to read.

### Battery Replacement

1. Insert a coin and open the pedometer lid on the bottom of the body.
2. Remove and replace the battery with CR2032 (Lithium) or equivalent.
3. Make sure that the "+" side is up.
4. Pedometer is not waterproof. Keep away from any liquid.
5. Treat the pedometer carefully. Do not drop it or expose it to shock.

### Setting the Clock

1. Press the MODE button (E) to move the cursor to "CLOCK".
2. Press the SET button (B) to show the time to be adjusted.
3. Press the RESET button (A) to adjust "HOUR" digit.
4. Press the SET button (B) to adjust "MINUTE" digit.
5. When the clock is set, the display will return to the original display after 3 seconds.



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