FREESTYLE endurance

Tracer™ #593 Digital Pedometer Instructions

Congratulations! You are the proud owner of a Freestyle ® digital pedometer, which is one of the most accurate and versatile exercise instruments for the walker or runner today. Your new pedometer includes these useful features:

- STEP COUNTER
- DISTANCE CALCULATOR
- CALORIE COUNTER
- TIMER
- CLOCK

GENERAL DESCRIPTION OF BUTTONS AND FUNCTIONS:

MODE: Press the **MODE** button to scan through the various modes.

RESET: In any mode, press **RESET** for one second; all records will be reset to zero except for stride length, weight, and the clock, which will remain the same. In time setting mode, **RESET** is used to increment the hour.

SET: Press **SET** to enter the setting mode. In (DIS) mode, press **SET** to enter your stride length. In (CAL) mode, it enters your weight setting. In (CLK) mode, it enters the time setting mode.

Mode
Reset
Set
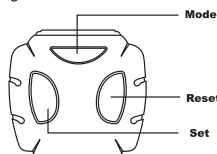
BEFORE YOU BEGIN

Before using your Freestyle® digital pedometer, it is necessary to program the unit with your stride length and your weight. Accurate measurement of this data will allow you to achieve precise, individual results.

MEASURING YOUR STRIDE LENGTH:

1. Walk or run twelve steps, marking the spot at the beginning of your first step.
2. Measure the distance travelled in feet or meters from the beginning of your first step to the end of your last step.
3. Compute your single stride length by dividing the total distance measured by twelve.

EXAMPLE: For a total distance measuring 384 inches, the single stride length is:

$$\frac{387 \text{ in.}}{12} = 32.25 \text{ inches}$$

Round off your single stride length measurement to the nearest inch or cm. In this case, it would be 32 inches. Divide this by 12 again to convert it to feet. 32 divided by 12 is 2.66. Round it off to 2.7. This is your stride length which you will enter into the pedometer.

MEASURING YOUR WEIGHT:

Using a bathroom scale, determine your weight in pounds or kilograms. Be sure to remove®your shoes and excess clothing.

PROGRAMMING YOUR FREESTYLE DIGITAL PEDOMETER

After measuring your stride length and weight, it is necessary to program this data into your digital pedometer. **Please note:** This pedometer uses both the Imperial and Metric Systems of measurement. To toggle between Imperial and Metric in any mode, simply press and hold the RESET button for five seconds.

SETTING YOUR STRIDE LENGTH:

1. Press the **MODE** button until the screen displays (DIS) mode. Press the **SET** button to enter the stride length setting mode. The screen will look like this:

2. This pedometer has a preset stride length of 2.1 Feet. Press the **SET** button to increase the stride length, or press the **RESET** button to decrease the stride length. Press and hold buttons for rapid advance. If using Imperial, the increment is .05 FT. If using the Metric , the increment is one centimeter. Press the **MODE** button to exit this screen and return to DIS mode.

SETTING YOUR WEIGHT:

1. Press the **MODE** button until the screen is in (CAL) mode. Press the **SET** button to enter weight setting mode.

The screen will look like this:

The preset weight is 100 pounds. Press the **SET** button to increase, or the **RESET** button to decrease the amount. After you have set your weight, press the **MODE** button to exit the weight setting mode and go back to (CAL) mode.

SETTING THE CLOCK:

Press the **MODE** button until the screen is in the (CLK) mode. The screen will look like this:


Once in the (CLK) mode, press the **SET** button to enter the clock setting mode. When the screen begins to flash, press the **SET** button to set the minutes. Press the **RESET** button to set the hour. Please note that AM and PM is shown to the left of the time, with an "A" for AM and a "P" for PM. Once the time is set, press the **MODE** button to exit the time setting mode and enter the (CLK) mode.

USING YOUR FREESTYLE® DIGITAL PEDOMETER

After programming is complete, you are ready to use your Freestyle® digital pedometer.

POSITIONING YOUR DIGITAL PEDOMETER:

1. Use the clip on the back of your pedometer to secure the unit to your belt, or the top or your shorts or pants.
2. For proper readings, it is important to position the unit as close to your hip area as possible.
3. Be sure that the pedometer is parallel to the ground, as this will aid in proper function, and allow easy visual access to the display. See drawing below:

Correct   Incorrect
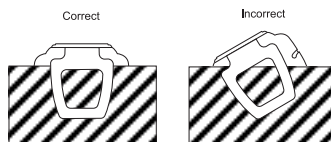
After securing your digital pedometer as indicated above, begin walking or running. A triangle will appear in the top left corner of the display to let you know that the pedometer is active and counting your steps. The pedometer will count steps while exercising in any mode setting. The information from your exercise will automatically be recorded. The results may be accessed at any time by pressing the **MODE** button to view in the various modes.

READING AND UNDERSTANDING THE VARIOUS MODES:

By pressing the **MODE** button, the display will change according to the mode selected. The purpose of each mode, and instructions on how to read the display are described below:

(STP) Mode:
This mode counts and displays the number of steps walked or run. There is a triangle in the upper left corner of the display that will appear to let you know when the pedometer is active and counting steps. This pedometer counts steps up to 99,999, at which point it automatically goes to zero. By pressing and holding the **RESET** button in this mode, you will reset all the recorded data.

(DIS) Mode:
This mode displays the total distance travelled in miles (ML) or kilometers (KM). This mode will record your distance up to 999.99 miles. Press and hold the **RESET** button at any time to reset the recorded data.

(CAL) Mode:
This mode calculates an estimated calories burned based on the number of steps taken and your weight. **Please note:** While metabolic rates may vary among users, this display reading will provide a general idea of energy used during exercise. The Kcal may be converted to other units as follows: 1 Kcal = 4184 Joules = 3.97 BTU (British Thermal Units). This pedometer counts your burned calories up to 99999 Kcals. Press and hold the **RESET** button at any time to reset the recorded data.

(CLK) Mode:
This mode simply displays the time in a 12- hour format, showing AM or PM to the left of the time. Refer back to "Programming Your Freestyle Digital Pedometer" to learn how to set the time.

(TMR) Mode:
This mode displays a timer that may be used to track the total time walked or run. The timer automatically starts when the pedometer is actively counting steps. The timer automatically stops when the pedometer is not actively counting steps. Press and hold the **RESET** button at any time to reset all recorded data.

REPLACING THE BATTERY:

The battery life is estimated at one year. If the pedometer displays erratic readings, or if the screen is difficult to read, the battery may need to be replaced as follows:

1. Remove the battery cover on the back side of the pedometer with a screwdriver or similar tool, using the arrows as direction indicators.
2. Remove and replace the battery with type VINNIC- L1142 or an equivalent. Be sure that the "+" side is up when the battery is inserted into the compartment.
3. Replace the battery cover and lock into place.

FREESTYLE U.S.A. LIMITED WARRANTY

Freestyle® products are warranted to the original purchaser to be free from defects in material and workmanship under normal use for a period of one year from the date of purchase. During the warranty period, and upon proof of purchase, the product will be repaired or replaced, without charge for either parts or labor. The limited warranty is given by Freestyle U.S.A. and not the dealer from whom the product was purchased.

Should the product be defective, please return (postage paid) to:

Freestyle U.S.A.
Attn: Watch Repair Department
5855 Olivas Park Drive
Ventura, CA. 93003

Include a brief description of the problem, and a copy of your purchase receipt showing it was purchased within the past year. Include your name, address and zip code. Please allow 15 working days for return.

This warranty will not apply if product has been misused, abused or altered. Bending the unit and visible cracking of the face or display are presumed to be defects resulting from misuse.

Neither this warranty nor any other warranty, expressed or implied, or any other warranties of merchantability shall extend behind the warranty period. No responsibility is assumed for any incidental or consequential damages, including but not limited to mathematical accuracy of the product. Some states do not allow limitations on how long an implied warranty lasts. Some states do not allow the exclusion or limit incidental or consequential damage, so the above limitations or exclusions may not apply to you. The warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Should this product require service after the warranty has expired, please return to

Freestyle U.S.A.
Attn: Watch Repair Department
5855 Olivas Park Drive
Ventura, CA. 93003

Include a brief description of the problem and a check or money order for $15.00. Please include your name, mailing address, zip code and telephone number. Please allow 15 working days for return. If you need to contact us by phone, our toll free number is 1-800-776-6449. Our office is open from 8AM to 5PM, Pacific time.

FS593/03

Free Manuals Download Website

http://myh66.com

http://usermanuals.us

http://www.somanuals.com

http://www.4manuals.cc

http://www.manual-lib.com

http://www.404manual.com

http://www.luxmanual.com

http://aubethermostatmanual.com

Golf course search by state

http://golfingnear.com

Email search by domain

http://emailbydomain.com

Auto manuals search

http://auto.somanuals.com

TV manuals search

http://tv.somanuals.com