



YAMAX DIGI-WALKER SW - 700



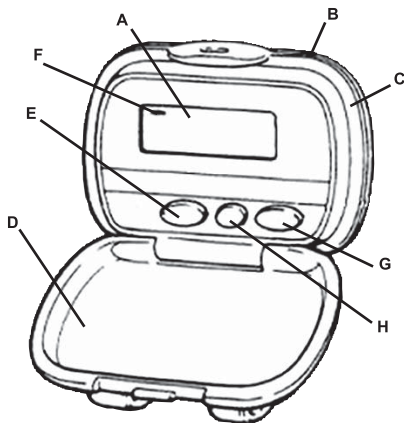
Thank you for purchasing the 10,000 Steps Digi-walker Pedometer. We hope that it will provide you with motivation and help you step into a healthy lifestyle! Please read this instruction manual carefully so that you can use your pedometer properly and can enjoy it's features too!

Main Features

1. Large easy-to-read display and easily operated buttons.
2. Cover provided to protect against rain and dust and to prevent the buttons from being pushed when unwanted.
3. Battery life - approximately 3 years and it can be changed easily with a coin.
4. Counts the number of steps taken walking or jogging up to 99,999 steps.
5. Measures the distance covered while walking or jogging from 0.01-1,000 km.
6. Stride length can be set precisely in 1 cm intervals.
7. Measures the number of calories burned while walking or jogging from 0.1-10,000 kcal.
8. Body weight can be set in 1 kg intervals.

Assembled Parts

- A. Liquid Crystal Display
- B. Cover Case
- C. Body Case
- D. Bock Case with Clip
- E. Reset Button - Step Count, Distance, Calorie
- F. Cursor
- G. Mode Selector Button
- H. Stride Length, Body Weight Setting Button



Opening The Cover

Holding the pedometer upright, grasp the top of the clip with one hand. Use the other hand to push the lip (projecting portion) of the body case away from the clip thus opening the case.



How The Pedometer Measures

- Hold the case vertically and shake it up and down with its display facing towards you. By doing this, the pendulum inside starts to click gently indicating that it is functioning properly.
- The pedometer is intended to use on flat ground.
- Incorrect measurements may result under the following conditions:
 - If you walk with irregular steps or drag your feet.
 - If you subject the pedometer to vertical or vibrating motions, suddenly stand up or sit down, jump or participate in sports or walk up or down very steep slopes.

How To Wear Your Pedometer

Using the clip attach the pedometer securely to your beltless slacks, skirt or warm-up pants. For the best results keep it in line with your knee and/or the "crease line" of your pants as shown in the illustration below.



Notes On Use

- Avoid dropping or subjecting the Digi-walker to excessive shock.
- Avoid using the Digi-walker in a place with excessive humidity or where it may come in contact with water.

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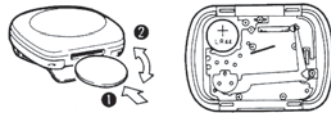
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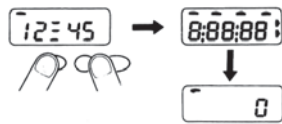
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When And How To Replace The Battery

1. When the display begins to dim or the screen goes blank a new battery should be installed.
2. Replace the battery with the type (LR-44) that you can buy in an electronics, watch, camera or jewellers stores.
3. To replace the battery, place a coin in the slot on the bottom of the pedometer. Slowly turn the coin and "snap-open" and gently lift the cover. Replace the "dead" battery with a new one making sure that the positive "+" sign faces you. When replacing the cover make sure that it is properly aligned and then snap it shut. Check to see that the cover is secure.



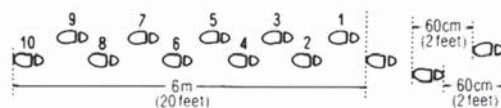
4. Now you'll need to self-test. It's easy to do. Just hold down all of the buttons for about 5 seconds. When the display goes blank remove your fingers from the buttons. Your display will show "88888" as illustrated below and then "0". Your data (stride length & weight) will be cleared, so you will need to reset them.



How To Determine Your Stride Length

For computing the distance covered, it is important to keep your stride regular and to maintain your walking form.

To determine your average stride length walk 10 steps as in the illustration below and divide the distance covered by 10.



How To Set Your Stride Length

1. Press the MODE button to move the cursor to the DIS (km).
2. Press SET button to input your stride length (the cursor will point to STRIDE (cm)).
 - a. Each press of the SET button increases your stride length by 1 cm.
 - b. Stride range is 30-180 cm.
3. A few seconds after setting your stride length, the cursor will automatically return to the "DIS" mode.



How To Set Your Body Weight

1. First press the MODE button to move the cursor to the CALORIE (kcal).
2. Press the SET button to input your body weight. (The cursor will point to WEIGHT (kg)).
 - a. Each press of the SET button advances your body weight by 1kg
 - b. After setting your body weight, the cursor will automatically return to "CALORIE (kcal)" in a few seconds.

Reset Operation

When you want to reset the data (number of steps and distance) press the RESET button while the corresponding mode is displayed.

Mode Select

Press the MODE button to display your desired mode. The cursor will point to the mode which is being displayed.

Troubleshooting

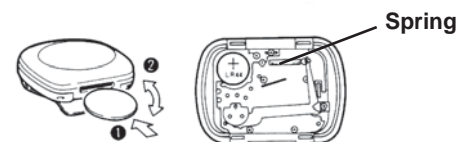
When an Unusual Segment is Displayed

If an unusual segment or half segment is displayed, you need to perform a self-test. It's easy to do. Just hold down all of the buttons for about 5 seconds. Then, when the display goes blank remove your fingers from the buttons. Your display will show "88888" and then "0". Your data (stride length & weight) will be cleared, so you will need to reset them.

No Steps Registering?

If when you shake the pedometer you hear the click, but no steps are registering, the spring inside may have come off.

- Holding the pedometer upright, grasp the top of the clip with one hand. Use a coin in the other hand to push the lip (projecting portion) of the body case away from the clip thus opening the case.
- Check to see if the spring is attached to the movement arm and the screw.



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