

Yamax Digi-Walker DW150 Instructions

Main Features

1. Wide, easy to read crystal display
2. Counts up to 99,999 walking or jogging steps
3. Reset to zero (0) / power ON-OFF by simply pushing RESET button
4. Spring clip to attach to shirts / pants
5. With Walking Sensitivity Adjuster for your own walking style

How to Use Sensitive Adjuster

DW-150 is adjusted to measure 100 steps per minute for normal walking on ground level.

When walking 500 steps on level ground and finding that the display shows over $\pm 5\%$ difference you need to adjust the sensitive switch.

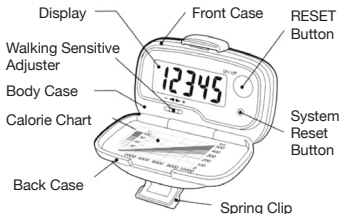
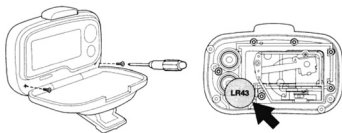
- If the displayed number of steps is less, please set + direction.
- If the displayed number of steps is excessive, please set - direction.



How to Replace Battery

- The display will dim as the battery begins to run down. When you notice display dimming, please replace the battery as soon as possible.
- The battery to be used is LR-43 button type battery.
- To replace the battery, please use screw driver to release two screws and open case, then replace new battery. Please make sure the positive (+) side faces to you.

At the time of purchasing, DW-150 has a factory installed monitor battery. Please note that this monitor battery is installed for testing purpose of function and performance and its battery life may not be as long as a new regular battery. (LR-43 lifetime is approx 2 yrs)



Cautionary Remarks

- If you shake DW-150 up and down by holding it vertically, you will hear a click sound. This is the sound of the pendulum swinging up and down, indicating that the pedometer is functioning properly.
- The pedometer is intended for use on flat ground. It automatically counts steps based on the impact and acceleration of step count is adjusted by $\pm 5\%$.
- It basically counts normal walking or light jogging steps daily. Inaccurate measurement may happen in the following cases.

1. Irregular Walking

- Irregular steps, like when you walk in a crowd
- When you walk with sandals on
- When you walk dragging your feet

2. When DW-150 is subjected to sudden vertical motion or vibration, except walking or jogging.

- Standing up or down suddenly
- Jumping, strenuous exercise, or sports
- Walking up and down stairs or slopes
- Vibrations in a car, train or bus

Important Safety Tips

- When you are a convalescent, or under rehabilitation, or not to able to exercise for a long period, please consult your doctor, increasing steps and speed gradually according to your physical condition.
- Avoid using or storing DW-150 in places where it gets wet or is exposed to direct sunlight, dust or humidity. Also avoid using or storing near heating appliances. It does not have a water-proof construction.
- Do not drop, hit or give strong impact to DW-150.
- Do not open the case or clip overly.
- Do not disassemble/tamper with inner mechanism.
- Store DW-150 and battery out of reach of children.
- If you swallow DW-150 unit or battery accidentally, please contact your doctor immediately.