

Yamax Digi-Walker SW700 Instructions

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!

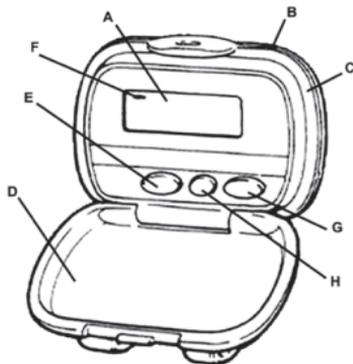
Please read this instruction manual carefully so that you can use your pedometer properly and can enjoy its features too!

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. Back 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.

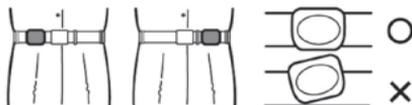


How The Pedometer Measures

- 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 for 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.