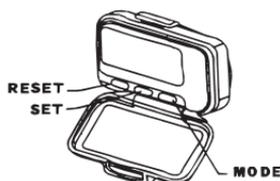


XL15 PEDOMETER INSTRUCTION SHEET

FEATURES

- Clock: 12/24-hour format with P indicator for PM
Step Counter: counts step taken up to 99999
Distance Counter: counts distance covered up to 999.9 kms or miles
Calorie Counter: counts calories burned up to 99999 kcal



CLOCK - SETTING THE TIME

1. Press MODE to get into clock mode.
2. Press SET. Hour shown in LCD flashes. Press RESET to set the hour. Every time RESET is pressed, the clock will advance by 1 hour. Press and hold RESET to rapidly adjust the hour.
3. Press SET again. Minutes shown in LCD flash. Press RESET to set the minutes. Every time RESET is pressed, the clock will advance by one minute. Press and hold RESET to rapidly adjust the minutes.
4. Press SET again to activate the clock.

STEP COUNTER

The step counter counts the number of steps you have walked or run.

1. Press MODE to get into step counter mode. The LCD displays 00000 (if not, press RESET to clear the value to 00000).
2. Clip it to your belt, shorts or slacks as close to your hipbone as possible.
3. Be sure to place it in the correct position and keep it straight.



4. Begin to walk or run. It will count your individual steps (1, 2, 3, ...99999 steps).
5. To restart, simply press RESET to clear the old records and follow steps 1-4.

CONVERTING BETWEEN METRIC AND IMPERIAL

You can choose to use the metric system (km, cm, kg) or the imperial system (miles, feet, lb) by pressing the MODE key for 5 seconds until the LCD blinks. The old data will be cleared to 0. Then, the current system will be changed to the other one.

DISTANCE COUNTER

The distance counter keeps a walking/running total of the distance traveled.

1. Press MODE to get into distance counter mode. The LCD displays 0.00 (if not, press RESET to clear value to 0.00).
2. Measure your stride length first. According to your normal step, walk or run 10 steps. The distance from the first step's toe to the tenth step's toe is your total step distance. Divide the total step distance by 10 to get your average stride length. (For example, total set distance of 700 cm divided by 10 steps equals a distance of 70 cm per stride).



3. Press SET. The LCD will flash. Then, press RESET to input your stride length. Ex.: 70cm, The LCD displays 70. Every time RESET is pressed, it will advance by one cm.
4. Clip it to your belt, shorts, or slacks (see fig. 1).
5. Begin to walk or run. It will count the distance you traveled. (0.01, 0.02, 0.03,999.99 km).
6. To restart, simply press RESET to clear old records and follow steps 1-5.

CALORIE COUNTER

The calorie counter will tell you the calories burned during your exercise.

1. Press MODE to get into calorie counter mode. The LCD displays 0.00 (if not, press RESET to clear the old records to 0.00).
2. Press SET. The LCD will flash. Then, press RESET to input your weight. Ex.: 60 kg, The LCD displays 60. Every time RESET is pressed, it will advance by 1 kg.
3. Clip it to your belt, shorts, or slacks (see fig. 1).
4. Begin to walk or run. It will count the calories burned during your exercise. (0.01, 0.02, 0.03,99999 kcal).
5. To restart, simply press RESET to clear the old records and follow steps 1-4.

BATTERY REPLACEMENT

When the display screen dims or fades out, replace the battery with a new button cell battery (Duracell or Energizer 390/389 watch battery or equivalent).

1. Use a coin to open the battery cover. Take the old battery out and insert a new one into the battery holder (with + side up).
2. Flip the battery cover closed and promptly dispose of the old battery.

NOTE: You will need to re-enter the stride length, weight and adjust the clock after every battery replacement.

