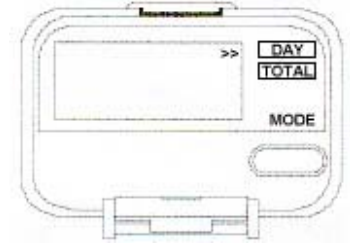


Bodytronics

ProStep v2 Pedometer Instructions

FEATURES:

- Steps only counter counts up to 999,999 steps
- Clamshell case design prevents accidental resets and allows easy viewing while on waist
- Dual daily & cumulative counts with independent reset
- Anti-falsing filter ignores non-step movements for more accurate step tally
- Large easy-to-read display
- No programming required for immediate use, just clip on and go!
- Slim, lightweight design is perfect for all-day wear with any attire

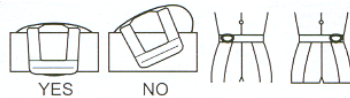


OPERATION:

1. Clip the pedometer on your belt or waistline.
2. Open the pedometer by grasping the top corners and pulling away from your body.
3. Press MODE button until the > indicator points to DAY. Press and hold the MODE button for 2-3 seconds, this will reset the "daily" count to 000000.
4. Press MODE button until the > indicator points to TOTAL. Press and hold the MODE button for 2-3 seconds, this will reset the "total" count to 000000.
5. Close the case and begin walking. The case must be closed for the pedometer to operate correctly.
6. To review steps taken press the MODE button to toggle the > indicator to either DAY (daily steps) or TOTAL (total steps - ie. weekly, monthly, etc.) Pressing and holding the MODE button for 2-3 seconds while on either count will reset that count to zero.

POSITIONING THE PEDOMETER:

1. Clip the unit to your belt or to your waistline as close to the hip as possible. Do not be afraid to experiment with positioning to obtain the best results for your body type.
2. Make sure the unit is placed level on your belt or waistline as shown below:



3. Test your pedometer by walking 20 steps on a hard, flat surface, and then check the pedometer display. If the pedometer counts 18-22 steps the positioning is correct. If not, reposition the pedometer and repeat the test.

ANTI-FALSING FILTER OPERATION:

1. To filter out non-step movements the unit remains in standby until 5 continuous steps are registered. On the 5th step 5 steps are added to the count, and then each step is counted. A small triangle will appear in the upper-left corner of the display when the count is active.
2. When walking activity is paused for 2 seconds the anti-falsing filter becomes active again, until 5 more steps are registered.

BATTERY REPLACEMENT:

1. Depending on use, your battery should last at least 1-2 years. A spare battery is included with your pedometer.
2. To replace, insert a coin just above the hinge on the bottom of the pedometer and twist to remove the cover.
3. Remove the existing battery, and replace with a type 357 or equivalent.
4. Make sure the + side of the battery is up.
5. Replace front cover.

CARE INSTRUCTIONS:

1. The pedometer is not waterproof. Keep unit as dry as possible at all times.
2. Treat pedometer as carefully as possible. Do not drop or expose the unit to extreme shock.
3. When removing the pedometer, pull the unit up. Do not pull "out" or away from your body.
4. A "clicking" or "rattling" noise is normal, and is the step-sensing mechanism in operation.

AVAILABLE ACCESSORIES:

- "Gadget Bungee" safety strap. Prevents accidental drops.
- "PedoBelt" elastic belt/garter. Enables wear under skirts & dresses or with any light clothing.
- "ProClip" replacement clip. Replace a worn or broken clip.

See <http://bodytronics.com> or call 877-786-7928 to order pedometers or accessories.