ProFit Pedometer Instructions

FEATURES:
- Counts steps to 99,999 and miles/km to 999.99
- Calculates calories burned and time spent walking or running.
- Memory stores previous week totals and current week running total
- Time of day clock
- Clamshell case design prevents accidental resets and allows easy viewing while on waist
- Anti-falsing filter ignores non-step movements for more accurate step tally
- Large easy-to-read display
- Slim, lightweight design is perfect for all-day wear with any attire

INITIAL SETUP:
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. Remove pedometer from waist, leaving it open to reveal the display and buttons.
4. Press the mode (E) button until the > indicator points to DIST. Either ML (miles) or KM (kilometers) will be displayed on the far left of the display. To change the units of measure press and hold the reset (A) button until the display blinks and the desired units are displayed.
5. Press the mode (E) button until the > indicator points to KCAL. Press the set (B) button to enter your weight. Pressing and holding the SET (B) button will increase the weight. The weight range is 60-300 pounds or 30-135 kilos. To enter a weight lower than what is displayed simply continue past the maximum value and the pedometer will start back at the low end of the range.
6. Measure your stride length by stopping mid-step and measuring from toe to toe. (Average 18"-30")
7. Press the mode (E) button until the > indicator points to DIST. Press the set (B) button to enter your stride length. Pressing the SET (B) button will increase the stride. The stride range is from 1.00'-7.00' or 30-215cm. To enter a stride lower than what is displayed simply continue past the maximum value and the pedometer will start back at the low end of the range.
8. Press the mode (E) button until the > indicator points at the clock symbol. Press the set (B) button to set the time. Pressing the set (B) button adjusts minutes, pressing the reset (A) button adjusts hours, pressing the recl (C) button adjusts the day of the week. Press the mode (E) button when finished. Setup is now complete!

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 the mode (E) button until the > indicator points to STEP.
4. Press and hold the reset button for 2 seconds. The display should reset to 000000.
5. Close the case and begin walking. The case must be closed for the pedometer to operate correctly.
6. After exercise open the pedometer and press the mode (E) button to review your exercise data.

MEMORY RECALL:
1. Memory recall is available while in STEP, DIST, KCAL, and TIMER modes.
2. Press the mode (E) button until the > indicator points to the data to be recalled (step, dist, kcal, timer)
3. Press the recl (C) button to view the cumulative total for the previous week. All day of week bars will be indicated on the top of the display. Press the recl (C) button to return to the current day/trip.
4. Press the total (D) button to view the cumulative total for the current week to this point in time. The day of week bars will indicate which days of the week the count applies to. Press the total (D) button to return to the current day/trip.
5. Repeat the steps above for each mode (step, dist, kcal, timer) for which you want to recall data.

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:

   ![Positioning Diagram]

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.
4. If you feel the distance indicated is incorrect, adjust your stride length accordingly. A longer stride length will give you more distance over a given number of steps, and vice-versa. The inherent accuracy of a pedometer lies in its step count, distance is calculated by multiplying the steps taken by the stride length. If your pedometer passes the test in Step 3, it is working correctly and you need to adjust your stride length.

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](http://bodytronics.com) or call 877-786-7928 to order pedometers or accessories.