

PEDOMETER WITH PULSEMETER
MODEL: PE316PM
INSTRUCTION MANUAL

ENGLISH

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INSTRUCTION MANUAL


INTRODUCTION

Congratulations on your purchase of the easy-to-use multifunction lightweight Pedometer with Pulsemeter.




This product has several unique features that are useful to an individual who is active or frequently walks or runs. A pulsemeter, pedometer, calorie counter, and count-up timer, this unit can monitor and display important information for a variety of exercise routines or walking activities.

Designed for ease-of-use, this product has a clip that snugly attaches to clothing. Its lightweight and small size gives this product a trouble free quality.

FEATURES

1. Pulse monitor
2. Step counter
3. 12 / 24 hr. real time clock
4. Total distance monitor
5. Total calorie counter
6. Stride length adjustment
7. Count-up timer (99 hour, 59 minute, 59 seconds)
8. Low battery indicator []
9. EL backlight
10. Motion sensitivity adjustment

NAMES AND FUNCTIONS [FIG. A]


- A. LCD**
Two line display with three different modes and pulse display
- B. MODE Button**
Alternates display between different modes
- C. Start /Stop [ST/SP] Button**
To start or stop the count-up timer
- D. BackLight [] Button**
Turns backlight on
- E. Pulse [] Button**
Sets the unit to the pulse display for taking and monitoring a persons heart rate
- F. [RESET] / Advance [] Button**
Resets display modes to zero
Increases the value of settings when entering or changing data
- G. Motion Sensitivity Slide Switch**
Increases or decreases the unit's response to motion
- H. Battery Compartment**
Insert two (2 pieces) LR44 size batteries
- I. Finger Insertion Slot**
- J. Cover Release Button**
Press to open protective cover
- K. Cover**
Protects LCD panel
- L. Belt Clip**
Clips to belt or clothing


OPENING THE COVER

Holding the pedometer upright, grasp the clip with one hand and press the COVER RELEASE button with the other.

BATTERY INSTALLATION: MAIN UNIT

1. Gently press and pull the battery compartment door.
2. Insert two (2 pieces) LR44 size 1.5V batteries or equivalent. [FIG. B]
3. Replace the battery compartment door.

Note: Battery low icon [] will go on when the batteries are low and need to be changed.

 **Note:** If not disposed of properly, batteries can be harmful. Protect the environment by taking exhausted batteries to authorized disposal stations.

HOW TO WEAR THE PEDOMETER

Attach at waist level to your belt, slacks, or training attire. Maintaining a horizontal position, attach securely. [FIG. C]

Note: Improper positioning of the pedometer may result in incorrect measurements.

HOW TO SET THE TIME

1. Press **MODE** to toggle between STEP and DIST/TIMER, and CAL/TIMER display modes.
2. In STEP mode, press and hold **MODE** for two seconds. The 12 hour value will flash. Use the (▲) button to make a selection between 12 hour and 24 hour format.
3. Press **MODE** again, the "hour digits" will flash. Use the (▲) button to enter the hours. Holding down the button will increase the value rapidly.
4. Press **MODE** again, the "minute digits" will flash. Again, use the (▲) button to change the minutes.
5. Press **MODE** again, the "second digits" will flash. Use the (▲) button to set the "second digits" to zero. Alternatively, wait until the second digits correspond to the correct time and then press **MODE** to confirm and exit.

HOW TO ENTER PERSONAL DATA

For the unit to operate properly, personal data such as body weight and stride distance needs to be entered correctly.

Measuring distance correctly depends on setting the correct average length of an individual stride. The stride can be set between 30 to 150 cm (or 11 to 60 inches for imperial version).

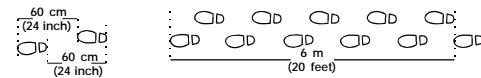
Current body weight can be entered between 30kg and 150kg (or 60 to 340 pounds for imperial version). Body weight is used to determine the amount of calories that are lost during an exercise routine.

Entering stride length and body weight:

1. Press **MODE** to toggle between STEP, DIST/TIMER [FIG. D], and CAL/TIMER [FIG. E] display modes.
2. Enter DIST/TIMER or CAL/TIMER mode.
3. Press and hold **MODE** for two seconds. The unit will enter the two-line STRIDE/WEIGHT display. The stride numbers will flash. [FIG. F]
4. Press (▲) until the desired stride length is entered. Holding down the button will increase the value rapidly.
5. Press **MODE**, the weight numbers will flash.
6. Press (▲) until the desired weight is entered, again holding down the button will increase the value rapidly.
7. Press **MODE** to exit.

Note: if no changes are made to the Stride / weight display, the unit will automatically return to the DIST/TIMER display mode after about seven seconds.

An individual's stride may vary in length. Input the appropriate length for an individual's average walking length. To determine your average stride length, walk 10 steps and divide by 10 the total distance covered. Set the unit to this number.



HOW TO USE THE PEDOMETER

A pedometer function will count the number of steps a person takes over a specified distance.

1. Press **MODE** to toggle between STEP, DIST/TIMER, and CAL/TIMER display modes.
2. Set the unit in **STEP** mode.
3. Press **RESET**, the pedometer display will return to zero. [FIG. G]

Note on motion sensitivity: To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity for an individual walking pattern, experiment with different settings.

HOW TO USE THE DISTANCE AND CALORIE FUNCTION

This unit can measure the total distance walked or ran and calculate the total number of calories consumed.

1. Press **MODE** to toggle between STEP, DIST/TIMER, and CAL/TIMER display modes.
2. Set the unit in DIST/TIMER mode.
3. The top line of the display shows the total distance a person has walked or ran.
4. Again, press **MODE** to toggle between STEP, DIST/TIMER, and CAL/TIMER display modes.
5. Set the unit in CAL/TIMER mode.
6. The top line of the display shows the total number of consumed calories.

Note on clearing the total distance and the number of consumed calories: The number of steps taken, the total distance traveled, and the number of calories consumed are inter-related. Clearing the STEP data will clear the total distance and the total number of calories consumed.

7. To clear STEP data, refer to How To Use The Pedometer section.

Note on calorie consumption: In order to keep fit, it is necessary for a person weighing 60 kg to walk 10,000 steps to consume 300 calories per day. The following graph shows the suggested consumption of calories with reference to people of different weight. [FIG. H]

HOW TO SET THE TIMER FUNCTION


The count-up timer will start from zero and count to a maximum time of 99 hours, 59 minutes, and 59 seconds (99:59:59).

1. Press **MODE** to toggle between STEP, DIST/TIMER, and CAL/TIMER display modes.
2. Set the unit in DIST/TIMER, or CAL/TIMER mode.
3. To start the timer, press ST/SP.
4. To stop the timer, press ST/SP again.
5. To reset the timer to zero, press RESET.

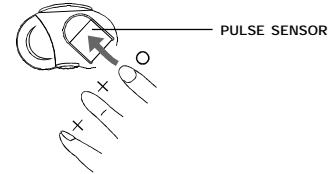
HOW TO TAKE A PULSE

A person's pulse rate indicates the number of times that the heart beats within a given amount of time. This unit attempts to calculate approximately how many times a heart will beat in one minute. Many factors such as smoking eating, breathing and stress can affect the rate at which a person's heart will beat. Monitoring pulse rate can be useful for determining how hard the heart is working at a given level of activity and this information can be used to plan an effective exercise routine. Individuals with an irregular heart beat or cardiovascular deficits may experience difficulty obtaining a pulse reading.

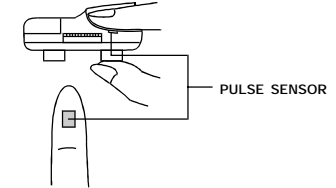
To take a pulse:

1. Press **PULSE** [] button, the display will show a heart icon and the word PULSE on the upper line. [FIG. I]

2. Insert your right index finger into the finger slot and position your finger so that the padded portion is on the pulse sensor.




3. Maintain a steady position, holding too forcefully or too lightly may result in an incorrect reading.



Note: When your finger is inserted properly, the heart icon on the display will flash. This indicates that the unit is reading a pulse. The unit will display the number of beats per minute that your heart is currently making.

If, for some reason, the unit cannot read a pulse within a given time it will automatically return to the previous display mode.

Press pulse [] button and try taking your pulse again.

SPECIFICATIONS

| | |
|-----------------------|--------------------------------------------------------------|
| Operating Modes | : STEP, DIST/TIMER, CAL/TIMER |
| Real time clock | : 12 hour / 24 hour option with hour/minute second display |
| Step counter | : 0 to 99,999 steps |
| Distance traveled | : 0 to 999.99 km (or 0 to 999.99 miles for imperial version) |
| Count up timer | : 99 hours, 59 minutes, 59 seconds |
| Stride distance | : 30 to 150 cm (or 11 to 60 inches for imperial version) |
| Weight range | : 30 to 150 kg (60 to 340 lbs.) |
| Pulse range | : 40 to 206 bpm |
| Operation temperature | : -10°C to 40°C |
| Storage temperature | : -20°C to 60°C |
| Power source | : 2 x LR44 1.5V batteries or equivalent |
| Product size | : 32 (D) x 41 (w) x 63 (L) mm |
| Weight | : 32.2 g (without batteries) |

MAINTENANCE

1. Do not immerse the unit in water. If the unit comes in contact with water, dry it immediately with a soft lint-free cloth.
2. Do not clean the unit with abrasive or corrosive materials. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit.
3. Do not subject the unit to excessive: force, shock, dust, temperature, or humidity. Such treatment may result in malfunction, a shorter electronic life span, damaged batteries, or distorted parts.
4. Do not tamper with the unit's internal components. Doing so will terminate the unit's warranty and may cause damage. The unit contains no user-serviceable parts.
5. Only use new batteries as specified in this instruction manual. Do not mix new and old batteries as the old batteries may leak.

Read this instruction manual thoroughly before operating the unit.

CAUTION

- The content of this manual is subject to change without further notice.
- Due to printing limitation, the displays shown in this manual may differ from the actual display.
- The manufacturer and its suppliers held no responsibility to you or any other person for any damage expenses, lost profits, or any other claim arise by using this product.
- The contents of this manual may not be reproduced without the permission of the manufacturer.

WARRANTY

This product is warranted to be free of defects in manufacturing for 90 days after purchase. For technical support please call 503-639-8883 (Monday - Friday, 8am-5pm PST). Defective product returns should be directed to the place of retail purchase. If this is not possible all direct returns must include a Return Authorization Number from Oregon Scientific, together with proof of purchase date, your name and address, shipped prepaid to Oregon Scientific Inc., 19861 SW 95th Place, Tualatin, Oregon 97062

This warranty does not cover a product subjected to abuse, misuse or accidental damage.



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