Pedometer with Fat Analyzer

Thank you for choosing our product.

This is one of our high-tech products. It can help your aerobic exercise, which refers to aerobic metabolism exercise. By doing general exercise, for example, 30-45 minutes jogging, you can inhale more oxygen, improve calorie consumption to make you more healthy and reduce weight. It can help you increase hemoglobin content, strengthen your immunity system, improve your pallium and cardio-pulmonary functions, and postpone your ageing process. So our health can be improved.

The product can help you judge your fat level and control your health status easily.

Function, appearance and symbol specifications

1. Function

- Fat measurement
- Step count
- Distance count
- Calorie count
- Clock and alarm clock
- 5 groups data memory
- Interchangeable system of metric system and U.K. system

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2. Symbol specifications

Test result:

Skinny   Slim   Normal   Fat   Obese

Fat Coefficient Standard

Gender	Skinny	Slim	Normal	Fat	Obese
Male	5.1-9.9%	10-14.4%	14.5-24.9%	25-34.9%	35-49.9%
Female	5.1-9.9%	10-19.9%	20-29.9%	30-34.9%	35-49.9%
Sex	ERR	ERR			
Male	Less than 5%	More than 50%			
Female	Less than 5%	More than 50%			

This product is mainly used to measure the fat contents in human body via bio-electric impedance. The measured result is only an indirect reflection of fat contents inside the human body, only providing a reference value for the users. It can help users to judge increasing or decreasing of fat rate within a period of time. If there is any queries, it is recommended to further consult doctor or professional personnel.

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3. Button specifications

A - Left/Right touching panel
B - MODE: Change over among clock, alarm clock, fat measurement, metric system/U.K.system and step counter modes.
C - SET: to set up, adjust and reset
D - LCD screen
E - Left terminal ▲ : to adjust upward, convert group, switch on/off alarm clock, convert 12/24 hours systems and to check the running distance and calorie consumption.
 Right terminal ▼ : to adjust downward, check information of the groups, exercise distance and calorie consumption.
F - START: to start the measurement according to the current data input.
G - Battery cover screw
H - Battery cover   I - Buzzer Slab   J - Reset button

4. Appearance specifications

Front view

A   B   C D E   F   A

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Rear view

G H J I
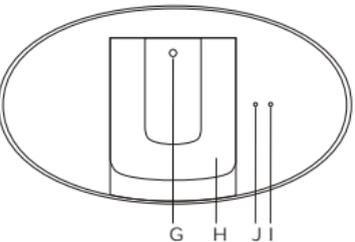
Test

Operation instructions

1. Time and alarm clock setting

A. After switching on, the system enters full screen display (Fig. 1) mode with "BIBI" sound and enters default mode - time mode. In this case, press the ▲ button, the system will change over between the 24/12 hours systems. "PM" logo will be displayed when it is in the afternoon in 12 hours system (Fig.2).

Fig 1:
Full screen display

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B. Under time mode, press MODE button to enter the alarm clock mode (with ALM mark). Under this mode, press ▲ button to switch on/off the alarm clock. " ♪ " Symbol will be shown when the alarm is switched on (Fig.3). The user will be reminded by the alarm when the alarm is switched on and the alarm will sound continuously for 1 minute or it will be stopped immediately by pressing any button.

Fig.2.
12 hours system
afternoon time
display picture

Fig.3.
Timer on alarm
clock mode picture

C. Under the time or alarm clock mode, press and hold on SET button for 2 seconds to enter the hour setting mode (the hour value flashes). Press SET button again to enter minute setting mode (the minute value flashes). When the digit flashes, it is press the ▲ / ▼ button to adjust to the value. After setting, press SET button to confirm.

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D. Under the alarm clock mode, the system will return to time mode automatically if no button is pressed within 30 seconds.

2. Fat measurement and step counter information setting

Note: The following pictures are used only for reference about the screen display of metric and U.K.system and not for switch comparison purpose.

A. Under the time mode, press MODE button to enter fat measurement mode as shown in Fig. 4. The NO. value flashes.

Fig. 4. Fat measurement mode display
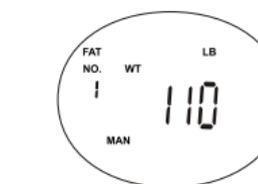
U.K. System display   Metric system display

B. At this time, (1) if you press ▲ button, it can change the current displaying personal data group as shown in Fig.5. (2) if you press the ▼ button, existing value of the height, age, stride will be shown, as shown in Figs. 6,7 and 8.

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Fig.5. Display the second group information

U.K.system display   Metric system display

Fig. 6. Display the height
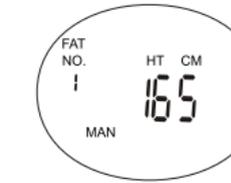
U.K.system display   Metric system display

Fig.7.Display the age

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Fig.8.Display the step length

U.K.system display　　　　Metric system display
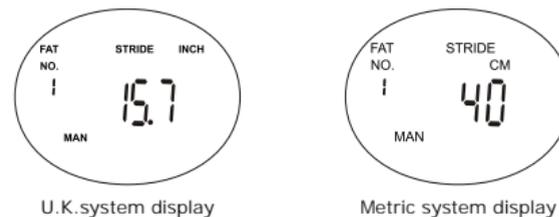
　　Press and hold on SET button for 2 seconds, it enters the weight setting mode. Press SET button again to enter settings for height, age, sex and step length in turn. Press the▲/▼button to adjust upward/downward of the value for corresponding items. Once complete, press SET button to confirm and enter the setting for the next item. Fig. 4,6,7 and 8 show the display for weight, height, age and step length setting respectively. When the value flashes, it is available to adjust the value within the effective value scope. When gender is at an adjustable status as shown in Fig. 7, the word representing the gender flashes. Press the ▲/▼ button to choose between male and female.

C.　After setting step length, press START button to start the test (as shown in Fig.9). In this case, the thumbs should place on the left/right touching panel respectively and apply pressure (note that the fingers should not be too dry). Result will be

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shown after 5 seconds (as shown in Fig.10). Meanwhile, the corresponding shape symbol flashes. Press SET button to return to the fat measurement mode. Use the same method to set the other groups' fat measurement information.

D.　If you have already input the personal information of the fat measurement before, it is available to select the group number to start measurement directly. If there is new user, please select another group for modification, with the steps as stated above.

Fig. 9.
Left picture: Waiting for thumbs to put on the touching panels to apply pressure
Right picture: The measurement is in progress. (0 symbols appear in turn and they will not be shown when the thumbs do not place on both touching panel)
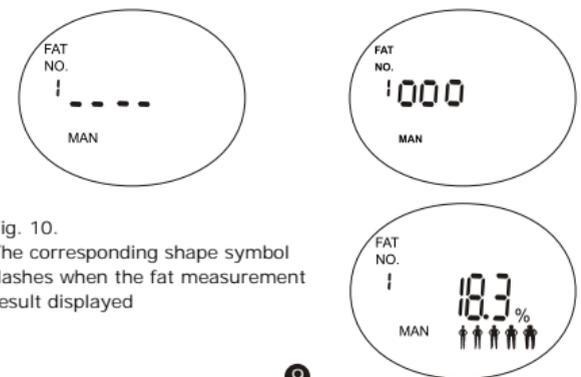

Fig. 10.
The corresponding shape symbol flashes when the fat measurement result displayed

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E. Parameter Scope:
NO. value scope: 1-5 groups
Gender: male/female, default male
Age: 10-99 years old, default 20 years old

Weight scope:
Metric system:10-250KG, default 50KG
Adjust to increase or decrease 0.5Kg by each press
U.K.system: 22-500LB, default 110LB
Adjust to increase or decrease 1LB by each press

Height scope:
Metric system: 90-240 CM, default 165 CM
Adjust to increase or decrease 1CM by each press
U.K.system: 22-95 INCH, default 65 INCH
Adjust to increase or decrease 0.5 INCH by each press

Step Length:
Metric system: 30-180 CM, default 40 CM
Adjust to increase or decrease 1CM by each press
U.K.system: 10-72 INCH, default 15.7 INCH
Adjust to increase or decrease 0.5 INCH by each press

F. Metric system/U.K.system conversion:
　Press MODE for 3 seconds under fat measurement mode.

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3. Step counter mode

A.　Press MODE button to enter step counter mode as shown in Fig. 11. At this time "🚶" symbol appears. Personal NO. and the accumulated steps are displayed. Please note that the personal NO. selection affects the accuracy of calorie and travel distance measured (related with the setting of weight and step length). So, please select the corresponding personal NO. value.

B.　Before starting the step count, please press SET button for 2 seconds to reset the existing record, including the recorded step number, the calorie value and the travel distance.

Fig.11.
Step counter mode picture
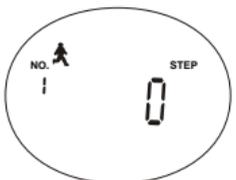
C.　Tie the pedometer to the belt and keep it horizontally as shown in Fig. 12. The step number will be correspondingly increased by 1 while every time you walk one step. The system will compute the travel distance and calorie value according to the weight and the step length of the setting group.

D.　Under the step counter mode, press the ▲/▼ button to check the dissipated calorie value and the distance you walk as shown in Fig. 13 and 14.

Fig.12. Carry method of pedometer

Fig.13.
Check of the dissipated
calorie value
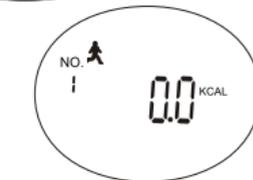
Fig.14. Check of the travel distance

U.K.system display　　　Metric system display
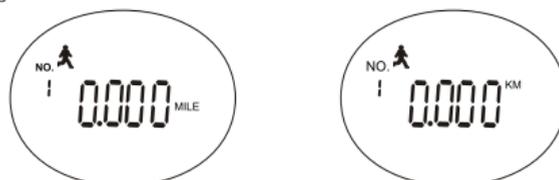
E.　Step counter scope : 0-99999 steps
　　Calorie value scope: 0-9999.9 kcals
　　Travel scope: 0-99.999 kilometers(miles)

Fig.15.
The fat measurement result
displaying an error information
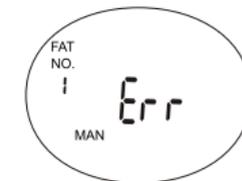
Battery replacement

A.　The system uses a CR2025(3V) battery. Please replace in time when the energy is insufficient.
*　The fingers are too dry, causing a poor contact.
B.　Steps for replacement: Unscrew the battery cover and push outward to dismantle the battery cap. Take out the old battery and insert a new one. Place the battery cover in the battery cover slot, push forward and screw it to complete battery installation.
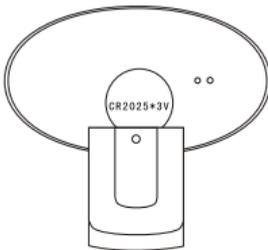
Remarks

A.　In the adjusting process of above values (except for personal NO.), press and hold on UP or DOWN button for 2s will enter fast adjustment status.
B.　Under the fat measurement mode and at any item display status, press and hold on SET button for 2 seconds will enter weight setting mode.
C.　If the fat measurement result displays as the picture in Fig.15, the possible reasons may be:
　*　The measured result exceeds the scope of effective measurement value (the measurement process with the motion picture shown in the right side picture in Fig.9).
　*　After pressing the measurement button START, the fingers have not placed on the correct locations (the measurement process without the motion

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picture shown in the right side picture in Fig.9).
*　During the measurement, the fingers have placed on the start knobs but do not apply a proper pressure , or the pressure is too small, causing a poor contact.
*　The fingers are too dry, causing a poor contact.
D.　The accuracy of pedometer will be affected due to an incorrect carrying of the pedometer.
E.　The data is saved when the power supply on. After replacement of the batteries or cutting off the power, the various setups of the system will restore to the default status.
F.　Please do not use the machine for pregnant women and those have heart beat regulator, cardiac pacemaker or those with device inside the body.
G. When the product does not display or displays abnormally, please press the reset button at the back to adjust (all the setting values will restore to the default ones). If it still doesn't display well, please replace new battery.
H.　Never use chemical or corrosive detergent to clean it.
I.　Avoid submerging it in liquid or place it in extreme hot circumstance.
J.　Avoid severe shaking, falling out or disassembling it.
Note: The metric system and U.K.system conversion function is to meet the mode demand of user, please reset parameter after system conversion.