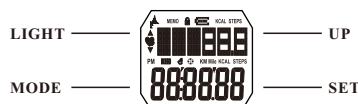




**Pedometer Wrist Watch
PLW-003B
User Manual**



■ Features

1. Normal TIME: Hour, Minute, Second, Day and Weekday; 12/24 hr format. Calendar (Yr 2000-2099).
2. 2-set alarm: Daily alarm & Hourly chime.
3. 1/100 Second Chronograph ranging from 0 to 59H59M59S, with SPL function.
4. Countdown function can be set from 23H59M.
5. Pedometer mode:
 - Smart step for 7 seconds; Three types of pedometer: Total steps/time display mode, Total steps/exercise time display mode and Calories/mileage display mode.
 - User information settings: Metric/imperial, Weight, Step, and G-Sensor sensitivity in 59 sec.
6. 50 days step auto-memory storage function.
7. Heart rate mode: Pulse measuring by finger touch, showing dynamic heart rate from 30 to 200.
8. 3 seconds EL backlight.
9. 30M Water Resistance.

■ Feature Selection

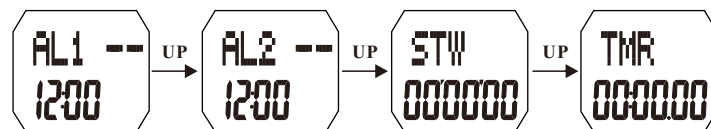
- [MODE]:** Change Function: Time Mode, Step Mode, Step Memory Mode, Heart Rate Mode. Press and hold 2 seconds to enter setting mode. Switch the setting content.
- [SET]:** Press to reduce by one decrement, press and hold for fast adjustment. Press and quickly turn on/off alarm. Press to turn on/pause stopwatch countdown function. Press to check the history record downward.
- [UP]:** Press to increase by one increment, press and hold for fast adjustment; In Time mode, press to change the following mode: AL1, AL2, STOPWATCH, or COUNTDOWN
In Step mode, press to change the following mode: Total steps/time display mode, Total steps/exercise time display mode, or Calories/mileage display mode. Press to check the history record upward. Press and hold to lock/unlock.
- [LIGHT]:** Press to turn on EL light for 4 seconds; Press to turn on/off SPL function; After pause the countdown, press to return to the default value.

■ Operation & Display

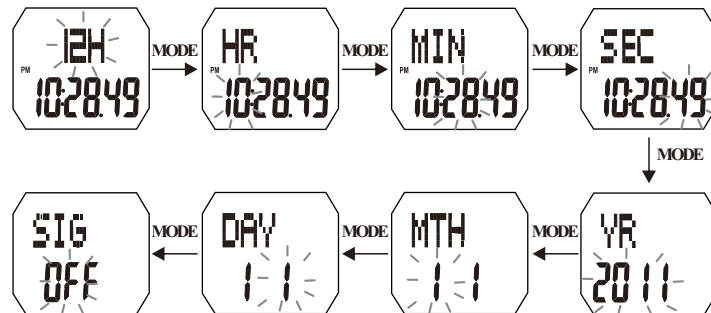
(1) Time/Date Setting



- Press [UP] to switch the following mode: AL1→AL2→STOPWATCH→COUNTDOWN, as shown below:



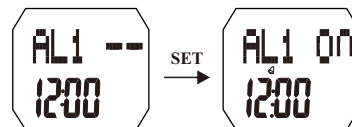
- Press and hold [MODE] 2 seconds to enter the time setting, 12/24 hr flashes.
- Press [MODE] to switch settings content: 12/24 hr format→ hour→ minute→ second→ year→ month→day→ hourly chime on/off→ Exit, as shown below:



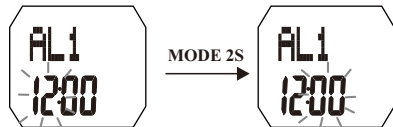
- Press [UP] or [SET] key/button to adjust the setting content upward or downward; press and hold [UP] or [SET] 2 seconds for fast adjustment.
- Adjusted year, month, day, weekday will update automatically.
- In Time mode, if there is no key/button operated for 30 seconds, it will automatically exit setting mode and return the Time display mode.

(2) Alarm

- In Time mode, Press [UP] to enter Alarm mode
- Press [SET] to turn on/off alarm quickly; the alarm icon will display in all modes when alarm is turned on, as shown below:



- Press and hold [MODE] 2 seconds to enter Alarm setting, Press [MODE] to switch the setting content; hour-minute, as shown below:



- Press [UP] or [SET] to adjust the setting content upward or downward; press and hold [UP] or [SET] 2 seconds for fast adjustment.
- When alarm time is reached, the alarm icon will flash and will remind beeping for 1 minute, press any key/button to stop the alarm.
- If there is no key/button operated within 30 seconds, it will automatically exit alarm setting mode and return to the Alarm display mode.
- In the Alarm display mode, if there is no key/button operated, it will not automatically return to the Time display Mode.

Note: When enter the Alarm setting mode, the alarm turns on automatically and displays the alarm icon.

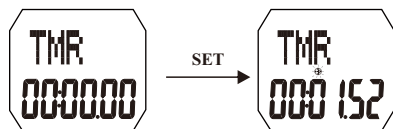
(3) Stopwatch



- Press [UP] to enter to Stopwatch mode, the initial value is 00'00"00
- Press [SET] to start/stop stopwatch, press [LIGHT] to reset when timer is paused.
- During the stopwatch timer, press [LIGHT] to turn on the SPL function, "SPL" will flash on the screen, when stopwatch is running, press [LIGHT] again to return to the stopwatch timer
- After Stopwatch reached the maximum (59H59M59S), non-alarm prompt to restart the stopwatch timer.
- In the Stopwatch display mode, if there is no key/button operated, it will not automatically return to the Time display Mode.

Note: After turn on the SPL function, if switch to other functions mode, it will automatically cancel SPL function, stopwatch will continue to run.

(4) Countdown Timer



- Press [UP] to switch to the Countdown mode, the initial value:00:00.00
- Press and hold [MODE] 2 seconds to set the countdown timer, press [MODE] to switch settings content: Hour→ Minute, as shown below:



Exit timer setting

- Press [UP] or [SET] key to adjust the setting content upward or downward; press and hold [UP] or [SET] 2 seconds for fast adjustment.
- When the value is 0, the countdown will not start. The value needs to be greater than zero for the countdown to operate. Press [SET] to start/stop the countdown.
- When the countdown is paused, press [LIGHT] to return to countdown settings.
- After the countdown starts, the countdown icon will be blinking in all modes; When the countdown stops, the countdown icon will disappear.
- When countdown reach to 00:00.00; the countdown icon will disappear and alarm remind in 1-minute beep, press any key to stop the alarm.
- When the alarm stops, it will display the countdown setting value.
- When the alarm time and the countdown reached at the same time, it will only prompt countdown.
- In the countdown setting, if there is no key/button operated for 30 seconds, it will automatically exit the setting and return the countdown mode.
- In the countdown mode, if there is no key/button operated, it will not automatically return to Time display mode.

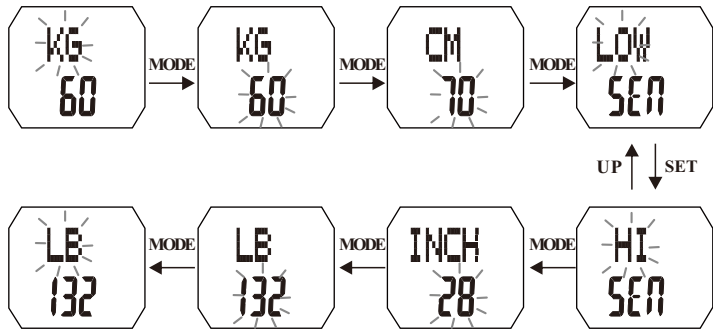
Note: Enter the countdown setting, the countdown will set to 0 automatically.

(5) Pedometer Mode

- Press [MODE] to switch to the Pedometer mode, step number will display 0.
- Press [UP] to switch the display: Total steps/time mode→ Total steps/exercise time mode→ Calories/distance mode, as shown below:



- Total steps/time mode: Step and time display on the screen simultaneously. The steps display at the upper of LCD screen, the time display at the bottom of LCD screen; Max step number 999999 steps.
- Total steps/exercise time mode: Total steps and exercise time display in the screen simultaneously, the steps display at the upper of LCD screen, the exercise time display at the bottom of LCD screen, maximum steps: 999999 steps, maximum time: 23 hours 59 minutes 59 seconds.
- Calories/distance mode: calories and mileage display on the screen simultaneously, the calories display at the upper of LCD screen, the distance display at the bottom of LCD screen, maximum value: 99999.9 kcal, maximum distance 9999.99 KM or 9999.99 miles (calories display with one-digit decimal, distance display with two-digits decimal).
- In the total steps/time mode or total steps/exercise time mode, press and hold [MODE] for 2 seconds to enter setup or check with the user information state. The default setting (Metric) flashes.
- In the user information setting state, press [MODE] to switch settings content: metric/imperial→ weight → step distance → G-Sensor sensitivity, as shown below:



- Metric or imperial: the default setting is metric, press [UP] or [SET] to switch the selected metric/imperial.
- System setting content, the weight and step distance restore the default value automatically.
- Weight setting: the default value is 60KG (132LB), adjustable range: 30-200 KG/ 66-440LB.
- Step distance setting: the default step distance value is 70CM (28INCH), adjustable range:30-150CM/12-59INCH.
- Press [UP] or [SET] key to adjust the setting content upward or downward; press and hold [UP] or [SET] 2 seconds for fast adjustment.
- G-Sensor Sensitivity: the default value is LOW, the sensitivity level for choice: LOW, MIDDLE, or HI. In the steps/time mode, press [LIGHT] 2 seconds, "ERASE" will flash and prompt whether clear all data; Then press [LIGHT], the steps number, calories, distance value will reset automatically, as shown below:



In the pedometer mode, if no key/button is operated for 30 seconds, it will be auto-return to the Pedometer display mode.

In the user information setting mode, if there is no key/button operated for 28 seconds, it will automatically exit the setting mode.

In the steps reset mode, if there is no key/button operated for 4 seconds or pressed (except the LIGHT button), it will automatically exit the steps reset mode and return to step display mode.

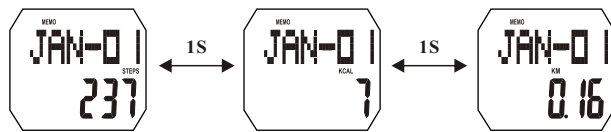
Note: In the three types step mode, all can count steps.

(6) Step Memory Storage Mode



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- Press [MODE] to switch to the Step memory storage mode, the default value: 00.
- The date of the historical record display at the upper of LCD screen, the steps, calories and distance of the historical record display at the bottom of LCD screen and will automatically switch display every one second (calories will not show decimal, the mileage will display 2 digit decimal) as shown below:



- Press [UP] or [SET] to view the historical records upward or downward.
- Press and hold [LIGHT] button for 2 seconds, "ERASE" will flash and prompt whether clear all the recorded data, press [LIGHT] will auto clear record of historical exercise, as shown below:



- When the memory is cleared, if there is no key/button operated or pressed for 4 seconds (except the LIGHT button), it will automatically exit Clear History exercise record, return to step memory storage mode.
- If there is no key/button operated for 30 seconds, it will auto exit the step memory storage mode and return to the time display mode.

(7) Heart Rate Mode



- Press [MODE] to enter the Heart rate mode. It will display "PULSE" words with heart-shaped symbol.
- When heart beat signal is detected, the heart-shaped symbol began to beat, heart rate value will display and updated in real time simultaneously.



In the heart rate mode, if no heart rate is detected for 18 seconds, automatic returns to normal time mode

ATTENTION:

Both fingers have to cover the metal sensor as much as possible. Keep the pressure evenly. In cold or dry weather, rub fingers before measuring pulse.

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REMARKS:

This device is not for medical purpose. Kindly consult your doctor if needed. Avoid using this device in strong static, sonic or electric affected environments.

(8) Mode Protection

- In Watch mode or Pedometer mode, press [UP] for 2 seconds to lock the [MODE] button from switching to other modes. It will also prevent false triggering in the watch mode to the pedometer mode for saving power.
- Mode protection will help avoid the user exiting from the pedometer mode, which leads to steps counting failure.

Note: When the lock function is operated, it will to display "🔒" icon.

(9) Battery Replacement

When the display becomes dim or the heart beat counter stops working, please replace the battery with CR2032 or equivalent type.

IMPORTANT! Your satisfaction is very important to us, PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US: support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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尺寸：A4 大小 折4下, 80g书写纸

材质：80.0 g书写纸,双面打印

工程编号：No.50158

设计：

审核：

批准：

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