NOTE: The special LCD Display activates only after a series of five or more steps.
Readout in STEPS mode will display "0" until the fifth step. Then it will display "5", "6", "7", etc.

Upper display

with AUTO FILTER SENSOR
MILE 4.352
3.52 speed

DIS/spd
• DIS/cal
DIS/clk
• DIS/tmr
STP/spd

RESET   SET   SCAN   DAY/TL   MODE/Y

Lower display

A. RESET

B. SET

C. SCAN

D. DAY/TOTAL

E. MODE/YARDS

IMPORTANT: For unit to function properly, you must input your (1) stride length and (2) weight!

IMPORTANT: When mounted, the unit must be **horizontal** for accuracy.

To preserve battery life, LCD screen will blank-out after a period of inactivity.

TrekLINQ™ Instructions for Use

ATTACHING THE PEDOMETER

1. Carefully clip the instrument to the top of your shorts, pants, or to your belt, in a line directly above the knee, on your right side.
2. Caution: With rough handling, clip may break. Attach & remove gently. Don't attach to material thicker than .10" (2.5mm). In extremely cold weather, warm pedometer before attaching. Warranty does not cover clip breakage.
3. To record properly, the lid must be closed while exercising. Open lid to monitor results, then reclose it.

OPENING THE PEDOMETER

1. First, carefully mount on waist. Do not over stretch clip. With thumb covering the word "OPEN", grasp hinged case at top and bottom and pull firmly down with thumb. 2. Remove thin, clear, protective overlay from window of LCD.

SETTING THE MEASUREMENT SYSTEM (Miles or Kilometers)

1. Decide if you want your readings in MILES or KILOMETERS. Then press the [MODE/Y] button (E) so the upper display shows either "MILE" or "KM" (visible in any mode except STEP Mode).

2. To change one system to the other, press the RESET button (A) and HOLD DOWN for six seconds. Display will change to MILES or KM as desired. All previously set readings will be reset to 0.

INPUTTING YOUR STRIDE LENGTH (Range is 1.0 to 7.0 feet or 30 to 215 cm)

1. Measure a short distance in feet or centimeters. Then walk or run that distance, counting the number of steps taken. Simply divide the distance by the number of steps taken. This will tell you your stride length. For example: distance = 35 feet, number of steps taken = 12, stride length = 2.9 feet.

2. Press the [MODE/Y] button (E) repeatedly until either "MILE / speed" or "KM / speed" displays.

3. Press the [SET] button (B). The display will show the previous stride length in Feet or Centimeters.

4. Press [SET] button **repeatedly** to increase stride length by 0.05 feet or 1 centimeter per each press. Or press [RESET] repeatedly to **decrease** stride length.

5. Once you have set your stride length, pause 4 seconds. The display will then automatically return to the DISTANCE/speed mode.

INPUTTING YOUR WEIGHT (Range is 60 to 300 pounds or 30 to 135 kg)

1. Using a scale, determine your weight in pounds or kilograms, without clothing.
2. Press the [MODE] button (E) repeatedly until either "MILE / kcal" or "KM / kcal" displays.
3. Press the [SET] button (B). The lower display will show the previous weight in pounds ("L") or kilograms ("kg").
4. Press [SET] button repeatedly to **increase** weight by 1 pound or one kilogram. Press [RESET] repeatedly to **decrease** weight.
5. Once you have set your weight, pause 4 seconds. The display will then automatically return to the DISTANCE/calorie mode.

SETTING the CLOCK to CURRENT TIME

1. Press the [MODE] button (E) repeatedly until either "MILE"/time-of-day or "KM"/time-of-day displays.
2. Press the [SET] button (B). The lower display will show time to be adjusted.
3. Press the [RESET] button (A) repeatedly to correctly set HOUR reading. NOTE: Display will show "A" (AM Hour) or "P" (PM).
4. Press the [SET] button (B) repeatedly to correctly set "MINUTE" reading.
5. When the clock is correctly set, pause 4 seconds. The display will then automatically return to the DISTANCE/clock mode.

RANDOM MOVEMENT FILTER

To filter out random movements, the unit remains in standby mode until five (5) contiguous steps are registered. Only then are 5 steps calculated in, and a small Active Status arrow (▲) appears on the display. For example, if you take only four steps, zero will display. If you quickly take another step, then "5" will display. If screen if blank, it will remain blank until 5 steps are taken.

USING THE SCANNING MODE To see a rolling, 4-second display of all modes, press [SCAN] button once. To stop scan, press again.

IT'S EASY TO READ THE FIVE DUAL DISPLAYS (Upper and Lower)

Press the [MODE/Y] button (E) repeatedly to cycle through all five dual display readings:
1. **DIS/spd** Upper reading shows distance traveled up to 99 miles or 99 km. Lower reading shows average speed (MPH or KM/Hr).
2. **DIS/cal** Upper reading shows distance traveled to 99 mi. or 99 km. Lower reading shows kcalories burned during exercise session.
3. **DIS/clk** Upper reading shows distance traveled. Lower reading shows time of day.
4. **DIS/tmr** Upper reading shows distance traveled. Lower reading shows amount of time used for current walk or run, up to 100 hours.
5. **STEP/spd** Upper reading shows number of steps taken, to 99,999 steps. Lower reading shows average **steps-per-minute** taken.

AUTOMATIC DAILY RESET to Zero (TrekLINQ automatically resets DAILY data–but not TOTAL data–to Zero at 2:00 a.m. each day.)
1. Usually it's desirable to keep TrekLINQ in the normal DAILY mode (showing current day's results), rather than in the TOTAL mode.
2. If for any reason you want to reset the Daily data without waiting for automatic reset, press and hold the [RESET] button for 2 seconds.
NOTE: Before you zero-out Daily data, make sure the word "TOTAL" is **not** displayed at the top of the LCD. Otherwise TOTAL data zeroes out.

USING the TOTAL MODE

1. This mode stores and displays multiple days' cumulative data. Handy for tracking weekly or monthly totals, multi-day hikes, etc.
2. In any mode, push [DAY/TL] button (D): When the word "TOTAL" appears, the display shows GRAND TOTAL data for that exercise mode (cumulative amount of exercise totals since the last TOTAL reset. If the word "TOTAL" is not visible, display shows Daily data since the last Automatic Daily Reset to zero.
3. To return to Daily mode from TOTAL mode, just push [DAY/TL] button again. The word "TOTAL" will disappear.

"SMART" EXERCISE TIMER has automatic ON/OFF: When you start or stop hiking/running/walking, the exercise timer also starts or stops automatically. As the timer stops, the Active Status arrow (▲) disappears. This way, the timer calculates true exercise only, not inactive or rest times.

REPLACING THE BATTERY

1. Near the unit's hinge, insert a small coin into the slot, and twist to open.
2. Remove the battery and replace with a fresh one of the same type, #LR44 or equivalent.
(NOTE: "+" side of battery should face user upon its insertion.)

"YARDS" MODE (for short distances–up to 999 yards)
1. To show Yards instead of Miles or Kilometers, hold down [MODE/Y] button (E) for three seconds.
2. To change back to Miles or Kilometers, hold [MODE/Y] button down again for three seconds.
3. Useful for golfers, to measure distance of drives, e.g.

SUN
Your kind of Innovation...

IMPORTANT:
For accuracy, pedometer must be positioned on waist so it is VERTICAL, top-to-bottom.

Vertical

NTIU-0404