



Instruction for model STEP COUNTER (Silver / Blue) Art.no. 15-FSTEP 1203E

The Brunton Step Counter is designed to count the number of steps taken.

Reset the Step Counter

Press and hold any of the two buttons for a second and the counter is reset.

General about Pedometers

To register every step the pedometer uses a built-in pendulum. This pendulum is moving and will make a muffled clicking sound during movement. This is completely normal and is required to make the product work properly.

Attaching the Pedometer

The ideal place is to attach it on the top of the trousers or on a belt close to the hip. For best functionality it shall be placed vertically i.e. not tilting.



Instruction for model DELUXE PEDOMETER (Silver / Grey) Art.no. 15-FPED 1204B

This model is developed to count the number of steps taken, show distance, calculate consumed calories and show time spent exercising. To be able to show distance and calculate calories the stride length and body weight has to be entered.

Set the stride length

The easiest way to find the stride length is to walk for example 10 steps and then measure that distance. Divide the distance by 10 to find the stride length.

Press MODE so the text MIL (for miles) appears in the display.

Press SET and the current stride length starts flashing. Press SET repeatedly to increase the stride length to the wished value (increases by 0.1ft per press, or 1 cm if KM is selected) and then release SET. After a few seconds the Pedometer will return to the distance function and the new stride length is set.

Set the body weight

Press MODE repeatedly until CAL is shown in the display.

Now press SET and the current body weight starts flashing.

Press SET repeatedly to increase the body weight to the wished value (increases by 10 lb per press, or 5 kg if KM is selected) and then release SET. After a few seconds the Pedometer will return to the calorie function and the new body weight is set.

Show number of steps

Press MODE until the text "STEP" is shown in the display.

Show distance

Press MODE until the text "MIL" (or KM if KM is selected) is shown in the display.

Show consumed calories

Press MODE until the text "CAL" is shown in the display.

Show time spent walking or running

Press MODE until the text "TMR" is shown in the display.

The timer is automatic and starts when starting walking/jogging and stops when stopping.

Reset the Pedometer

Press and hold MODE and SET buttons simultaneously for a second and the counter is reset.

Change of distance-, and weight unit

The Pedometer default setting is mile (and ft for stride length). This can be changed to km/cm and kg:

Press and hold MODE and SET buttons simultaneously for 5 seconds. The display will now show KM instead of MIL and kg instead of lb in the body weight setting.

Repeat to change back.

Filter function

The Pedometer has a function that prevents accidental registration of steps when standing still or at short accidental movements that is not part of the walk/jog. For correct step counting 6 steps in a row must be taken without a stop.

Battery Replacement

1. Change battery when the display dims. Use a very small phillips screwdriver to open the rear case.
2. Using a ball point pen or similar tool, push the battery toward the top of the step counter to remove it from the slot. Ensure that the replacement battery is put in the same way, with the "+" side facing up. Replacement battery is type L1142. Battery life is approx. 1 year.
3. Press "MODE" and "SET" key to reset the pedometer.

Other useful information

The Step Counter is not waterproof or shockproof, so handle it as a precision instrument.

Warranty

1 year warranty against manufacturing faults. The warranty does not apply to modifications, normal wear and tear or abuse. The Battery is not covered by this warranty.