FRONT

ACCUSPLIT. EAGLE
AE120XLGM
CERTIFIED ACCURATE PEDOMETER
**Featuring Trip & Total Memories
for Steps and Activity Time.**

Operating Instructions

Congratulations on taking the first step to wellness
with your purchase of an ACCUSPLIT
Certified Accurate Pedometer.
Just put the pedometer on and start walking!

ACCUSPLIT®
STOPWATCHES and PEDOMETERS
It's all about performance…Yours.ˢᴹ Since 1972

ACCUSPLIT, Inc.
1262 Quarry Lane, Suite B
Pleasanton, CA 94566
800-935-1996 • 925-290-1900 • FAX 925-290-1930
www.ACCUSPLIT.com • support@ACCUSPLIT.com

*Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle*

INST REV
081419

FUNCTIONS
• STEP Counter to 99,999 then rollover.
• GOAL Tracking (defaults to 3500 steps, settable from 0=OFF to 99,990 steps, in 100 step increments).
• Automatic Activity Timer for Step Activity, up to 999 Min 59 sec, then rollover.
• GOAL Tracking (defaults to 30 minutes, settable from 0=OFF to 999 min, in 1 minute increments).
• Adjustable Step Filter (defaults to 1 step, settable from 0-5 steps) to increase step count accuracy.
• TRIP & TOTAL MEMORIES stores results and are independently resettable, TOTAL STEPs to 10 million and TOTAL TIME to 100,000 Hours.
• GOAL Tracking shown as % of Goal in 5% increments by bars at the bottom of the display.

FEATURES
• Built around the Kato-designed JW200 PedometerEngine™ Step Sensor, the current gold standard for accuracy.
• Extra Large Digits.
• The ACCUSPLIT exclusive case makes this the slimmest available pedometer built around the JW200 Step Sensor.
• Chromed, Spring Steel clip resists breakage.
• Case includes two leash slots, for attaching safety leash on either side. Made from tough polycarbonate plastic.
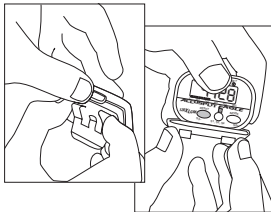
WEARING YOUR PEDOMETER
Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee, nearest to a hip bone. The strong steel clip makes it easy.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

yes

no
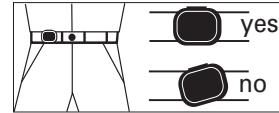
HOW TO OPEN YOUR PEDOMETER
The cover must be closed for the pedometer to work.

ACTIVATING THE BATTERY PROPERLY
To properly activate the battery system
1) remove any plastic tab "interrupting" the battery, if that has not been done, then
2) perform a "3-button POWER RESET" by using the 3-button side of the enclosed, plastic tool or your fingers to simultaneously Push and Hold all 3 buttons until the display goes blank, then release. All segments will be displayed for a second and then "0".

VIEWING YOUR STEP AND ACTIVITY RESULTS
Once you put on your pedometer with the cover closed, it will automatically begin to record your steps and activity time. Repeatedly Press the MODE button to cycle through the pedometer modes:
STEPS → ACTIVITY TIME → STEPS
Note: For extra accuracy, the default Step Filter Setting is 1.

GETTING ACQUAINTED
Press the MODE button to cycle through the display modes:
• STEP: shows step count.
• TIME: AUTO ACTIVITY TIMER shows cumulative activity time. Both of the above also display progress towards user-defined goal as 5% bars across the bottom of the display.

RESETTING YOUR RESULTS
Resetting all TRIP Memories
Most people prefer to reset counts daily. To reset your regular counts (Trip Memories): From STEP or TIME mode, press and hold the yellow RESET button for at least 2 seconds. You'll see the values all go back to zero. The TOTAL memories are not changed.

Resetting all TOTAL and TRIP Memories
To reset your TOTAL Memories (which always resets TRIP Memories), press Ⓜ button for Total Memory Recall Mode. then, Press and hold the yellow RESET button for at least 2 seconds to clear ALL TOTAL and TRIP memories.

Your pedometer is preset with standardized settings that allow you to use it now! You can customize the settings later.

CHOOSING STEP AND TIME GOALS
This unit can store your personal goals for steps and activity time during step activity. The default values are 3,500 steps and 30 minutes of activity time. Choose goals to fit your current activity level.

GOAL TRACKING
When viewing Steps or Activity TIME, you will see the results in the display, and also the percentage progress towards your Goal on the bottom of the display, shown as a series of 20 small bars appearing on the bottom of the display, with each bar representing 5% of the total.

TOTAL vs. TRIP MEMORIES
The TRIP memories are displayed in normal operating mode, and can be reset whenever you want, just like the Trip odometer on cars.

The TOTAL Memories keep track of your progress over a long period of time. You may wish to reset your total memories once per week, per month, per year, or never! It can be fun to see how many steps or how much distance you walk in a long period of time.

As steps are taken, the pedometer increases the step count for both Trip and Total memories simultaneously. Activity Time is counted automatically whenever steps are being counted.

Press the MEMORY button ("M") to display TOTAL memories. The "T" icon for "TOTAL" disappears when displaying TRIP memory values. In Total Step Memory, the unit displays Steps ÷ 1,000, so that up to 10,000,000 steps is shown as 9999.9. Activity Time is displayed in Hours, up to 100,000 as 99999.
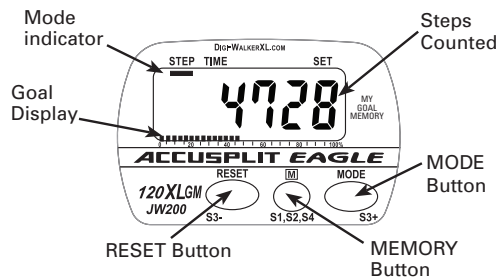
SETTING PROCEDURE
ACCUSPLIT products use a common setting procedure known as "S1- S2-S3-S4." Here's how it works:
  Press S1 for 2 seconds: Enter the SET mode
  Press S2: Change the field to be set
  Press S3: Change the field value
  Press S4 for 2 seconds: Exit the SET mode
You can enter and exit Set mode from any of the regular display screens. Once in Set mode, you can cycle through all of these settings by Pressing S2 repeatedly:
Set Step Goal → Set Activity Time Goal → Set Step Goal
We recommend that you adjust the settings all at once, using the procedure below.

For comprehensive instructions including instructional videos, registration, warranty details, go to www.accusplit.com/support or scan QR code.
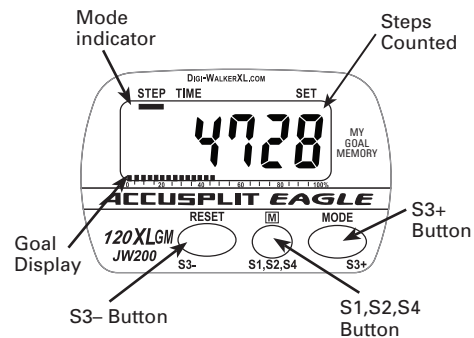
Entering set mode and setting Step Goal
1. Repeatedly Press the MODE button until the pedometer displays the current step count. (The display will show a line underneath the word "STEP" on the label.)
2. Press and Hold the S1 button for 2 seconds. The step count display will start to flash, showing that you've entered SET mode. You'll also notice the "G" indicator has come on, indicating that you are ready to set your Step Goal.
3. Press the S3+ button to increase the Step Goal value. Press the S3– button to decrease the Step Goal. Hold the buttons down to change values quickly.
4. Press the S2 button to select the next setting (adjust the Activity Time Goal).

Setting Activity Time Goal
1. After Pressing S2, you will see the indicator bar shift to be underneath "TIME" on the label. The "G" indicator will be on. The display will show a flashing time, which is your Activity Time Goal.
2. Press the S3+ button to increase the Activity Time Goal, Press the S3– button to decrease the Activity Time Goal. Hold the buttons down to change values quickly.
Note: If you need to go back and change some of the values, simply Press S2 to cycle through all of the settings until you see the one you want to change.

Exiting Set Mode
Press and Hold the S4 button for 2 seconds. The unit will exit setting mode – no values will be flashing anymore.
Note: The unit will save any changes and exit set mode after 30 seconds unattended.

CHANGING STEP FILTER SETTING
While the JW200 PedometerEngine™ Step Sensor is the benchmark for accuracy, some people like to have the ability to fine tune a filter. Therefore, the unit has a variable setting step filter, to allow fine-tuning to your specific preferences. You can set the value to any value from 0–5 steps. For example, if the filter is set to "3", the unit will wait to start counting steps until more than three steps have been taken in less than five seconds.

Press and Hold S1 for over 4 seconds to Enter the Deep SET Mode. The display will show a flashing step filter value between 0 and 5.
Press S3+ or S3– to change the step filter setting.
Press and Hold S4 for 2 seconds to exit Deep Set Mode.
Note: The unit will save any changes and exit set mode after 30 seconds unattended.

148 mm x 210 mm