



ACCUSPLIT AX2720 Accelerometer Pedometer

INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT Accelerometer pedometer.

It's easy to set up your new pedometer. Just follow the steps below, and start walking!

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. The strong polycarbonate clip makes it easy.

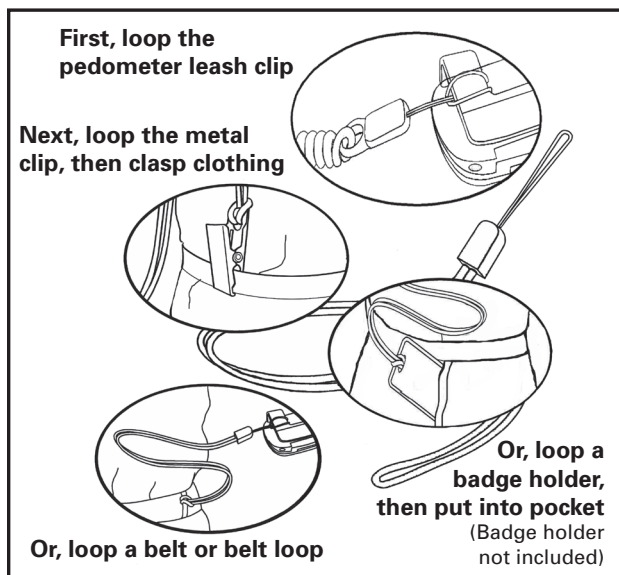
Note: Your accelerometer pedometer no longer needs to be as vertical as possible.

The cover should be closed to minimize objects hitting your pedometer. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

ATTACHING THE LEASH

Attach the pedometer to the leash by looping the leash through the pedometer clip. Next, loop the leash through the metal clip, then clasp the waistband of your clothing with the pedometer belt clip.

Note: You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.



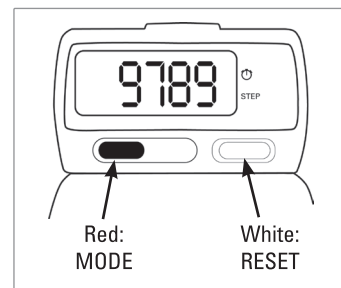
POWER UP and DISPLAY ON

Power UP the display, initially, from its battery saving, factory set, "hibernate mode", by pressing a button for a second, until you see the display digits, then release the button.

Turn ON the display, from its battery saving "sleep mode" (which it enters after 5 minutes of no STEP counting) by moving your pedometer.

DISPLAY MODES

- STEP: STEP mode shows your step count since last reset, up to 100,000 steps.
- ⌚: ACTIVITY TIMER MODE shows total activity time in Hours, Minutes and Seconds, since last reset, up to 10 Hours. The timer runs automatically whenever steps are being recorded.



VIEWING YOUR 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 red MODE button to cycle through the pedometer modes:

STEP → ACTIVITY TIMER → STEP

4-Second STEP DELAY FILTER

ACCUSPLIT has added a "4-second step delay filter" to reduce the counting of "false steps". When beginning walking, the display will not show any "tallying of new steps," until after 4 seconds of walking. Then, all the STEPS will be added to the display and new STEPS continue to be counted and displayed.

RESETTING YOUR PEDOMETER

Most people prefer to reset step counts daily. To reset: press and hold the white RESET button for at least 2 seconds.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type L1142 (LR43) 1.5 volt battery.

To replace:

1. Insert a finger nail under the top right edge of the battery door to lift the door open and out of its slot.
2. Using a small "eye glasses" style screw driver, remove the holding screw.
3. Remove the old battery and insert the new battery, + side up.
4. Replace the holding screw.
5. Carefully replace the battery door, first inserting the tab into its slot, then carefully pushing the cover down until it snaps shut at the top edge.

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