

ACCUSPLIT AX2790 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!



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

182-1603

FUNCTIONS

- Accurate Step Count at every angle of Tilt!
- Automatic Activity Timer for Step Activity, up to 100 Hours to One Second
- Adjustable Moderate AND Vigorous Pace (70-140, with default settings of 110 steps per minute and 140 SPM)
- 34 Memories for STEP, Moderate & Vigorous Activity Time, Moderate Activity Time, Vigorous Activity Time, All Activity Time.
- 5 second Display Accuracy Filter prevents recording false steps
- 2 new features help keep power consumption low:
Hibernate Mode: From factory to user
Sleep Mode: After 5 minutes of no activity
- Distance and Calorie computations on new tracking web site

FEATURES

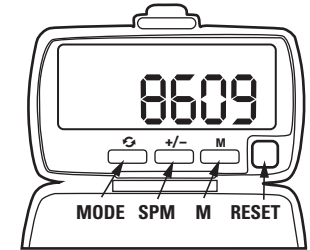
- AX2790 Our New low power accelerometer with PedometerEngine™TW20
- Certified Accurate
- Ultra Thin case
- Over 3 year battery power-an unheard of feature in pedometers with accelerometer sensors
- Magnum display digits for easy viewing
- ACCUSPLIT's 5-Year Dual, No Proof and Proof of Purchase Limited Warranty

POWER UP and DISPLAY ON

Power UP the display, initially, from its battery saving, factory set, "hibernate mode", by pressing a button for 2 seconds, 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 count mode shows your STEP count since last RESET, up to 1,000,000 STEPS.
- Activity TIMER MODES show accumulated Activity TIME in Hours, Minutes and Seconds since last RESET, up to 100 Hours. The timers run automatically whenever STEPs are being recorded.



ACTIVITY TIME Adjustment - Steps Per Minute (SPM)

- MV TIMER MODE: Moderate AND Vigorous Activity Time is tallied here. To adjust the Moderate Steps Per Minute (SPM) Pace, hold down SPM Button until digits stop flashing, then release and push again to select the desired setting.
- M TIMER MODE: Only Moderate Activity Time is displayed here. To adjust the Moderate Steps Per Minute (SPM) Pace, hold down SPM Button until digits stop flashing, then release and push again to select the desired setting.
- V TIMER MODE: Only Vigorous Activity Time is displayed here. To adjust the Vigorous Steps Per Minute (SPM) Pace, hold down SPM Button until digits stop flashing, then release and push again to select the desired setting.
- T TIMER MODE: TOTAL Activity Time is displayed here.

DISTANCE & CALORIE COMPUTATIONS

The computations of Distance and Calories can be done at the tracking web site, WALKING10000.org, when the STEP & ACTIVITY TIMES are tallied.

REVIEW MEMORIES

While viewing any data, push the MEMORY Button to review 34 memories from 0 to 33. After a few seconds of inactivity the display returns to today's memory.

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 MODE button to cycle through the pedometer modes:

STEP → MV ACTIVITY TIMER → M ACTIVITY TIMER → V ACTIVITY TIMER → T ACTIVITY TIMER → STEP

5-Second STEP DELAY FILTER

ACCUSPLIT has added a "5-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 5 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 CR2032 3 volt battery. To replace:

1. Insert a coin between the cover and the hinge and pop cover off.
2. Remove the old battery and insert the new battery, + side up.
3. Carefully replace the battery door, hooking tabs at top, then carefully pushing the cover down until it snaps shut at the bottom edge.

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 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.

