

Your TIMEX Pedometer will track Steps and Distance during your workout – whether you're walking, jogging or running!

Please read instructions carefully to understand how to operate your Timex pedometer.

Visit [www.timex.com](http://www.timex.com) for more state-of-the-art TIMEX technology to help you reach your fitness goals and maintain your healthy lifestyle.



## HOW TO WEAR YOUR PEDOMETER

- Your pedometer features a flip-down case design (See Figure A) that allows you to view your workout data or press function buttons with the pedometer still attached to your waistband.

**NOTE:** Make sure to close the case before exercising to allow the pedometer to function properly. (See Figure A)

- Squeeze open the spring-clip on the back of the pedometer. (See Figure B)
- Place it completely onto your belt (See Figure C) or waistband as close to your hip bone as possible and release the spring-clip to attach the pedometer.
- Be sure the pedometer remains firmly attached during your exercise. (See Figure D)



Figure A



Figure B

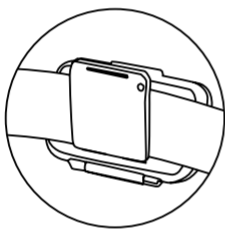


Figure C



Figure D

## HOW TO COUNT YOUR STEPS

- Press the MODE button until the arrow ( ► ) points to the STEPS label. If the display does not show 00000, press RESET to clear the old data.
- Wear your pedometer according to the directions above.
- Begin your activity, your Steps will be counted up to 99,999.

## HOW TO TRACK YOUR DISTANCE

- Press the MODE button until MILE or KM appears next to the Distance label. Press RESET to clear any old data.
- Your pedometer can track Distance in Miles or Kilometers. To change between miles and kilometers, press and hold the MODE button for 5 seconds until the LCD flashes once.  
**NOTE:** Changing between miles and kilometers, will change the displayed mode and clear all of your pedometer's data and settings.
- In order to use the Distance mode, you will need to measure your Stride Length. Refer to those directions below.
- To set (or confirm) your Stride Length, press SET and that value will flash in FT (or cm).  
**NOTE:** The display will stop flashing if no button is pressed within 5 seconds.
- Press RESET to increment the displayed Stride Length value, and press SET when done to return to the Distance mode display.
- Wear your pedometer according to the directions above.
- Begin your activity, and your Distance will be counted up to 999.99 Miles (or Kilometers).

## HOW TO MEASURE YOUR STRIDE LENGTH

- Find an area where you can walk ten (10) steps in a straight line.
- Mark the starting point and place your foot behind the line.
- Take ten (10) steps or strides copying what is normal for the activity you are doing.
- Mark a line in front of your foot where your last step ends.
- Measure the distance between the two marks in feet (or centimeters).
- Divide this distance by ten (10) to determine your normal stride length.

## HOW TO COUNT THE CALORIES YOU BURN

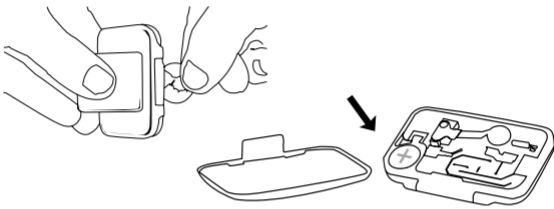
- Press the **MODE** button until the arrow ( ▶ ) points to the **CALORIES** label. If the display does not show 00000, press **RESET** to clear the old data.
- In order to use the Calories function, you will need to input your Weight in Pounds (LB) or Kilograms (Kg).  
The Unit of Measure for Weight (English or Metric) is the same as set for Stride Length – Miles  $\cong$  Pounds (or Kilometers  $\cong$  Kilograms).  
**NOTE:** Changing your Unit of Measure will change the displayed mode and clear all of your pedometer's data and settings.
- To set (or confirm) your Weight, press **SET** and that value will flash in LB (or Kg).  
**NOTE:** The display will stop flashing if no button is pressed within 5 seconds.
- Press **RESET** to increment the displayed Weight value, and press **SET** when done to return to the Calories mode display.
- Wear your pedometer according to the directions above.
- Begin your activity, and your Calories Burned will be counted up to 999.99 calories.
- In the calorie readout the decimal place will shift as the total calories go through the 1,000 and 10,000 marks. The readout will be shown as follows: 0.00  $\cong$  999.99 – 1000.0  $\cong$  9999.9 – 10000  $\cong$  99999

## HOW TO CHANGE THE BATTERY

The display will begin to dim as the battery runs down. Change the battery as soon as you notice the display quality declining. Your pedometer uses a SR54 or 389 (or equivalent) battery available at many electronics stores.

- Use a coin to unscrew (open) the battery cover. See diagram below.
- Remove the dead battery and replace with the new one.  
Be sure "+" is facing up and the battery is seated firmly in the well.
- Screw back on the battery cover and make sure it is fully closed.
- Dispose of the old battery.

**NOTE:** Replacing the battery clears all your pedometer's data and settings. You will need to re-input your Stride length.



**DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE.  
KEEP LOOSE BATTERIES AWAY FROM CHILDREN.**

## TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY)

Your TIMEX pedometer is warranted against manufacturing defects by Timex Corporation for a period of ONE YEAR from the original date of purchase. Timex and its worldwide affiliates will honor this international warranty.

Please note that Timex may, at its option, repair your pedometer by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT – PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR PEDOMETER:**

1. after the warranty period expires;
2. if the pedometer was not originally purchased from an authorized Timex retailer;
3. from repair services not performed by Timex;
4. from accidents, tampering or abuse; and
5. lens, belt clip, case, attachments or battery. Timex may charge you for replacing any of these parts.

**THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL INCIDENTAL OR CONSEQUENTIAL DAMAGES.**

Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

To obtain warranty service, please return your pedometer to Timex, one of its affiliates or the Timex retailer where the pedometer was purchased, together with a completed original Repair Coupon or, in the U.S. and Canada only, the completed original Repair Coupon or a written statement identifying your name, address, telephone number and date and place of purchase. Please include the following with your pedometer to cover postage and handling (this is not a repair charge); a US\$7.00 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK £2.50 cheque or money order in the U.K. In other countries Timex will charge you for postage and handling. **NEVER INCLUDE ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.**

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call +43 662 88 92130. For the Middle East and Africa, call 971-4-310850. For other area, please contact your local Timex retailer or Timex distributor for warranty information. ©2004 Timex Corporation. TIMEX is a registered trademark of Timex Corporation in the US and other countries.

### TIMEX INTERNATIONAL WARRANTY - REPAIR COUPON

**Original Purchase Date:** \_\_\_\_\_  
(Attach copy of sales receipt, if available)

**Purchased by:** \_\_\_\_\_  
(Name, address and telephone number)

**Place of purchase:** \_\_\_\_\_  
(Name and address)

**Reason for return:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**THIS IS YOUR REPAIR COUPON. PLEASE KEEP IT IN A SECURE PLACE.**