

DW 1A, DW 2A STOPWATCH OPERATING INSTRUCTIONS

FEATURES

- PC105M2,E18M2 with STEP and DISTANCE functions
- PC105M4,E18M4 with STOPWATCH, STEP, CALORIE and DISTANCE functions
- PC105U2,E18U2 with STEP and DISTANCE functions (for DW 2A)
- PC105U4,E18U4 with STOPWATCH, STEP, CALORIE and DISTANCE functions (for DW 2A)
- Large LCD digits for easy reading

OPERATION INSTRUCTIONS

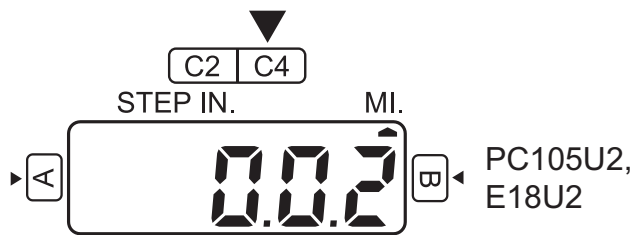


Fig. 1

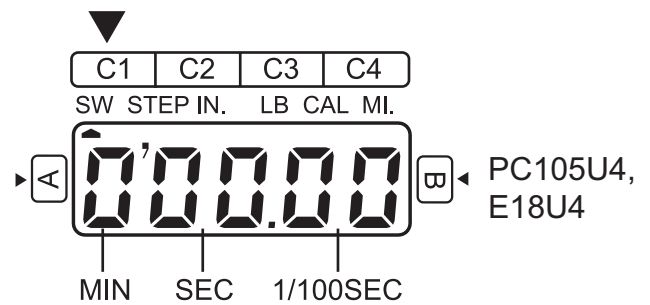


Fig. 2

STEP MODE

When C is at C2 position as shown in Fig.3 the indicator will be on at the STEP position. In this mode the display shows the number of steps moved. Depressing A for 1 sec resets the display to zero.

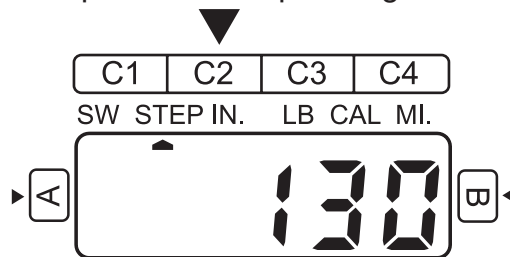


Fig. 3 STEP MODE

DISTANCE MODE

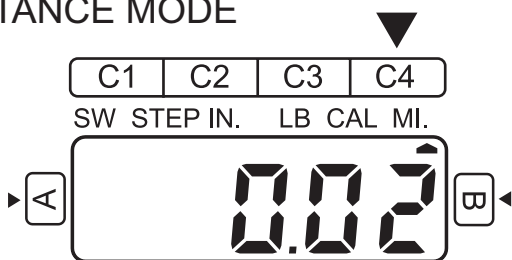


Fig. 4a DISTANCE MODE

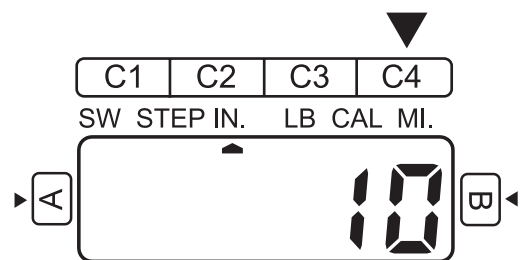


Fig. 4b SETTING STRIDE

When C is moved to the C4 position, the pedometer enters DISTANCE MODE as shown in Fig. 4a, which shows the distance traveled corresponding to the number of steps moved. Pushing B in this mode changes the display to as shown in Fig.4b, which is for setting of the stride of the step.

Pushing B once advance the strides by 1 where as push and hold B will advance strides at a rate of 4 Hz. The range of the presettable stride is 30 to 150cm. The display will return to display of distance if B is not pushed for 4 seconds.

For DW 2a ----

STOPWATCH MODE

When the SLIDE SWITCH C is moved to the C1 position, the LCD is as shown in Fig.2, with the indicator pointing to SW. At this mode depressing PUSH BUTTON B will start or stop stopwatch.

When the stopwatch is running, the indicator blinks on and off. Depressing and holding A for 1 sec when the stopwatch is stopped resets the stopwatch to zero. The display shows MINUTE' SECOND. 1/100 SEC for the first 9 min 59.99 sec and then change over to HOUR: MINUTE . SECOND. The stopwatch has a full range of 9 H 59 M 59 S, after which the display will start all over again from zero. The stopwatch indicator will remain blinking on and off as long as it is running, even if the pedometer is switch to other modes.

CALORIE MODE

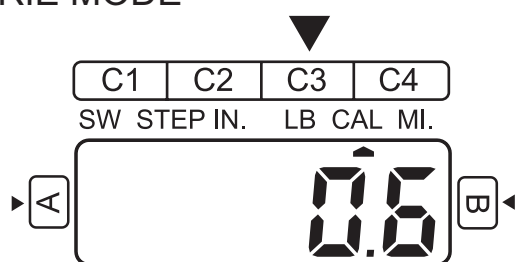


Fig. 5a

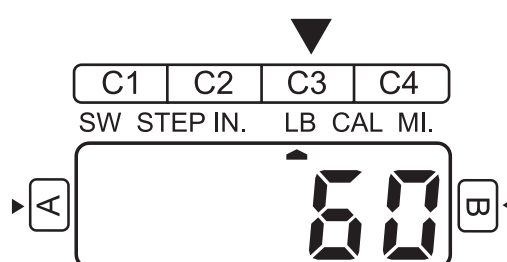


Fig. 5b

When C is moved to C3 position, the pedometer enters the CALORIE MODE with display as shown in Fig.5a, which shows the number of calories consumed corresponding to the number of steps moved. Pushing B in this mode changes the display to as show in Fig.5b, which is for setting of the user's weight, based on which the Calories are calculated. Pushing B once advances the weight by 1 where as push and hold B will advance weight at a rate of 4 Hz. The range of the presettable weight is 30 to 150 kg. The display will return to display of calorie if B is not pushed for 4 seconds.

BATTERY REPLACEMENT

When the display becomes dim or faded out, battery replacement is necessary.

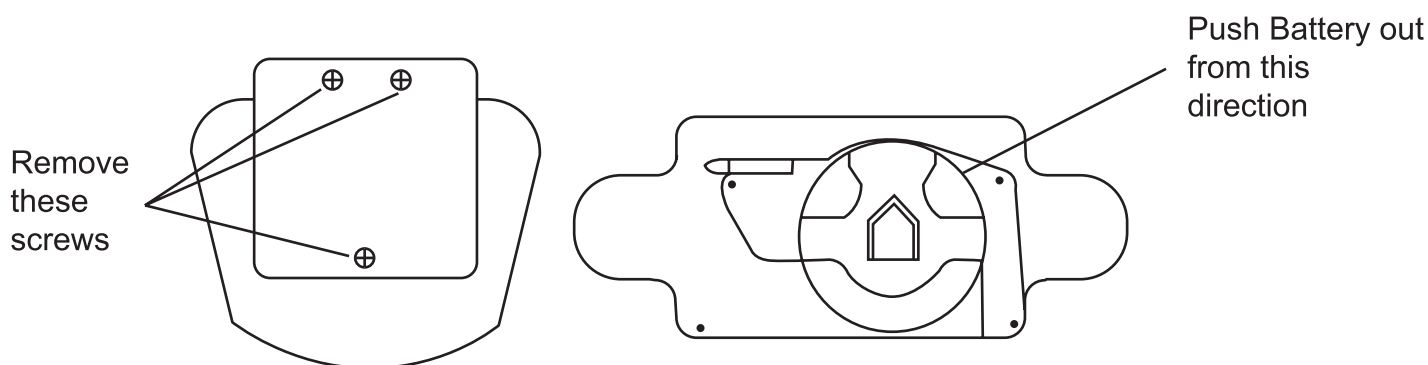
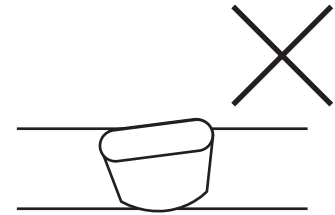
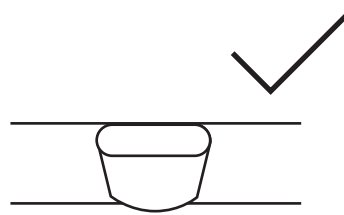
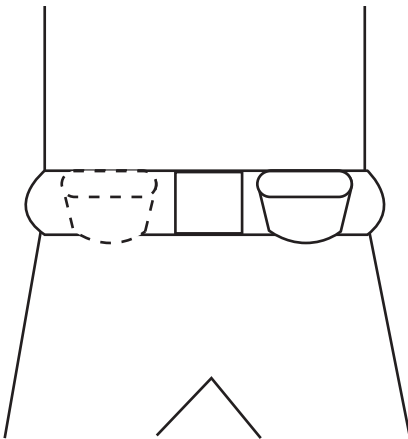
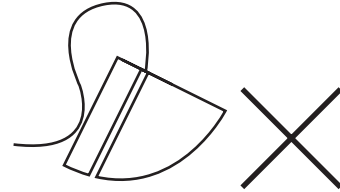
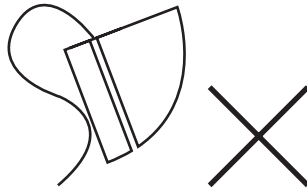
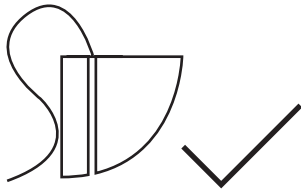


Fig. 6a Back View

Fig. 6b Battery Compartment

1. Remove the 3 screws at the back of the unit
2. Remove the battery in the direction
3. Replace the old battery with a fresh Lithium battery (CR2025 or equivalent).
4. Reinstall the screws at the back.



REMARK: The user should try hooking the pedometer on Different positions on the waist to attain the most accurate measurement.