# TALKING CALORIE COUNTER

AMU9942A-09

This talking Calorie Counter monitors and announces the calories burned from your walking, jogging and running. It is designed for everybody use and for all day use. You can wear it all day long in the office, at shopping malls, at home or out running. Its features include:

• **Voice Announcement** - announces the accumulated calories burned from your walking, jogging and running.
• **Auto Calories Announcement** - automatically announces the calories burned in every 50 Calories.

SETTING THE STEP LENGTH AND WEIGHT

In order to calculate the calories, this Calorie Counter needs your step (stride) length and weight. Follow these steps to obtain and enter your step length and weight.
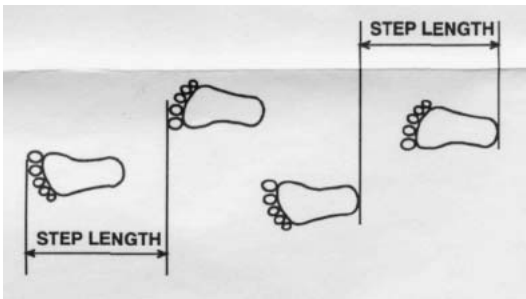
1. Measure your step length toe-to-toe or heel-to-heel. For more accurate result, measure the distance of 10 steps and average them by dividing 10 to get the step length. For your reference, the average stride length is around 22 inches. (55.9 cm)

2. To enter the step length and weight, press and hold down **MODE** until you hear" *Enter your step length* ". Repeatedly press **UP** and **DOWN** to set your step length between 10 inches (or 10 cm) and 80 inches (or 120 cm). Press **MODE** again you hear" *Enter your weight*" repeatedly press **UP** and **DOWN** to set your weight between 40 pounds (or 20 Kg) and 300 pounds (or 150 Kg).

3. Press **MODE** once, the pedometer returns to normal display mode.

ANNOUNCING CALORIES
To hear the calories burned, press **TALK",** the Calorie Counter announces the current accumulated Calories.

USING AUTOMATIC VOICE ANNOUNCEMENT

You can set the unit so it announces the Calories automatically in every 50 Calories burned (1 Calorie = 1 Kcal)

To turn on the automatic announcement, press and hold down **AUTO(UP)** until you hear" *Auto report is on* " and " (((.)))" appears on the display. To turn off the automatic announcement, press and hold down **AUTO(UP)** until you hear" *Auto report is off*" and " (((.)))" disappears.

USING THE CALORIES COUNTER

1. Press and hold **CLEAR (DOWN)** until you hear" *All clear*" to reset all numbers to "0".
2. Clip the Calories Counter on your belt. The Calories Counter must be in a vertical position, otherwise, incorrect readings may be resulted.
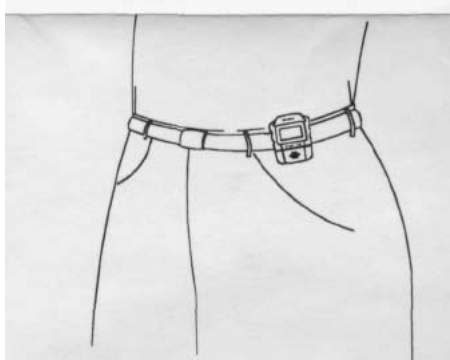
3. Start to walk or jog or do you normal things. You can wear it the whole day and it will accumulate the Calories burned that contributed from your walking, jogging and running.

RESETTING THE UNIT

When your pedometer shows abnormal function, such as " frozen display "," strange display ", " frozen button" etc, you need to re-initialize the unit by pressing **RESET** using a pointed object such as paper clip. The **RESET** button is located on the back of the unit.

REPLACING BATTERIES

If the sound weakens, distorts, or the display dims, replace the battery. This pedometer uses two AG13 cells; follow these steps to install battery.

1.   Pull out the battery tray located at the bottom of the unit.

2.   Remove the old cells and install two new AG13 cells as indicated by the polarity symbols (+ and -) marked on the tray.

3.   Push in the battery tray all the way in.