Dear Customer,

Thank you very much for purchasing our pedometer.

We wish you a lot of fun with it.

Imprint / Editor of the user manual
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Product description
Pedometer with Speed Sensor

MODEL NO.
AU4-PE-3A/3B

Importer
Krippl-Watches Warenhandels GmbH, Maria-Theresia-Str. 41, A-4600 Wels, Austria

PRODUCT COMPONENTS / SCOPE OF DELIVERY
1 pedometer AU4-PE-3A/B (Type: PDD-VB)
1 clip
1 x 3 V battery type CR2032, already inserted
User manual
Warranty card

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1. GENERAL INFORMATION
Please read and follow this user manual carefully before using your pedometer.

Area of Application
The pedometer can be used as a training tool for measurement and display of your moving accuracy. It has been designed for personal use and is not suitable for any commercial purpose. The pedometer is not a medical device. Please read the operating instructions to learn about all functions of your pedometer and ensure flawless operation. All specified data are merely for guidance. Subject to technical modifications.

2. SAFETY AND SERVICING
Please read the safety instructions carefully and only use the pedometer as described in these instructions to avoid accidental injuries or damage. Retain these instructions for future reference. These instructions should be handed over when passed on to a new owner.

Important: Always consult a physician before starting a regular training program. The pedometer is not a medical device, it is a training tool to measure and display your moving accuracy.

2.1 Batteries
Your pedometer runs on a 3 V CR2032 battery. Below are some directions on the use of batteries:
- Never expose the battery to excessive heat such as sunlight, fire or the like - increased danger of leakage!
- Never recharge the battery.
- Do not short-circuit the battery and do not take it apart – explosion hazard!
- If necessary clean the battery and unit contacts before inserting the battery.
- Flat batteries should be immediately removed from the device. There is increased danger of leakage.
• Remove the battery when the device is not in use for a longer period of time.
• Caution! There is a risk of explosion, if the battery is not changed correctly. Only replace the battery with one of the same or similar type.
• Keep the batteries and pedometer out of reach of children. Batteries can be swallowed by children. Seek immediate medical attention, if this happens.
• Avoid contact with skin, eyes and mucous membrane if leakage occurs. Upon contact with battery acid rinse the affected area with plenty of water and seek medical help immediately.

Non-compliance with these instructions can lead to damage and under certain circumstances to explosion of the batteries. Details on how to change the batteries can be found under Section 6 „Battery change“.

2.2 Operational Environment Conditions
The pedometer can be operated continuously at an ambient temperature of 32 °F to 104 °F. The pedometer is protected against shocks, which may occur during normal wear on the belt. No evidence of condensation is allowed in a pedometer as this might trigger a short circuit. The pedometer should therefore never be exposed to extreme changes in temperature. The unit should never be placed near very strong magnet fields (e.g. electrical welding equipment, current transformers) as this could cause variations in the time measurement. Non-compliance with these directions can result in malfunction or damage of the pedometer.

2.3 Water Resistance
The pedometer is not water resistant. Be careful not to press the keys, when the pedometer is wet. Water can only enter the casing through the keys and damage the movement.

2.4 Disposal
Dispose of the packaging in the proper manner. Batteries need to be properly disposed of. For this purpose, shops selling batteries provide special containers for environmentally-friendly disposal. Furthermore, empty batteries will be taken back at public waste collection points. Should you wish to dispose of the article, do so in accordance with the latest provisions. Details are available from your local authority.

2.5 Cleaning and Care
Use only a soft, damp, lint-free cloth to clean the pedometer. Do not use solvents, abrasive or gaseous cleaning materials. Ensure that all water droplets are removed from the display. Water can cause permanent discolouration. Ensure that the pedometer display is not exposed to glaring sunlight or ultraviolet rays.

2.6 Storage
Store the pedometer in a cool and dry place. Once the battery has been removed, the pedometer can be stored at 32 °F to 122 °F.
2.7 Notes on operating instructions

We have structured the operating instructions for this pedometer in such a way that you can always find the information you require using the themed topics in the table of contents.

Additionally, you can refer to the FAQ section on our online product service page for further help with your pedometer.

http://www.produktservice.info  EAN Code: 20014483

3. FUNCTION KEYS/MODES/SETTING

3.1 How to use the clip

1. Attach the clip to the pedometer. For correct alignment, see the clip on the pedometer and small arrows.
2. Attach the pedometer to your belt or waistband. If you attach it as shown, you can read the values from above when wearing it. Or you can put the pedometer without a clip in your pocket.

3.2 Function keys of the Pedometer

We would like to advise, that the upper key in the drawing above is identified as “SEL” in the following text, as well as the lower key is identified as “SET”.

3.3 Pedometer

This pedometer is delivered in sleep mode. Please press any key for entering the First Setting Mode.

All digits are shown shortly. Then “Unit” is displayed and “KM” is flashing. Now please follow the below instructions.

Note: If you have set wrong data and you will restart setting, please make a total reset by pressing the “SEL”- and the “SET”-key simultaneous for 3 seconds or you can also remove the battery and insert it again.

Set Unit

Press SEL to toggle between KM or Mile. Press SET to confirm and advance to SET Time. If KM is selected, the scale of the unit will be in KM, KG, Meter. If Mile is selected, the scale of the unit will be in Mile, LB, Inch.
**Set Time**
Press SEL to toggle 12 or 24 hr Format, press SET to confirm and advance to SET hours.
Press SEL to advance to desired hours, press SET to confirm and advance to set minutes.
Press SEL to advance to desired minutes, press SET to confirm and advance to set weight.

**Set Weight and Height**
The unit default of weight is 50KG or 110LB.
Press SEL to advance to desired weight, press SET to confirm and advance to set height.
The unit default of height is 150cm or 59inch.
Press SEL to advance to desirable height, press SET to confirm and advance to Calibration Mode.

Note: It is necessary to enter the correct weight and height to receive a meaningful value of calorie consumption and fat burning.

**Note:** By calibrating the pedometer it calculates your step length for running and walking itself.
It is strongly recommended that the user calibrates the pedometer to its personal moving pattern. Otherwise this unit will use only statistical data based on the weight and height input by the user. The performance of the unit will not be in this full capacity.

### 3.4 Pedometer Calibration
You can choose between YES and NO with the SEL key. Choose YES and confirm with the SET key or choose NO for calibrating later.
- The unit enters into Calibration RUNWALK mode, press SET to confirm and advance to SET RUNWALK Distance.
- Press SEL to set the run distance, increment by 100 meter (= 109,36 yards).
  Press SET to confirm the distance. Now the unit is ready for Calibration Running Stripe Length. The display shows “PRESS START”. Then press SET and start running.
- At the time distance covered, press SET to stop. Display “DONE and SAVED” appears. The calibration was correct and was saved.

**ATTENTION:**
You can only enter the distance for calibration in meters. 100 meters are 109,36 yards. This means that you should walk/run a distance of 100 m resp. 109,36 yards. This is the usual length of a track in a stadium.

Note: It is important that you also perform the calibration for walking, as described in the following section:
- The display shows “CALI” and “Walk” is flashing. Press SET again to confirm the calibration for running and enter calibration for walking. Repeat above process for walking.

**Calibration not successful**
In case the calibration was not successful, the display “FAIL” appears. After a few seconds the display “CALI” for “Run” or “Walk” appears again and you can start a new calibration.

**Note:** After calibration, if the height is changed, all calibrated data will be lost. And the stride length will be reset according to the new entry of height.

**Turn ON/OFF Pedometer Function**
Press SET key until the “2 foot print icon” (歩) appears to turn on pedometer function. To turn off, press SET key again. The “2 foot print icon” disappears.

**Note:** Pedometer can’t be turned ON/OFF when it is in 1) Stopwatch mode and 2) Memory Mode.
4. **OPERATION MODES**
The unit has 4 operation modes: Main, Exercise, Record and Memory.

Scroll through the operation modes by pressing the MODE key.

4.1 **Main Mode**
By pressing the SEL key in the main mode, you can see current information of STEP in upper display and sub information in lower display as below:

- **CLOCK**
- **EXERCISE TIMER**
- **DISTANCE**
- **CURRENT SPEED**

**Note:** Distance and Timer reset automatically every night at 0:00.

4.2 **Exercise Mode**
By pressing the SEL key in the Exercise mode, you can choose between the sub functions

- Target Zone
- Stop watch
4.2.1 Target Zone
User can select one of the following targets for his own daily workout target Distance, Speed, Step and Timer. The unit default is Target Step. If user desire other workout data, please hold SET key in Exercise Mode until “SET” appears on the second as in figure.

- Press SEL to toggle between four target types, press SET to confirm.
- Press SEL to advance to desired target values, press SET to confirm

4.2.2 Target Alert
For Step, Timer and Distance, there will be an alert when target met. For Speed, there will be an alert when speed is below target.

The unit defaults are as following:
Target Step: 10000 steps
Target Timer: 1 hour
Target Distance: 5 Km/Mile
Target Speed: 0 Km/hr or Mile/hr
Once selected, the pedometer mode will display the selected information
4.2.3 **Activate/Deactivate Target Alert**
Hold SEL key in exercise mode pressed for 3 seconds to activate/deactivate target alert in exercise mode.

```
Pedometer with Speed Sensor Operation Modes
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```
Pedometer with Speed Sensor Operation Modes
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Alert symbol 🌼 is displayed = alert on
Alert symbol not displayed = alert off

4.2.4 **Stopwatch Mode**
In exercise mode the user can change to Stopwatch mode by pressing SEL key.

```
4.3 **Daily Record Mode**
Calorie, Fat Burn, Average Speed and Maximum Speed automatically are recorded daily. These data reset every night at 0:00.

Scroll through the records by pressing the SEL key.

<table>
<thead>
<tr>
<th>Calorie / Fat burned</th>
<th>Step / Daily average speed</th>
<th>step / Daily max Speed</th>
</tr>
</thead>
<tbody>
<tr>
<td>112</td>
<td>528</td>
<td>136</td>
</tr>
</tbody>
</table>

**Note:** Features Reset – including Daily Step, Training Timer, Distance, Calorie, Fat Burn, Average Speed, Maximum Speed. In Record Mode, hold SET key to reset all daily data to 0.

4.4 **Memory Mode**
This unit will record daily data (step, distance, fat burn, calories, timer) for the past seven days and 7 days accumulated data (total step, total distance, total calorie, total fat burn).
Memory Mode display sequence (part A)

Memory Mode display sequence (part B)

Odometer Save Function

Before changing battery or perform a TOTAL RESET, please write down the accumulated distance travelled and use this function to input distance back to the pedometer.

To set, go to odometer mode, hold SET until “ODOMETER SAVE” screen appears and first digit in the lower line starts to blink, press SEL to choose number and SET to confirm. Repeat the procedure until desirable distance is set.
Note:
1. ODO can only be reset to zero by TOTAL RESET or battery changing.
2. To avoid ODO info lost by battery changing, user can re-enter the value in “Set Odometer” session above.

It is not possible to switch off the pedometer. It is always switched on like an LCD watch.

5. TECHNICAL DATA
Your pedometer has a 3 V lithium battery, type CR2032 (1 x 3 V = 0.02mA CR2032).

<table>
<thead>
<tr>
<th>Feature</th>
<th>Specification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clock</td>
<td>12/24 format with hour/ minute</td>
</tr>
<tr>
<td>Step measurement range</td>
<td>0 - 99,999 steps</td>
</tr>
<tr>
<td>Distance measurement range</td>
<td>0 – 99,99 km or mile</td>
</tr>
<tr>
<td>Exercise timer range</td>
<td>23 hrs 59 mins</td>
</tr>
<tr>
<td>Stopwatch measurement capacity</td>
<td>9 hrs 59 mins 59.99 sec</td>
</tr>
<tr>
<td>Calorie measurement range</td>
<td>0 – 99,999 Kcal</td>
</tr>
<tr>
<td>Fat measurement range</td>
<td>0 – 12,986 g</td>
</tr>
<tr>
<td>Target distance range</td>
<td>0 – 99,99 km or mile</td>
</tr>
<tr>
<td>Target timer range</td>
<td>23 hrs 59 mins</td>
</tr>
<tr>
<td>Target speed range</td>
<td>0 – 39.9 km/h or mile/hr</td>
</tr>
<tr>
<td>Body weight range</td>
<td>30kg – 219kg or 66lbs – 479lbs</td>
</tr>
<tr>
<td>Body height range</td>
<td>100cm – 249cm or 40” – 99”</td>
</tr>
<tr>
<td>Odoemter</td>
<td>9999km or mile</td>
</tr>
<tr>
<td>Power</td>
<td>1x CR2032 3V battery</td>
</tr>
</tbody>
</table>

6. BATTERY CHANGE

Caution! Risk of explosion with improper replacement of the battery. Replacement only with the same or equivalent type of battery.

For battery replacement, proceed as follows:
- Open the cover at the back of the pedometer and remove them.
- Then, open the battery holder by carefully lifting the locking bracket over the locking hook.
- Remove the depleted battery and dispose of it properly and environmentally.
- Insert a new 3 V battery type CR2032 with the positive terminal (+) upwards into the holder and push it until it locks in. Ensure that you pay attention to the correct polarity.
• Place the back cover back onto the battery compartment.
• Start the pedometer as described in point 3 “Function Keys/Modes/Settings”.

If irregular symbols appear in the display, please remove the battery again and reinsert it. This will reset the microprocessor. After it, the pedometer should function normally again.

**Note:** Please note that after a battery replacement, all personal data needs to be re-entered.

7. **CONFORMITY**
This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits of a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

WARNING: changes or modifications to this unit not expressly approved by the party responsible for compliance could void user's authority to operate the equipment.

Company Krippi-Watches
Telephone number: please refer to the information given in the warranty card.
8. TROUBLESHOOTING/FAQS
Before submitting a claim about the pedometer, please check the battery and change it if required.

How to make a claim: Please inform us about the article number of the product and the reason of the claim (email). Additionally, you can refer to the FAQ section on our online product service page for further help with your pedometer.
http://www.produktserivce.info  EAN: 20014483

Why is the distance displayed not the same as my distance covered?
Have you performed a calibration? For optimal results, the calibration has to be performed for „walking“ and also for „running“. Shuffling gait, poor footwear and uneven surfaces may result in incorrect measurements. When climbing stairs or hills the distance measurement is reduced as the pedometer has only been designed for activities on even surfaces. Apply the same pace when walking or running as when calculating the stride length. Please be aware that the measurements can be imprecise/irregular for less active people.

What shall I do, if my weight changes?
Insert the new weight as the once set weight is saved until it is changed.

How is the calorie output measured?
The calorie output mainly depends on the number of steps and the body weight (insert correct body weight!).

What can be the reason, that the display of my pedometer stops reacting.
If the display is “frozen” or it shows irregular symbols:
Take the battery out and reinsert it. This will reset the microprocessor.
After the reset, the pedometer should be back to functioning as usual.

The display is weak, hardly legible – what can I do?
Replace the battery as soon as the display starts to diminish or when it is fully faded. Always ensure the battery polarities are aligned correctly. When the battery is removed and reinserted the personal data must be reset.

Why is the display light not working?
The battery might be flat? Please check the battery and replace with a new one (3 V / CR2032), if it is flat. Check the +/- polarity.

9. CONTACT DATA