# Fitness watch with speed and distance tracking
## Pulse measuring without chest strap
## Operating instructions



## Item No.: AU4-PF-6LA/6LB

Issue: January 2014

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# 1 Area of Application

The fitness watch is intended for use as a wrist watch. Additionally it can also be used as a training tool for measurement and display of your pulse. It has been designed for personal use and is not suitable for any commercial purpose. The fitness watch is not a medical device. Please read the operating instructions to learn about all functions of your fitness watch 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 fitness watch 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.

## 2.1 Safety Instructions

**Important**: Always consult a physician before starting a regular training program. The fitness watch is not a medical device, it is a training tool to measure and display your pulse. Pacemaker users should only use pulse measuring devices after consulting a physician.

## Risks for children and individuals requiring assistance:

This device is not intended for use by children aged eight (8) upwards and individuals with limited physical, sensorial or emotional capacities or limited experience and / or knowledge unless they are supervised by an individual responsible for their safety or receive instructions from the latter as to how the device should be used and have understood the dangers arising from it. Children should be supervised in order to ensure that they do not play with the device. Cleaning and user maintenance may not be performed by children without supervision. For more information, please visit www. produktservice.info.

## 2.2 Batteries

Your fitness watch runs on a 3V 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 fitness watch 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 4.12 „Battery change".

## 2.3 Operational Environment Conditions

The fitness watch can be operated continuously at an ambient temperature of 32 °F to 122 °F. The fitness watch is protected against shocks which may occur during normal wear on the wrist. No evidence of condensation is allowed in a quartz watch as this might trigger a short circuit. The fitness watch 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 fitness watch.

## 2.4 Water Resistance

The fitness watch is water resistant up to 50 m. The following table displays the activities and conditions suited for the fitness watch. This information is based on a water resistance test in compliance with DIN 8310.



| Rain, Spray | Washing hands | Shower | Bathing, Swimming | Water sport |
|---|---|---|---|---|
| Yes | Yes | Yes | Yes, no jumping | No |

**Be careful not to press the keys when the watch is wet.** Water can only enter the casing through the keys and damage the movement. Please bear in mind that salt water and thermal water can cause corrosion of metal parts.

Please be aware that water resistance cannot be guaranteed under extreme temperature changes (e.g. from the sauna to the diving pool, from sun bathing into the cold sea). Changes in temperature can cause condensation, thus damaging the movement.

To guarantee the water resistance of your fitness watch the battery exchange should be carried out by a watch professional or a service centre to avoid damage to the sealing ring and case.

## 2.5 Disposal

**Batteries**
Do not put in trash. Recycle or manage as hazardous waste.

**Product**
If you wish to dispose of your watch, follow the provisions current at the time. Information may be obtained from the local council waste disposal facility.
KRIPPL-WATCHES
Warenhandels GmbH
Maria-Theresia-Strasse 41, 4600 Wels, AUSTRIA

**Packaging**
Dispose of the watch packaging in accordance with the current provisions. Information may be obtained from the local council waste disposal facility.

## 2.6 Cleaning and Care

Use only a soft, damp, lint-free cloth to clean the fitness watch. 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 fitness watch display is not exposed to glaring sunlight or ultraviolet rays.

## 2.7 Storage

Store the fitness watch in a cool and dry place. Once the battery has been removed, the fitness watch can be stored at 14 °F to 140 °F.

## 2.8 Notes on operating instructions

We have structured the operating instructions for this fitness watch 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 fitness watch. http://www.produktservice.info EAN Code: 20009212



CUSTOMER Service

We request all customers contact us via the **internet**, **e-mail** or **phone** before returning any products to us.

Please have the **model-no.** ready, which can be found either **on the back** **or on the bottom** of the product.

www.produktservice.info
service@produktservice.info
Toll-free service hotline
1-800-493-9137 (No country code necessary)

## 2.9 Scope of Supply

1 fitness watch AU4-PF-6LA/6LB
1 x 3 V battery type CR2032 (preinstalled)
(1 x 3 V ⎓ 0.5 mA CR2032)
Instruction manual and warranty card

## 3 Getting Started

When starting the fitness watch for the first time please remove the protective film and press the any key. You will now automatically access the time mode (see section 4.3 "Time Mode").

## 4 Function Keys/Modes/Settings

### 4.1 Function Keys of the Fitness Watch



„LIGHT"-key

„ST./STP."-key

„MODE"-key

„SELECT"-key

Sensor surface

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For all setting steps described in the following chapters please be aware that:
- If you do not press a key for longer than 90 seconds during the setting, the fitness watch will abandon the setting mode.
- By holding the "ST./STP." or the „SELECT" key you can fast-forward.

### 4.2 Main Function Modes

The fitness watch offers five main function modes which are described in detail in the following chapters:
- Time mode
- Training mode
- Stopwatch mode
- Alarm mode
- Countdown mode
- Pulse mode

The first mode to be displayed is the time mode. Press the „MODE" key to switch between the time, training, stopwatch, alarm and countdown modes.

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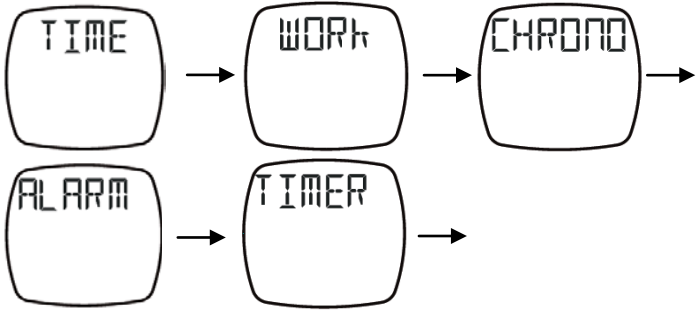


To access the pulse mode from any mode press with your index finger on the sensor surface for approx. 5-8 seconds. The back of the fitness watch housing must be in contact with your wrist.



Any mode          Pulse measurement          Pulse indication
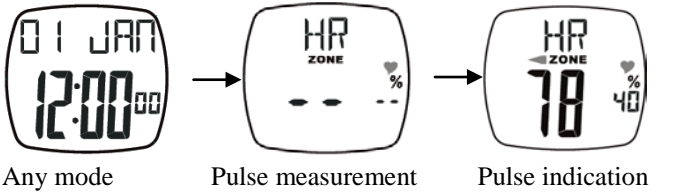
The individual modes are explained in detail from section 4.3 to section 4.8.

### 4.3 Time Mode

Keep pressing the „MODE" key down until accessing the time mode, displayed as „TIME":
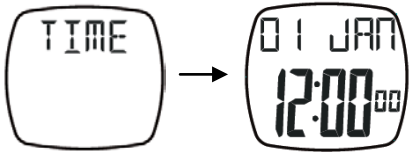


The time mode shows the time in the bottom segment of the display. Press the "SELECT" key between the display "Day and Month" to change between "Week day and Day".

Before adjusting the basic settings, you need to calculate your step length for walking and running.

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Walk or run a pre-determined distance (e.g. 100 metres). Calculate your step length by dividing the distance by the number of steps. This will give you a good average value of your step length.

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**Note:**
**Whether you only want to either walk or to run, the step length for both WALKING and RUNNING should always be set to obtain relevant results.**

If you do not calculate your personal step length for walking and running and save these settings in the fitness watch, the displayed values will not be as accurate. The watch will instead rely on standard values which do not fit your personal step profile.

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**To obtain reliable results, please keep your pace and rhythm as adopted when calculating the step length for both walking and running.**

**The longer the distance you chose for the calculation of the step length the more accurate the results will be.**

**The fitness watch automatically recognises whether you are walking or running during your training and will display the distance, speed, steps, etc. accordingly.**

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#### 4.3.1 Basic Setting

- Press the „MODE" key for approx. 3 seconds. Use the „ST./STP." or the „SELECT" key to choose either German (DEU) or English (ENG). Confirm your selection by pressing the „MODE" key.
- The seconds flash. Use the „ST./STP." or the „SELECT" key to reset the seconds to zero. Confirm your selection by pressing the „MODE" key.
- The minutes flash. Increase the minutes with the „ST./STP." key or reduce it with the „SELECT" key. Confirm your selection by pressing the „MODE" key.
- Set the other settings as described above.
  - ➔ Hours
  - ➔ Year
  - ➔ Month
  - ➔ Day
  - ➔ Day format (day-month or month-day)
  - ➔ Time format (12-h or 24-h display)
  - ➔ Hourly alarm (on 🔔 or off)
  - ➔ Key tones (on or off)
  - ➔ Gender
  - ➔ Year of birth
  - ➔ Unit (metric = kg and cm or British = lbs and inch)
  - ➔ Size
  - ➔ Weight
  - ➔ Step length - Walking
  - ➔ Step length – Running
  - ➔ Daily reset (on or off)
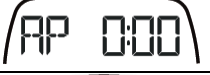- Press the „MODE" key for approx. 3 seconds. All settings have now been saved.

### 4.4 Training Mode

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**Note:** To ensure correct measurements in the training mode, the fitness watch needs to be attached either to the right or the left wrist.

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Keep pressing the „MODE" key down until the training mode „WORK" is displayed:

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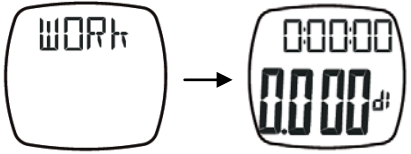


Press the „SELECT" key to select the following displays (training data). They will be displayed in the upper display segment.

| | |
|---|---|
| Training time | 0:00:00 |
| Current pace (PC) = Minutes per kilometre/mile | PC 0:00 |
| Average pace (AP) | AP 0:00 |
| Distance (DI) | DI 0.000 |
| Steps (ST) | ST 0 |
| Remaining steps (R) | R99000 |
| Current speed (SP) | SP 0.0 |
| Average speed (AS) | AS 0.0 |
| Calorie consumption (CA) | CA 0 |
| Fatburning (FB) | FB 0 |

By pressing the „SELECT" key for approx. 3 seconds in one of these 9 displays, all values will be set to zero.

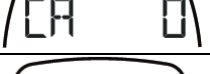In the lower display segment, speed, pace and distance can be selected.
- Keep the „MODE" key pressed for approx. 3 seconds. Using the „ST./STP." or the „SELECT" key to select the current speed (SPD), the current pace (PACE) or the distance (DIST)
- Note: The display selected in the lower display segment (speed - SPD, current pace - PACE or distance - DIST) will NOT be displayed again in the upper display segment by pressing the „SELECT" key.

Press the „MODE" key for approx. 3 seconds. All settings have now been saved.

#### 4.4.1 Setting of Training Zones and Target Steps

Before performing a pulse measurement, we recommend adjusting the **lower and the upper pulse limit**. Adjust the limits according to the goal of your training. The fitness watch

has three preset training zones and 1 training zone that can be freely adjusted.

**Health training (HEALTH)**
**Pulse lower limit 50% (of the maximum pulse)**
**Pulse upper limit 65%**
This training is suitable for long training sessions with reduced effort. Exercises in this range improve both your mental as well as physical well-being.

**Fatburning training (FAT-B)**
**Pulse lower limit 55%**
**Pulse upper limit 75%**
This training is suitable for athletes who want to burn fat.

**Aerobic training (AROBIC)**
**Pulse lower limit 65 %**
**Pulse upper limit 80%**
This training is suitable for athletes who want to improve their performance and stamina combined with a high consumption of calories.

- Press the „MODE" key for approx. 3 seconds. Press the „MODE" key once again to confirm the previously selected mode (display for the lower display segment).
- Press the „ST./STP." or „SELECT" key to select the predefined training zones health (HEALTH), fatburning (FAT-B) and aerobic (AROBIC) or the freely adjustable training zone (MY). Confirm the selection by pressing the „MODE" key.
- The pulse value for the lower pulse limit flashes and the percentage of the max. pulse is displayed on the right. Set the pulse value using the „ST./STP." or the „SELECT" key. Confirm the selection by pressing the „MODE" key.
- The pulse value for the upper pulse limit flashes and the percentage of the max. pulse is displayed on the right. Set the pulse value using the „ST./STP." or the „SELECT" key. Confirm the selection by pressing the „MODE" key.
- „BELOW ALERT" is displayed. Press the „ST./STP." or the „SELECT" key to select „ON" to activate the alarm and „OFF" to deactivate the alarm. Confirm the selection by pressing the „MODE" key.
- „ABOVE ALERT" is displayed. . Press the „ST./STP." or the „SELECT" key to select „ON" to activate the alarm and „OFF" to deactivate the alarm. Confirm the selection by pressing the „MODE" key. As soon as one of the alarms is activated, „ZONE" is displayed.
- "TARGET STEP" is displayed. The number of steps is flashing. You can now set your target number of steps with the "ST./STP." button or the "SELECT" button.

Press the „MODE" key for approx. 3 seconds. All settings have now been saved.

### 4.4.2 Target Steps with Progress Bar

On the left side of the display, a progress bar displays the steps you have taken in relation to the set target in four sections. This progress bar is displayed in all modes. If the set amount of steps is reached, all four segments are displayed. Additionally, an alert sounds for 10 seconds.The alert can be turned off early by pressing any button. If the target steps are set to „0", the alert function is deactivated.

The target step is set to 10,000 steps by default. If the number of target steps is greater than 1,000, it will be adjusted at a multiple of 1,000. If the number of target steps is less than 1,000, it will be adjusted at a multiple of 100.

### 4.4.3 Training

Press the „ST./STP." key in training mode to start the training. Depending on which display was selected for the lower display segment, „DI" (distance), „PC" (pace) or „SP" (speed) starts flashing. The training time starts to run and training data such as distance, steps, calorie consumption and so on are recorded, as soon as the fitness watch detects more than 10 steps.
If the training is stopped for a short while, the training time stops. As soon as the fitness watch detects again more than 10 steps, the training time continues running and the training data is recorded again.
To stop the training, press the „ST./STP." key. „DI" (distance), „PC" (pace) or „SP" (speed) stops flashing.

When setting the daily reset to „on" (see 4.3.1 „Basis Setting") the fitness watch resets the recorded training data to zero at 3 o'clock a.m.
By pressing the „SELECT" key while in the training mode you can manually reset the data.

**Note:**
- Calorie consumption and fatburning: For a reliable display of the consumed calories and burned fat, the weight has to be inserted correctly (see section 4.3.1 „Basic Setting").
- Distance: The fitness watch calculates the distance by multiplying the set step length with the number of steps taken.
  For precise calculation, the number of steps must be accurate (see first point above) and the actual step length has to match the set step length.
- Speed: The current speed is displayed correctly provided that the number of steps is calculated correctly and the set step length is strictly adhered to.
  The length of time of the individual steps should also be the same. This means that the pace and rhythm when running and walking should be the same as during the calculation of the step length.
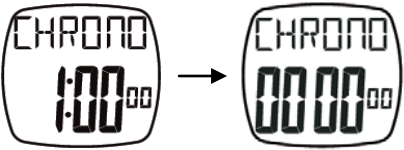
### 4.5 Stopwatch Mode

Keep pressing the „MODE" key down until accessing the stopwatch mode, displayed as „CHRONO":
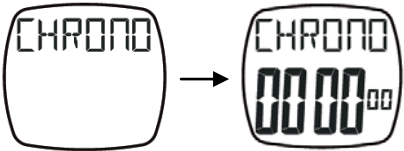
#### 4.5.1 Addition Stopping

- Press the „ ST./STP." key➔ Start timekeeper
- Press the „ ST./STP." key➔ Stop timekeeper
- Press the „ ST./STP." key➔ Timekeeping is continued
- Press the „ ST./STP." key➔ Stop timekeeper
- Press the „SELECT" key for approx. 3 seconds ➔ Time is set to zero.

#### 4.5.2 Split Times Stopping

- Press the „ST./STP " key ➔ Start timekeeper
- Press the „SELECT" key whilst the stopwatch is running ➔ The split time is shown on the display whilst the stopwatch keeps running in the background.

- Press the „SELECT" key➔ The running timekeeping appears on the display. This procedure can be repeated as many times as required.
- Press the „ST./STP" key ➔ Stop timekeeper
- Press the „SELECT" key for approx. 3 seconds ➔ Time is set to zero.

### 4.6 Alarm Mode

Keep pressing the „MODE" key down until accessing the alarm mode, displayed as „ALARM".
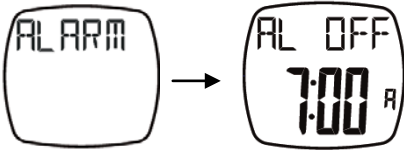
The alarm mode shows the alarm time in the lower part of the display segment (see image above).

The fitness watch offers an hourly alarm and a daily alarm (the alarm time can be set as required).

### 4.6.1 Hourly Alarm

A short signal tone sounds every full hour.
To activate/deactivate the hourly alarm, proceed as described under 4.3.1 „Basic Setting".

### 4.6.2 Daily Alarm

You can set any alarm time for the daily alarm.
**Setting the daily alarm**
- Press the „MODE" key for approx. 3 seconds and the hours flash. Use the „ST./STP." or the „SELECT" key to set the hour. Confirm your selection by pressing the „MODE" key.
- The minutes flash. Use the „ST./STP." or the „SELECT" key to set the minutes. Confirm your selection by pressing the „MODE" key.
Press the „MODE" key for approx. 3 seconds. All settings have now been saved. When setting the daily alarm it is automatically activated.

**Activate/deactivate daily alarm**
Press the „ST./STP." or the „SELECT" key in the alarm time display:
Alarm symbol ((● displayed = Daily alarm is on
Alarm symbol not displayed = Daily alarm is off

**Turn off daily alarm**
The daily alarm sounds for approx. 30 seconds at the set time. When the alarm goes on you can turn it off earlier by pressing any key.

## 4.7 Countdown Mode with Interval Timer

This fitness watch has an interval timer, i.e. it consists of four timers (1, 2, 3, and 4). You can use one or several timers. If you use more than one timer, they are combined.

If you use only one timer, all the other timers have to be set to "0:00".

If you use more than one timer, the countdown starts with timer #1 and is continued by timers #2, #3, and #4 in sequence. If the timers are stopped, they can be displayed by pushing the "SELECT" button at the display.

Keep pressing the „MODE" key down until accessing the Countdown Mode, displayed as „TIMER":
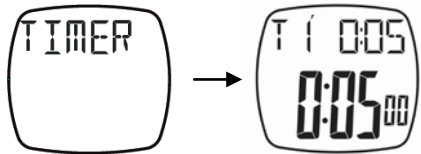


In the countdown mode, the current countdown time is displayed in the lower display segment. In the upper display segment, the set countdown time is displayed.

### Setting the countdown

- Press the „MODE" key for approx. 3 seconds. The hours flash. Use the „ST./STP" or the „SELECT" key to set the hour. Confirm your selection by pressing the „MODE" key.
- The minutes flash. Use the „ST./STP." or the „SELECT" key to set the minutes. Confirm your selection by pressing the „MODE" key.

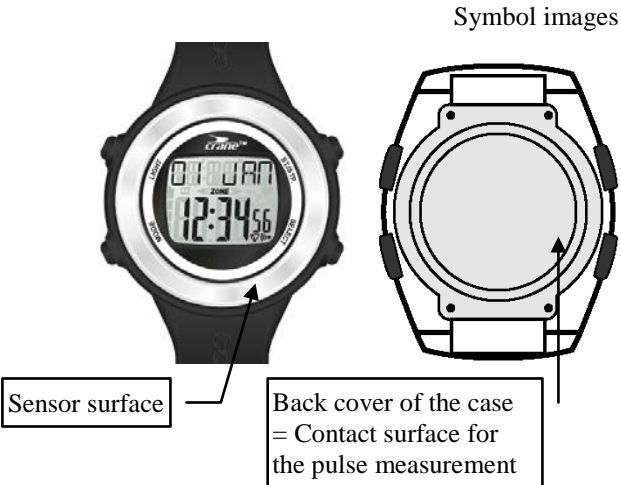Press the „MODE" key for approx. 3 seconds. All settings have now been saved.

- By pushing the select button, you switch to the next timer. Timers #2 – #4 are set in the same manner.

### Using the countdown

- Press the „ST./STP." key to start the countdown.
- Press the „ST./STP." key to stop the countdown. The countdown may be continued by pressing the „ST./STP." key or reset to the previously set time by pressing the „SELECT" key for 3 seconds.
- If you hold the "SELECT" button for a further 5 seconds, the timer will be set to "0:00".
- If a timer reaches zero, a short alert is sounded.
- If you have selected several timers, after the countdown of timer #1, timer #2 will start etc.
- When all timers have reached zero, they will start to count down from the set time repeatedly until one timer is stopped by pushing the button "ST./STP."

## 4.8 Pulse Mode

### 4.8.1 Pulse Measurement

Symbol images



Sensor surface — Back cover of the case = Contact surface for the pulse measurement

The back cover of the fitness watch case also acts as a contact area for the pulse measurement

Symbol image



- Wear the fitness watch on the wrist. The back cover of the fitness watch must be in contact with the wrist.
- Press the sensor surface for approx. 5-8 seconds, whichever mode you are in.



Any mode          Pulse measurement          Pulse display
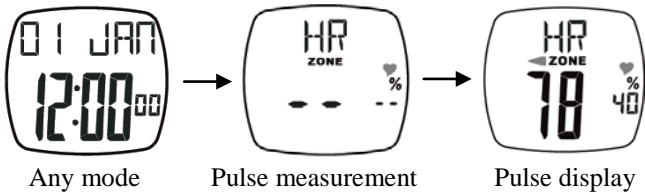
The pulse display is shown on the display for approx. 5 seconds before the fitness watch returns to the display shown before the pulse measurement.



Pulse (Pulse beats per minute) — % of the maximum pulse
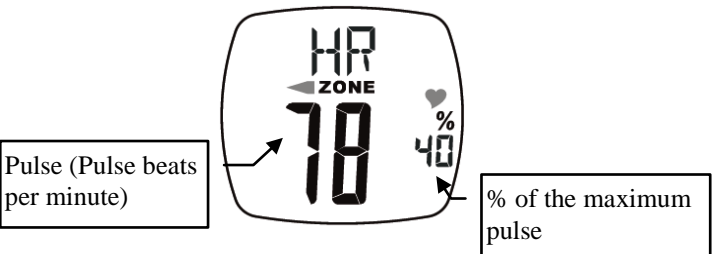
### % of the maximum pulse

To use the function of the % of the maximum pulse, the birth year needs to be set (see section 4.3 „Time Mode").

If the birth year is not set, the fitness watch cannot perform a user-defined calculation of the maximum pulse. The fitness watch will otherwise base its calculations on the standard settings.

The **maximum pulse** is calculated as below:
Example: Age = 50
Maximum pulse = 220 – age
Maximum pulse = 220 – 50 = **170**

The **% of the maximum pulse** is calculated as below:
Example: Pulse = 102
% of the maximum pulse = pulse x 100 / maximum pulse
% of the maximum pulse = 102 x 100 / 170 = **60 %**

### 4.8.2 Pulse Alarm

- If the pulse is within the training area, a short beep sounds, and $\sqsubset\sqsupset$ is displayed in the centre around the „ZONE".
- If the pulse is above the set pulse limit, a warning triple beep sounds and $\rhd$ is displayed in the centre to the right of „ZONE".
- If the pulse is below the set pulse limit, a warning double beep sound and $\lhd$ is displayed in the centre to the left of „ZONE".

To take advantage of the pulse alarm function, the pulse alarm must be activated (see section 4.4.1 „Setting of Training Zones").

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NOTE!
If the pulse measurement does not display a value or if the fitness watch starts measuring the pulse on its own, although you have not touched the sensor surface with your fingers, clean the front and the back of the fitness watch with a damp, lint-free cloth.

**If the word „CLEAN" is indicated in the upper display line, the fitness watch has recognized on its own that the contact surface is contaminated. This information is indicated alternately with the display in the upper display line.**

Clean the front and the back of the fitness watch with a damp, lint-free cloth. Thereupon, the pulse measurement should be working perfectly.

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Follow these precautions for the pulse measurement:

- Do not measure the pulse under water.
- Always press the sensor surface directly with the index finger. The finger (not the fingertip) should press flat and stable and the fitness watch should be tight around the wrist.
- If no pulse is displayed, please do not press the sensor surface tighter but instead start a new pulse measurement after a short while.
- Do not use the fingertip when measuring the pulse as the skin might be dry and thick on this part (horny skin). The fingertip may also not establish enough contact on the sensor surface. Make sure that you do not touch the sensor surface with the fingertip but with the central part of the distal phalanx of the finger.
- If your fingers are very cold or poorly supplied with blood this might also affect the pulse measurement.
- If you have very dry skin, moist the finger and the skin on the wrist with some water. The same applies if the forearms are very hairy.
- For an improved pulse measurement, cleanse the fingers and the wrist with soap and water.
- Use of hand creams can affect the pulse measurement.
- Clean the back of the fitness watch from time to time with a few drops of water and wipe it dry with a cloth to remove any grease
- Stand still for a moment whilst you are walking or running to measure the pulse. For safety reasons, please also stop for a moment to measure the pulse when you are cycling.
- If you measure the pulse whilst moving, hold the fitness watch very tight. We recommend placing the index finger on the sensor surface whilst holding the watch strap of the fitness watch with the thumb. This enables taking measurements whilst running or walking.
- The pulse measurement may not work or not work correctly if the heart beats are irregular.

Failure to follow these guidelines may hinder pulse measurement or delay display of a pulse value.

### 4.9 Power Saving

The fitness watch offers a power saving function. The display is turned off to prolong the life span of the battery.
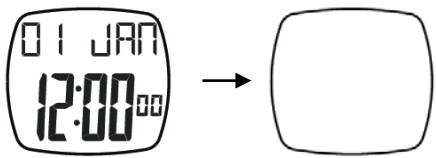


To activate the power saving function, press the „SELECT" key in the time mode for approx. 5 seconds. The display is turned off. In doing so, the individual mode settings are NOT deleted.
Press any key to stop the power saving and switch the display back on.

### 4.10 Display Light

By pressing the LIGHT key the display is lit for approx. 4 seconds to allow you to read the display of the fitness watch in the darkness. It is not possible to keep the display light turned on. Please be aware that the use of the display lightening requires more energy, resulting in a shorter life span of the battery.

### 4.11 Specifications

| Battery | 1 x 3 V Battery type CR2032 (1 x 3 V ▬▬ 0.5 mA CR2032) |
|---|---|
| Stopwatch * Meas. range: * Accuracy: | 99 hrs 59 min. 59 sec. 1/100 second (up to 59 min. 59.99 sec.) |
| Pulse * Meas. range: * Accuracy: | 40 to 240 bpm (beats/minute) 1 bpm |
| Steps | 0 – 99,999 steps |
| Calories | 0 – 9999 kcal |
| Fatburning | 0 – 1298 g |
| Distance | 0 – 93.17 miles |
| Speed | max. 40.7 miles per hour |
| Pace | max. 39 min. 59 sec. |
| Training time | max. 9 hrs. 59 min. 59 sec. |
| Countdown | max. 9 hrs. 59 min. 59 sec. |

### 4.12 Battery Change

To guarantee the water resistance of your fitness watch the battery change should be carried out by a watch professional or a service centre to avoid damage to the sealing ring and case.

Symbol image

If you still want to change the battery yourself please follow the instructions below:



Unscrew the four screws on the back cover on the fitness watch with a screwdriver. Open the battery compartment by carefully lifting the locking clip with the screwdriver over the locking hook.

Insert a new battery CR2032 (3V) with the plus polarity (+) facing upwards.
Then hook the battery fastener back into place and screw the cover back on.

Caution: There is a plastic insert between the electronics and the cover, displaying the required battery type for the fitness watch. Be aware not to lose this plastic insert when changing the battery.

If the display shows irregular symbols please take the battery out and reinsert it. This will reset the microprocessor. After the reset the fitness watch should be back to functioning as usual.

> **Note:** Please be aware that all personal data will need to be reset after changing the battery.
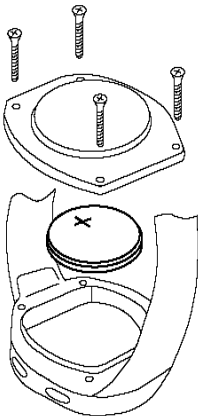
### 5 Conformity

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 Krippl-Watches
Telephone number: please refer to the information given in the warranty card

### 6 Troubleshooting/FAQs

**Before submitting a claim about the fitness watch, 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 fitness watch. http://www.produktservice.info  EAN: 20009212

*Why is the distance display of my distance covered not correct?*
Have you set the step lengths for walking and running? For optimal results, the step length for both „walking" and also „running" must be set. Shuffling gait, poor footwear and uneven surfaces may result in incorrect measurements. When climbing stairs or hills the distance measurement is reduced as the watch has only been designed for activities on **even** surfaces. Apply the same pace when walking or running as when calculating the step 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 will be 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!).

*The pulse display is not working or is not correct - why?*
Under certain circumstances it may happen that the pulse cannot be measured on some people or it may be very difficult:
- Your pulse is below 40 beats per minute.
- Your heart only emits very weak signals

Please also refer to the grey information box in point 4.8.1 „Pulse Measurement".

*What can cause the display of my fitness watch to stop 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 fitness watch 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.



**CUSTOMER Service**
We request all customers contact us via the **internet**, **e-mail** or **phone** before returning any products to us.
Please have the **model-no.** ready, which can be found either **on the back** or **on the bottom** of the product.
www.produktservice.info
service@produktservice.info
Toll-free service hotline
1-800-493-9137 (No country code necessary)