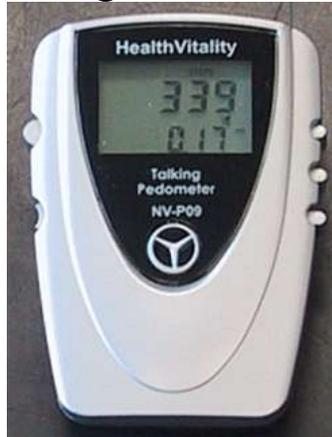# NU-854

Talking Pedometer

Introduction

Thank you for purchasing our multifunction Talking Pedometer! While you are keeping your eyes on the road, this unique product *tells* you how many steps you have taken, how far you have walked or jogged, and how many calories you have burnt. Simply press a button and a clear voice (te//s you everything. The alarm clock can also help you to define your own workout time. It is definitely a valuable asset for joggers !

Key Features
*   Displays and tells you the walking steps (up to 99,999 steps)
*   Displays and tells you the walking distance (up to 199.99 miles/km)
*   Displays and tells you the calories burnt (up to 19,999 kilo calories)
*   Back light (optional)
*   Pacer control (optional with 8 different songs)
*   Real time clock
*Count up timer (up to 12 hours)
*Alarm clock with 4 user selectable alarm sounds
*Reset key
*   Belt clip included

Getting started

There are 5 different modes: one "Standard mode", "Count up mode" and four "Set-up" modes. Enter into the "Set-up" modes through the [Mode] button only if you want to set up or modify the current time, alarm time, step-size or body-weight.

Standard Mode:

1. Default display is the "step counter" (walked steps) & "current time".
2. Press the up button to change the display from "current time" to "distance walked" or "calories burnt". "Step counter" will remain displaying on the LCD.
3. Press the speaker button to report the "walked steps" plus "current time", "distance walked" or "calories burnt", depending on what is displaying on the LCD.
4. Press [CLR] to reset the counter of walked steps, walked distance & burnt calories to zero.
5. Press and hold the speaker button to turn on back light during any modes. Back light will turn off

automatically 5 seconds after last key pressed, (only valid for those with back light function)
6. Press [Mode] to display the count up timer. Press up to start and press down again to pause the
   timer. Press [CLR] to reset the timer when the timer is slop.
7. Press down to play/stop the music (only valid for those with pacer control function). *While
   the music is playing,*
   • Press the speaker button to report current display and the music will automatically switch to next
   one.
   • Press [CLR] to reset the counter of walked steps, walked distance & burnt calories to zero and
     the music will automatically switch to next one.
   • Press the up button to switch between current time, distance walked and burnt calories and the
     music will automatically switch to next one.

Time Set Mode:
1. In *Time Set Mode* the current time blinks.
2. Press the speaker button to report the time.
3. Press [CLR] to enable or disable the snooze function.
4. Press the up button to increase the hour digit or press the down button to increase the minute
   digit. Press hold the up or down buttons in order to increase the digits rapidly.
5. Unit returns to Standard mode automatically 1 minute after last key pressed.

Alarm Set Mode:
1. In *Alarm Set Mode* the alarm time blinks.
2. Press the speaker button to report the alarm time.
3. Press the up button to increase the hour digit or press the down button to increase the minute
   digit. Press hold the up or down buttons in order to increase the digits rapidly.
4. Press [CLR] to toggle on/off the alarm or to change the alarm sound. When the alarm is on, the
   bell icon will be displayed on the screen.
5. Unit returns to *Standard mode* automatically 1 minute after last key pressed.

Sfep *Size Mode:*
1. In Step *Size Mode* the step length blinks. Default step length is 48 inches (or 120cm).
2. Press the speaker button to report the current step length.
3. Press the up button to increase or press the down button to decrease the step length by 2 inches
   (or 5cm). Press hold the up or down buttons in order to increase or decrease the step length rapidly.
4. The valid range of step length is between 2 to 78 inches (or 5 to 200cm).
5. Unit returns to Standard mode automatically 1 minute after last key pressed.
Note: *An individual's* stride *may vary in length. Input the appropriate length by for example measuring
the distance of 10 steps and average them by*

Body Weight Mode:
1. In *Body Weight Mode* the body weight blinks. Default body weight is 120 Ib (or 60kg).
2. Press the speaker button to report the current body weight.
3. Press the up button to increase or press the down button to decrease the body weight by 1 pound
   (or 0.5kg). Press hold the up or down button in order to increase or decrease the body weight
   rapidly.
4. The valid range of body weight is between 20 to 400 pounds (or 10 to 200kg).

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Others

How *is pacer control function works?* (only valid for those with pacer control function)
First of an initiate the music by pressing the down button in standard mode. The rhythm of the song will play
differently depends on the jogging speed. The faster the user walk, the faster the song plays. Press the down button again to stop the song.

Position the unit correctly

Clip the pedometer on your belt slacks, or training attire. Make sure to keep the unit in a vertical position otherwise
incorrect readings may be occurred.

Battery Installation:

1. Gently pull out the battery cover.
2. Insert 1 lithium battery (Noted: If not disposed of properly, batteries can be harmful.
   Protect the environment by taking used batteries to authorized disposal stations.)
3. Close the battery cover.

SPECIFICATIONS:

Power source: DC 3V (1 x Lithium Battery CR2025)
Battery life: >6 months
Product size: 60 x 40 x 25 mm
Product weight: 32g