

# Perfect® PEDOMETER

## USER GUIDE

**STEP**  
**DISTANCE**  
**CALORIE**



### IMPORTANT:

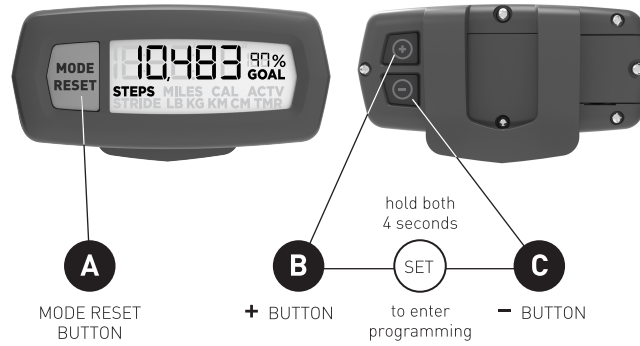
This User Guide is the authoritative source of information about your Pedometer. PLEASE read it carefully and follow all the instructions.

### COMMENTS OR QUESTIONS:

If you have any comments or questions about your Perfect Fitness product, instructions or warnings, please email, call or write to our Customer Service Specialists. Our goal is your complete satisfaction. Perfect Fitness® Customer Service Department, 2001 T.W. Alexander Drive, Box 13925, Durham, North Carolina 27709-3925. Call Toll Free: 1 800 446 7587, Monday through Friday, 8:00am to 5:00pm, EST. Email: help@aimplus.com www.PerfectOnline.com

### Normal Operation

Cycle through STEP, DISTANCE, CALORIE, and ACTIVE TIME modes. To reset pedometer usage data, press and hold MODE RESET button for 4 seconds.



### A MODE RESET BUTTON

Normal: Cycle through STEP, DISTANCE, CALORIE, and ACTIVE TIME modes.  
Normal: Press and hold 4 seconds to reset pedometer usage data.  
Programming: advances to next user setting to be adjusted.

### B + BUTTON

Normal: Press and hold together with (-) BUTTON 4 seconds to enter Programming from STEP, DISTANCE, or CALORIE modes.  
Programming: Adjusts (increases) information being adjusted.

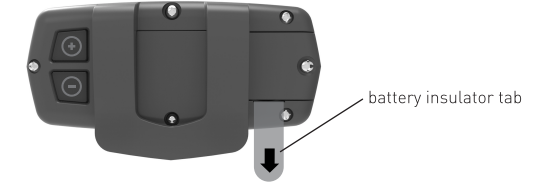
### C - BUTTON

Normal: Press and hold together with (+) BUTTON 4 seconds to enter Programming from STEP, DISTANCE, or CALORIE modes.  
Programming: Adjusts (decreases) information being adjusted.

### REMOVING BATTERY INSULATOR TAB

NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Locate the tab on the lower edge of the pedometer.
2. Firmly grasp the tab and pull away from the pedometer until completely removed from the unit.
3. Remove the label that appears on the pedometer display.
4. NOTE: Once the battery insulator tab is removed, the pedometer will always be on. The pedometer does not turn off.

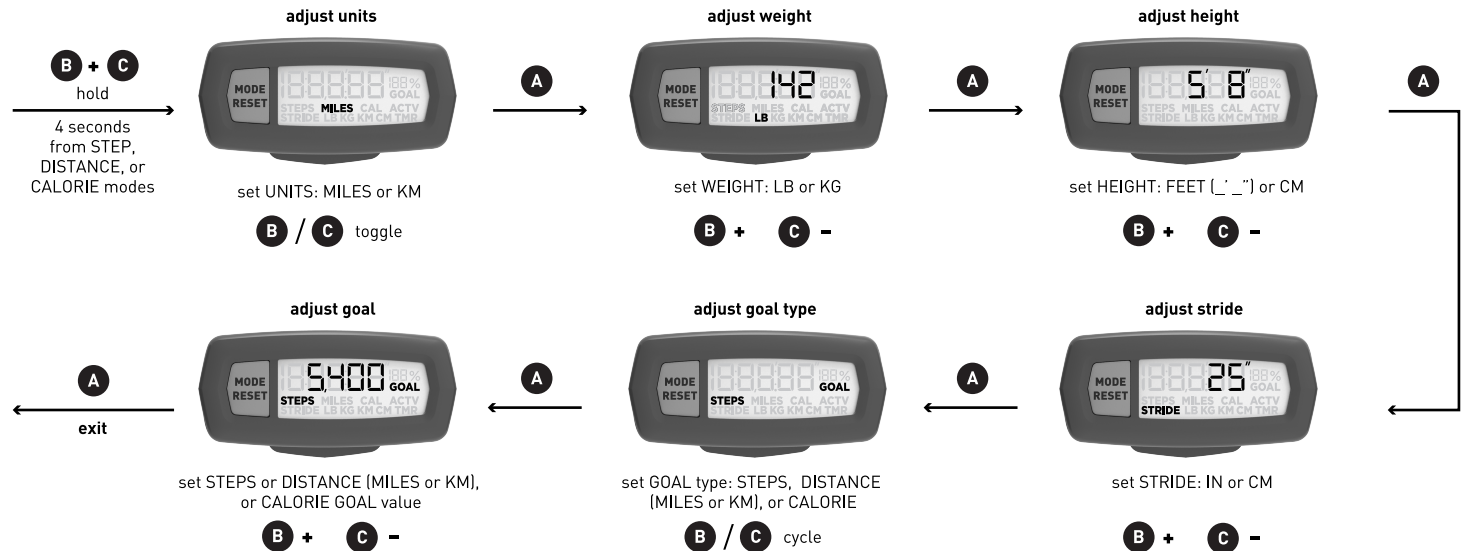


### WEARING THE PEDOMETER

The pedometer will be most accurate when worn close to the body, ideally on your belt or waist line or by inserting the unit into a tight, secure pocket.

### Programming

In order to ensure STEP, DISTANCE, and CALORIE data are as accurate as possible, you should complete the following steps to personalize your pedometer.



You can set a STEPS, DISTANCE, or CALORIE GOAL, they cannot be set independently.

Default STRIDE value is 25" (63 cm). To measure your stride accurately, see "Measuring Your Stride."

## MEASURING YOUR STRIDE

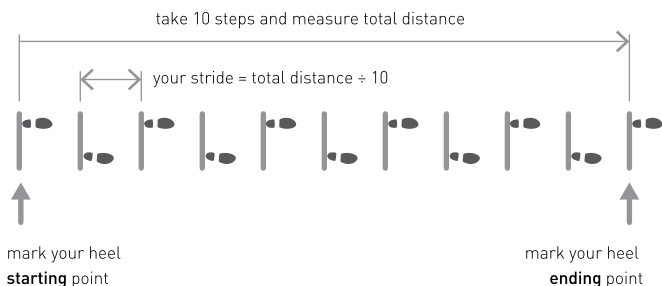
**Method 1** You will need two pens and a tape measure for this method.

- Place one pen on the ground as your starting line. Hold the other pen in your hand.
- Place both of your heels so they are touching your starting line (your pen) and walk 10 steps
- Bring your feet together on the 10th step and place the second pen behind your heels.
- Step away and measure the distance between the two pens.
- Divide the distance by 10. That figure is your stride length.

[Note this may be simpler if you use a wood deck or sidewalk with equal segments that can be measured individually and multiplied.]

**Method 2** Estimate by your height.

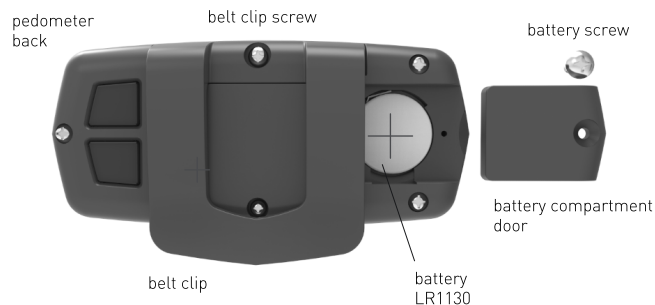
- Men: height x 0.415 = your estimated stride length
- Women: height x 0.413 = your estimated stride length



## CHANGING THE BATTERY

This pedometer uses one LR 1130 battery. Battery replacement will be necessary after prolonged normal usage. Replace the battery when the display fades in part or completely, or the pedometer does not function.

1. Unscrew the battery compartment door screw with a small Philips screwdriver. If the battery is difficult to access, you may also need to unscrew and remove the pedometer belt clip.
2. Remove the exhausted battery from the unit, and insert a new battery with the positive "+" side up. **REGARDING EXHAUSTED BATTERY DISPOSAL, PLEASE SEE IMPORTANT SAFETY INFORMATION.**
3. Replace the battery compartment cover and the belt clip if needed.



## IMPORTANT SAFETY INFORMATION

### **WARNING**

**FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THIS USER GUIDE MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.**

### **WARNING CALIFORNIA PROP 65**

**This product contains chemicals known to the State of California to cause cancer, birth defects, and reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)**



**PLEASE READ** all the information in this instruction manual before use.

**KEEP OUT OF REACH OF CHILDREN AND PETS.** THE unit contains **SMALL PARTS** that might be swallowed, especially the battery. This product contains a button-cell battery. **IF swallowed contact a physician immediately as this may result in possible SERIOUS INJURY OR DEATH.** Before EACH use, visually inspect the equipment. **NEVER use this equipment if it is not working properly or if there are damaged or worn parts.** Call our Customer Service Department with any questions.

**Consult your physician before starting any exercise program.** FITNESS training can result in **SERIOUS INJURY OR DEATH.** Risk of injury can be lessened when safe techniques and common sense are practiced. **BEFORE beginning your first workout, become familiar with the Perfect Pedometer.** If you have any questions, consult your physician. Your physician should assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with preexisting health problems or wrist, elbow, shoulder or other joint and/or muscle impairments. **IF you are taking medication that may affect your heart rate, a physician's advice is absolutely essential before use of this equipment.**

Use this unit **ONLY** for the intended use as described by the manufacturer. **DO NOT modify or disassemble the unit.** Modifications to the unit will void the warranty.

**DO NOT use the product in water, wet conditions (e.g. rain) or extremely humid situations.** This will cause damage to the product. The product is sweat resistant **ONLY.**

**NEVER expose the product to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellent, sunscreen and other toiletries as they may damage the unit.** Clean with a dry cloth.

**DO NOT store in direct sunlight or near direct heat sources and protect from shocks,** like dropping the unit. **Especially DO NOT place the battery in or near fire,** this might cause the battery to explode.

**PEDOMETER** batteries contain chemical substances. Please dispose of the watch battery and all components according to local regulations. Unlawful disposal can contribute to environmental pollution. Please keep exhausted battery away from children and pets. Special handling may apply. See [www.dtsc.ca.gov/hazardouswaste/perchlorate](http://www.dtsc.ca.gov/hazardouswaste/perchlorate).

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