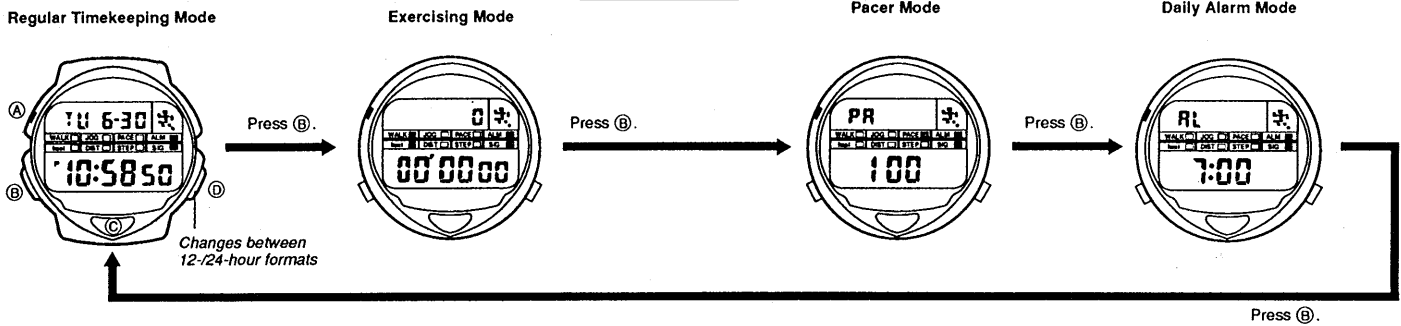
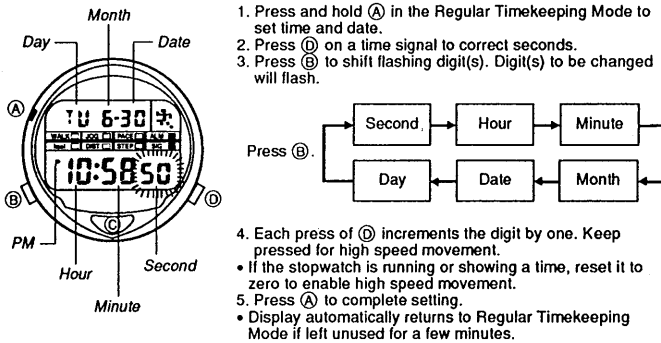


OPERATION CHART: MODULE QW-1005

READING THE DISPLAY

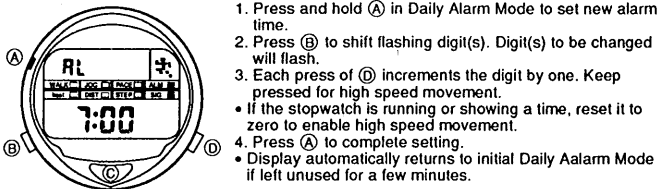


SETTING TIME AND DATE

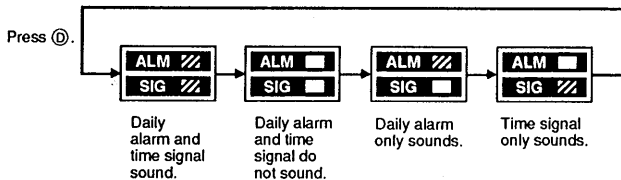


SETTING DAILY ALARM

Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.



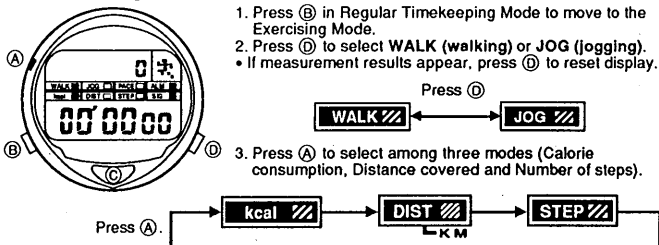
ON or OFF Setting of Daily Alarm and Time Signal



USING EXERCISING FUNCTION

The exercising function that measures calorie consumption, distance covered, number of steps and exercising time by walking or jogging to the pacer signals, once you have set your personal data (pace, stride, age, weight).

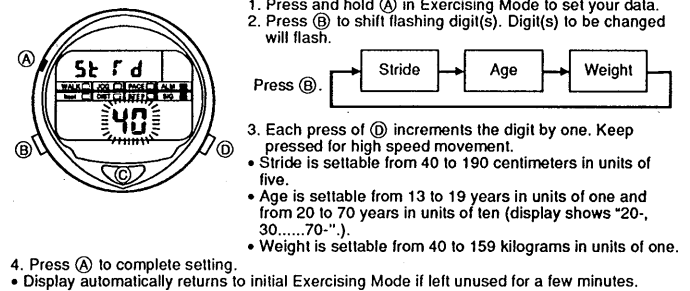
Before Exercising



- Press and hold (A) to set your personal data.
- See "Setting your personal data" for more details.
- Press (A) to complete setting.

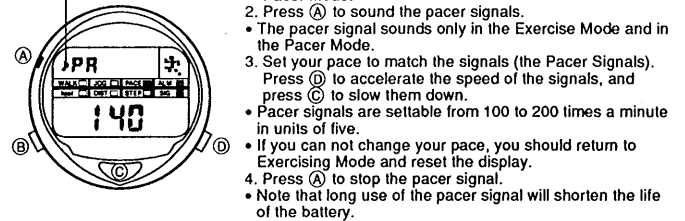
Setting your personal data (except your pace)

Set your data as accurately as possible to ensure accurate calculation.



Setting your pace

Pacer signal on indicator



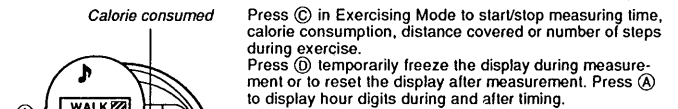
Calculating your stride

You can calculate your stride by walking or jogging a predetermined distance, then dividing that distance by the number of steps it took. After completing the calculation, input your stride length for walking (WALK) or jogging (JOG).

- To get walking stride: Walk 25 meters. Divide 25 by the number of steps it took.
- To get jogging stride: Jog 300 meters. Divide 300 by the number of steps it took.

Example You jogged 300 meters in 239 steps:
 $300/239 \times 100 \approx 125.5$ centimeters.
 Input 125 centimeters as your jogging stride.

While You Exercise



- Start measurement and exercising simultaneously, and stop measurement as soon as exercising is finished to ensure accurate calculations and prolong the life of the battery.

Working range

The total elapsed time display in the exercising mode is limited to 9 hours 59 minutes 59.99 seconds.