



**CITIZEN**  
Micro HumanTech

**Instruction Manual  
for  
Digital Pedometer  
Model TW310**

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- Thank you for purchasing the digital pedometer TW310.
- Please read this Instruction Manual before using this unit.
- Please keep this Instruction Manual for your future reference.

**CITIZEN SYSTEMS AMERICA CORP.**

# Safety precautions

This instruction manual uses various illustrations to explain how to use the product correctly and safely in order to prevent any damage or injuries occurring to you, other people or property.

 Warning	The column bearing this mark describes the content related to a hazard that may cause death or serious injuries.
 Caution	The column bearing this mark describes the content related to a hazard that may cause injuries or property damage.
	This mark indicates prohibited actions.
	This mark indicates items that are mandatory and the user is required to observe at all times.

## Warning



- Keep batteries, main unit and attached driver away from babies.  
>> Otherwise they may be accidentally ingested or cause injuries.
- Never dispose of batteries in the fire.  
>> Otherwise they may explode.

## Caution



- If you are not accustomed to daily exercise, consult your physician or trainer.  
>> Sudden and strenuous exercise is dangerous.
- If you are receiving treatment for injuries or diseases, consult your physician or trainer.

# Precautions for handling and storage

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## ■ ■ About handling



- Never disassemble the product.  
>> Otherwise it may result in product failure.
- Do not use or store the product in a dusty or damp location or where it may come in contact with water.  
>> Otherwise it may cause the product to fail.
- Do not subject the product to vibration or impact.  
>> Otherwise it may cause the product to fail.
- Be careful not to put the product into a washing machine by mistake or drop it in water.  
>> Otherwise it may cause the product to fail.



- Refrain from wearing it in the hip/rear pocket of your trousers.  
>> Otherwise it may break or cause an injury when you sit down.



## ■ ■ About maintenance



- Do not use thinner, benzine, alcohol, etc. for maintenance.  
>> Clean the main unit using a soft cloth.

# Features

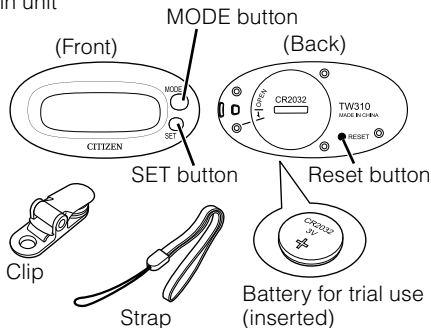
- The **3D (triaxial accelerometer) sensor** enables the pedometer to count the number of steps in any direction when placed in a pocket or bag.
- **Simple function for measuring the number of steps only.**
- **Large, easy-to-see display.**
- **The number of steps taken the previous day** is stored in the memory. You can view the data at any time.
- If no buttons are pressed for a while, the screen is automatically returned from the clock/memory screen for the previous day to the step number display screen for the current day by the **auto return function**.
- The **power-saving mode** prolongs the life of the battery. If no buttons are pressed or no vibration is generated by walking, the screen automatically goes blank and battery consumption is reduced.

# Before using this product

Before actually using the pedometer, be sure to read the Safety Precautions.

## Check the contents of the package and the names of the parts

Main unit



## Initializing the product

### Turn on the power

- 1 Press and hold the [MODE] button (for at least three seconds).
  - The entire display screen lights and clock setting mode is enabled.



## Set the clock

- 2 Press the [MODE] button until the correct hour is displayed.

A digital display showing the time 0:00. The numbers are in a simple, blocky font. The display is enclosed in a rounded rectangular border.

- The hour is displayed in 24-hour format. For example, to set 2:00 pm, set 14:00.

- 3 Press the [SET] button.
- 4 Press the [MODE] button until the correct minutes are displayed.

A digital display showing the time 12:38. The numbers are in a simple, blocky font. The display is enclosed in a rounded rectangular border.

- 5 Press the [SET] button.
  - Clock setting is now completed.

## Changing the time

If you make a mistake or if you want to change the time, follow the procedure below.

- 1 Press the [MODE] button to display the current time. (See page 9)

A digital display showing the time 10:38. The numbers are in a simple, blocky font. The display is enclosed in a rounded rectangular border.

- 2 Press and hold the [SET] button for approximately two seconds.
  - The clock setting screen is displayed and you can set the time.

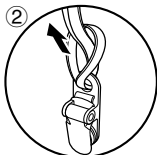
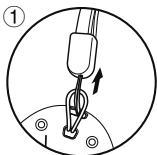
For details of how to set the time, see above.

# Let's walk

When you have finished setting the clock, the pedometer is ready to use. This section explains how to carry around the pedometer.

## How to attach the strap

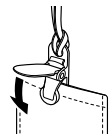
Thread the short end of the strap through the pedometer as illustrated in ① and thread the long end of the strap through the clip as illustrated in ②.



## How to carry around the pedometer

Slide the pedometer in your pocket or carry it around in your bag.





Clip the strap to your pocket or the side of your bag to prevent it from falling out. Take care not to pull too hard on the strap while the clip is attached to your clothes. Doing so may damage the fabric.

## **For correct measuring**

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### **Do not swing the pedometer**



### **No sports or jogging**



## **Other causes of measuring errors**

The pedometer may not measure correctly in the following situations.


- When you shuffle your feet
- When you wear sandals, clogs or flip-flops
- When you walk up or down a steep slope or stairs
- When you walk at an irregular pace in a crowded place
- When you walk repeatedly for short periods of less than five seconds
- When you are riding a bicycle, motorcycle, in a car, train or other means of transport
- When the pedometer is exposed to loud noise or continuous vibration



# Method of operation

## Standard display

The following image illustrates the standard display. When an alternate mode is selected, the unit automatically returns to standard display mode if it is not in active usage for approximately 15 seconds.

Number of steps walked today 

- If the pedometer is not in active usage for over 30 seconds, the LCD blacks out and the device enters power save mode. The device returns to normal mode when the user begins walking or operates any of the buttons.
- The number of steps taken on any one day is memorized at 2:00 am and the counter returns to zero.
- When the data for the previous day is stored, the data from two days earlier is erased.

## How to read the data

You can view the current time and the number of steps taken the previous day.

### 1 Press the [MODE] button.

- Each time the button is pressed, the display switches between the current time, number of steps walked the previous day and the standard display.

Standard screen



Current time



Number of steps yesterday

# About the battery

## When the battery is low

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When the battery is low, **BT** appears in the top right corner of the screen. Replace the battery with a new battery of the following type as soon as possible (within approximately one week).

### Battery: CR2032

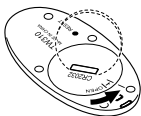


- The service life of the battery is approximately one year.
- The battery provided with the pedometer is only for trial use. Its service life may be short.
- All data is erased when the battery is replaced.
- Dispose of used batteries according to the disposal method specified by the local authorities in your area.

# How to change the battery

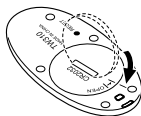
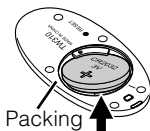
## 1 Open the battery cover.

- To remove the cover, use a coin or similar object to turn the cover to the OPEN position.



## 2 Remove the battery by inserting a toothpick or similar object under the battery as indicated by the arrow and insert a new battery.

- Insert the battery with the positive pole (+) facing upward.
- Slide the battery in at an angle.

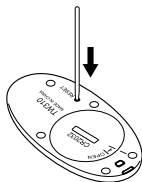


## 3 Close the battery cover.

- Match the OPEN | mark on the battery cover with the [ | ] symbol on the main unit and turn the cover to the right.
- When you close the battery cover, make sure that the *rubber seal* is not protruding from the groove.

## 4 Press the reset button.

- Insert a toothpick or similar object into the hole and press the reset button.



## 5 Set the clock. (See page 6)

# Troubleshooting

**[BT]** is displayed.

- The battery is low. Replace with a new battery (CR2032). (See page 10)

**Nothing is displayed at all.**

- Nothing is displayed when the pedometer is in power-saving mode. Press the [SET] button or any other button.
- Check that a battery is inserted and that it is correctly oriented. (See page 11)
- The battery may be exhausted. Replace with a new battery. (See page 11)
- Press the reset button on the back of the pedometer. (See step 4 on page 11)

**The reading seems inaccurate.**

- Check whether you are using the pedometer correctly. (See page 7)

**Steps are not counted when I shake the pedometer.**

- To prevent measuring errors, 'walking' is judged to be performed after at least six seconds of walking and the relevant number of steps up to that point are added on. Shaking the pedometer once or twice doesn't have an impact on the number of steps counted.

**No steps have been counted.**

- If the clock has not been set, your steps will not be counted. (See page 5, 6)

## How do I erase the memory data?

- Remove the battery or press the reset button on the back. (See page 11)

## The buttons don't respond.

- Follow the reset procedure. (See step 4 on page 11)

# Specifications

Detection system	3D acceleration sensor
Display method	LCD display
Display contents	
Time	24-hour format (hour/minutes)
Number of steps	99,999 steps
Memory	Number of steps yesterday
Accuracy	
Number of steps	±5% (based on Citizen vibration tester)
Clock	Within ±30 seconds per month (at 72°F, 22°C)
Power supply	3 V DC (one CR2032 battery)
Battery service life	Approx. one year (when walking approx. 10,000 steps on average per day) *using a standard new battery
Service temperature range	32°F to 104°F (0°C to 40°C)
Storage temperature range	-4°F to 140°F (-20°C to 60°C)
Outside dimensions (W × H × D)	Approx. 2 5/9" × 13/10" × 8/17" (65 × 33 × 12 mm)
Dimensions of display (W × H)	Approx. 1 3/5" × 9/17" (41 × 13.5 mm)
Weight	Approx. 7/11 oz (18 g)

Please note that the step number data, etc. may be erased when the pedometer is repaired or parts are replaced.

# 1-YEAR LIMITED WARRANTY

Congratulations on your purchase of a Digital Pedometer. Your Digital Pedometer, excluding the battery, is covered by the following limited warranty commencing upon the date of purchase, and subject to the following terms and conditions:

The Warrantor warrants that its Digital Pedometer will be free from defects in materials and workmanship under normal consumer usage for a period of one year for the original purchaser of the product.

Periodic maintenance, repair and replacement of parts due to normal wear and tear are excluded from coverage. Defects or damage that result from: (a) improper operation, storage, misuse or abuse, accident or neglect, such as physical damage (cracks, scratches, etc.) to the surface of the product resulting from misuse; (b) contact with liquid, water, rain, extreme humidity or heavy perspiration, sand, dirt or the like, extreme heat, or food; (c) use of the Digital Pedometer for commercial purposes or subjecting the Digital Pedometer to abnormal usage or conditions; or (d) other acts which are not the fault of the Warrantor, are excluded from coverage. This warranty does not cover batteries or other power sources that may be provided with, or used with the Digital Pedometer.

If the Digital Pedometer fails to conform to this limited warranty, return the Digital Pedometer postage prepaid along with \$5.00 for return shipping, handling and insurance to: Attn: CITIZEN SYSTEMS AMERICA CORPORATION 363 VAN NESS WAY, SUITE 404 TORRANCE, CA 90501 USA. When returning a product, please also include: (i) a copy of your receipt, bill of sale or other comparable proof of purchase; (ii) a written description of the problem; and (iii) your name, address and telephone number. Carefully package the product to avoid any damage that may occur while in transit; shipping insurance with returned receipt is recommended. At our option, the Warrantor will repair or replace the unit found to be defective in materials or workmanship under normal consumer usage. The purchaser will be notified of any additional repairs required prior to completing the repair, and will be responsible for parts charges, if any, and repair charges not covered by this limited warranty.

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