

Digital Pedometer TW300

Instruction Manual

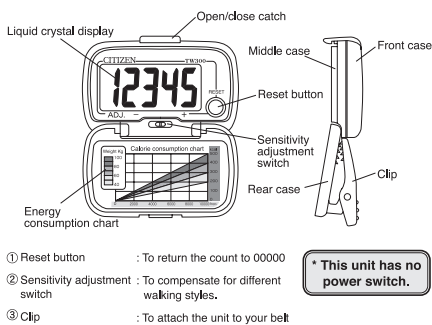
Thank you for purchasing the Digital Pedometer TW300. Please read this Instruction Manual carefully before use to ensure correct operation. Please store this Instruction Manual in a safe place after reading it.

Specifications

Step detection system	Pendulum mechanism
Display	Liquid crystal digital
Steps	0~99999 Minimum value display of one step After 99999, the count returns to 00000 and counting restarts.
Count unit	One step
Precision of step count	Within +/- 5% (based on CITIZEN's vibration testing machine)
Count reset	A single-press reset button
Battery	Type LR44
Battery life	Approx. two years (assuming 10,000 steps per day)
Operating temperature range	0°C to 40°C
Unit dimensions	55 x 35.5 x 12.8 mm (excluding the clip)
Display dimensions	16.5 (H) x 35.6 (W) mm
Weight	Approx. 21 g (including the battery)

* The external appearance and the specifications of this product are subject to change without prior notice for further improvement.

Identification of parts



- ① Reset button : To return the count to 00000
 ② Sensitivity adjustment : To compensate for different walking styles.
 ③ Clip : To attach the unit to your belt

* This unit has no power switch.

Important Safety Information

This manual contains important information about the proper use of this product to protect you, other people and property. The safety symbols used in this manual are explained below:

	Indicates an imminently hazardous situation with the potential to result in death or serious injury
	Indicates a potentially hazardous situation with the potential to result in injury or property damage
	Indicates a prohibited action
	Indicates an obligatory action

Warning

- Do not leave any battery or the product itself within reach of small children as there is a risk of swallowing.
- Do not throw any battery into a fire as this may cause an explosion.

Caution

- If you are not accustomed to exercise, be sure to follow the instructions of your physician or trainer. Excessive exercise can be dangerous.
- If you are receiving medical treatment for injury or illness, follow the instructions of your physician or trainer. Excessive exercise can be dangerous.

Care and Maintenance

Handling

- Do not disassemble the unit as this may result in failure.
- Do not use the unit in dusty or damp locations or in any place where it is exposed to water as this may result in failure.
- Do not subject the unit to excessive shock or vibration as this may result in failure.
- Do not subject the case or clip to excessive force as this may result in damage.

Storage

- Do not store the unit in any damp location or in any place where it is exposed to water as this may result in failure.

Maintenance

- Do not use thinner, benzene or any other solvent. Wipe the unit with a soft cloth.

WEEE MARK

- En** If you want to dispose this product, do not mix with general household waste. There is separate collection systems for used electronics products in accordance with legislation under the WEEE Directive (Directive 2002/96/EC) and is effective only within European Union.
- Ge** Wenn Sie dieses Produkt entsorgen wollen, dann tun Sie dies bitte nicht zusammen mit dem Hausabfall. Es gibt im Rahmen der WEEE-Direktive innerhalb der Europäischen Union (Direktive 2002/96/EC) gesetzliche Bestimmungen für separate Sammelsysteme für gebrauchte elektronische Geräte und Produkte.
- Fr** Si vous souhaitez vous débarrasser de cet appareil, ne le mettez pas à la poubelle avec vos ordures ménagères. Il existe un système de récupération distinct pour les vieux appareils électroniques conformément à la législation WEEE sur le recyclage des déchets des équipements électriques et électroniques (Directive 2002/96/EC) qui est uniquement valable dans les pays de l'Union européenne. Les appareils et les machines électriques et électroniques contiennent souvent des matières dangereuses pour l'homme et l'environnement si vous les utilisez et vous vous en débarrassez de façon inappropriée.
- Sp** Si desea deshacerse de este producto, no lo mezcle con residuos domésticos de carácter general. Existe un sistema de recogida selectiva de aparatos electrónicos usados, según establece la legislación prevista por la Directiva 2002/96/CE sobre residuos de aparatos eléctricos y electrónicos (RAEE), vigente únicamente en la Unión Europea.
- It** Se desiderate gettare via questo prodotto, non mescolatelo ai rifiuti generici di casa. Esiste un sistema di raccolta separato per i prodotti elettronici usati in conformità alla legislazione RAEE (Direttiva 2002/96/CE), valida solo all'interno dell'Unione Europea.
- Du** Deponeer dit product niet bij het gewone huishoudelijk afval wanneer u het wilt verwijderen. Er bestaat ingevolge de WEEE-richtlijn (Richtlijn 2002/96/EG) een speciaal wettelijk voorgeschreven verzamelsysteem voor gebruikte elektronische producten, welk alleen geldt binnen de Europese Unie.
- Da** Hvis du vil skille dig af med dette produkt, må du ikke smide det ud sammen med dit almindelige husholdningsaffald. Der findes et separat indsamlingsystem for udtjente elektroniske produkter i overensstemmelse med lovgivningen under WEEE-direktivet (direktiv 2002/96/EC), som kun er gældende i den Europæiske Union.
- Por** Se quiser deixar fora este produto, não o misture com o lixo comum. De acordo com a legislação que decorre da Diretiva REEE – Resíduos de Equipamentos Eléctricos e Electrónicos (2002/96/CE), existe um sistema de recolha separado para os equipamentos electrónicos fora de uso, em vigor apenas na União Europeia.
- Pol** Jeżeli zamierzasz pozbyć się tego produktu, nie wyrzucaj go razem ze zwykłymi domowymi odpadkami. Według dyrektywy WEEE (Dyrektywa 2002/96/EC) obowiązującej w Unii Europejskiej dla używanych produktów elektronicznych należy stosować oddzielne sposoby utylizacji.

● CITIZEN is a registered trademark of Citizen Holdings Co., Japan.
 ● CITIZEN is a marca registrada de Citizen Holdings Co., Japan.
 ● Design and Specification are subject to change without notice.

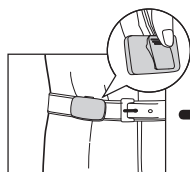
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How to operate

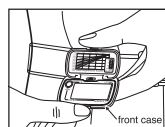
1. Attach the unit.

- Close the front case.
- Clip the unit to your belt or clothing.



2. Open the front case.

- Hold the unit with one hand and then place the thumb of your other hand on the open/close catch to open the front case.



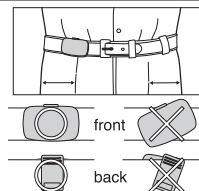
3. Set the count to 00000.

- Press the reset button.
- Close the front case.



Attaching the unit properly

- Attach the unit securely to your belt or clothing as illustrated on the right.
- It is best to attach the unit on the left or right crease of your trousers.
- Attach the unit securely and parallel to the ground. Failure to do so may result in the unit coming loose or producing an incorrect measurement.



Walking Suggestions

- For more accurate measurement, walk rhythmically with your back straight and with a constant stride.
- Normal walking form on a flat surface will produce the best results.
 - The unit may fail to perform proper measurement if you
 - shuffle,
 - walk up or down any steep slope or stairs,
 - dash or walk with random strides, or
 - walk with sandals on.
- Non-walking vertical movements or vibrations may be counted as steps, including
 - standing up, sitting down, jumping, bending and stretching or playing sport,
 - major vibrations on a bicycle or in a bus, train or other means of transport.

Adjusting Sensitivity

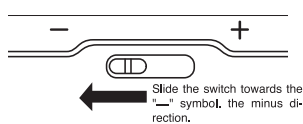
When there is a difference between the number of steps which you walked actually and the number of display, slide the sensitivity adjustment switch to adjust the sensitivity.

If the count display indicates an incorrect number of steps, operate the sensitivity adjustment switch to adjust the sensitivity.

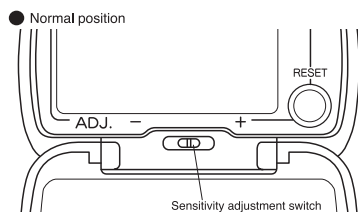
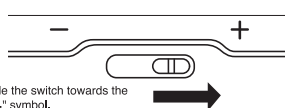
After walking 100 steps on a flat surface, perform the adjustment if there is a discrepancy of 5 or more steps between the displayed count and the actual number of steps. Slide the sensitivity adjustment switch gradually to adjust the measurement sensitivity.

* The product may produce an error of +/- 5 steps for every 100 steps even if you walk normally (at a speed of approximately 100 steps per minute on a flat surface).

- If the displayed count is larger



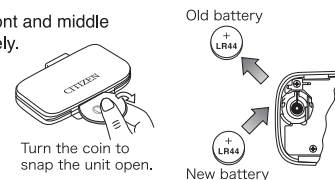
- If the displayed count is smaller



Use your fingernail to slide the sensitivity adjustment switch.

Replacing the battery

- Open the case.
 - Insert a coin into the groove between the front and middle cases. Turn the coin to snap the unit open.
- Remove the old battery.
- Insert the new battery.
 - Place the battery with the positive (+) side up.
 - When removing or inserting a battery, be careful not to deform the contact spring.
- Fasten the front and middle cases securely.



Turn the coin to snap the unit open.

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Caution

- Be sure to use the correct type of battery. Use of an incorrect battery may result in failure.
- Do not use tweezers to replace the battery. This may cause a short circuit and result in injury.
- Remove the battery if not planning to use the unit for a long time.
- Remove the battery when it is spent. Leaving a spent battery in the unit may cause electrolyte leakage and result in an accident or failure.
- Insert the battery with correct polarity. Inserting a battery with incorrect polarity may result in failure.