Contents

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 a "Prohibited matter."

🔵 This mark indicates a "Mandatory matter" that 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 with your physicians or trainers for instruction.
   >> Sudden and strenuous exercise is dangerous.

● If you are receiving treatment for injuries or diseases, consult with your physician or trainer for instruction.

Precautions for handling and storage

■ About handling

● Never disassemble the product.
   >> Otherwise it may cause the product to fail.

● Do not use or store the product in a dusty or damp location or where it may be splashed 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.
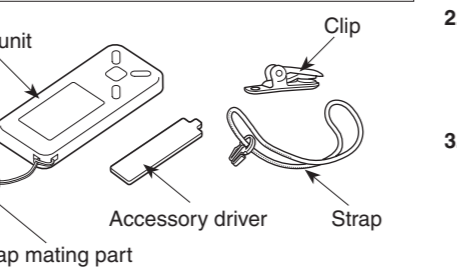   >> Otherwise it may cause the product to fail.

● Refrain from wearing it in the hip 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.
   >> Otherwise it may cause the product to fail.
   >> Clean the main unit using a soft cloth.

Before using this product

Please check if the following items are packed in the package.

Main unit   Clip

Accessory driver   Strap

Strap mating part

Please pull the battery insulation sheet off.

Before use, pull the battery insulation sheet with force in the direction of the arrow (horizontally). Then press RESET switch and make initialization by reading pages 8 and 9 for reference.
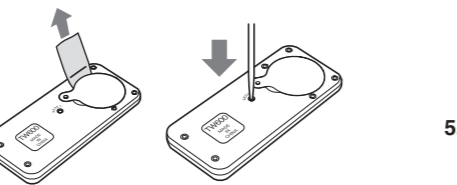
Features

1. **Thin-type pedometer**
This is a compact, thin type pedometer convenient for wearing.

2. **Indication of amount of exercise (Ex)**
Indicates the amount of exercise (Ex) by using walking as an index for healthy exercise.
   *For the amount of exercise, see page 23.

3. **Various measurement**
Measures your number of steps, amount of exercise, calorie consumption, amount of burnt fat, walking distance, walking time and mean walking speed.
   *For reviewing various data (Measured values), see page 16.

4. **You can review the accumulated data for a 7-day period**
Individuals set up their own target. Some may set a weekly walking target of 70,000 steps in addition to the daily target of 10,000 steps. You can use the function to review the "accumulated data for a 7-day period" for such an occasion.
This function also becomes handy when reviewing your weekly amount of exercise recommended by the health authority in your area.
   *For reviewing various data (Accumulated data), see page 18.

5. **Memory for 14 days**
At 2 o'clock every morning, various measured data including the number of steps taken during the past 24 hours will be memorized. The display reading turns to "0." Your data for 14 days can be stored in the memory automatically. This is convenient in the case you plan to walk continually.
   *For reviewing various data (14-day memory), see page 15.

6. **You can measure the number of steps it may take to reach there from here**
You can use convenient "Sectional trip measuring" function to measure the number of steps to cover a section from here to there.
   *For reviewing various data (Sectional measuring), see pages 19 and 20.

7. **Drip-proof construction**
This product has drip-proof construction and it poses no problem if it gets wet with drizzle. Care should be taken, however, when washing the product under the tap or placing it under water as doing so may cause the product to fail.

8. **Memory data remains unerased up to the day preceding battery replacement**

9. **Function for preventing measuring errors when walking**
This product has a measuring error preventive function, which recognizes periods of walking over 6 seconds as a countable walking period and adds the data to the number of steps thus far memorized. This unit does not count periods of walking of less than 5 seconds or when it is held in the hand and swung two to three times only.

10. **Power saving mode**
If you are not walking or the buttons are not being operated, the unit enters the power-saving mode approximately 30 seconds later and the screen display blacks out. The screen display automatically returns when you start walking.

11. **Automatic return function to step number display screen**
If the switch is not pressed for approximately 10 seconds, the unit automatically returns to the step number display screen.

Names and functions of parts

Front   1   2   3   **Back**   7   8   9

6   5   4

1. **LCD screen**
This illustration shows the display screen state when all the lights are lit simultaneously, which differs from the screen display observed during actual use of the unit.

2. SET**Switch**
Changes the display to a screen for actual use (number of steps, accumulated step data, sectional measuring, and date and time)

3. ▲**Switch**
Shows the memory for 14 days. For selecting a section, and for increasing a set value.

4. ▼**Switch**
Shows the memory for 14 days. For selecting a section, and for decreasing a set value.

5. ◀**Switch**
Shows measured data (your number of steps, calorie consumption, amount of burnt fat, walking distance, walking time and mean walking speed)..

6. **Strap mount (on the side)**

7. **RESET switch**
Pressing RESET switch turns all the LCD lamps ON simultaneously for approximately one (1) second. Press RESET switch at time of battery replacement.

8. **Battery cover screw**

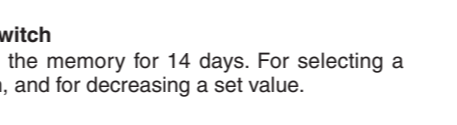9. **Battery cover**

Initialization (Setting of your weight and stride)

[Set your weight]

1. Pressing RESET switch causes the "Body weight" in the weight setting screen to flash.

   W = Weight

   Increase
   Decrease
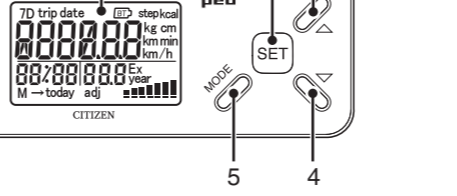
2. ▲ ▼ switch until correct weight is displayed.

3. SET switch once.
   The weight is verified and the length of stride lamp starts flashing.

[Set your length of stride].

4. ▲ ▼ switch until correct length of stride is displayed.

   S = Stride

   Increase
   Decrease

5. SET switch once.
   The length of stride is verified and the year of the Christian era lamp starts flashing.
   ※ If you made an entry mistake during setting, complete the initialization described in pages 8 and 9, then read page 11.

Initialization (Setting of the Date and Clock)

[Set Date and Clock]

6. ◀ switch until correct "year of the Christian era" is displayed. SET switch once to verify it.

   Increase
   Decrease

7. **Set [Month]**
   ▲ ▼ switches and verify by pressing SET switch.

8. **Set [Day]**
   ▲ ▼ switches and verify by pressing SET switch.

9. **Set [Time].**
   ▲ ▼ switches and verify by pressing SET switch.

10. **Set [Minute]**
   ▲ ▼ switches and verify by pressing SET switch.
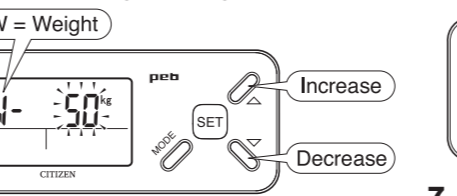
※ The clock is for 24-hour indication.
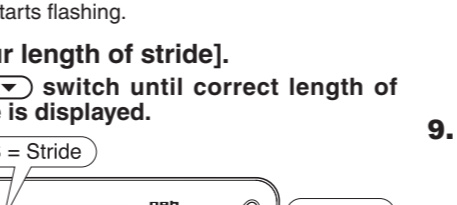※ If you made a mistake while setting, read page 11.

Initialization (Setting end screen)

[Initialization end screen]

   Step number

● Press SET switch to display the [Date and Time].

   Day and time

   Time   Amount of exercise

[How to attach the strap]

1. Put the strap through an accessory clip.

   Clip

   Strap

2. Connect the strap to the mating part.

   Mating part

Changing set values

Following the procedures below when you want to change any or all of the weight, stride, date and clock data.

6. ▲ ▼ switch until correct "year of the Christian era" is displayed. SET switch once to verify it.

   Increase
   Decrease

7. **Set [Month]**
   ▲ ▼ switches and verify by pressing SET switch.

8. **Set [Day]**
   ▲ ▼ switches and verify by pressing SET switch.

9. **Set [Time].**
   ▲ ▼ switches and verify by pressing SET switch.

10. **Set [Minute]**
   ▲ ▼ switches and verify by pressing SET switch.

※ The clock is for 24-hour indication.
※ If you made a mistake while setting, read page 11.

How to carry the unit

[Place the unit in your pocket]

Breast pocket on your shirt or other pockets of pants, skirt, jacket, vest, etc.

● When the main unit is hanging or suspended
   ※ The swing becomes irregular, disabling correct measuring. Always keep it in a pocket or a bag. (See page 12.)

[Place the unit in your bag]

● When you walk in an irregular fashion
   ※ Correct counting may be disabled when you slide your feet, or when you walk in sandals, clogs. No correct counting will be made when your walking steps become irregular such as when you are walking in a crowded area.
● Repeating a short period of walking of less than 6 seconds may not be counted correctly.

● When used during up-and-down movement or where there are major vibrations
   ※ The unit may not correctly measure your walking steps when your body is rising up and/or carrying out a squatting motion besides walking, when engaged in a sport, when walking up or down a stairway, or when in a vehicle moving on a bumpy or swinging motion.

For correct measuring

■■ In the following cases, this product may not make correct measurement:

● When the main unit is hanging or suspended
   ※ The swing becomes irregular, disabling correct measuring. Always keep it in a pocket or a bag. (See page 12.)

● Pressing SET switch for an extended period (approximately 2 sec) causes the [Body weight] to start flashing.

   Clip

   Strap

   W = Weight

   Press SET for an extended period.

   ※ To prevent the product from falling, clip the unit on to your pants, skirt or the end of a bag.
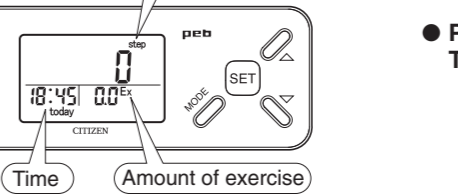
Body weight, stride, date and clock can be changed in this order. Change necessary item(s) accordingly. (See pages 8 and 9 for reference.)

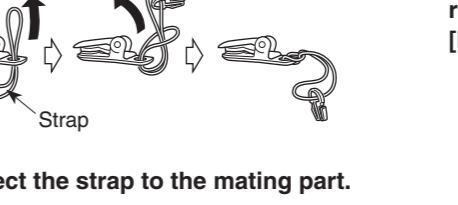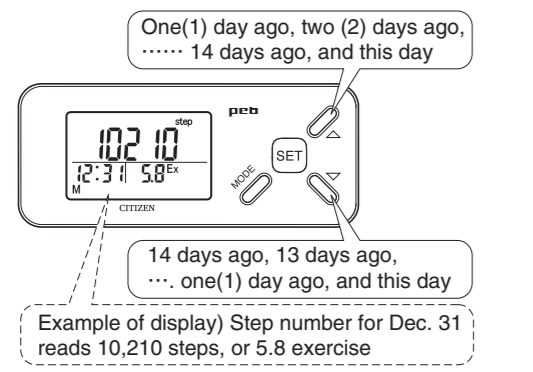※ This unit does not count your walking steps during setting.

   ※ Pulling the unit forcibly without releasing the clip may damage the fabric the clip is on, for which care should be taken.

Reviewing various data (14-day memory)

[Reviewing the memory data for 14 days]
● Change the screen to display the number of steps.
● Pressing ▲▼ switch enables memory data up to 14 days old to be viewed.

One(1) day ago, two(2) days ago,
··· 14 days ago, and this day

Step number display

Example of display) Step number for Dec. 31 reads 10,210 steps, or 5.8 exercise

※ Pressing MODE switch enables respective measured data to be viewed. (See page 16.)
※ Memory data is not changeable/amendable.
※ Always set the date.
※ Replacing the battery or pressing RESET switch on the back does not erase the memory data for 14 days.
※ If the switch is not pressed for approximately 10 seconds, the unit screen automatically returns to the step number display for the current day.

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Reviewing various data (Measured values)

[Reviewing various measured values]
● Change the screen to display the number of steps.
● Each time SET switch is pressed, the screen display on the top column changes, enabling you to view respective measured values as shown below: (Number of steps → Calorie consumption → Amount of burnt fat → Walking distance → Walking time → Mean speed → Number of steps...)
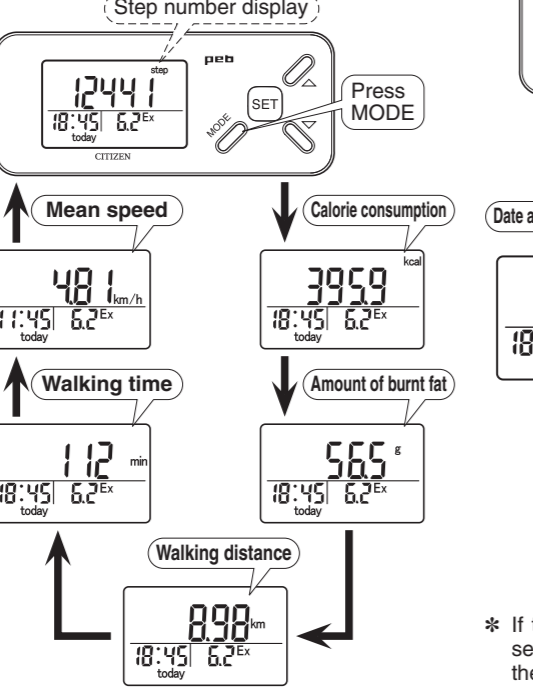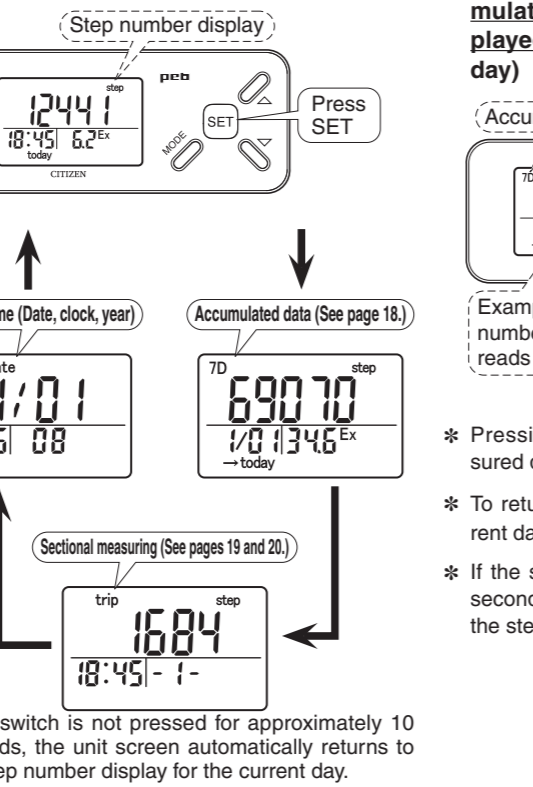
Step number display

Mean speed

Walking time

Walking distance

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Reviewing various data (Changing display screen)

[Changing display screen]
SET switch is pressed, the screen display changes as shown below, enabling the measuring function to be changed: (step → 7D → trip → date → step...)
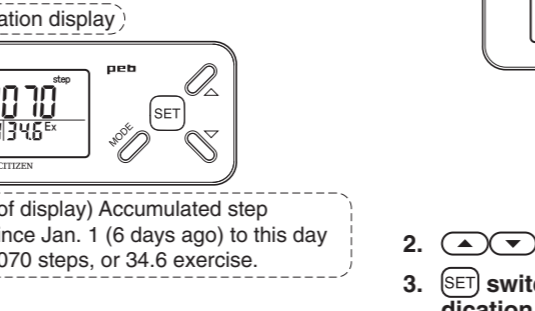
Step number display

Press SET

Accumulation display

Example of display) Accumulated step number since Jan. 1 (6 days ago) to this day reads 69,070 steps, or 34.6 exercise.

※ Pressing MODE switch enables respective measured data to be viewed. (See page 16.)
※ To return to the step number screen for the current day, press SET switch three (3) times.
※ If the switch is not pressed for approximately 10 seconds, the unit screen automatically returns to the step number display for the current day.

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Reviewing various data (Accumulated data)

[Reviewing the accumulated data for a 7-day period]
● Pressing SET switch displays the characters reading [7D] on the screen. Accumulated data for the past 7 days is displayed. (From 6 days ago to the current day)
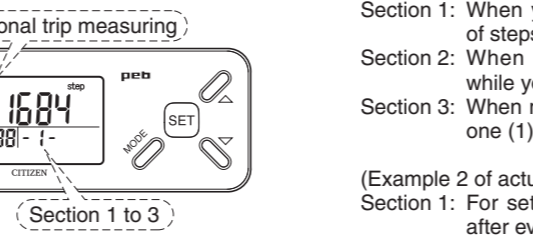
Date and time (Date, clock, year)

Accumulated data (See page 18.)

※ If the switch is not pressed for approximately 10 seconds, the unit screen automatically returns to the step number display for the current day.

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Reviewing various data (Sectional trip measuring)

[Sectional trip measuring] ☺ Convenient function

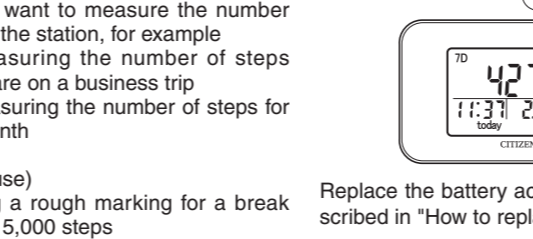1. SET switch displays the characters reading [trip] on the screen. You can measure optional three (3) sections.

Sectional trip measuring

Section 1 to 3

(Example 1 of actual use)
Section 1: When you want to measure the number of steps to the station, for example
Section 2: When measuring the number of steps while you are on a business trip
Section 3: When measuring the number of steps for one (1) month

(Example 2 of actual use)
Section 1: For setting a rough marking for a break after every 5,000 steps
Section 2: For setting a rough marking for the distance from the station to a rest point
Section 3: For measuring the number of steps of a complete hiking route

2. ▲▼ switches, select a section (1 to 3).

3. SET switch for an extended period (approximately 2 sec) to change the step number indication to read "0."

4. Place the unit in the pocket or a bag and walk to the destination with it.

5. Upon arrival, set to the sectional trip measuring mode and check the screen.

※ No amount of exercise is indicated.
※ MODE switch enables to show respective measured values. (See page 16.)
※ To return to the step number screen for the current day, press SET switch two (2) times.
※ When the step number exceeds 999,999, the reading returns to 0.
※ If the switch is not pressed for approximately 10 seconds, the unit screen automatically returns to the step number display for the current day.

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Remaining battery level mark

When the battery is low, ⚡ appears on the screen. Replace the battery with a new one (CR2032) soon (within a week)
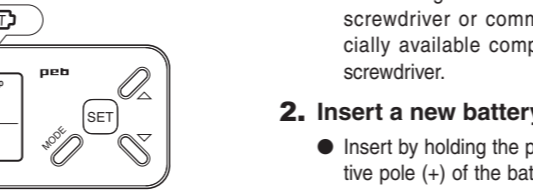
Replace the battery according to the procedures described in "How to replace the battery" on page 22.

※ Replace the battery in the morning for instance, before you start using the pedometer. This product is designed to memorize the data for the past 24 hours at 2 o'clock in the morning. Replacing the battery after beginning to use the unit for the day will erase all the data for the portion of the day before the battery is replaced. To prevent this occurring, it is recommended that you store the data in memory before replacing the battery.
※ Dispose of used batteries according to the disposal methods outlined by authorities in your area.
※ Battery service life is approximately six (6) months. The accessory battery to your unit is just for trial use. Its life may be short compared to standard individual batteries.
※ When the battery is completely exhausted, only ⚡ is displayed.

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How to replace the battery

1. **Open the battery cover.**
● Remove the battery cover screw using the accessory screwdriver or commercially available compact screwdriver.

2. **Insert a new battery.**
● Insert by holding the positive pole (+) of the battery facing upward.
※ Use a CR2032 battery.

3. **Close the battery cover.**
① Check that the packing is inserted into the groove.
② Insert the claw on the cover to the main unit.
③ Press down the cover.
④ Tighten the screw with the screwdriver.

4. **Press the RESET switch.**
● Memory data up to the preceding day remains unerased if the battery is replaced or the RESET switch on the back is pressed. Note that the data for the day is erased.

※ Pressing RESET switch turns all the LCD lamps ON simultaneously and the display changes to the initialization screen. Carry out initialization by reading pages 8 and 9.

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What is an amount of exercise?

Amount of exercise (Ex) refers to the unit indicating the amount of physical activity. To prevent lifestyle diseases, you are recommended to actively engage in a minimum of 23 Ex physical activities (exercise and daily activities) a week. It is also recommended that you check with the guideline by the health authority in your area.

Amount of exercise (Ex) = Intensity of physical activities (METs) x Time (hr).

Intensity of physical activities (METs) multiplied by duration (hr) of physical activity makes an amount of exercise (Ex).

METs = Metabolic Equivalents, the unit of intensity of physical activities
The unit for expressing the "intensity of physical activities" by the multiplication equivalent to the counterpart during rest. Normal walking is equivalent to 3 METs.
This product indicates the amount of exercise (Ex) by the number of steps.

(Reference)
Normal walking (3 METs) x 1 hour = 3 Ex
Fast walking (4 METs) x 1 hour = 4 Ex

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Troubleshooting and guidance

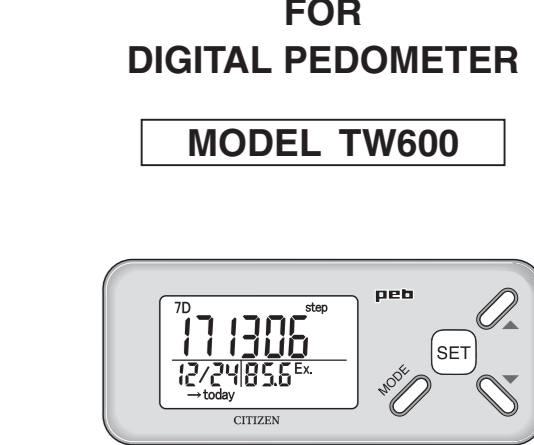|	
⚡D lights up.	Battery is low. Replace the battery with a new one (CR2032). (See pages 21 and 22.)
No display at all	● Nothing is displayed when it is in power-saving mode. Shake the unit. ● Check the battery for correct direction of polarity. ● Is the battery exhausted? Replace the battery with a new one. ● Press RESET switch.
When the battery is replaced, what will happen to the data?	Measured data for the day will be erased. Weight, stride and the 14-day memory data will remain in the memory. The date and clock will return to the initial value. Reset these items. (See pages 8 and 9.)
Step number is too few or too many.	Check whether you are using it correctly. (See pages 12 and 13.)
Switches do not work	Press RESET switch on the back (see page 7).
Want to erase memory data	Not erasable. This product is designed with specifications not to erase the memory data upon battery replacement or resetting.
How to measure your stride	Measure the distance from the toe to toe or heel to heel. When fully extended, this Instruction Manual measures approx. 96 cm. Please use it as a rough measure. (One (1) page is approximately 13 cm wide.)
Return to the step number display screen	If the switch is not pressed for approximately 10 seconds, the unit screen automatically returns to the step number display for the current day.

※ Please note that the step number data, etc. may be erased when the device is subjected to repairs or replacement of parts.

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Specifications

Detection system		3-D acceleration sensor
Display method		LCD
Display contents	Date and time	24-hour system (Year/Month/Day/Hour/Minute)
	Number of steps	Maximum : 999999 steps
	Calorie consumption	Maximum : 99999.9kcal
	Amount of burnt fat	Maximum : 9999.9g
	Walking distance	Maximum : 999.99km
	Walking time	Maximum : 99999 minutes
	Mean speed	Maximum : 99.99km/hr
	Exercise	Maximum : 99.9 Ex
	14-day memory, data accumulated for 7 days	Number of steps, calorie consumption, amount of burnt fat, walking distance, walking time, walking speed and amount of exercise
Setting range	Body weight	20 kg to 150 kg
	Stride	30 cm to 120 cm
Accuracy	Number of steps	+/-5% (based on data from a vibration tester)
	Clock	Accurate within +/-30 seconds per month (at 22°C)
Drip-proof (Drip-proof type I)		Compatible with JIS C 0920:2003 standard
Power supply		DC 3V (one CR2032 battery)
Battery service life		Approx. 6 months (In the case of walking about 10,000 steps in average a day)
Range of service temperature		0°C to 40°C
Range of storage temperature		-20°C to 60°C
Outside dimension in mm		Approx.73 (width) x 37 (height) x 10 (thickness)
Dimensions of display in mm		Approx. 32.5 (width) x 18.5 (height)
Weight		Approx. 25 g

WEEE MARK

If you want to dispose this product, do not mix with general household waste. There is a 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.

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INSTRUCTION MANUAL
FOR
DIGITAL PEDOMETER

MODEL TW600

● Thank you for purchasing the digital pedometer TW600.
● Please read this Instruction Manual before using this unit.
● Please keep this Instruction Manual for your future reference.

CITIZEN SYSTEMS JAPAN CO., LTD.