

INSTRUCTIONS FOR 598 DIGITAL PEDOMETER

Congratulations! You are the proud owner of a FreeStyle® digital pedometer, which is one of the most accurate and versatile exercise instruments for the walker or runner today. Your new digital pedometer includes these useful features:

- LARGE, EASY-TO-READ DISPLAY
- DUAL ROW DISPLAY FOR INSTANT EXERCISE READINGS
- SCAN OPTION AUTOMATICALLY DISPLAYS ALL FOUR EXERCISE DUAL READINGS, IN CONTINUOUS THREE-SECOND INTERVALS
- PERSONAL DATA INPUT FOR ACCURATE INDIVIDUAL RESULTS
- ELECTRONIC SENSOR WITH PRECISE MEASUREMENT CONTROL FILTERS OUT IRREGULAR MOVEMENT
- DURABLE, BELT-FITTING CASE WITH HINGED COVER
- SUPER LIGHTWEIGHT-LESS THAN ONE OUNCE
- REPLACEMENT BATTERY INCLUDED

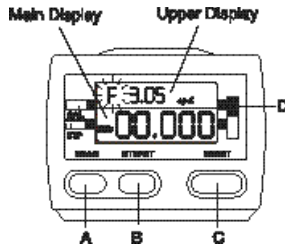
GENERAL DESCRIPTION OF KEYS AND FUNCTIONS:

SCAN key **A**: When pressed, will display all four exercise readings in either continuous cycles, or individually.

STR/WT key **B**: Used to program your stride length and weight.

RESET key **C**: When pressed, will reset all recorded data. Also, will reset programmed data when in programming mode.

MODE switch **D**: Can be positioned to view desired display. The corresponding function can be viewed on the left side of the display. This switch is also used in programming mode (see PROGRAMMING YOUR FREESTYLE® DIGITAL PEDOMETER).



BEFORE YOU BEGIN

Before using your FreeStyle® digital pedometer, it is necessary to program the unit with your stride length and your weight. Accurate measurement of this data will allow you to achieve precise, individual results.

MEASURING YOUR STRIDE LENGTH:

- 1) At your normal stride, walk or run 14 strides, per figure A below.
Note: If you intend to use the pedometer while running, you should run the 14 strides. If you intend to use the pedometer while walking, you should walk the 14 strides.

- 2) Measure the distance from **Start** to **End** (see figure A) in inches.
Note: If measuring in centimeters (cm), convert the distance to inches by multiplying your measured distance by 0.39.

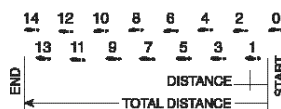


Figure A

- 3) Compute your single stride length by dividing the total distance measured in #2) above by 14.

Example:
Total distance measured = 384 in.
Single stride length = $384 \text{ in.} \div 14 \text{ strides} = \frac{27.43 \text{ in.}}{\text{stride}}$

- 4) Round off your single stride length measure in #3) above to the nearest inch

Example: $\frac{27.43 \text{ in.}}{\text{stride}} = \frac{27 \text{ in.}}{\text{stride}}$

- 5) Convert your rounded off single stride length in #4) above to feet and inches by dividing by 12.

Example: $27 \text{ in.} \div 12 = 2 \text{ ft. } 3 \text{ in.}$

This will be entered into your pedometer as described in "SETTING YOUR STRIDE LENGTH."

MEASURING YOUR WEIGHT:

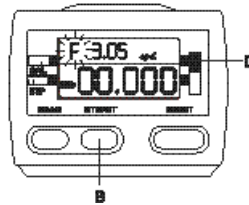
- 1) Using a bathroom scale or equivalent, determine your weight in pounds. Be sure to remove your shoes and excess clothing.
- 2) If measuring in kilograms, multiply by 2.20 to convert to pounds (lbs).

PROGRAMMING YOUR FREESTYLE® DIGITAL PEDOMETER

After measuring your stride length (feet and inches) and weight (pounds), it is necessary to program this data into your digital pedometer.

SETTING YOUR STRIDE LENGTH:

- 1) Slide **MODE** switch **D** to **MPH** position.
- 2) Press **STR/WT** key **B**. Upper display shows default stride F2.00 (2 feet 00 inches), with the "F" flashing.



- 3) Adjust stride according to your measured stride length by pressing **STR/WT** key **B**, while "F" is flashing. Hold for rapid advance.

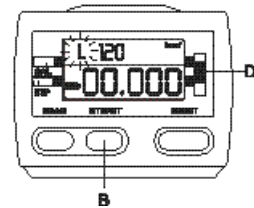
Note: Stride length increases in one inch intervals, and the programmable range is from one foot/00 inches to 8 feet/00 inches.

- 4) When programming is complete, display will return to normal operating mode after three seconds, and data will be stored in memory.

- 5) To reset your programmed stride length, repeat the above procedures.

SETTING YOUR WEIGHT:

- 1) Slide **MODE** switch **D** to **CAL** position.
- 2) Press **STR/WT** key **B**. Upper display shows default weight L120 (120 pounds), with the "L" flashing



- 3) Adjust weight according to your measured weight by pressing **STR/WT** key **B**, while "L" is flashing. Hold for rapid advance.

Note: While programming, weight increases in one pound intervals, and the programmable range is from 60 pounds to 280 pounds.

- 4) When programming is complete, display will return to normal operating mode after three seconds, and data will be stored in memory.
- 5) To reset your programmed weight, repeat the above procedures.

USING YOUR FREESTYLE® DIGITAL PEDOMETER

After programming is complete, you are now ready to use your FreeStyle® digital pedometer.

READING THE DUAL DISPLAYS:

The display window is divided into two rows, indicated as main display and upper display. Each display provides a specific function, indicated below:

- 1) Slide **MODE** switch **D** to one of four corresponding positions indicated on the left side of the display window. Descriptions of each of the four positions are offered below:

MPH Main display shows distance traveled in miles to nearest 1/1000 mile. Range is .001 to 99.999 miles. Upper display shows average speed traveled in miles per hour (mph) to nearest 1/100 mph. Range is .01 to 20.45 mph.

CAL Main display shows distance traveled in miles to nearest 1/1000 mile. Range is .001 to 99.999 miles. Upper display shows kilocalories (kcal) burned over distance traveled. This is a continuous calculation based on programmed data (stride length & weight) and average speed.

Note: While metabolic rates may vary among users, this display reading will provide a general idea of energy used during exercise. The kcal can be converted to other units as follows: 1 kcal = 4184 Joules = 3.97 BTU (British Thermal Units)

TMR Main display shows distance traveled in miles to nearest 1/1000 mile. Range is .001 to 99.999 miles. Upper display shows time used during walk/run operation in seconds up to 59 minutes, 59 seconds; then in minutes, up to 99 hours.

STP Main display shows number of steps walked or run (excluding irregular movements) to 99,999 steps. Upper display shows "SPM" (average number of steps per minute of walk/run operation), up to 225 SPM.

RECORDING INFORMATION:

Your digital pedometer is in "standby status" until five continuous steps are taken. Information can be recorded when **Mode** switch **D** is set to any position.

- 1) Secure your digital pedometer as indicated in "POSITION-

POSITIONING YOUR DIGITAL PEDOMETER" below.

- 2) Begin walking or running. After five continuous steps are taken, the "▲" (active indicator) will appear in the left corner of the upper display. The five steps are calculated, and the step counter and timer will automatically begin recording.
- 3) Two seconds after the walk/run movement stops, the timer will pause and the unit will switch to and remain in "standby status" until five continuous steps are again taken.
- 4) Information is recorded automatically, and results can be accessed at any time.

USING THE SCAN BUTTON:

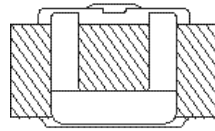
Press **SCAN** key **A** to view all four exercise readings in a continuous cycle. Each dual display can be read for about three seconds before switching to the next display. To revert to single exercise reading according to setting of **MODE** switch **D**, press **SCAN** key **A** again.

USING THE RESET BUTTON:

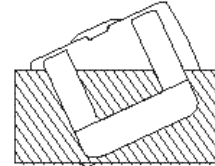
Press and hold **RESET** key **C** for one second to clear memory of all recorded information and reset to zero. This includes distance (miles), calories (kcal), timer (hours, minutes, seconds), and steps. All programmed information (stride length and weight) will not be affected, unless in programming mode.

POSITIONING YOUR DIGITAL PEDOMETER:

- 1) Use the clip on the back of your pedometer to secure the unit to your belt, or the top of your shorts or trousers.
- 2) For proper function, it is important to position the unit as close to your hip area as possible.
- 3) Be sure that the unit is parallel to the ground, as this will aid in proper function and allow easy visual access to the display.



RIGHT



WRONG

- 4) Unit should be closed during use, with front logo plate facing upward. Otherwise, unit will not function properly.

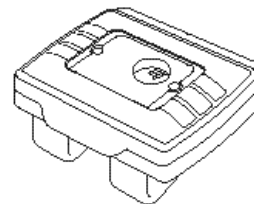
REPLACING THE BATTERY:

Battery life is estimated at one (1) year. If the unit displays erratic readings, or display is difficult to read, battery may need to be replaced as follows:

- 1) Remove two small screws securing the "FreeStyle Digital Pedometer" front logo plate, and lift off the logo plate.
- 2) Remove and replace battery with VNNIC L1142 or equivalent. Be sure "+" side is up when the battery is inserted into the compartment.



VNNIC-L1142



- 3) Place front logo plate in its original position, and replace the two screws.

**FREESTYLE U.S.A.
LIMITED WARRANTY**

FreeStyle® products are warranted to the original purchaser to be free

from defects in material and workmanship under normal use for a period of one year from the date of purchase. During the warranty period, and upon proof of purchase, the product will be repaired or replaced (with the same or similar model), at our option, without charge for either parts or labor. The limited warranty is given by FreeStyle U.S.A. and not the dealer from whom the product was purchased

Should the product be defective, please return postage paid to FreeStyle U.S.A., attention: Watch Repair Department, 161 Plaza La Vista, Camarillo, CA93010. Include a brief description of the problem, and a copy of your purchase receipt showing product was purchased within a one-year time period. Include your complete name, address and zip code. Please allow 15 working days for return.

This warranty will not apply if product has been misused, abused or altered. Bending the unit and visible cracking of the face or display are presumed to be defects resulting from misuse or abuse.

Neither this warranty nor any other warranty, expressed or implied, or any other warranties of merchantability shall extend beyond the warranty period. No responsibility is assumed for any incidental or consequential damages, including but not limited to mathematical accuracy of the product. Some states do not allow limitations on how long an implied warranty lasts. Some states do not allow the exclusion or limit of incidental or consequential damage, so the above limitation or exclusions may not apply to you. The warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Should this product require service after the warranty has expired, please return to FreeStyle U.S.A., 161 Plaza La Vista, Camarillo, CA 93010. Include a brief description of the problem, and a check or money order for \$15.00. Please include your complete name, mailing address, zip code, and telephone number. Please allow 15 working days for return.

**FreeStyle U.S.A.
161 Plaza La Vista
Camarillo, CA93010**

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