YAMAX
DIGI-WALKER®
SW-700/701 SYSTEM WALKING PROGRAM

MAIN FEATURES

1. Large, easy-to-read display and good, easily operated buttons.
2. Cover provided to protect against rain and dust, and to prevent the buttons from being pushed inadvertently.
3. Battery Life : Approx 3 years. Can be changed easily with a coin.
4. Counts the number of steps taken while walking or jogging up to 100,000 steps.
5. Measures the distance covered while walking or jogging from 0.01 km or 0.01 mile to 1,000 km or 1,000 miles.
6. The stride length can be set in 1 cm or 0.25 feet intervals precisely.
7. Measures the number of calorie burned while walking or jogging from 0.1 to 10,000 kcal.
8. Body weight can be set in 1 kg or 1 lbs intervals.

MAIN APPLICATIONS

Display:5-digit liquid crystal display.
Display item:
  Minimum:Step ·············1 Step
         Distance ······0.01 km or
                            0.01 mile
         Calorie ·········0.1 kcal
  Maximum:Step ············99999 Steps
         Distance ······999.99 km or
                            999.99 mile
         Calorie·········9,999.9 kcal
Stride Length:30-180 cm
             (Minimum Unit 1 cm)
             1.00-6.00 feet
             (Minimum Unit 0.25 feet)
Body weight Setting:30-120 kg
                  (Minimum Unit 1 kg)
                  70-300 lbs
                  (Minimum Unit 1 lbs)
Battery:LR-44 type
       (Battery life:Approx 3 years)

ASSEMBLED PARTS
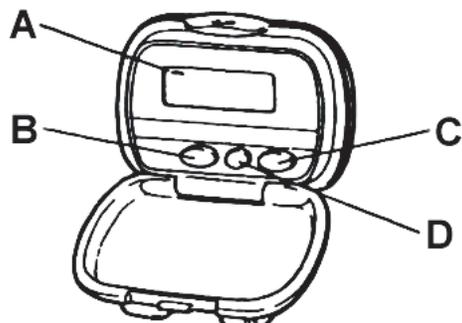
A.Cursor
B.Step Count, Distance Reset, Calorie Reset
C.Mode Selector Button
D.Stride Length, Body Weight Setting Button

OPENING THE COVER

Holding the Pedometer upwright, grasp the top of the clip with one hand. Use the other hand to push the projecting portion of case body between the sides of the clip away from the clip thus opening the case.
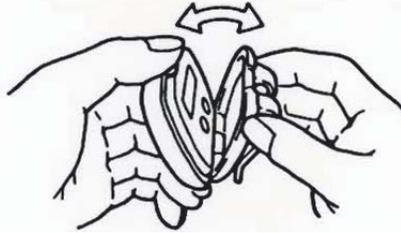
INSTALLATION METHOD

Attach to your belt, beltless slacks, skirt or training suit buttoms using the clip.
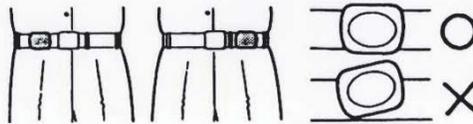
MODE SELECT

Press MODE ("C") button to display your required mode. Then you can find your required mode will be displayed.

ADJUSTING YOUR STRIDE

For computing the distance coverage, it is important to keep regular strides and maintain your walking form. To determine your average stride length, walk 10 steps as illustration and divide by 10 the distance covered to arrive at your average length.


HOW TO SET STRIDE LENGTH

1) First, Press"C"button to move the cursor to point "DIS (km)" or "DIS (mile)".
   Next press"D"button to input your stride length.
   (The cursor will point "STRIDE (cm)" or "STRIDE (feet)".)
2) The stride length can be increased by every 1 cm or 0.25 feet,
   starting with 30 cm or 1.00 feet and ending 180 cm or 6.00 feet after which the setting will return to 30 cm or 1.00 feet.
3) After setting your stride length, the cursor automatically move "DIS (km)" or "DIS (mile)" in a few second.

HOW TO SET YOUR BODY WEIGHT

1) First, press MODE ("C") button to move the cursor point "CALORIE (kcal)".
   When the cursor point "CALORIE (kcal)" press SET ("D") button to input your body weight. (The cursor will point "WEIGHT (kg)" or "WEIGHT (lbs)")
2) The body weight can be increased by every 1 kg or 1 lbs, starting with 30 kg or 70 lbs and ending 120 kg or 300 lbs after which setting will return to 30 kg or 70 lbs.
3) After setting your body weight, the cursor automatically move "CALORIE (kcal)" in a few second.
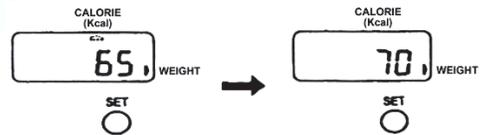

RESET OPERATION

When you want to reset the data-Number of Steps and Distance Meter, please press RESET button ("B" button) when your required mode is displayed. The number of calorie burned is also reset.

HOW TO REPLACE THE BATTERY

· The display will get dim as the battery begins to run down. Replace the battery as soon as possible.
· A "monitor" battery (for testing the functions at the factory) is installed in the meter, and may not be fully stored.
· Replace the battery with the (LR-44) type that you can buy in electoric store or drug store.
· If the battery is accidentally swallowed, please contact a doctor immediately.
· To replace the battery, using the coin into cover case and body case and pull out the cover case from body case, Then remove the "dead" battery and insert a new battery. (make sure the positive "+" side faces to you.)
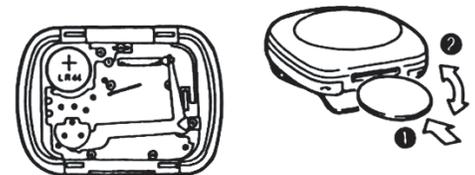
· After replacing the battery, you have to press the all buttons together for about 5 seconds and move your hand away from buttons so that "88888" will be displayed as illustration below. The data will be cleared so please input the data (such as stride length, etc.) again.
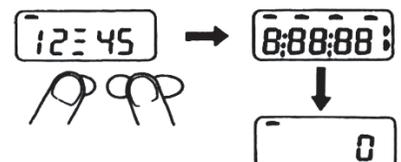
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WHEN UNUSUAL SEGMENT IS DISPLAYED ?

· If the unusual segment or half segment is displayed, please press the all buttons together in about 5 seconds and move your hand away from buttons so that "88888" will be displayed and after a few second "0" will be displayed, the data will be cleared so please input the data (such as stride length, etc.) again.
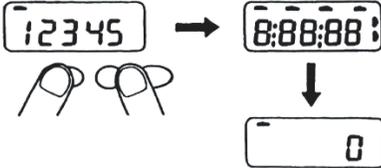
NOTES ON MEASURMENT

· Hold the case vertically and shake it up and down with its display facing towards you. By this, the pendulum inside starts to click gently indicating that it is functioning properly. The meter is intended to use on the flat ground.
Incorrect measurments may result under the following conditions.
1) If you walk with irregular steps, drag your feet, or walk in sandals.
2) If you subject the meter to vertical or vibrating motion, suddenly stand up or sit down, jump or participate in sports, walk up or down steep slopes, or get on and off automobiles, or buses.