1. CW-SERIES LINE UP

**CW-200**
- Step Counter
- Clock
- Dual Display
- 1 Million Steps Memory

**CW-300**
- Step Counter
- Activity Time
- Clock
- Dual Display
- 2 Weeks Memory

**CW-700/701**
- Step Counter
- Activity Time
- Clock
- Dual Display
- 1 Million Steps Memory

2. FUNCTIONS

**Counts the Number of Steps**
- While walking or jogging up to 1 million steps.

**Measures the Time covered**
- While walking or jogging from 0H 00M to 1000H.

**Measures the Distance covered**
- While walking or jogging from 0.00 km or 0.00 mile to 10,000 km or 10,000 miles.

**Measures the Number of Calorie burned**
- While walking or jogging from 0.0 to 100,000 kcal.

**24 hours system clock.**

3. ASSEMBLED PARTS

4. SPECIFICATIONS

<table>
<thead>
<tr>
<th>Movement</th>
<th>Exclusive Spring Coil and Pendulum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display</td>
<td>8-Digit Dual LCD</td>
</tr>
<tr>
<td>Display Item</td>
<td>Number of Steps: 0 to 999999 steps</td>
</tr>
<tr>
<td></td>
<td>Activity Time: 0H 00M to 9999 59M</td>
</tr>
<tr>
<td></td>
<td>Walking Distance: 0.00 to 9999.99 km</td>
</tr>
<tr>
<td></td>
<td>(0.00 to 9999.99 mile)</td>
</tr>
<tr>
<td></td>
<td>Calorie: 0.0 to 999999.9 kcal</td>
</tr>
<tr>
<td></td>
<td>Clock: 0H 00M to 23H 59M</td>
</tr>
<tr>
<td>Step Counter Accuracy</td>
<td>±3 % (YAMAX regulation)</td>
</tr>
<tr>
<td>Clock Time Accuracy</td>
<td>±30 seconds/month (normal usage)</td>
</tr>
<tr>
<td>Material</td>
<td>ABS Resin (Clip: Metal)</td>
</tr>
<tr>
<td>Size</td>
<td>46 x 61 x 19 mm (H x W x T)</td>
</tr>
<tr>
<td></td>
<td>excluding metal clip</td>
</tr>
<tr>
<td>Weight in bulk</td>
<td>38 g including the battery</td>
</tr>
<tr>
<td>Battery</td>
<td>CR2032 battery * Life time will be 3 year</td>
</tr>
</tbody>
</table>

5. OPENING THE COVER

Holding DIGI-WALKER up right, grasp the top of the clip with one hand. Use the other hand to push the projecting portion of cover case between the sides of the clip away from the clip thus opening the case.

6. ATTACHING DIGI-WALKER

Attach to your belt, beltless slacks, skirts or training suits bottoms using the clip.
DIGI-WALKER® CW-SERIES
INSTRUCTION MANUAL

7. HOW TO DO INITIAL SETTING

Please do not forget setting date before you using DIGI-WALKER.

SETTING DATA

<table>
<thead>
<tr>
<th>Time</th>
<th>0:00 to 23:59 (24 Hours Display)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day of the Week (CW-600,700,701)</td>
<td>1 to 7 (each 1)</td>
</tr>
<tr>
<td></td>
<td>Each day of the week shall be set by 5 Monday 2 Tuesday 3 Wednesday 4 Thursday 5 Friday 6 Saturday 7 Sunday</td>
</tr>
<tr>
<td>Stride Length (CW-700,701)</td>
<td>30 to 180 cm (each 1 cm) + for CW-700</td>
</tr>
<tr>
<td></td>
<td>1.00 to 6.00 feet (each 0.25 feet) + for CW-700</td>
</tr>
<tr>
<td>Body Weight (CW-700,701)</td>
<td>30 to 120 kg (each 1 kg) + for CW-700</td>
</tr>
<tr>
<td></td>
<td>70 to 300 lb (each 1 lb) + for CW-701</td>
</tr>
</tbody>
</table>

SETTING PROCEDURES

1) Time setting
Press "SET" button (keep press for more than 2 seconds)

- "Hour" blinking
- Press ▲ button to increase or ▼ button to decrease data

(CW-200) Press "SELECT" button
(CW-600,600,700,701) Press "MODE" button

- "Minute" blinking
- Press ▲ button to increase or ▼ button to decrease data

(CW-200,300) Press "SET" button when you finish initial setting
(CW-600,700,701) Press "MODE" button

2) Day of the Week blinking

- [Day of the Week setting]
  ※ Please select the number of the day of week today
- Press ▲ button to increase or ▼ button to decrease data

(CW-600) Press "SET" button when you finish initial setting
(CW-700,701) Press "MODE" button

3) Stride Length blinking

- [Stride Length setting]
- Press ▲ button to increase or ▼ button to decrease data
- Press "MODE" button

4) Body Weight blinking

- [Body Weight setting]
- Press ▲ button to increase or ▼ button to decrease data
- Press "SET" button when you finish initial setting

* Stride Length setting
For measuring the distance coverage, it is important to keep regular strides and maintain your walking form.
To determine your average stride length, please walk 10 steps as illustrated below. Then please measure distance (toe to toe) of your 10 steps and divide distance by 10. You can calculate your average one step length (stride).

9. BATTERY CHANGE

- Battery life time is approx 3 year.
- You can purchase replacement battery CR2032 at grocery store, electronic retail shops, etc.
- 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.
  Please make sure that Plus(+) side is facing up.

8. MEMORY (for CW-600,700,701)

1) Auto Memory and Reset
The Number of Steps, Activity time, Distance (CW-600,701) and Consumed Calorie (CW-700, 701) of the day are automatically stored in memory device in DIGI-WALKER at 12:00 midnight every day up to 7 days ago and up to 2 weeks ago. So at 12:00 midnight, Display shows zero(0).

2) How to Recall the 7 Days Records and 2 Weeks Records.
Please press "MEMORY" button. Display shows The Number of Steps and Activity Time of the previous day (One(1) day ago). To continue recall records of each day and week, press ▲ button or ▼ button. CW-700,701 can see Distance and Consumed Calorie by pushing the "MODE" button. It usually returns to the display when the "SET" button is pushed.
※ this w is cumulative data starting from this past Monday to today.
"last w" is a total 7 days (weekly) data from last Monday to Sunday.

10. RESET

1) Manual Reset
If you want to clear record of the day, please press "RESET" button for approx 2 seconds until display shows zero(0).
※ Today’s data is not reset.

2) Auto Reset (for CW-600,700,701)
At 12:00 midnight every day, the data of Number of Steps, Activity Time, Distance(CW-600,701) and Consumed Calorie(CW-700,701) are automatically stored in memory device in DIGI-WALKER. Then display shows zero(0).

3) System Reset
When you want to delete all personal data and walking record and to be in factory default mode, please put small stick in System Reset whole and push button.

We strongly recommend to do this System Reset operation only:
- When unusual segment or irregular item is displayed due to electric trouble.
- Right after changing battery.
After you complete system reset procedure, please start initial setting. (showing in HOW TO DO INITIAL SETTING)

11. IMPORTANT INFORMATION

CAUTION
- Please treat your products with care and keep it in a clean place.
- DIGI-WALKER is not water resident, please do not expose your product to liquid or moisture or humid place.
- Please do not expose your product to extreme high or low temperature place.
- Please do not throw and drop your product.

WARNING
- Please do not throw your product into the fire or explosive area. Your product may explode.
- Please keep your product and accessories incl. battery out of the children's reach.
- Please keep your product and accessories incl. battery out of your pet's reach.
- If your product or the battery is accidentally swallowed, please contact doctor immediately.
- For disposing the battery, Please check local regulation and follow their direction.