YAMAX
DIGI-WALKER® CW-SERIES
INSTRUCTION MANUAL

1. CW-SERIES LINE UP

CW-200
STEP COUNTER | CLOCK | DUAL DISPLAY | 6 DIGIT

CW-300
STEP COUNTER | ACTIVITY TIME | CLOCK | DUAL DISPLAY

6 DIGIT

CW-600
STEP COUNTER | ACTIVITY TIME | CLOCK | 7DAYS MEMORY

2WEEKS MEMORY | DUAL DISPLAY | 6 DIGIT

CW-700/701
STEP COUNTER | ACTIVITY TIME | DISTANCE (km:700 / mile:701) | CALORIE

CLOCK | 7DAYS MEMORY | 2WEEKS MEMORY | DUAL DISPLAY

6 DIGIT

2. FUNCTIONS

STEP COUNTER
Counts the Number of Steps taken while walking or jogging up to 1 million steps.

ACTIVITY TIME
Measures the Time covered while walking or jogging from 0H 00M to 1000H.

DIS DISTANCE
Measures the Distance covered while walking or jogging from 0.00 km or 0.00 mile to 10,000 km or 10,000 miles.

cal CALORIE
Measures the Number of Calorie burned while walking or jogging from 0.0 to 100,000 kcal.

CLOCK
24 hours system clock.

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7 DAYS 7DAYS MEMORY
The Records of Number of Steps, Activity Time, Distance(only CW-700/701) and Consumption Calorie(only CW-700/701) are automatically stored every day up to 7 days ago.

2 WEEKS 2WEEKS MEMORY
The Records of Number of Steps, Activity Time, Distance(only CW-700/701) and Consumption Calorie(only CW-700/701) are automatically stored this week's total and last week's total.
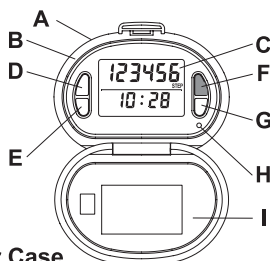
DUAL LCD DUAL DISPLAY
Wide and Easy to ready LCD shows your walking record and data.

1 MILLION 6 DIGIT
6 digit display up to 1 million steps.

3. ASSEMBLED PARTS

A | B | C | D | F | G | E | H | I

123456
10:28

A . **Cover Case**
B . **Body Case**
C . **Dual Display**
D . **SELECT Button** (CW-200)
 • To change Clock Time setting mode.
 MODE Button (CW-300,600,700,701)
 • For CW-300
   To recall Clock, Activity Time and to change Clock Time setting mode.
 • For CW-600
   To recall Clock, Activity Time and to change to setting mode of Clock Time, Day of the Week.
 • For CW-700,701
   To recall Clock, Activity Time, Distance, Calorie and to change to setting mode of Clock Time, Day of the Week, Stride Length, Body Weight.
E . **SET Button**
 (Keep press for more than 2 second)
 • For CW-200,300
   To set Clock Time
 • For CW-600
   To set Clock Time and Day of the Week.
 • For CW-700,701
   To set Clock Time, Day of the Week, Stride Length and Body Weight.
F . **RESET/▲ Button**
 • Press "RESET/▲ yellow button for more than 2 seconds, Number of Steps as well as other function display are reset to zero(0).
 • To increase setting the data.

G . **▼ Button** (CW-200,300)
 • To decrease setting the data.
 MEMORY/▼ (CW-600,700,701)
 • To recall recorded memories of data.
   (each day up to 7 days ago and up to 2 weeks ago)
 • To decrease setting the data.
H . **System Reset Whole**
I . **Back Case with Metal Clip**

4. SPECIFICATIONS

| Movement	Exclusive Spring Coil and Pendulum
Display	6-Digit Dual LCD
Display Item	Number of Steps: 0 to 999999 steps
	Activity Time: 0H 00M to 999H 59M
	Walking Distance: 0.00 to 9999.99 km
	(0.00 to 9999.99 mile)
	Calorie: 0.0 to 99999.9 kcal
	Clock: 0H 00M to 23H 59M
Step Counter Accuracy	±3 % (YAMAX regulation)
Clock Time Accuracy	±30 seconds/month (normal usage)
Material	ABS Resin (Clip: Metal)
Size	46 x 61 x 19 mm (H x W x T)
	excluding metal clip
Weight in bulk	38 g including the batter
Battery	CR2032 battery ＊Life time will be 3 year

5. OPENING THE COVER

Holding DIGI-WALEKR up wright, 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.
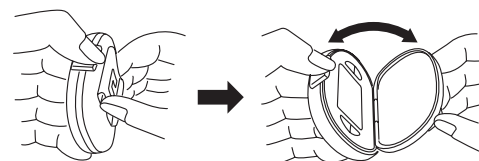
6. ATTACHING DIGI-WALKER

Attach to your belt, beltless slacks, skirts or training suits bottoms using the clip.
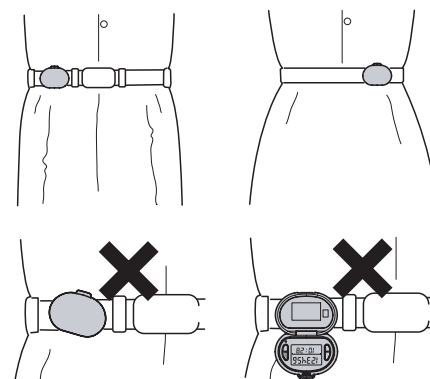
7. HOW TO DO INITIAL SETTING

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

SETTING DATA

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

SETTING PROCEDURES

1)Time setting
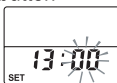Press "SET" button (keep press for more than 2 second)
↓
"Hour" blinking
↓
Press ▲ button to increase or ▼ button to decrease data
↓
(CW-200) Press "SELECT" button
(CW-300,600,700,701) Press "MODE" button
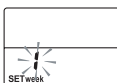↓
"Minute" blinking
↓
Press ▲ button to increase or ▼ button to decrease data
↓
(CW-200,300) Press "SET" button when you finish initial setting
(CW-600,700,701) Press "MODE" button
↓
2)"Day of the Week" blinking
[Day of the Week setting]
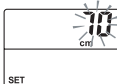※Please select the number of the day of week today
↓
Press ▲ button to increase or ▼ button to decrease data
↓
(CW-600) Press "SET" button when you finish initial setting
(CW-700,701) Press "MODE" button
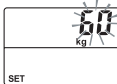↓
3)"Stride Length" blinking
[*Stride Length setting]
↓
Press ▲ button to increase or ▼ button to decrease data
↓
Press "MODE" button
↓
4)"Body Weight" blinking
[Body Weight setting]
↓
Press ▲ button to increase or ▼ button to decrease data
↓
Press "SET" button when you finish initial setting

*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 by10. You can calculate your average one step length (stride).

![Diagram of 10 steps spanning 6m (20 feet) with 60cm (2 feet) markers]
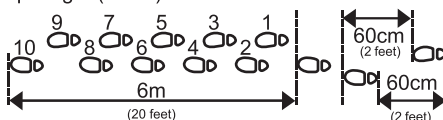
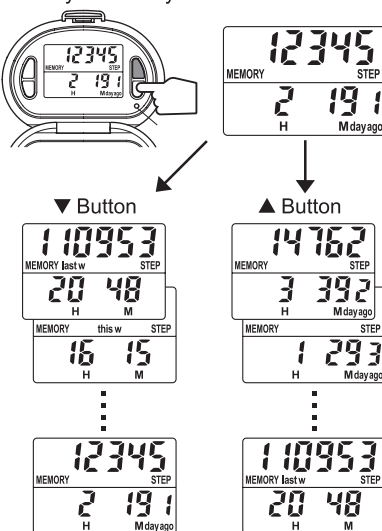## 8. MEMORY (for CW-600,700,701)

1)Auto Memory and Reset
The Number of Steps, Activity time, Distance (CW-700,701) 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.

![Diagrams of display showing memory recall: 12345 STEP / 2 19 1 H M day ago, then ▼ Button and ▲ Button showing weekly data]

▼ Button
110953 MEMORY lastw STEP / 20 48 H M
16 15 MEMORY thisw STEP H M
12345 MEMORY STEP / 2 191 H M day ago

▲ Button
14762 MEMORY STEP / 3 392 H M day ago
1 293 MEMORY STEP H M
110953 MEMORY lastw STEP / 20 48 H M

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.

![Diagram showing battery replacement: Coin, DIGI-WALKER, Cover Case ❶, Body Case, CR2032 ❷, CR2032 (+)]
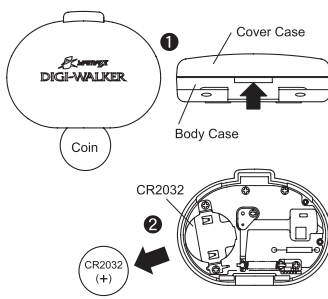
10. RESET

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-700,701) 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.

![Diagram showing device with Push, STEP, System Reset Whole]
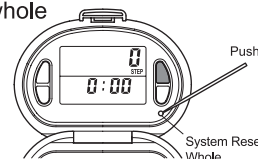
We strongly recommend to do this System Reset operation only -
• When unusual segment or irregular item is displayed due to electric trouble.
• Right after changing battery.

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.