YAMAX
POWER WALKER™
PW-610/611 INSTRUCTION MANUAL

1. FUNCTIONS

STEP COUNTER
Counts the Number of Steps taken while walking or jogging up to 99999 steps.

DIS — DISTANCE
Measures the Distance covered while walking or jogging from 0.00 km or 0.00 mile to 999.99 km or 999.99 miles. (km:PW-610 / mile:PW-611)

cal — CALORIE
Measures the Number of Calorie burned while walking or jogging from 0.00 to 9999.9 kcal.

ACTIVITY TIME
Measures the Time covered while walking or jogging from 0H 00M to 23H 59M.

SPEED
Measures the Speed covered while walking or jogging from 0.0 meter/minute or 0.0 mph to 999.9 meter/minute or 999.9 mph. (meter/minute:PW-610 / mph:PW-611)

CLOCK
24 hours system clock.

7 DAYS — 7DAYS MEMORY
The Records of Number of Steps and Consumption Calorie are automatically saved every day up to 7 days ago.

POWER WALKING
The PW sensor measures Number of Steps and calculate Burned Fat Weight in case of high pitch aerobics walking(Power Walking Mode). (g:PW-610 / oz.:PW-611)

DUAL LCD — DUAL DISPLAY
Wide and Easy to ready LCD shows your walking record and data.

3D — 3D SENSOR
3 directions accelerometer (3D) sensor is mounted and monitor every steps you take.
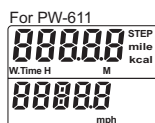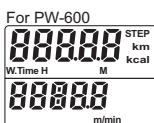
2. SPECIFICATIONS

DISPLAY DESCRIPTION
Please press MODE button to display each item.

Normal mode

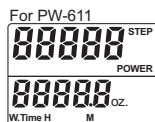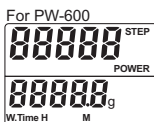**Upper Display**
Number of Steps
Distance
Calorie
Walking Time

For PW-600 / For PW-611

Lower Display
Clock
Walking Speed

POWER WALKING (PW) mode

Upper Display
Number of Steps (in PW mode)

For PW-600 / For PW-611

Lower Display
Walking Time (in PW mode)
Burned Fat Weight

FEATURES

| Sensor	3D Accelerometer Sensor
Display	5-Digit Dual LCD
Display Item	Number of Steps: 0 to 99999 steps
	Walking Distance: 0.00 to 999.99 km (999.99 mile)
	Calorie: 0.00 to 9999.9 kcal
	Activity Time: 0H 00M to 23H 59M
	Walking Speed: 0.0 to 999.9 m/min (0.0 to 999.9 mph)
	7 Day Memory: Steps and calorie (each 7 days)
Power Walking	Number of Steps: 0 to 99999 steps
	Activity Time: 0H 00M to 23H 59M
	Body Fat Burning: 0.0 to 9999.9 g (0.0 to 999.9 oz.)
Step Counter Accuracy	±5 % (YAMAX regulation)
Clock Time Accuracy	±30 seconds / month (normal usage)
Material	ABS Resin
Size	48.8 x 70.7 x 14.4 mm (1.92 x 2.78 x 0.57 inch H x W x D)
Weight in bulk	34 g (1.2 oz.) including the battery
Battery	CR2032 battery Life time will be 1 year

3. HOW TO USE POWER WALKER

3 directions accelerometer (3D) sensor monitor your walking and store the record in Memory.

- You can use POWER WALKER in pocket but do not use in back pocket, this may cause the damage to your product.
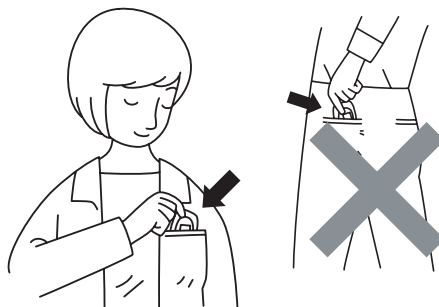
- Please do not expose in 45 degree as illustrated. 3D sensor cannot monitor the activity.

45 Degree

Display Side

45 Degree
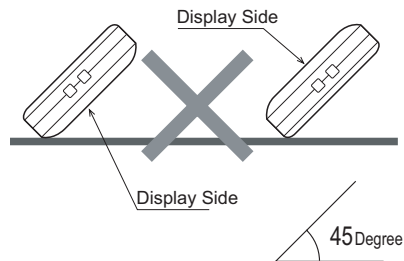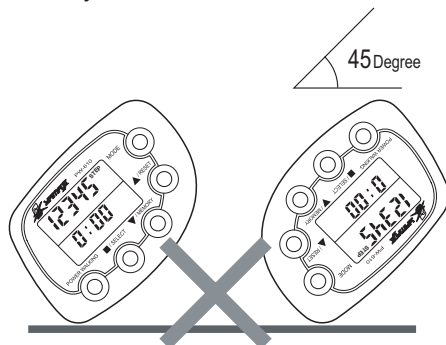
4. POWER WALKING mode

In Power Walking (PW) mode, The PW Sensor measures the Number of Steps and calculate Burned Fat Weight in grams (or ounces). PW sensor only catch high pitch walking that is faster than 110 steps per minutes and considered as aerobics exercise.

1)To start PW mode
Press POWER WALKING blue button and make sure "POWER" is displayed in right upper display. If you need PW data, please do not change to Normal Mode (just keep Display in PW mode. "POWER" should be in upper display). Even during PW mode, normal walking records are monitoring.
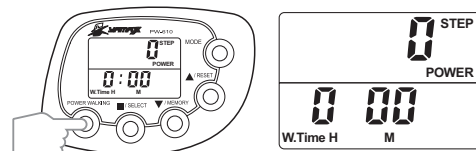
2)How do you know Walking data in PW mode
Upper Display shows Number of Steps in PW mode. Lower Display shows Walking Time in PW mode.
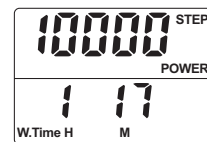
Press POWER WALKING blue button once. Lower Display shows Burned Fat Weight in gram (or ounce).

3)Reset PW record
Press RESET button for 2 seconds in PW mode to clear all PW record.

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5. HOW TO DO INITIAL SETTING

Please do not forget setting date before you using POWER WALKER™.

SETTING DATA

Time Setting	0:00 to 23:59 (24 Hours Display)
Stride Length	30 to 180 cm (each 1 cm) for PW-610
	1.00 to 6.00 feet (each 0.25 feet) for PW-611
Body Weight	30 to 120 kg (each 1 kg) for PW-610
	70 to 300 lb (each 1 lb) for PW-611

SETTING PROCEDURES

First of all, please make sure Display shows Normal Walking mode (not PW mode nor 7 DAYS Memory mode).

1)Time setting
　Press " /SELECT" button (keep press for more than 2 second)

　"Hour" blinking

　Press　button to increase or　button to decrease data.
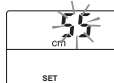
　Press " /SELECT" button

　"Minute" blinking

　Press　button to increase or　button to decrease data.
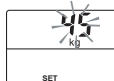
　Press " /SELECT" button

2)"Stride Length" blinking
　(*Stride Length setting)

　Press　button to increase or　button to decrease data.

　Press " /SELECT" button

3)"Body Weight" blinking
　(Body Weight setting)

　Press　button to increase or　button to decrease data.

4)Press MODE green 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 (stride length).

9 7 5 3 1
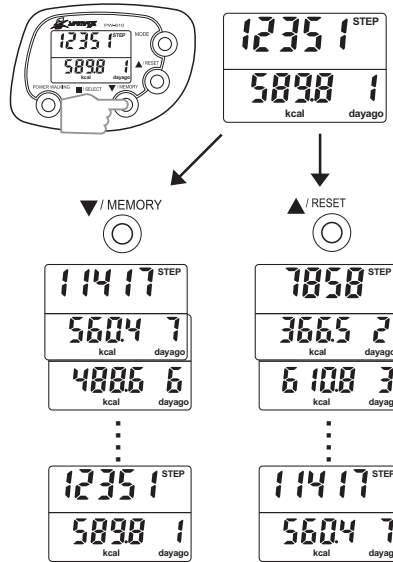10 8 6 4 2
6m
(20 feet)

60cm
(2 feet)
60cm
(2 feet)
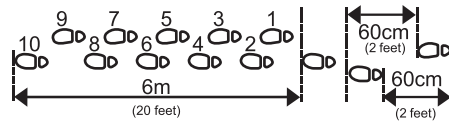
6. 7 DAYS MEMORY

1)Auto Memory and Reset
　The Number of Steps and Consumed Calorie of the day are automatically stored in memory device in Power Walker at 2:00 am every day up to 7 days ago. So at 2:00 am, Display shows zero(0).

2)How to Recall the 7 Days Records
　Please press MEMORY button first in Normal Walking mode. Display shows The Number of Steps and consumed calorie of the previous day (One(1) day ago). To continue recall records of each day, press　/RESET button or　/MEMORY.

12351 STEP
5898 1
kcal   dayago

▼/ MEMORY

▲/ RESET

11417 STEP
560.4 7
kcal   dayago
488.6 6
kcal   dayago

7858 STEP
366.5 2
kcal   dayago
610.8 3
kcal   dayago

12351 STEP
5898 1
kcal   dayago

11417 STEP
560.4 7
kcal   dayago

7. BATTERY CHANGE

• Battery life time is approx 1 year.
• You can purchase replacement battery CR2032 at grocery store, electronic retail shops, etc.
• Please use coin to open battery case and change battery. Please make sure that Plus(+) side is facing up.

Battery Case

Battery(CR2032)
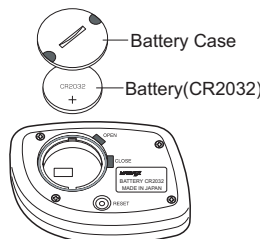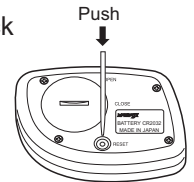
8. RESET

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) in Normal Walking Mode or PW mode.

2)Auto Reset
　At 2:00 am every day, the data of Number of Steps and Consumed Calorie are automatically saved in Memory Device in POWER 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 RESET whole and push button on the back case.

Push

We strongly recommend you 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)

9. ⚠ IMPORTANT INFORMATION

⚠ CAUTION
 • Please treat your products with care and keep it in a clean place.
 • Please do not put your product in back pocket.
 • Please do not open the case. There are sensitive mechanism inside.
 • POWER 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.

10. WARRANTY CONDITION

- YAMAX provides this limited warranty for your POWER WALKER and original accessory delivered with your product.
- If you need warranty service, please contact retailer or distributor from whom you purchased with the proof of purchase.
- This limited warranty period is one(1) year from your purchase date.
- During the warranty period, your product fails to operate under normal use, YAMAX or YAMAX authorized distributors provide you free repair or replacement in the country or region where you purchased.
- YAMAX or YAMAX authorized distributors reserve the right charge a handling fee if returned products is found not to be under warranty conditions like user drop your products, LCD display is broken by pressure by user, defect by dust, wet, damage and reassembled by user.
- Warranty does not cover your products failures which have been caused by user.
- Warranty does not cover the battery.