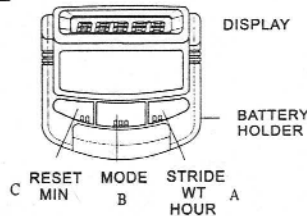


BRUNTON Pedometer Operating Instructions



Choosing your unit of measurement (Imperial or Metric)

- 1) Press MODE button (B) in repeat to select display in Distance mode Showing "MIL 0.00" OR "KM 0.00" (or other digits).
- 2) To measure in the opposite unit to that shown in the display, press-hold RESET button (C) for 5 seconds and it will change from "MIL" to "KM" and vice-versa.

Entering your stride length (automatic)

- 3) Press STRIDE button (A) once and the display will show a stride length - in Imperial (feet) or in Metric (centimetres) according to your choice (2).
- 4) Fit the PM-6 pedometer to your belt as below.
- 5) Walk or run a measured distance of 25 feet or 7.5 metres, stop and press STRIDE button (A) again.
- 6) Your calculated stride length will flash 5 times, then be entered automatically into the PM-6 memory.
(NOTE - If you take less than 5 or more than 20 steps, the calculation will be outside the PM-6 pedometer's stride range as below and it will not be entered).

Entering your stride length (manual)

- 7) Walk or jog 10 steps, measure the distance covered, then divide it by 10 to calculate your stride length.
- 8) Follow instructions (1), (2), (3) so that the display shows a stride length in Imperial (feet) or in Metric (centimetres) according to your choice of unit.
- 9) Hold-press STRIDE button (A) for 3 seconds and the display will advance the stride input by 1/10 ft. (1.2 inches) from 1.0 to 8.0 feet or by 5 cm from 30 to 240 cm.
- 10) Release STRIDE button (A) and the stride length input will flash 5 times, then be entered automatically into the PM-6 pedometer's memory.

Entering your weight data

- 11) Press the MODE button "B" on the display panel until you see CAL mode.
- 12) Hold-press WT button (A) the display will advance the weight inputs by 10 Lbs. from 60 to 250 Lbs. or 5 kgs from 30 to 125 kgs.
- 13) Release WT button (A) and the weight input will flash 5 times, then be entered automatically into the PM-6 pedometer's memory, and then display will be back to CALORIE mode.

Feature of distance travel timer counter (count up timer).

- 14) Press the MODE button "B" on the display panel until you see TMR mode.
- 15) Hold-Press RESET button (C) for 2 seconds, the display will be reset to zero.
- 16) Start to walk or run, the distance timer counter will show the how much time (Hour. Minute. Second) for distance traveled without accumulated the interval time.

Feature of time of day

- 17) Press the MODE button (B) on the display panel until you see CLOCK mode, the display will show time of day and flash 5 times, while flashing hold-press HR button (A) the display will advance the hour inputs by 1 hour from 1 to 12 hours, and hold-press MIN button (C) the display will advance the minute inputs by 1 minute from 1 to 60 minutes and your input of time of day will flash 5 times, then be entered automatically into the PM-6 pedometer's memory and stay at CLOCK mode.

Feature of steps per minute

- 18) Press the MODE button (B) on the display panel until you see SPEED mode.
- 19) Hold-press RESET button (C) for 2 seconds to reset the display to zero.
- 20) Start to walk or run, the display will show how many steps per minute subject to your walking or running speed.

Feature of functions scanning

- 21) Press the MODE button (B) on the display panel until you see SCAN mode, it will Automatically show the blinking words "S, STEP, KM/MIL, CAL, TMR, CLOCK", the pedometer will now rotate through each one of these displays for 3 seconds sequentially as long as the auto-scan function is activated...or until you press the (B) button once more for new data setting or viewing.

Feature of step counter

- 22) Press the MODE button (B) on the display panel until you see STEP mode.
- 23) Hold-press the RESET button (C) to reset the display to zero.
- 24) Start to walk or run, the pedometer will perform step counter functions and up to 99999 steps maximum, meanwhile the programmed auto-sense IC software will show the step numbers on the display from the 6th normal step by walk or run. e.g. If the total steps that you walked or ran less than 5 steps within 5 seconds, the pedometer will not perform the step counting function, it will eliminate most of abnormal steps and get precise steps traveled information.