

## Robic M417 Instructions and Operating Guide

Thank you for buying this Robic M-417 pedometer. Please read these instructions carefully before using it to ensure safe and correct use. Do not expose your pedometer to direct sunlight, rain, dust, severe shock, humidity or immerse it in water. As a sensitive instrument, the M417 may cease to operate if dropped onto the floor. Make certain it is securely attached to your clothing. To open the cover, hold the M417 in one hand with the clip towards your palm and gently use the thumb of your other hand to open the case using the lip at the top of the lid.

The M417 has five (5) separate functions.

- 1.) STEP COUNTER counts up to 100,000 steps taken and is always seen on the upper row of the display.

These functions can be viewed on the lower row by pressing MODE:

- 2.) DISTANCE shows how far you have traveled to within 1/1000 of a mile.
- 3.) "CALORY" calculates how many calories you have expended.
- 4.) TIMER automatically times the hours and minutes you have spent walking.
- 5.) CLOCK shows the current time of day in Hours and Minutes.

There are three (3) pushbuttons which activate all operations of your pedometer: Pressing MODE (Top Button) selects Distance, "Calory", Timer or Clock in the lower row.

Use SET (Middle Button) to input your stride length in Distance, your weight in Calorie and to set the hour and minute in Clock.

UP/RESET (Bottom Button) will advance (increase) the value being input during SET and will Reset all function values to zero if not in SET.

This shows the location and layout of all digits and indicators on the M417 Dual Display pedometer.

**For the most accurate results**, the M417 must be Horizontal and Perpendicular to the ground, straight and true, not angled or dangling from your clothing. If the pedometer is not straight and true, you will not receive accurate results. Factors which may result in an inaccurate step count include shuffling, walking uphill or down and walking at an inconsistent pace. **Position the Pedometer** by securely attaching it at waist level to your belt or to the top of your pants or shorts, on the front of your clothing close to the crease line of your pants (not at your side). The case must be closed at all times, opened only to view results. A good way to check if your pedometer is positioned correctly is simply take 50 or 100 steps, counting them to yourself. Now, check the step count value on your pedometer. If the reading varies somewhat, please make sure your wearing the pedometer is positioned correctly.



A stride length and weight must be entered so Distance and Calories can be calculated. If you seek only to count steps, no values need to be input. **Determine your Stride length** in inches, walk or run a known distance and divide by the number of steps taken. Always measure heel to heel or toe to toe. For example, if it takes 10 steps to cross a 25 foot room, the stride length is 2.5 feet. 2.5 feet equals 30 inches as there are 12 inches in a foot. You can input from 10 to 60 inches as your stride length. **Enter Stride Length** by pressing MODE until DISTANCE appears. Then, press SET and current stride length in inches "INCH" appears flashing. Press and hold UP/RESET to increase the value. Press SET again and the stride length disappears but is entered. Note: The M417 will return to DISTANCE if no pusher is pressed within 5 seconds after beginning SET process.

**Enter Weight** by pressing MODE until "CALORY" appears below the lower row and "KCAL" appears to the right of the lower row. Press SET and current weight in pounds "LBS" appears flashing. Press and hold UP/RESET to increase the value. The range is 40 to 350 pounds. Press SET again to input the Weight.

After you have entered your stride length and weight, you may now attach the M417 to your clothing and begin using its functions as noted. Use MODE to move from DISTANCE→CALORY→TIMER→CLOCK.

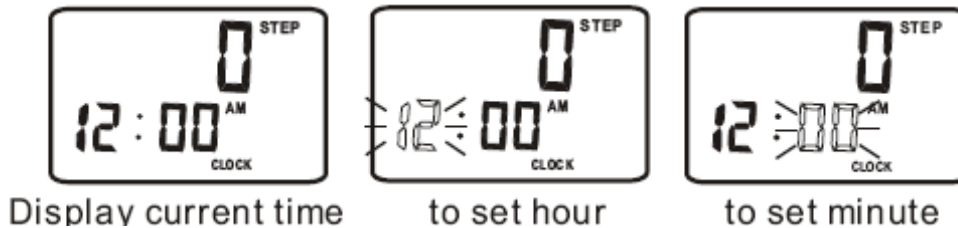
The STEP COUNTER is shown in the upper row of the display. "STEP" appears to the right of the upper row. Press UP/RESET to reset the counter to zero.

The "DISTANCE" is shown below the lower row with "MILE" appearing to the right of the lower row of digits. Distance is a measure of your stride length times the number of steps taken. Press MODE for Calorie.

"CALORY" appears below and "KCAL" to the right of the lower row of digits. Expenditure up to 10,000 calories is estimated based on your weight and the number of steps taken. Press MODE for Timer.

“TIMER” is a Count up timer (Chronograph) which begins and ends timing automatically as you start and stop walking, running or hiking. It keeps track of how much time your M417 is actually in use in hours and minutes (“00-00”). Press MODE for Clock.

“CLOCK” appears and the numbers in the lower row represent the current time of day in hours and minutes (10:37 AM). AM or PM will appear to the right of the minutes. To set the time, press SET and hours will appear flashing. Press UP/RESET to advance the hours. You will notice the AM or PM appear as you advance by 12. Then, press SET again and minutes will flash. Advance minutes by pressing and holding UP/RESET. After the time is set, press SET to lock it in. Press MODE for Distance.



Important Note: Pressing UP/RESET will return all functions except the time of day clock to zeros. Please make certain you want to reset all functions to zero. Your stride length and weight values will remain unchanged if you Reset.

**BATTERY REPLACEMENT**

When the display becomes dim or is fading, replace the battery with a new LR1130, or equivalent. Open the battery cover and take the old battery out (protect the environment by taking empty batteries to authorized disposal stations). Insert the new one into the battery holder. (with + side up) and close the battery cover.

**Trouble shooting**

Should the display show no numbers or signs of fatigue, please replace the batteries. After a replacement of batteries, please set the pedometer according to instructions above.

**Specifications:**

- Power source                      Lithium Battery LR1130
- Battery life:                        >6 months
- Product size:                       69 x 43 x 24 mm
- Product weight                     35 g



**LIMITED WARRANTY  
OUR BASIC POLICY**

Marshall –Browning International Corporation (MBI Corp.) warrants to the original owner, this pedometer (excluding battery, less, band or strap) for the period of one year from the original purchase date. This limited warranty is given by MBI Corp. and not by the dealer from whom the timepiece was purchased.

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**THE WARRANTY PROCESS – WHAT IS COVERED BY THE WARRANTY**

If the timepiece develops a manufacturing defect within the one year limited warranty period, it will be either repaired or replaced (at MBI Corp.'s option) with a timepiece of equal value, providing the original owner submits the following:

1. Proof of purchase, i.e. a validated store receipt showing date of purchase.
2. A check or money order (no cash, please) in the amount of \$7.50 to cover the cost of shipping and handling

**WHAT IS NOT COVERED BY THE WARRANTY**

- A. MBI Corp. will not repair defects of damages caused by or showing evidence of:
  1. Improper or unauthorized service.
  2. Misuse, tampering, abuse or mistreatment of the timepiece.
  3. Damage to the case or viable cracking of the lens.
  4. Moisture damage, if the product is a non-water-resistant timepiece.
- B. If we find that the battery is the cause of the defect, MBI Corp. reserves the right to charge your (\$7.50) for a new replacement.

MBI Corp. is not liable for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

**YOUR RIGHTS UNDER IMPLIED WARRANTIES AND STATE LAW.**

MBI Corp. limits the duration of any warrant implied by state law, including the implied warrant of merchantability, to one year from the date of original purchase. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**CARING FOR YOUR PEDOMETER**

Proper care of your pedometer will provide many years of enjoyment. We recommend that:

1. The battery be replaced at once when it becomes depleted. Please ask your local retailer to replace the battery for you using **CR1130 (Lithium) or equivalent**.
2. The lens be replaced immediately if it becomes damaged, as contamination from dust, moisture, and other foreign substances will damage the module.
3. If the pedometer is not marked "water-resistant," avoid immersing or exposing it to water, steam, or other forms of moisture.

**WHEN YOU REQUIRE SERVICE**

If your pedometer ever requires factory servicing, you can send it directly to:

**MBI CORP, 115 HURLEY RD, OXFORD, CT 06478**

We strongly recommend that when sending it through the mail, you send the product insured, return receipt requested, so that if a problem in shipping arises, you can trace it through the originating post office. You will be billed for all services deemed out of warranty; and since we reserve the right to substitute with a replacement product of equal or greater value, NEVER include a personal item, such as a watchband, with the repair request.

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Robic...Timers & pedometers for champions at every level! Please call (203) 264-2702 for a free catalog.

