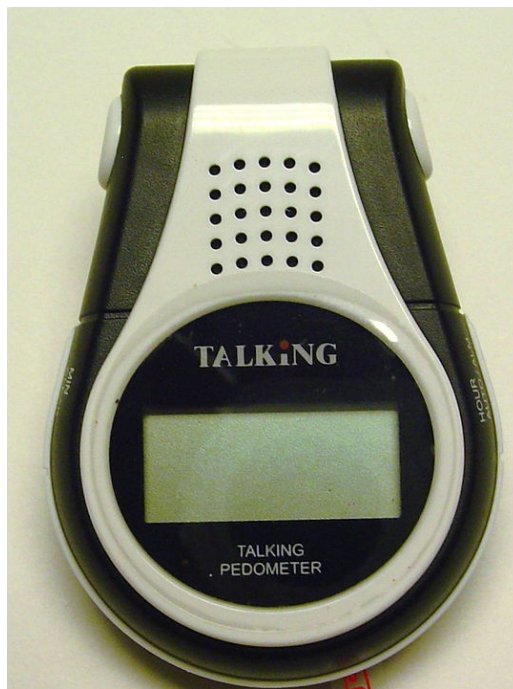# DESIGN CONCEPTS

Talking Pedometer
Item Number: 11011211

User's Manual

* Important Notice: Please read this manual carefully

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Features;

This talking and calorie counting pedometer is designed for all types of user's and for all day use. It helps monitor calories burned, distance traveled, and the time you actually spent on walking and jogging in daily activities.

It's features include:

- Voice and visual announcement of calories burned, number of steps taken, distance traveled, total time you have walked or jogged, and the current time of day.

- Intelligent Counting -- calculates calories, distance, and track time based on actual walking by ignoring false step counts.

- Voice activated Alarm Clock

Scrolling through the DISPLAY MODE

Press the **MODE** button located on the side of the unit to change the LED display to show you the following information: TIME, STEPS, DISTANCE, CALORIES, and TOTAL EXERCISE TIME.

Programming the unit for initial use;

While in display mode, press and hold down the **MODE** button until you hear "*Enter your step length*" to enter into the program set up mode. Press the **MODE** button again to go to next set up mode including "STEP LENGTH", " USER WEIGHT", "TIME FORMAT", "TIME", "ALARM", and "AUTO REPORT"

Mode Button
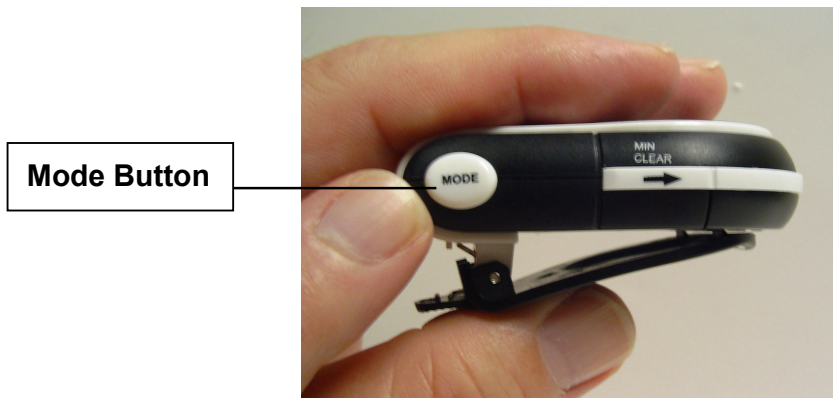
Setting up the Step Length;

In order to calculate the distance and calories, the talking pedometer needs your step (stride) length and body weight.

1. Measure your step length toe-to-toe or heel-to-heel. For a more accurate result, measure the distance of 10 steps and average them by dividing 10 to get the step length. For your reference, the average step length is around 22 inches (55.9 cm).

STEP LENGTH

STEP LENGTH

2
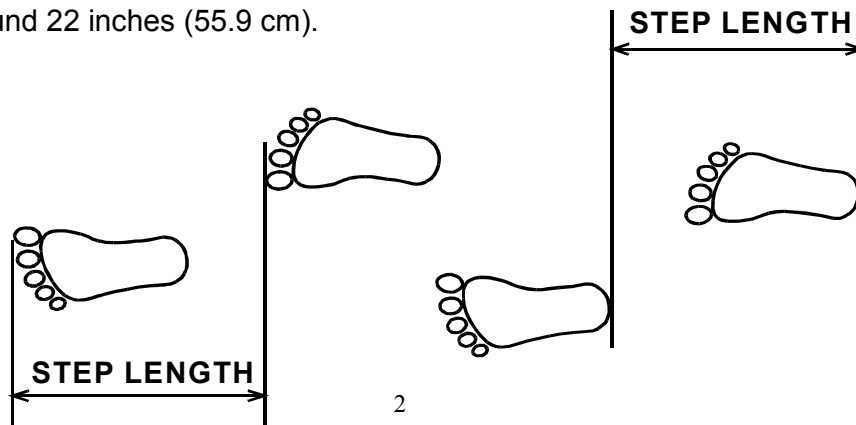
2. To enter the STEP LENGTH, press and hold down the **MODE** button until you hear *"Enter your step length"*. Repeatedly press the arrow UP or DOWN keys located on the sides of the unit to set your step length between 10 inches and 80 inches.

Up Key

Down Key

3. Press **MODE** button again to set up your body WEIGHT.

Setting up your body weight;
1. When hearing "*Enter your weight*", repeatedly press the UP or DOWN arrow keys on the sides of the unit to set your weight between 40 pounds and 300 pounds.
2. Press **MODE** again to set up TIME FORMAT.

Entering the correct Time Format;
1. You will see the time format displayed as either **12H** or **24H** on the LED display.
   Press the **HOUR** button key which is the arrow facing up on the side of the unit.
2. After the time format is selected press the **MODE** button again to set up the exact TIME of day.

Entering the Time;
1. Upon hearing "*Time set*", press the **HOUR** button (Up arrow) repeatedly to set the hour; press the **MIN** button (Down arrow) repeatedly to set the correct minute.
2. Press the **MODE** button again to set up the ALARM function.

Setting up the Alarm:
1. When hearing "*Alarm set*", press the **HOUR button** repeatedly to set the hour; press **MIN** repeatedly to set the minutes.
2. Press **MODE** again to set up **AUTO REPORT.**

Note: Under any display mode, press and hold the **ALM** button located on the side of the unit (up arrow) to turn on or off the alarm. When you set the alarm to ON, a bell shaped "((🔔)))" icon will appear on the display.

Setting up the AUTO REPORT feature;

1. You will see either **ON** or **OFF** on the screen once you scroll via MODE to the Auto report feature. Press **AUTO** located on the side of the unit (up arrow) to switch between auto report **ON** and **OFF**. When you set the auto report to **ON**, a "(((**.**)))" icon will appear on the display.
2. Press **MODE** again to hear "BEEP BEEP" to return to the display mode.

Using the Automatic Voice Reporting Feature:

When the **AUTO REPORT** feature is enabled, it will announce the "current" recorded information automatically as you progress in your exercise regimen. See the table of information listed below.

For example, if the unit is displaying Calorie on the screen, you will hear the Calories announcement automatically for every 50 Calories you have burned.

Function	Voice Announcement
Number of Steps	Every 1000 steps
Distance	Every 0.5 miles
Calories	Every 50 Calories
Time	Every 10 minutes

## Talk Feature will announce TIME, STEPS, DISTANCE, CALORIES and TOTAL EXERCISE TIME

Press the **TALK** button located on the side of the unit, the pedometer will talk to you and announce the information as displayed on the screen. To scroll through the talking functions, press the **MODE** button repeatedly until you hear the information that you want, then press the **TALK** button to hear the announcement. For example, if you want to hear the calories announcement, repeatedly press **MODE** until you hear "*Calories*", then press **TALK.**

Talk Button

To hear the entire audio announcement in any mode (except the time mode), press and hold down **TALK**, the unit announces the current displayed information followed by the rest. You can release **TALK** after the unit has started to announce the next segment of information.

Beginning your Exercise Program;

1. Press and hold CLEAR until you hear "All clear" to reset all numbers to "0".
2. Clip the pedometer on your belt. The pedometer must be in a vertical position; otherwise, incorrect readings may be resulted.
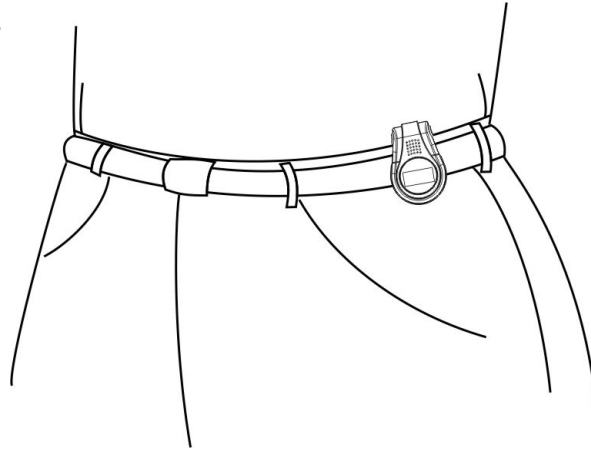
3. Start to walk, jog or do you normal things. You can wear it during the entire day. It will accumulate the time, distance and Calories burned that you accumulated during your daily program.

Resetting the Pedometer:

When your pedometer shows abnormal functions, such as a "frozen display", a "broken display", or any "frozen button" etc, you simply need to re-initialize the unit by pressing the **RESET** key using a sharp pointed object such as paper clip. The **RESET** key is located on the back of the unit, above the battery cover.
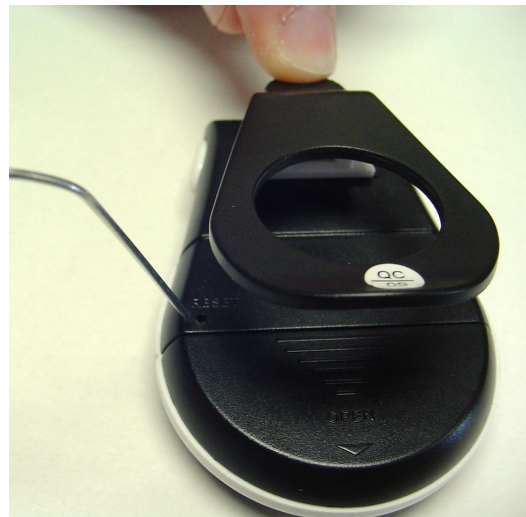
Reset Button

Replacing the Batteries:

This pedometer uses two AG13 button cell size alkaline batteries. Follow these steps to install batteries:

1. Press down on the back cover and slide the cover down and off the unit.

2. Remove the exhausted cells and insert two fresh AG13 button cells as indicated by the polarity.

4. Replace the back cover.

Note: If the sound weakens, distorts, or the display dims, replace the batteries.

Information Regarding the Displayed Numbers:

This calorie counter/pedometer detects the up-and-down motions made by the user to count and register the steps. However in addition to walking and jogging, there are other up-and-down motions contributing to step-count, such as sitting up and down, jumping or simply moving around.

These non-walking/jogging motions may contribute to an erroneous step-count to result in increased distance, calories and time, which are calculated from the step- count.

Service Procedure

For information regarding the return or exchange of this item within 14 days of purchase, please visit your Inkstop store location or go to www.inkstop.net to read the instructions regarding customer service returns procedures. Click on Satisfaction Guaranteed icon on the website.

For technical support after the first 14 days of purchase, please call the toll free number below to obtain service. A customer service representative will assist you and provide a return authorization number (RA number) if needed allowing you to ship your product to the service center.

Please have the following information available when you call the service center:

- ☐ Your Name and Address
- ☐ Date of Purchase
- ☐ Model Number
- ☐ Serial Number
- ☐ Store Name and Address
- ☐ Store Location Number
- ☐ Type of problem with the unit

To contact the technical support facility, please call
508-435-4830 or 800-639-3803

Email Support: techsupport@fourstari.com

Warranty

90 Days Limited Warranty

This product is warranted to be free from defects in material and workmanship for a period of 90 days. Warranty obligations are limited to replacement or repair of defective parts and components, at the option of the manufacturer. The warranty of this product is null and void if the product is subjected to negligence, abuse, modification, misuse, accident or if the customer uses the product for a function it was not intended for. This warranty is only valid for the original purchaser of this product and will not be honored if the product is resold. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

The manufacturer will not be liable for incidental or consequential damages caused by the use of this product. The manufacture will not be liable for any costs such as lost profits or revenues, cost of temporary replacements, loss of data, loss of equipment or use of equipment or any claims by third parties.

After 14 days from purchasing the product, please call the phone number mentioned below to obtain service. DO NOT RETURN THIS PRODUCT TO THE STORE. A customer representative will give you a return authorization (RA number) allowing you to ship the product to the service center. The purchaser must have a copy of the original receipt for proof of purchase within 90 days. The purchaser of this product is responsible for any shipping charges to the repair facility. The manufacturer service center will repair or replace the unit in question and send it back to the purchaser within 10 working days of receipt of the unit.

In order to contact the service facility, please call **508-435-4830** or 800-639-3803. The address for this facility is:

Four Star Group
26840 Fargo Ave.
Unit C
Bedford Heights, OH 44146

E-mail Support: techsupport@fourstari.com

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