MT Walk

PEDOMETER WITH 3D SENSOR

User Manual
ENGLISH

MOTUS

Thanks for choosing the pedometer Motus MT Walk with digital 3D sensor technology that detects motion in multiple directions. To get the most out of your device read this manual carefully and keep it on hand for later reference.

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FUNCTIONS

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- Adjustable user weight and stride length
- Selectable measurement unit: Km/Cm/Kg or Miles/Inch/Lb
- Distance
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- Burned calories
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- Odometer
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- Backlight
- Waterproof up to 30m

BUTTONS

Main functions:

TIME - Time, Date and Alarm modes

EL/ADJ - Activates display back light and enters settings mode

MODE - Pedometer, 30 days memory and total memory modes

RESET - Reset activity data

Advanced buttons functions are described in the following paragraphs.

MAIN SETTINGS
Time/Date
User data: stride length, weight
Measurement unit
Target steps

In Time mode press MODE button and reach STEP icon on the lower line of the display.

To enter settings mode hold EL/ADJ button for a few seconds. The upper part of the display will show the SETUP text.

Enter the following data:
12/24 hour format > Hour > Minutes > Month > Date> Year > Stride length > Weight > Target steps

Press MODE Button to increase the values and RESET to decease them.
Press EL/ADJ button to confirm and set the following data.

Stride length measurement
The easiest way to measure the correct average stride is to walk 10 steps, measure the walked distance and divide it by 10. In order to measure the stride for running activity, consider a higher number of steps (e.g. 30).

Measurement unit

See "Daily data > Distance" paragraph in order to set the measurement unit.

Target steps

The target percentage reached is indicated by segments in the middle line of the display.
Each segment represents 10% of the target set.
When the target is reached the line flashes and the watch beeps for some seconds.
Press one of the buttons to turn the acoustic signal off.

PEDOMETER

In Time mode press MODE button and reach STEP icon on the lower line of the display.

Activation/Deactivation

In order to activate/deactivate Pedometer function and the monitoring of related data, press EL/ADJ button and press RESET once to select ON or OFF option.

If Pedometer function is deactivated the display shows STEP and OFF icons in the lower line.

DAILY DATA

Daily data are indicated in Time mode in the lower line of the display.

Press MODE button to view data:
STEP (steps count) > DIST (distance) > PACE > KCAL (burned calories) > MIN (exercise time) > MODERATE STEP > ODO STEP

Press RESET button for a few seconds to reset daily data.
Note: daily data will be reset in Record memory mode too.

Steps count (STEP)

In order to avoid counting random movements the device will use the first 10 steps to adjust according to your pace.
The display will show the count after the 10th step is detected.
The following steps will be regularly counted and displayed.

Distance (DIST)
In this mode you can set the measurement unit.

Hold EL/ADJ button for a few seconds.
The display shows "Setup Unit" and a flashing icon of the measurement unit.

Press MODE or RESET to select cm/km/kg or inch/miles/lb, indicated by CM and IN icons in the lower part of the display.

Press EL/ADJ to confirm.

Pace
This mode shows the time required to cover 1 Km (or Mile) distance based on your walking pace as detected by the motion sensor.

The data is displayed in real-time and will show "0" if no movement is detected.

Burned calories
Burned calories are indicated by "KCAL" icon.

Exercise time
Exercise time is indicated by "MIN" icon

Moderate Step (Target Zone)
"Moderate Step" is a walking activity performed in the fixed Target Zone at an approximate speed range between 4 and 5,5 km/h (2,5 / 3,4 Mph).

"Moderate Step" data in the lower line of the display indicates the number of steps taken into this range.

Press RESET button to switch between steps count data and exercise time, indicated by "Moderate Min" icon.

Note: reset daily data before starting the measurement.

ODOMETER (ODO STEP)

This function monitors and tracks the activity performed on a track set by the user.
In Time mode press MODE button and reach STEP ODO icon on the lower line of the display.

Function activation

Hold EL/ADJ button for a few seconds.
The display shows a flashing OFF icon.
Press RESET or MODE button and select ON.
Press EL/ADJ button to confirm.
When the function is activated the lower line of the display shows the flashing icon "ODO".

Function deactivation

Hold EL/ADJ button for a few seconds.
The display shows a flashing OFF icon.
Press EL/ADJ button to confirm.

Data recall

Press RESET button to browse data in the lower line of the display:
STEP (steps count) > DIST (distance) > PACE > KCAL (burned calories) > MIN (exercise time) > STEP MODERATE > MODERATE MIN
Notes:
- Data can be recalled while Odometer function is activated and also after its deactivation.
- All stored data are reset and overwritten by new ones

at each function activation.
- Data recorded by the Odometer are added to current daily data.

MEMORY
30 days memory (RECORD)
This mode lists data stored during the 30 previous days.
Press MODE button and reach RECORD icon on the upper line of the display.

Data recall
The upper line of the display shows the recording date.
To choose the desired date press RESET (previous) or TIME (following).

Press EL/ADJ to browse daily data in the lower line of the display:
STEP (steps count) > DIST (distance) > KCAL (burned calories) > MIN (exercise time) > MODERATE STEP > MODERATE MIN

Value will be "0" if no activity is recorded.

Total Memory (TOTAL)
TOTAL mode displays overall data stored.
Press MODE button and reach TOTAL icon on the upper line of the display.

Press EL/ADJ to browse data in the lower line of the display:
STEP (steps count) > DIST (distance) > KCAL (burned calories) > MIN (exercise time) > MODERATE STEP > MODERATE MIN

To reset stored data press RESET button for a few seconds.

ALARM
In Time mode press MODE button and reach STEP icon on the lower line of the display.

Press TIME button and reach Alarm mode, indicated by ALM icon on the upper side of the display.

To adjust alarm settings hold EL/ADJ button for a few seconds.
Press MODE or RESET button to activate (ON) or deactivate (OFF) the alarm.
Press EL/ADJ button to confirm.
If ON is selected the hours digit flashes.
Press MODE button to increase the digit or RESET to decrease it.
Press EL/ADJ button to confirm and set minutes.
Press EL/ADJ to confirm and exit settings mode.
When the alarm is activated the display shows the ◄») icon.

STAND-BY
If no movement is detected by the motion sensor or no buttons are pressed in 3 minutes, the display is automatically deactivated.

In stand-by mode all functions are still operative.

Display activation
If Pedometer function is activated, press RESET button or move the device.

If Pedometer function is deactivated press RESET button.

Note: read "Pedometer" section for further information.

More information on: www.motusport.com

BATTERY REPLACEMENT
- Refer to your dealer or to a specialised retailer to avoid damaging the device.
- Battery type: CR2032 (3V)
- Use battery type as indicated on this manual and as supplied with the device.
- Do not dispose of batteries in regular household waste.
- Batteries have to be properly disposed of according to current local regulations.

CARE AND MAINTENANCE
- Do not attempt to disassemble or repair the device.
- Protect from extreme heat or cold temperatures, shocks and long time exposure to direct sunlight. Store in a cool and dry place.
- Wipe clean with a lightly moistened cloth. Apply mild soap to the area in case of stubborn stains or marks. Do not expose your device to strong chemicals such as gasoline, clean solvents, acetone, alcohol, as they may damage the unit's seal, case and finish.
- Avoid direct contact with hairstyling products, insect repellents, colognes, sunscreen lotions and other toiletries which can deteriorate the plastic parts.
- In case, wipe the device off with a dry and soft cloth immediately.
- Do not press buttons and keys in case of contact with water.
- The operating environment of the device must be

free from shocks, magnetic fields, electrical noise and strong vibrations.
- The device and its components have to be properly disposed of according to current local regulations.
- Do not fasten the strap too tightly. You should be able to insert a finger between the strap and the wrist.
- Warning: consult a doctor before starting any physical activity or training.

WARRANTY

- The warranty applies for 24 months from purchase date and is limited to material and processing faults only.
- The warranty applies only if the product and the accessories have been handled carefully and according to instruction.
- The warranty does not cover damage due to misuse or non-compliance with care and maintenance indications.
- Batteries are not covered by the warranty.
- In case of any warranty claim, please refer to your dealer or send the product, accessories and dated purchase bill to your country Distributor.
- Before sending the device, read the user manual carefully and check the battery charge.
- In case of valid warranty claim, the repaired device or a replacement device will be returned free of charge.
- For out-of-warranty assistance, refer to your dealer or send the device to your country Distributor.

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