

User Manual

Walk Pedometer with Body Fat (Y2005)

Thank you for purchasing the Y2005 pedometer from BuyCanadaBuy. The Y2005 pedometer, with its waist clip, is a feature rich walking assistant designed for the everyday walking people. It is however, not designed for running, jogging, hiking or stair climb training. For maximum accuracy, please use the pedometer only for walking on level ground.

Let's get your pedometer set up!

Battery deactivation strip

The battery of the pedometer is deactivated with a clear plastic strip during storage in the warehouse. To activate the battery, simply pull out the plastic strip protruding from the battery cover.

How to set time:

- 1) Press MODE to time menu.
- 2) Press SET continuously for 3 seconds.
- 3) Use UP/DOWN arrow button to adjust time (press left corner to add time and right corner to minus time).
- 4) Press SET to move from hours to minutes.

How to set alarm clock:

- 1) Press MODE to alarm menu (ALM).
- 2) Set alarm clock according steps in "How to set time".
- 3) Under ALM menu, press UP arrow to turn ON/OFF alarm.

How to select user number:

- 1) Press MODE to Data Setting Menu.
- 2) Press UP arrow to switch between user numbers.

How to enter user data:

- 1) Pick user number. Refer to "How to select user number".
- 2) Press SET continuously for 3 seconds.
- 3) Use UP/DOWN arrow button to enter data.
- 4) Press SET to switch between data categories.
- 5) Press MODE to save data.

How to measure your body fat:

- 1) Select your user number.
- 2) Press START.
- 3) Immediately place both thumbs on the sensor located on each end of the pedometer.
- 4) Wait 4-5 seconds for result to display.

Start walking and start counting:

- 1) Select your user number under Data Setting Menu.
- 2) Press MODE to the STEP menu.
- 3) The Walking Man symbol appears.
- 4) Clip the pedometer by locking the belt clip onto your waist.
- 5) Start walking normally, the pedometer is now counting your steps.
- 6) Press UP/DOWN arrow button to check the numbers of steps, estimate calorie burn and distance traveled..

How to measure your stride:

Stride is basically your step length. The easiest way to measure your step length is to walk a known distance and count how many steps it takes to complete that distance. For example, you can use the free map services from Yahoo or Google to get information on the distance from your house to another house two blocks away (eg. 120 Steven Dr. to 320 Steven Dr.). Go ahead and walk that distance as normal as possible, this will be your regular pace. You can walk that distance again with a higher energy level, this will be your power pace. As you become more fit, it will take less time and fewer steps to complete that same distance. Change your walking program with various walk speed and alternate between programs to get the best result.

Remember the pedometer is designed for walking only, if you find yourself approaching running speed, you should consider training with a heart rate monitor with pace/distance feature.

How to replace old battery:

The pedometer uses one CR2025 battery. This type of battery is widely available in Canada from most hardware and general stores. You will need a small Phillips head screw driver (cross head type) when it is time to replace the battery.

- 1) Place the pedometer LCD side face down on a soft cloth (this is to prevent scratch the LCD lens).
- 2) Unscrew the small screw counter clockwise with the small Phillips head screw driver.
- 3) Remove the waist clip that acts as the battery cover.
- 4) Carefully remove the old CR2025 battery and replace it with new unit
- 5) Insert the battery cover and re-install the screw. Be very careful to only lightly hand tight the screw and not to strip the thread. It is recommended to apply a thin coat of Loctite on the thread when you re-install the screw.

Maintenance and Warranty:

This unit is not water sealed, so contact with water must be avoided; however, wiping the unit clean with a moist cloth is perfectly safe. The Y2005 pedometer purchased from BuyCanadaBuy comes with a one year part warranty excluding labor and battery. Should you encounter problem with your pedometer, please contact us via the original site where you purchase the product from. Spare parts are available from Canadian warehouse and the unit can be fixed easily w/o the need to send the unit back to factory in China.

Contact us:

If you have further question regarding this product, you may write to us at:

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Keep Fit Keep Walking

Version: Updated March 22, 2009