



Bala

PEDOMETER WITH 3D SENSOR

User manual
ENGLISH

MOTUS

Thanks for choosing the pedometer Motus Bala 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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MODES

- Time and date
- Daily alarm
- Walk/Run function selection
- Target steps
- Adjustable age, weight and stride length (walk/run)
- Selectable measurement units: Km/Cm/Kg or Miles/Inch/Lb
- Distance
- Exercise time
- Speed
- Burned calories
- Pacer
- 7 days memory
- Alarm
- Stopwatch

BUTTONS

Main functions:

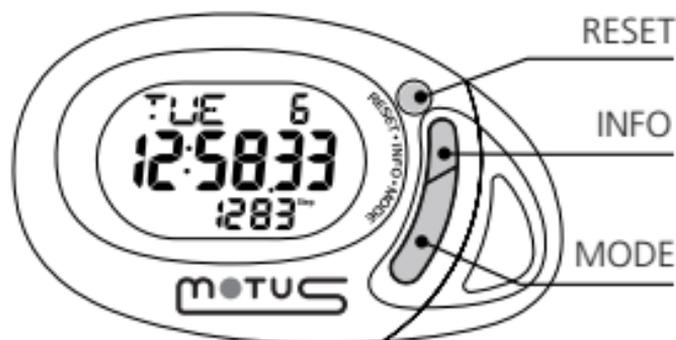
MODE – Browse functions:

Time/Date > Pedometer > Memory > User data > Pacer (PACE) > Alarm (ALM) > Stopwatch (STW)

INFO – Browse daily data and memory

RESET – Enter setting mode, reset activity data

Advanced buttons functions are described in the following paragraphs.



TIME

Press MODE button and enter Time mode.

- To enter settings mode hold RESET button for a few seconds.

“Hold Adj” text and hour digit flash.

- Press INFO button to increase the digit.

- Press MODE button to confirm and set minutes.

- Press INFO button to increase the digit.

- Press MODE button to confirm and set seconds.

- Press INFO button to reset seconds.

- Press MODE button to confirm.

Follow the procedure described above to set date, month, year and 12/24 hour format.

The display will show time and date at the end of setting.

Daily data

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

Press INFO button to view data:

Steps > Burned calories > Distance > Speed > Target percentage > Activity time

The speed value refers to the latest data detected and is updated in real time during the activity.

Note: daily data are automatically reset at 12.00 PM. They can be recalled from Memory mode from the following day.

In Time mode it is not possible to reset daily data manually.

PEDOMETER

Press MODE button and enter Pedometer mode, indicated by WALK or RUN icon.

This mode displays daily data for walking or running activity.

To select the type of activity press INFO button for a few seconds.

The display shows WALK or RUN icon.

Press INFO button to view data:

Steps + activity time > Distance + steps > Calories burned + steps > Speed + steps

To reset all data hold RESET button for a few seconds. The display will show the flashing "Hold Clear" text and all daily data be reset.

Data already stored in Memory mode will not be deleted.

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.

See “User Data” paragraph to insert personal information used to calculate activity data.

USER DATA

Press MODE button and reach the display showing “AGE” text.

Count of burned calories, distance, speed and percentage of target steps reached is based on the information entered in this mode.

Required information:

Age > Weight > Stride length (walk) > Stride length (run) > Target steps

Press INFO button to browse and view data.

Age

- Press INFO button and reach “Age” data.

Hold RESET button for a few seconds.

“Hold adj” text is displayed followed by the flashing age digit.

- Press INFO button to change the value.

- Press MODE button to confirm and set the following user data.

Weight

- Press INFO button to choose the measurement unit (Kg or Lb), indicated by the icon on top-left of the display.
- Press MODE button to confirm.
- Press INFO button to change the weight value.
- Press MODE button to confirm and set the following data.

Stride length

- Press INFO button to choose the measurement unit (Cm or Inch), indicated by the icon on top-left of the display.
- Press MODE button to confirm.
- Press INFO button to change the stride length value (WALK).
- Press MODE button to confirm.
- Press INFO button to change the stride length value (RUN).
- Press MODE 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).

Target steps

- Press INFO button to change the flashing digit and press MODE to set the following digit.

Target steps can be set from 100 to 999.999.

- Press MODE button to confirm.

MEMORY

This mode lists the data stored during the 7 previous days:

steps, burned calories, distance and percentage of target steps reached.

Data recall

The upper line of the display shows the date and the middle line steps count.

The lower line shows the following data in automatic sequence:

Burned calories > Distance > Percentage of target steps

Press INFO button to choose the desired date.

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

Data deletion

Hold RESET button for a few seconds to delete stored data.

The display shows "Hold Clear" and then "NO INFO". Daily data will be shown from the next day.

Note:

This operation deletes data of 7 days.

It is not possible to delete data of a single day.

The deletion of stored data will allow viewing daily data displayed in Time mode.

PACER

Press MODE button and reach the display showing PACE text.

This function helps in keeping the desired walking/running pace.

Press INFO button to activate/deactivate the pacer (On/Off).

Once activated, an acoustic signal will beep in any mode you select.

Press INFO button from pacer mode to deactivate the acoustic signal.

Setting

- Press RESET button for a few seconds.

The display shows "Hold Adj" and a flashing digit.

- Press INFO button to select the desired pace value among the following signals per minute:

30/50/60/70/80/90/100/110/120/130/140/160/180.

- Press RESET button to confirm.

ALARM

Press MODE button and enter alarm mode (ALM).

Press INFO button to activate/deactivate the daily alarm (On/Off).

Setting

- Press RESET button for a few seconds.

The display shows "Hold Adj" and the hours digit flashes.

- The alarm will be automatically activated (On).

- Press INFO button to set hours.

- Press MODE button to confirm.

- Press INFO button to set minutes.

- Press MODE button to confirm and exit setting mode.

STOPWATCH

Press MODE button and enter stopwatch mode (STW).

Press RESET button to start or pause the stopwatch.

Press RESET and INFO to reset the stopwatch.

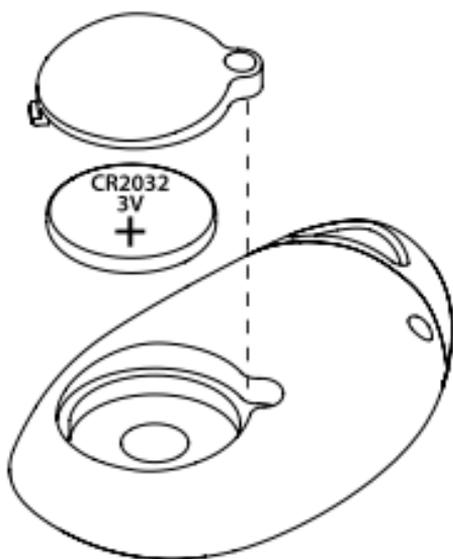
HOW TO WEAR THE PEDOMETER

Thanks to its 3D digital sensor detecting motion in multiple directions, this pedometer can be positioned in different ways, such as:



BATTERY REPLACEMENT

- Remove the screw and the cover from the back side of the case.
- Remove the exhausted battery and replace it with a new one.
- Reposition the cover and screw it on.
- Battery type: CR2032 (3V).
- Use battery type as indicated on this manual and 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.
- Avoid contact with water and do not handle the device with wet hands.
- 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.

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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