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SMARTSYNC

Pedometer with PC Download
Model: PE830

User Manual

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USER MANUAL

CONTENTS

INTRODUCTION

Thank you for selecting this Oregon Scientific™ pedometer. This unique product is ideal for monitoring your exercise routine. The pedometer counts the number of steps taken from one location to another, calculating the total distance covered and calories expended. This information can be downloaded onto your PC using SmartSync software.

Please keep this manual handy as you use your new product. It contains practical step-by-step instructions, as well as technical specifications and warnings you should know.

IMPORTANT The measurement functions built into the PE830 are not meant to substitute professional measurement or industrial precision devices. Values produced by this unit should be considered as reasonable representations only.

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OVERVIEW

FRONT VIEW
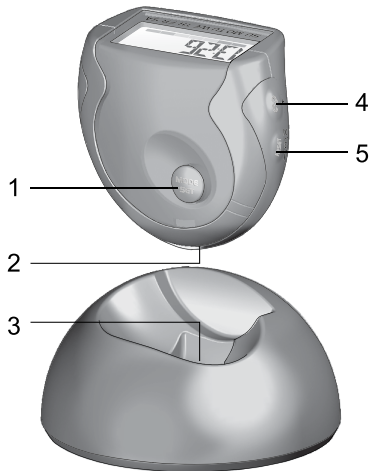
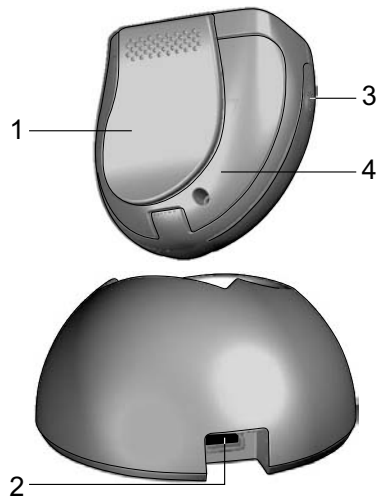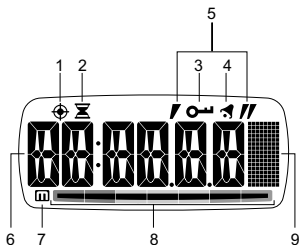1. **MODE/SET** button
2. USB connection port
3. Base USB connector
4. $\mathcal{C}$ / **+** button
5. **RESET** / **_** / $\overline{\mathsf{X}}$ / **m** button

BACK VIEW

1. Belt clip
2. USB connection port
3. ☀ / ↵ button
4. Battery door

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LCD

1. Shows when in Target Mode
2. Shows when in Timer Mode and flashes when you are in another display and timer is running
3. Shows when keypad lock is enabled
4. Shows when alarm is activated
5. Shows when in Timer Mode
6. Shows value of step, distance and calorie, clock / alarm time, timer and user profile
7. Shows when in 7-day Memory Mode
8. Colored bar shows the memory weekday and target status
9. Dot matrix shows various icons to indicate the mode / display you are in

GETTING STARTED

SET UP

You must set up the device (as shown below) when you first activate the unit, reset it or change the batteries, or your pedometer will not work properly.

1. To activate the device, pull out the insulation tape underneath the battery cover.
2. Set the clock and user profile (see Clock / User Profile section).
3. Attach the pedometer to your belt or training attire at waist level. Secure it at horizontal position. Improper positioning may result in incorrect data collection.
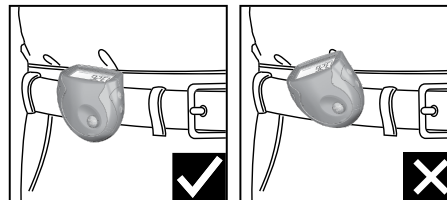
IMPORTANT FOR ACCURACY

The following conditions may cause incorrect reading of steps taken:

1. Uneven walking pace, such as walking in crowded areas or on uneven floor.

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2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping, or ascending/descending stairs or steep slopes.

USEFUL TIPS

When changing settings you can:

- Press and hold **+** / **—** to speed through the setting options.
- Press **SET** to bypass or confirm a setting and move on to the next one.

 NOTE During setting mode, if a key is not pressed within 30 seconds, there will be a beep sound and the screen will return to the previous mode.

CLOCK / USER PROFILE

TO SET THE USER PROFILE FOR 1ST TIME USE OR AFTER A BATTERY CHANGE

When the installation tape is removed to activate the pedometer and whenever the batteries are changed, the pedometer will ask you to set the clock and user profile. Please complete the settings as shown below or your pedometer will not work properly.

1. The first setting will flash.

2. Press **+** / **—** to change a value and **SET** to confirm and move on to the next setting.
3. The setting sequence is:

CLOCK
- 12/24hr format
- Hour
- Minute
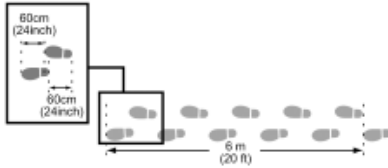- Day of the week

USER PROFILE
- Weight unit
- Weight
- Stride unit
- Stride
- Age
- Gender

To calculate stride length:

Individual stride length varies. Input an appropriate length for an average stride. To determine the average stride

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length, walk 10 paces and divide the distance traveled by 10.

CHANGE INDIVIDUAL CLOCK OR USER PROFILE SETTINGS

If after the initial setting of the clock / user profile (as detailed in previous section), you wish to change the clock time or edit one of the user profile settings, simply:

1. Press **MODE** to navigate to Clock or User Profile Mode.
2. Profile Mode only – use **+** / **—** to scroll to the setting you wish to change.
3. Press and hold **SET** to enter setting mode.
4. Press **+** / **—** to change a value and **SET** to confirm.

SWITCHING BETWEEN OPERATION MODES

Press MODE to switch between the 6 operation modes:

• Daily
• Target
• Timer
• 7-day Memory
• User Profile
• Clock

The modes are described in the sections that follow.

DAILY

To view the step, distance and calorie display:

1. Press **MODE** to navigate to Daily Mode.

2. Press 🗘 to switch between the 3 displays;

STEP

DISTANCE

5

EN

CALORIE

TARGET

To set step, distance or calorie target:

1. Press **MODE** to navigate to Target Mode.

2. Press and hold **SET** for 2 seconds to enter setting mode.

3. Press **+** / **−** to select STEP, DISTANCE or CALORIES.
4. Press **SET** to confirm.
5. Press **+** / **−** to change the value of each digit, and **SET** to confirm and move on to the next setting.

To use target:

1. Once the target has been set, start walking to activate the pedometer. The GO! screen will appear to confirm that the unit is starting to monitor your progress.

2. While you are walking, the ESTIMATED FINISH TIME (EFT) will periodically appear to advise you how long it will take to complete your target, based on your current pace. The target bar at the bottom of the display will move from left to right (start to finish) to show your progress.

3. Press ↻ to toggle between the EFT and remaining steps, distance or calories left until target is reached.

4. When target walk is complete, FINISH will appear and a beep will sound.

5. To reset the target for the next user session, press and hold **RESET**.

TIMER

When the timer is running, it will measure steps, distance and calories. These measurements are not linked to the daily measurements and are only related to the time spent walking while the timer is on.

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To set timer:

1. Press **MODE** to navigate to Timer Mode.

2. Press and hold **SET** for 2 seconds to enter setting mode.

3. Press **+** / **‒** to select countdown or count-up timer and press **SET**. If the countdown timer is selected you will need to set the hr:min:sec by pressing **+** / **‒** to change a value and **SET** to confirm.

To use timer:

- Press ⏳ to start / stop the timer.
- Press and hold ⏳ to reset the timer.
- Press ↻ repeatedly to view timer step, distance and calories values.

NOTE When you are in the timer display, ⏳ will show. If you are in another mode, ⏳ will flash to indicate the timer is running.

MEMORY

The pedometer has a 7-day memory function. You can view total weekly or daily step, distance and calorie records.

VIEW TOTAL WEEKLY RECORDS

1. Press **MODE** to navigate to Memory Mode.

2. Press ↻ to toggle between the total weekly step, distance and calorie display.

VIEW DAILY RECORDS

1. Press **MODE** to navigate to Memory Mode.

2. Press **m** to enter the daily record display.

3. Press **m** repeatedly until you reach the day you wish to view. When you have selected the day you wish to view, a 1-second display will show to advise you if you reached that day's target or not:

- Target achieved = smiley face and high beep sound.

- Target not achieved = sad face and low beep sound.

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EN

4. Press ↻ to toggle between your chosen day's step, distance and calorie display.

IMPORTANT At midnight all accumulated daily data will be stored for a period of 7 days. Therefore, once a memory has been stored for 7 days it is replaced with new data from the 1st day of the new week.

NOTE The bar at the bottom of the display will indicate which day's memory record you are looking at.

CLEAR ALL RECORDS

Press and hold **RESET**.

ALARM

When in the Clock Mode, press ↻ to toggle between the Clock and Alarm Mode.

To set the alarm:

1. Press **MODE** to navigate to the Clock Mode.

2. Press ↻ to switch to the Alarm Mode.

3. Press and hold **SET** to enter the setting mode.

4. Press **+** / **–** to change a value and **SET** to confirm and move on to the next setting.

5. The setting sequence is:
• Hour
• Minute
• On / Off

To stop the alarm sound, press any key.

EXERCISE SCHEDULE REMINDER

Using SmartSync software, you can set up to 7 alarms to remind you to exercise, allowing you to specify an activity goal in steps, distance or calories.

To set a exercise reminder:

For detailed information on the steps needed to set the reminder alarm, see the software Help file.

When a exercise reminder alarm sounds:

1. The unit will beep and remind will flash on the screen.

2. Press ↻ to view the preset activity goal type (steps, distance or calories).

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PE830_EU_M_EN_R1.p65   8   2006.8.16, 4:47 PM

3. Press ↻ again to view the activity goal value.

NOTE If no key is pressed when the alarm sounds, a back-up beep will sound again after 5 minutes.

CONNECTING TO YOUR PC

Data can be transferred to a PC directly from the pedometer or by using the base.

To connect the pedometer to a PC:
1. Insert the USB cable into your PC.
2. Unclip the cover of the USB port on the pedometer.
3. To connect directly to the pedometer: insert the USB cable into the port on the pedometer.
4. To connect via the base: Insert the USB cable into the base. Then, place the pedometer onto the base so that the base USB connector is inserted into the pedometer USB port.

- When connected, 'PC' will appear on the LCD screen and the LED will be lit.
- When data is being transferred the green LED will flash.

NOTE If connection is interrupted, please remove the USB cable from your PC and re-insert.

BACKLIGHT / KEYPAD LOCK / RESET

To turn the backlight ON for 3 seconds, press ☀.

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To turn the keypad lock ON / OFF, press and hold ↵•.

To reset the unit, remove and then re-insert the battery.

BATTERIES

▯ appears when the battery is low and needs replacing.

NOTE Protect the environment by taking exhausted batteries to authorized disposal stations.

1. Unscrew to open back cover.
2. Insert 1 CR2032 battery.
3. Place the cover back and tighten the screw.

PRECAUTIONS

This product is engineered to give you years of satisfactory service if you handle it carefully. Here are a few precautions:

• Do not subject the unit to excessive force, shock, dust, temperature or humidity, which may result in malfunction, shorter electronic life span, damaged battery and distorted parts.
• Do not immerse the unit in water. If you spill liquid over it, dry it immediately with a soft, lint-free cloth.
• Do not clean the unit with abrasive or corrosive materials.
• Do not tamper with the unit's internal components. Doing so will invalidate the warranty on the unit and may cause unnecessary damage. The unit contains no user-serviceable parts.
• Only use fresh batteries as specified in the user's instructions.
• Due to printing limitations, the displays shown in this manual may differ from the actual display.
• The contents of this manual may not be reproduced without the permission of the manufacturer.
• Do not dispose this product as unsorted municipal waste. Collection of such waste separately for special treatment is necessary.
• Do not use rechargeable batteries with this product.
• Remove the batteries if storing this product for a long period of time.

NOTE The technical specifications for this product and the contents of the user manual are subject to change without notice

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SPECIFICATIONS

TYPE	DESCRIPTION
Pedometer L x W x H	36 x 53 x 50 mm (1.4 x 2.1 x 2.0 in)
Base L x W x H	67 x 65 x 36 mm (2.7 x 2.6 x 1.4 in)
Pedometer weight	37 g (1.3 oz)
Base weight	26 g (0.9 oz)
Step counter	0 to 99,999 steps
Distance travelled	0 to 999.99 (in km or miles)
Stride distance	28 to 152 cm (11 to 60 in)
Calorie display	0.1 to 9999.9 kcal
Body weight range	29 to 154 kg (64 to 340 lbs)
Pulse range	30 to 240 bpm
Operating temperature	-10°C to 40°C (14°F to 104°F)
Storage temperature	-20°C to 60°C (-4°F to 140°F)
Power	1 x CR2032 3V cell battery.

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Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products such as digital cameras; MP3 players; children's electronic learning products and games; projection clocks; health and fitness gear; weather stations; and digital and conference phones. The website also includes contact information for our Customer Care department in case you need to reach us, as well as frequently asked questions and customer downloads.

We hope you will find all the information you need on our website, however if you're in the US and would like to contact the Oregon Scientific Customer Care department directly, please visit:

www2.oregonscientific.com/service/default.asp

OR

Call 1-800-853-8883.

For international inquiries, please visit:

www2.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this SmartSync Pedometer with PC Download (PE830) is in compliance with EMC directive 89/336/CE. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

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