

Robic M-477 Instructions and Operating Guide

Thank you for buying the Robic M-477 pedometer. Please read these instructions carefully before using it to ensure safe and correct use. Do not expose your pedometer to direct sunlight, rain, dust, severe shock, humidity or immerse it in water. As a sensitive instrument, the M-477 may cease to operate if dropped onto the floor. Make certain it is securely attached to your clothing. To open the cover, hold the M-477 in one hand with the clip towards your palm and gently use the thumb of your other hand to open the case using the lip at the top of the lid.

The M-477 has five (5) separate modes of operation:

STEP COUNTER: Counts up to 100,000 steps taken and always appears on the upper row of the display.

These functions are sequentially displayed in the lower row by pressing MODE:
DISTANCE-→ CALORY→ TIMER→ FAT/BMI (Body Mass Index). Each function is indicated with the phrase shown below the bottom row of the display.

DISTANCE: Measures how far you have traveled up to 100 miles.

“CALORY”: Calculates how many calories you have expended.

TIMER: Automatically times the hours and minutes you have spent walking.

BODY MASS INDEX: Estimates the Body Mass and Body Fat composition based on Age, Gender, Height and Weight.

There are four (4) pushbuttons which activate all operations in your pedometer:

MODE (far left) changes the function shown in the lower row of the display.

SET START (second from left) begins and ends the setting procedure for entering stride length, weight and other factors for measurement.

▲ RESET: (second from right) increases the value of a factor being entered and Resets all pedometer functions back to zero.

▼: (far right) decreases the value of a factor being entered.

For the most accurate results, the M-477 must be Horizontal and Perpendicular to the ground, straight and true, not angled or dangling from your clothing. If the pedometer is not straight and true, you will not receive accurate results. Factors which may result in an inaccurate step count include shuffling, walking uphill or down and walking at an inconsistent pace. **Position the Pedometer** by securely attaching it at waist level to your belt or to the top of your pants or shorts, on the front of your clothing close to the crease line of your pants (not at your side). The case must be closed at all times, opened only to view results. A good way to check if your pedometer is positioned correctly is simply take 50 or 100 steps, counting them to yourself. Now, check the step count value on your pedometer. If the reading varies somewhat, please make sure your wearing the pedometer is positioned correctly.



A stride length and weight must be entered so Distance and Calories can be calculated. If you seek only to count steps, no values need to be input. **Determine your Stride length** in inches, walk or run a known distance and divide by the number of steps taken. Always measure heel to heel or toe to toe. For example, if it takes 10 steps to cross a 25 foot room, the stride length is 2.5 feet. 2.5 feet equals 30 inches as there are 12 inches in a foot. You can input from 10 to 60 inches as your stride length. **Enter Stride Length** by pressing MODE until DISTANCE appears. Then, press SET/START and current stride length in inches "INCH" appears flashing. Press and hold ▲/RESET to increase or ▼ to decrease the value. Press SET/START again and the stride length disappears but is entered. Note: The M-477 will return to DISTANCE if no pusher is pressed within 5 seconds after beginning SET process.

Enter Weight by pressing MODE until "CALORY" appears below the lower row and "KCAL" appears to the right of the lower row. Press SET/START and current weight in pounds "LBS" appears flashing. Press and hold ▲/RESET to increase or ▼ to decrease the value. The range is 40 to 350 pounds. Press SET/START again to input the Weight.

After you have entered your stride length and weight, you may now attach the M-477 to your clothing and begin using its functions as noted.

The STEP COUNTER is shown in the upper row of the display. "STEP" appears to the right of the upper row. Press ▲/RESET to reset the counter to zero.

The "DISTANCE" is shown below the lower row with "MILE" appearing to the right of the lower row of digits. Distance is a measure of your stride length times the number of steps taken. Press MODE for Calorie.

"CALORY" appears below and "KCAL" to the right of the lower row of digits. Expenditure up to 10,000 calories is estimated based on your weight and the number of steps taken. Press MODE for Timer.

"TIMER" is a Count up timer (Chronograph) which begins and ends timing automatically as you start and stop walking, running or hiking. It keeps track of how much time your M417 is actually in use in hours and minutes "00-00". Press MODE for FAT/BMI.

“FAT/BMI” refers to the calculation of the composition of a person’s Body Mass and Body Fat based on a number of individual factors input for this purpose. These readings are for general reference and should not be considered as a diagnosis or any sort of medical indication. They are simply estimates based on a series of general calculations across the population as a whole.

To arrive at your Body Mass Index and Body Fat, some individual factors must be input. They are your weight, height, age and gender. The measurement is made by placing your fingers or thumbs on the oval recesses on either side of the display. Make certain that you securely grip the back case when you place your fingers, palm side down, over the recesses. The fingers (or thumbs) should lie atop the recessed sensors with gentle pressure.

To begin **entering your individual factors**, press MODE until the FAT/BMI indicator appears below the lower row of the display. Five (5) dashes - - - - will appear.

Press SET/START, LB is shown and the weight value will appear flashing. Press ▲RESET to increase or ▼ to decrease the weight. Weight range is 40-350 pounds.

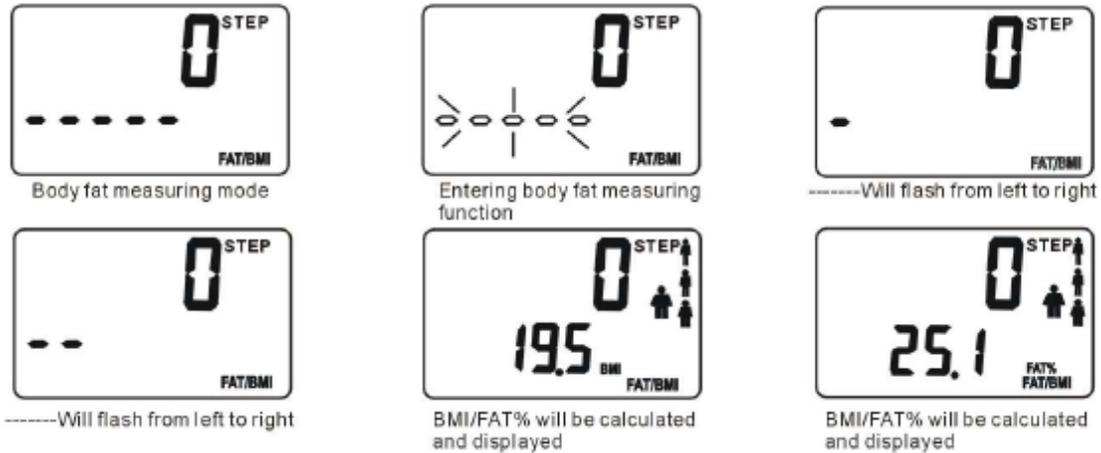
Press SET/START again and the height value in feet “Ft” appears flashing. Increase with ▲ RESET or decrease with ▼ as needed. Press SET/START to set inches. The range for height is 3’0” to 6’11”.

Press SET/START again for Age. Increase with ▲RESET and decrease with ▼. The age range is from 1-99 years old.

Press SET/START again for Gender. Select between Male and Female by pressing ▼. The Female indicator is in the extreme lower right corner of the display.

After beginning to set an individual factor, “ERR” will appear in the display if no button is pressed within 30 seconds. If ERR appears, simply press SET/START to begin again.

To **measure your Body Mass Index and Body Fat %**, press MODE until FAT/BMI appears in the lower right corner of the display and 5 dashes appear in the lower row. Press ▲RESET or ▼ to begin measuring process. The 5 dashes will begin to flash. Now, place your index finger from each hand in the recessed sensors and hold them there with gentle pressure. Do not force or push down hard on the sensors. “ERR” will appear after 8 seconds if a reading is not made. Try once more by pressing ▼ or ▲RESET.



The dashes will fill in from left to right and as they fill in the second time, the BMI value will appear first and then the Body Fat % will appear. The values will flash back and forth with the respective indicators as well as a Body icon to segment the reading.

BATTERY REPLACEMENT

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When the display becomes dim or is fading, replace the battery with a new LR1130, or equivalent. Open the battery cover and take the old battery out (protect the environment by taking empty batteries to authorized disposal stations). Insert the new one into the battery holder. (with + side up) and close the battery cover.

Trouble shooting

Should the display show no numbers or signs of fatigue, please replace the batteries. After a replacement of batteries, please set the pedometer according to instructions above.

Specifications:

- | | |
|------------------|------------------------|
| • Power source | Lithium Battery LR1130 |
| • Battery life: | >6 months |
| • Product size: | 69 x 43 x 24 mm |
| • Product weight | 35 g |



LIMITED WARRANTY OUR BASIC POLICY

Marshall –Browning International Corporation (MBI Corp.) warrants to the original owner, this pedometer (excluding battery, less, band or strap) for the period of one year from the original purchase date. This limited warranty is given by MBI Corp. and not by the dealer from whom the timepiece was purchased.

THE WARRANTY PROCESS – WHAT IS COVERED BY THE WARRANTY

If the timepiece develops a manufacturing defect within the one year limited warranty period, it will be either repaired or replaced (at MBI Corp.'s option) with a timepiece of equal value, providing the original owner submits the following:

1. Proof of purchase, i.e. a validated store receipt showing date of purchase.
2. A check or money order (no cash, please) in the amount of \$7.50 to cover the cost of shipping and handling

WHAT IS NOT COVERED BY THE WARRANTY

- A. MBI Corp. will not repair defects of damages caused by or showing evidence of:
 1. Improper or unauthorized service.
 2. Misuse, tampering, abuse or mistreatment of the timepiece.
 3. Damage to the case or viable cracking of the lens.
 4. Moisture damage, if the product is a non-water-resistant timepiece.
- B. If we find that the battery is the cause of the defect, MBI Corp. reserves the right to charge your (\$7.50) for a new replacement.

MBI Corp. is not liable for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

YOUR RIGHTS UNDER IMPLIED WARRANTIES AND STATE LAW.

MBI Corp. limits the duration of any warrant implied by state law, including the implied warrant of merchantability, to one year from the date of original purchase. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

CARING FOR YOUR PEDOMETER

Proper care of your pedometer will provide many years of enjoyment. We recommend that:

1. The battery be replaced at once when it becomes depleted. Please ask your local retailer to replace the battery for you using **CR1130 (Lithium) or equivalent**.
2. The lens be replaced immediately if it becomes damaged, as contamination from dust, moisture, and other foreign substances will damage the module.
3. If the pedometer is not marked "water-resistant," avoid immersing or exposing it to water, steam, or other forms of moisture.

WHEN YOU REQUIRE SERVICE

If your pedometer ever requires factory servicing, you can send it directly to:

MBI CORP, 115 HURLEY RD, OXFORD, CT 06478

We strongly recommend that when sending it through the mail, you send the product insured, return receipt requested, so that if a problem in shipping arises, you can trace it through the originating post office. You will be billed for all services deemed out of warranty; and since we reserve the right to substitute with a replacement product of equal or greater value, NEVER include a personal item, such as a watchband, with the repair request.

Robic...Timers & pedometers for champions at every level! Please call (203) 264-2702 for a free catalog.

