

Fitness Tracker Digital Watch

INSTRUCTION MANUAL

Model No. EL5188 (1xBlack and 1xTurquoise)
Please read carefully before use and keep for future reference

FUNCTION

- Counts steps from 0 to 99999
- Mode Order: Time, Steps taken, Distance in KM, Calories burned.
- Default Setting: User weight: 60Kg/130lb, User Step length: 60cm-24in

IMPORTANT:

IT ONLY WORKS WITH VIGOROUS ARM MOVEMENT. AS SUCH, WITHOUT VIGOROUS ARM MOVEMENT, THE READING WILL NOT BE ACCURATE.

INSTRUCTIONS

1. The watch will automatically show the current time before any buttons are pressed
2. Press "Mode" to choose whether you would like to see steps, distance or calories.
3. In order to set back to "0" press Mode to have the required mode on the screen and then press set.

Setting the Time:

1. Press and hold the set button until the first number begins to flash.
2. Press mode repeatedly to change the "hour" to the correct time.
3. Once the "hour" is correct press "set" once to change the flashing to the "minute" then press mode until the "minute" is showing the correct time.
4. Once time is correct, press set.

To change the user step length:

1. To change the size of your steps, change the screen to show distance travelled.
2. Press and hold set until the screen changes to CM's. Press mode until the number on screen is the correct step length.

To change user weight:

1. To change the user weight to correspond with your own weight, change the screen to show calories burned.
2. Press and hold set until the screen changes to Kg. Press mode until the number on screen is the correct weight.

Changing the Battery:

1. Push the step gauge out of the front of the watch
2. Unscrew the two screws on either side of the back of the gauge
3. Replace with an LR1130 battery observing correct polarity
4. Re-attach back to gauge and re-insert gauge to the strap through the front

 **Warning!** This product is not a toy, keep away from children. Small parts can be swallowed. Keep away from water

TROUBLESHOOTING

Problem: It does not work. It's not accurate.

Solution: Ensure arms move up and down when walking.

TECHNICAL SPECIFICATION

25.5x2.9x1cm Batteries: 1x LR1130 battery equivalent AG10 (Included)

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