

DIGITAL PODEMETER
with REAL-TIME CLOCK
(Model: PE320)

USER MANUAL

EN

INTRODUCTION

Thank you for selecting the Oregon Scientific™ Digital Pedometer with Real-Time Clock (PE320). This unique product is ideal in assisting an exercise routine. The pedometer counts number of steps taken from one location to another. By inputting the stride-length the total distance covered can be calculated.

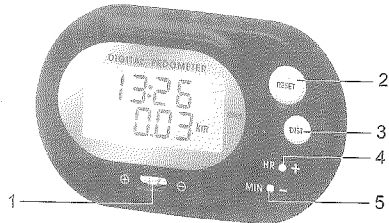
In this box, you will find:

- Digital Pedometer with Real-Time Clock
- 1 x LR43 size 1.5 V battery

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 about.

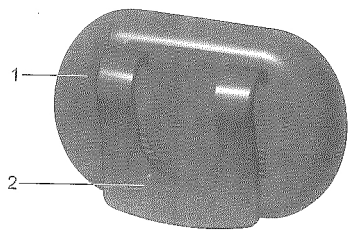
KEY FEATURES

FRONT VIEW



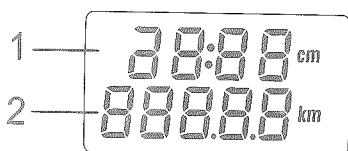
1. Motion Sensitivity Switch - Increases or decreases unit sensitivity
2. RESET button - Resets display mode values to zero
3. DIST button - Total distance and stride length display mode
4. HR / + button - Changes clock hour digits; changes stride length upward
5. MIN / - button - Changes clock minute digits; changes stride length downward

BACK VIEW



1. Battery compartment - Requires 1 x LR43 size 1.5V battery
2. Belt clip - Use to clip unit securely to belt or waistline

LCD DISPLAY SYMBOLS



1. Clock / Stride length
2. Distance traveled

GETTING STARTED

INSULATION TAPE

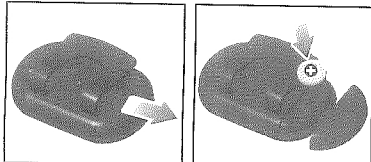
Before using the device, pull out the insulation tape underneath the battery cover protecting the 1 x LR43 size 1.5V battery.

NOTE The unit will not work until the tape is pulled out.

BATTERIES

This product uses 1 x LR43 size 1.5V battery. Should you need to change the batteries,

1. Gently press and pull the battery compartment door.
2. Insert 1 x LR43 size 1.5V battery or equivalent.
3. Replace the battery compartment door.



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

CLOCK

Insert a blunt stylus into the HR / + or MIN / - buttons to alter the clock hour and minute values, respectively. The clock is set at 00:00 by default.

NOTE The unit automatically returns to clock display after 5 seconds if no buttons are pressed.

ADJUSTING THE SETTINGS

DISTANCE

The distance traveled is shown on the bottom line of the LCD display. For greater accuracy it is recommended that a personal stride-length is set.

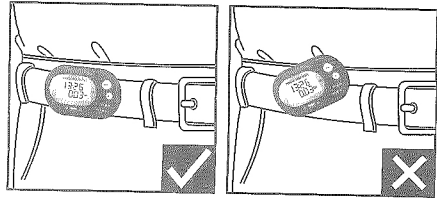
1. Press DIST until the stride length is viewed on the top line of the LCD display.



2. Insert a blunt stylus into HR / + to increase or MIN / - to decrease stride length (30 to 150cm or 11 to 60 inches). The stride length is set at 50cm (20 inches) by default.

If no changes are made to the Stride function, the top line of the display will automatically return to the clock display after 5 seconds.

WEARING THE PODEMETER



Attach securely at waist level to your belt, slacks, or training attire and maintain a horizontal position for more accurate results.

USING THE PODEMETER

COUNTING STEPS TAKEN

The pedometer counts the number of steps taken.

1. Press DIST once to view number of steps.

To return the pedometer display to zero, press RESET in STEP mode.

NOTE To make the unit more or less sensitive to motion, reposition the motion sensitivity slide switch. To determine the proper amount of motion sensitivity, experiment with different settings. See section on ADJUSTING MOTION SENSITIVITY for more information.

NOTE Improper positioning of the pedometer may result in incorrect data collection.

MEASURING DISTANCE

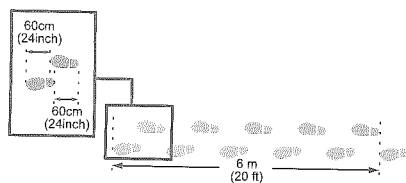
Correctly measuring distance depends on accurately setting the average length of an individual stride (stride length) and properly setting an internal motion-sensitivity device.

1. Press DIST until the distance traveled is viewed on the LCD display.

To return the distance counter to zero, press RESET in DISTANCE display mode.

Total Distance = steps taken x average step length

NOTE Individual stride-length varies. Input an appropriate length for an average stride. To determine length of stride walk 10 paces and divide distance traveled by 10.



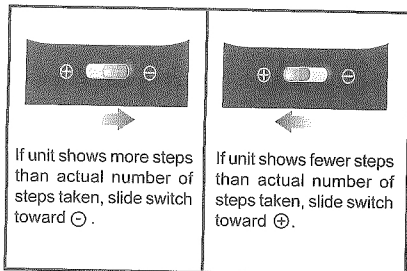
ADJUSTING MOTION SENSITIVITY

Follow these important procedures below to adjust Pedometer +/- Motion Sensitivity Switch and ensure accurate readings:

1. Set switch to the center.



2. Reset step counter to zero.
3. Walk at a normal pace; take at least 100 steps to provide more accurate motion sensitivity.



4. Adjust sensitivity switch if walking speed changes. Repeat steps 2-5 until accurate readings is obtained.

The following conditions may cause incorrect reading of steps taken:

1. Uneven walking pace, such as walking in crowded areas or on uneven floor.
2. Frequent up and down movements, such as standing up and/or sitting down; running, jumping, or ascending/descending stairs or steep slopes.

PRECAUTIONS

To ensure you use your product correctly and safely, read these warnings and the entire user manual before using the product:

- Use a soft, slightly moistened cloth. Do not use abrasive or corrosive cleaning agents, as these may cause damage. Never use the products in hot water or store them when wet.
- Do not subject the product to excessive force, shock, dust, temperature changes, or humidity. Never expose the product to direct sunlight for extended periods. Such

treatment may result in malfunction.

- Do not tamper with the internal components. Doing so will terminate the product warranty and may cause damage. The main unit contains no user-serviceable parts.
- Do not scratch hard objects against the LCD display as this may cause damage.
- Take precautions when handling all battery types.
- Remove the batteries whenever you are planning to store the product for a long period of time.
- When replacing batteries, use new batteries as specified in this user manual.
- The product is a precision instrument. Never attempt to take this device apart. Contact the retailer or our customer service department if the product requires servicing.
- Do not touch the exposed electronic circuitry, as there is a danger of electric shock.
- Check all major functions if the device has not been used for a long time. Maintain regular internal testing and cleaning of your device. Have your watch serviced by an approved service center annually.
- When disposing of this product, ensure it is collected separately for special treatment and not as normal household waste.
- 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.

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

NOTE Features and accessories will not be available in all countries. For more information, please contact your local retailer.

SPECIFICATIONS

Step counter	0 to 99,999 steps
Distance traveled	0 to 999.99 km 0 to 999.99 miles
Stride distance	30 to 150 cm (11 to 60 inches)
Clock	24 hr
Dimensions	65 x 40 x 14 mm (L x W x H) 2.6 x 1.6 x 0.6 inches (L x W x H)
Weight	24grams (0.85 ounces)
Operating Temp	-5.0 to 40.0 °C (23 to 104.0 °F)
Storage Temp	-20 to 60 °C (-4 to 140 °F)
Batteries	1 x LR43 1.5 V
Battery Life	1 year

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Visit our website (www.oregonscientific.com) to learn more about Oregon Scientific products. If you're in the US and would like to contact our Customer Care department directly, please visit:

www2.oregonscientific.com/service/support.asp

For international inquiries, please visit:

www2.oregonscientific.com/about/international.asp

EU-DECLARATION OF CONFORMITY

Hereby, Oregon Scientific, declares that this Digital Pedometer with Real-Time Clock (Model: PE320) is in compliance with EMC directive 2004/108/EC. A copy of the signed and dated Declaration of Conformity is available on request via our Oregon Scientific Customer Service.

