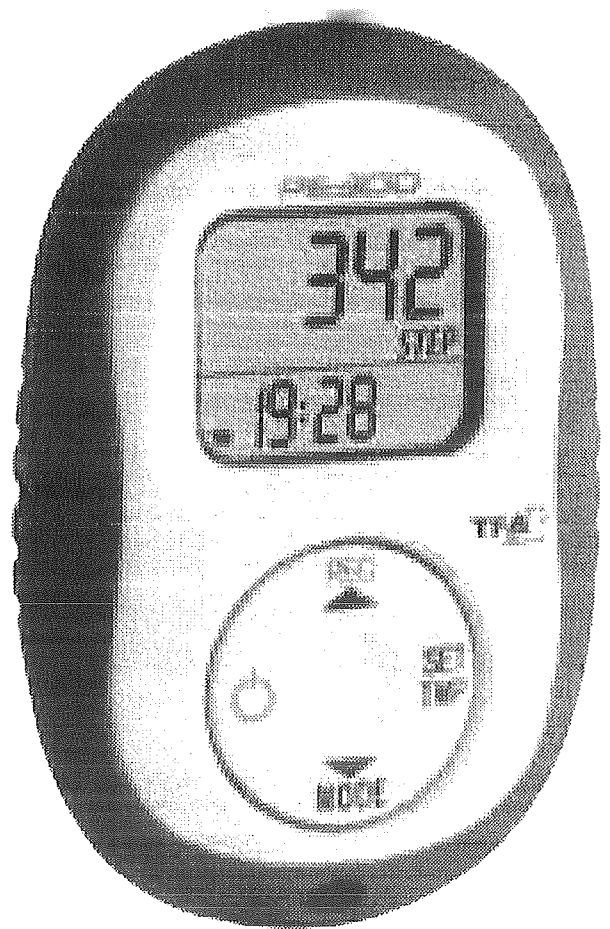
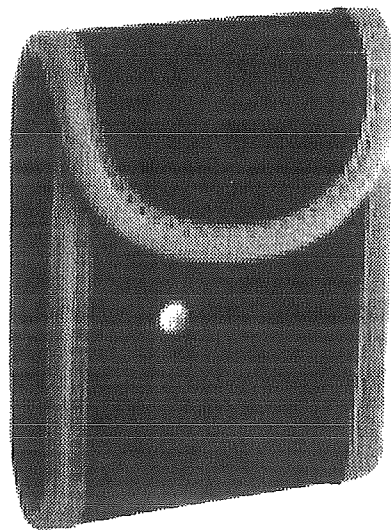


**Bedienungsanleitung**  
**Operating Instructions**  
**Mode d'emploi**  
**Istruzioni**  
**Instrucciones**  
**para el manejo**

**HITRAX**

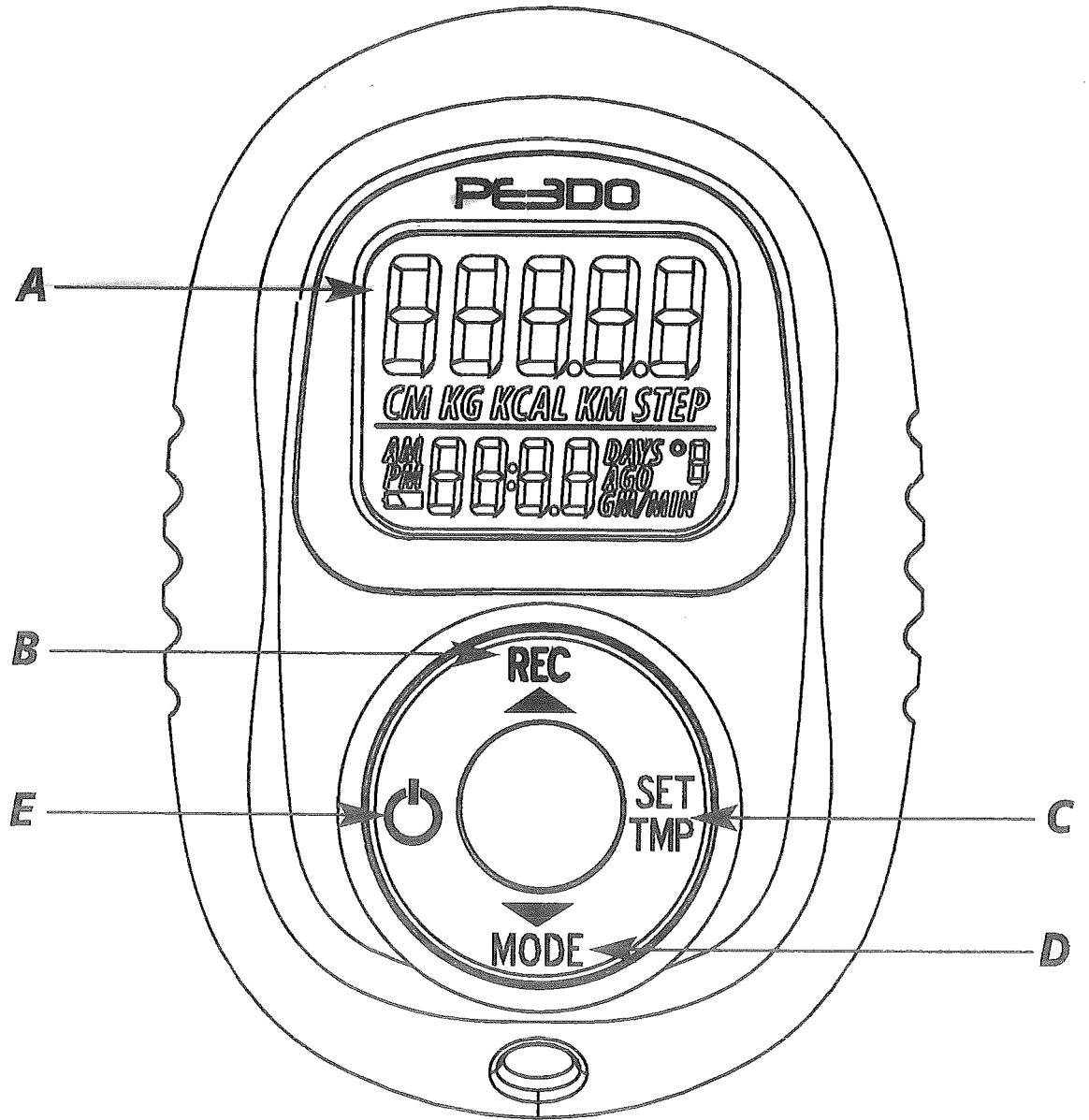
**STEP**

**3D Schrittzähler mit Uhr**

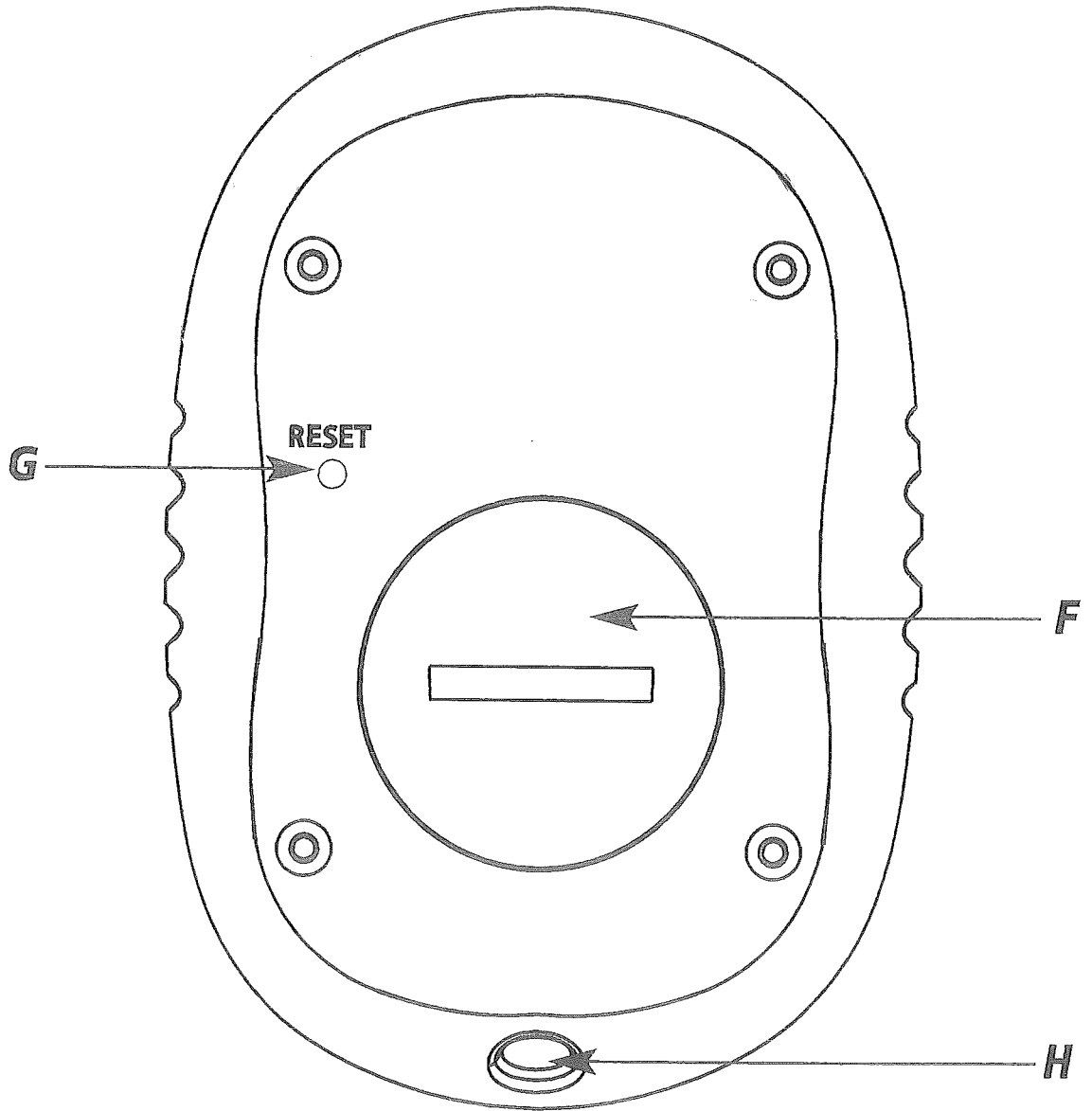


**Kat. Nr. 42.2005**

Fig. 1



**Fig. 2**



## **HiTRAX PULSE – 3D Pedometer with clock**



### **1. Functions**

- *With 3 D sensor - can be placed anywhere (belt, pocket, bag...)*
- *Adjustable Step length (cm- inch)*
- *Clock (12/24 hour format)*
- *Calorie consumption/ fatburning (kcal – g/oz)*
- *Distance (km - mile)*
- *Speed (km/h - mile/h)*
- *Temperature (°C/°F)*
- *7-day-storage*
- *Incl. battery (CR 2032) Nylon case with clip*

### **2. Elements (Fig. 1+2)**

*A: Display*

*B: REC/▲ button*

*C: SET/TMP button*

*D: MODE/▼ button*

*E: ⏻ ON / OFF button*

*F: Battery compartment*

*G: RESET button*

*H: Eyelet for cord*

### **3. Getting started**

- *Pull off the protection foil on the display.*
- *Open the battery compartment by turning the lid counterclockwise using a coin and remove the insulation strip.*

## **HiTRAX PULSE – 3D Pedometer with clock**



- Close the battery compartment again.
- All LCD segments will light up for about a few seconds.
- The unit is now ready to use.

### **4. Basic setting**

- After battery was activated or press and hold SET/TMP button for 3 seconds, you will enter the basic setting mode.
- °C flashes on the display.
- Press MODE/▼ button to change the temperature unit from °C to °F. In this case the other units change correspondingly.
- Confirm with SET/TMP button.
- 0:00 appears on the display and the hour digit is flashing.
- Press REC/▲ button (+ 1 hour) or MODE/▼ button (- 1 hour) to adjust the hours.
- Confirm with SET/TMP button.
- The minutes are flashing. Set minutes in the same way.
- Confirm with SET/TMP button.
- The step length - adjustment flashes (default: 60 cm/23,5 in).
- Press REC/▲ button (+ 1 cm) or MODE/▼ button (- 1 cm) to adjust the step length.
- Confirm with SET/TMP button.
- The weight - adjustment flashes (default: 50 kg/110 lb).
- Press REC/▲ button (+ 1 kg) or MODE/▼ button (- 1 kg) to adjust the weight.
- Confirm with SET/TMP button.

## **HiTRAX PULSE – 3D Pedometer with clock**



- *The unit is now ready to use.*
- *Hold and press MODE/▼ button or REC/▲ button for a fast count.*

### **5. Step counting**

- *Press MODE/▼ button (3 seconds), if desired, to reset the day data.*
- *0 Step appears on the display.*

**CAUTION:** *This product contains an intelligent algorithm to filter out non-walking movements. Steps may not be registered immediately until several regular steps are detected. The pedometer will start to count after 10 constant steps and will add on the first steps directly.*

### **6. Indication temperature**

- *Press SET/TMP button and the actual temperature appears on the display (5 seconds).*

### **7. Display**

- *Press MODE/▼ button and you can choose between:*
  - *Calorie consumption and fat burnt display:  
KCAL and GM or OZ*
  - *Distance covered in KM or miles (M)  
and the time taken in hours and minutes*
  - *Average speed KMIH or MIH*
- *Press MODE/▼ button again and you will return to normal mode (STEP and time).*

## **HiTRAX PULSE – 3D Pedometer with clock**



### **8. 7-day-storage**

- Press REC/▲ button.
- DAYS AGO 1 appears on the display.
- Press REC/▲ button again to show the 7-day-storage (DAYS AGO 2 – 7).
- When you are in the appropriate day press MODE/▼ button to show one after the other:
  - Calorie consumption and fat burnt (KCAL and GM or OZ appears in the display).
  - Distance and time (KM or M and the time in hours and minutes appear in the display).
  - Average speed (KMIH or MIH appears in the display).
- After midnight, the current data is automatically placed in the memory. Time and 0 Step appear on the display.
- The basic setting is retained.

### **9. ON/OFF button**

- **IMPORTANT:** In order to increase battery life, please turn off the instrument when not in use. Press and hold ⏻ button until the display is completely off.
- The basic setting and the memory are retained.
- Press ⏻ button again and the instrument turns on.

### **10. Power-saving mode**

- When the instrument is not used (approx. 10 minutes) the power saving mode will be activated.
- Only the time appears on the display.

## **HiTRAX PULSE – 3D Pedometer with clock**



- *To deactivate the power saving mode move the instrument softly and time and STEP appear again on the display.*


### **11. RESET function**

- *Use a pin to press the RESET button at the backside and reset the instrument.*
- *°C appears on the display.*
- *All settings are deleted and the basic setting must be repeated.*

### **12. Attachment**

- *Because of the 3 D sensor, the pedometer can be worn everywhere (belt, in the bag or around the neck....).*
- *On belt: Attach the pedometer with the clip on your waist-band or belt.*
- *Around the neck: Pull a cord through the eyelet on the device and then knot them together.*

### **13. Battery replacement**

- *Change the battery when the battery symbol  appears on the display.*
- *Observe correct polarity, + pole above.*

### **14. For your safety**

- *The product should only be used as described within this instruction.*



## **HiTRAX PULSE – 3D Pedometer with clock**



- *Unauthorized repairs, modifications or changes to the product are prohibited.*
- *The product is not be used for medical purpose or for public information, but is intended only for home use.*



### **Caution! Risk of injury:**

- *Keep this instrument and the battery out of reach of children.*
- *Batteries must not be thrown into the fire, short-circuited, taken apart or recharged. Risk of explosion!*
- *Batteries can be fatal if swallowed. If a battery has been swallowed, get medical assistance immediately.*
- *Batteries contain harmful acids. Low batteries should be changed as soon as possible to prevent damage caused by a leaking battery.*
- *Wear chemical-resistant protective gloves and glasses when handling leaked batteries.*



### **Important information on product safety!**

- *Do not place the unit near extreme temperatures, vibration or shock.*
- *Protect from moisture.*

### **15. Care and maintenance**

- *Clean it with a soft damp cloth. Do not use solvents or scouring agents.*

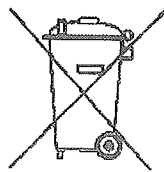
## **HiTRAX PULSE – 3D Pedometer with clock**



- Remove the battery if you do not use the product for a lengthy period.
- Keep the instrument in a dry place.
- Please reset the instrument if the unit does not work properly (see 11.) or change the battery.

### **16. Waste disposal**

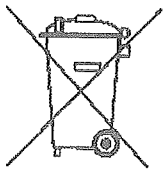
*This product has been manufactured using high-grade materials and components which can be recycled and reused.*



*Never dispose empty batteries and rechargeable batteries in household waste.*

*As a consumer, you are legally required to take them to your retail store or to appropriate collection sites depending to national or local regulations in order to protect the environment.*

*The symbols for the heavy metals contained are: Cd=cadmium, Hg=mercury, Pb=lead*



*This instrument is labelled in accordance with the EU Waste Electrical and Electronic Equipment Directive (WEEE).*

*Please do not dispose of this instrument in household waste. The user is obligated to take end-of-life devices to a designated collection point for the disposal of electrical and electronic equipment, in order to ensure environmentally-compatible disposal.*

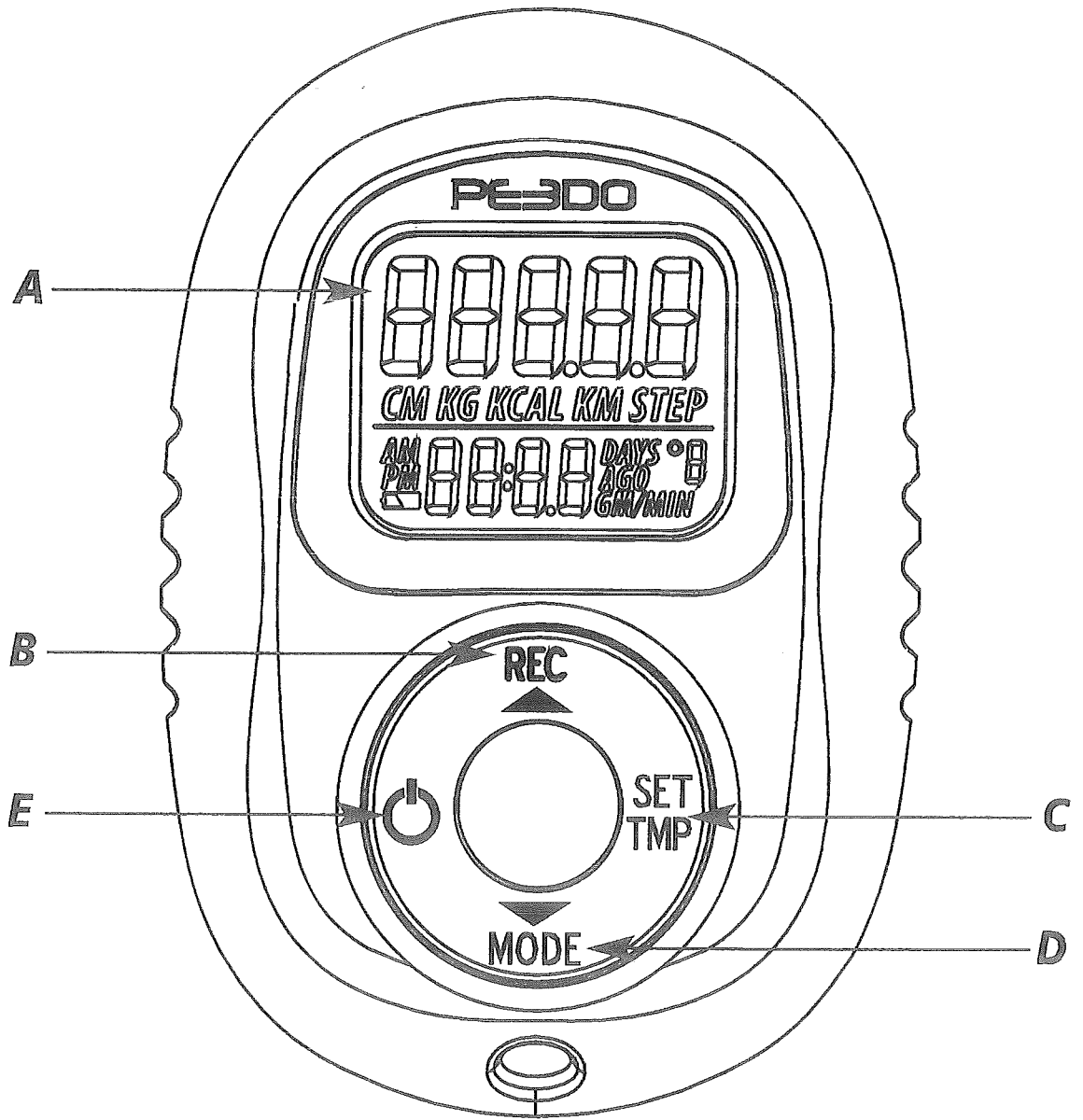
## *17. Specifications*

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<i>Max. numbers of steps:</i>	<i>0~ 99,999</i>
<i>Max. distance:</i>	<i>0~ 999.99 km (0~ 624.99 Mile)</i>
<i>Max. speed:</i>	<i>0~ 10 km/h (0~ 6.25 Mile/Hr)</i>
<i>Max. calorie consumption:</i>	<i>0~ 99,999 kcal</i>
<i>Max. fat burnt:</i>	<i>0~ 999.9 gm (0~ 35.9 oz)</i>
<i>Temperature:</i>	<i>-10°C...+50°C (14°F...122°F)</i>
<i>Step count accuracy:</i>	<i>±50 per 1000 steps</i>
<i>Power consumption:</i>	<i>1 x CR2032 Button cell battery (included)</i>
<i>Accessories:</i>	<i>Case with clip (included)</i>
<i>Housing dimension:</i>	<i>56 x 16 x 80 mm</i>
<i>Weight:</i>	<i>34 g (only instrument)</i>

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Fig. 1



**Fig. 2**

