



# W4L™ Elite

5 Function Digital Pedometer with 3D Sensor



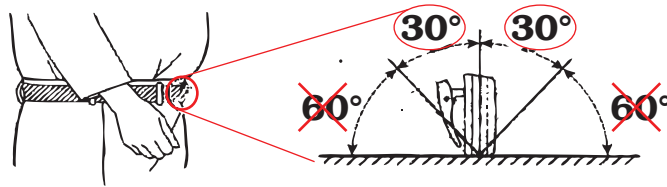
The “3D Sensor” better know as an Accelerometer is a more accurate and reliable recording mechanism utilizing a multiple vibrating filament as opposed to an old fashion pendulum strike. The “3D Sensor” is completely silent and does not have a “Clicking Noise”.

The “3D Sensor” allows for 360 degrees of motion giving the unit freedom to be positioned anywhere accurately recording for all body shapes and users, making the unit nearly 100% accurate.

### Where To Position The Pedometer:

The unit can be position anywhere and at any angle on the body (eg. waist, back/front pocket, shoe, purse, arm, etc.) on the body.

However the ideal position is to clip the unit to your belt or the top of your waistline as near as possible to the mid-line of thigh. (See Example below)



### Step Count:

Press the MODE button until STEP appears on the right. Press and hold the RESET button until a zero appears; you are now ready to begin walking.

(W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 4 seconds to clear. The display will flash during the four second interval to signal that resetting is underway).

## NOTE

**If your pedometer is not counting steps, the Step Filter may be on. Please refer to instruction below.**

### Setting the Step Filter:

(W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 4 seconds to clear. The display will flash during the three second interval to signal that resetting is underway).

Walk4Life™ pedometers incorporate a user-adjustable step filter. A step filter counts a specified number of steps before actually incorporating them into the total step count. To set the step filter, follow the steps below:

1. Push the MODE button until you are in step mode.
2. Hold down the SET button for three seconds to switch between ON/OFF. ON = 4 Steps OFF = 0 steps

### Switching between U.S. Standard (Imperial) and Metric Units:

Step 1. Press the MODE until the “Mile” screen appears.

Step 2. Press the SET button for 4 seconds to switch between Imperial and Metric.



**To Operate Activity Time:**

Press the MODE button until the word Act time appears on the right ( i.e., 00:00:00, representing hours, minutes and seconds.) Activity Time is designed to calculate your total movement time, so it will record ONLY when you are moving. To clear, press and hold the RESET button. (Pressing reset will reset both the step count and activity time).

**To Set Your Mileage Stride Length:**

1. Measure a 30 ft distance. Mark the starting and finishing line.
2. Count the number of steps it takes you to walk the 30 ft. Walk at your normal pace (the pace you think you use most throughout the day).
3. Find your step number and the corresponding stride length (in feet and inches) in the following table.

Number of Steps	Stride Length	Number of Steps	Stride Length	Number of Steps	Stride Length
7 =	4' 03"	13 =	2' 04"	19 =	1' 07 "
8 =	3' 09"	14 =	2' 02"	20 =	1' 06 "
9 =	3' 04"	15 =	2' 00"	21 =	1' 05 "
10 =	3' 00"	16 =	1' 11'	22 =	1' 04 "
11 =	2' 09"	17 =	1' 09"		
12 =	2' 06"	18 =	1' 08"		

Press the MODE button until MILE appears on the right; stride is displayed in feet and inches. Press the SET button once to activate, then press and hold down the SET button until your stride length appears on the display. Release the SET button; your stride is now entered.

**To Set Your Weight:**

Press the MODE button until the word KCAL appears on the right. Press the SET button once to activate, then press MODE button for 100's and SET button for 10's until your appropriate weight appears on the display. Release the SET button; your weight is now entered.

**To Set Clock:**

Press the MODE button until you reach the Clock screen, this is indicated by an AM or PM on the left hand side of the screen. Press the RESET button until the screen starts to flash, with the screen flashing, release the RESET button and use the MODE button to adjust the hour, and the SET button to adjust the minutes. When finished, press the RESET button again to stop the screen from flashing or allow a couple of seconds for the screen to stop flashing automatically. (Please note that the screen must be flashing in order to adjust the time)

**Battery Conservation:**

Walk4life™ pedometers have a “green mode” to preserve battery life. If the pedometer is inactive for 3 minutes, it will turn off and show a blank display. To turn the display on, walk or move the pedometer and it will resume counting. No data is lost when the pedometer is in the “sleep” mode.

**How to Replace Battery:** (Battery Type CR2032)

Please refer to the following diagram to replace the battery.



**Caring for your Pedometer:**

- Avoid dropping or crushing, which could break the crystal.
- Walk4Life™ Pedometers are not waterproof and should not be exposed to water or excessive moisture.
- Avoid forcing the pedometer clip onto belt or pant waist, which could cause the clip to break.
- Change the battery when the digital display becomes faded or blank.