



# W4L™ MVP

5 Function Digital Pedometer with 3D Sensor



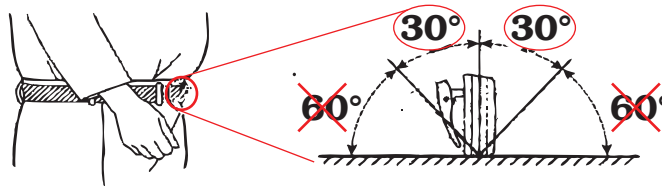
The “3D Sensor” better know as an Accelerometer is a more accurate and reliable recording mechanism utilizing a multiple vibrating filament as opposed to an old fashion pendulum strike. The “3D Sensor” is completely silent and does not have a “Clicking Noise”.

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 beow)



### 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:

This pedometer converts steps counted to miles based on your individual 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 Operate Activity Time:

Press the MODE button until the word Act 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. This will also clear the step count (Resets the whole unit of all accumulated time and steps).

### Setting your MVPa to count MODERATE to VIGOROUS activity time:

The MVPa comes factory set to record Steps Per Minute (SPM) for MODERATE - 100 SPM and for Vigorous - 140 SPM. You can change the SPM for Moderate and Vigorous at any time by pressing the MODE button until you are in either the Mod or Vig function, then press the SET button until you desired SPM is reached.

For Moderate SPM, you may set the minimum and maximum values between 90 and 150 SPM.

For Vigorous SPM, you may set the minimum and maximum values between 110 and 240 SPM.

The MVPa Pedometer can auto-calculate your Moderate and Vigorous activity thresholds for you. Get started using this auto program feature.

### Setting the MODERATE activity counter using the auto program feature:

1. Press the MODE button until the screen shows Mod.
2. Press the SET button then the RESET button. You will see flashing dashes.
3. Close the pedometer and attach the pedometer to your waist.
4. Walk briskly for a minimum of one minute (at a moderate pace).
5. After at least one minute has passed the pedometer is set to record all MODERATE activity at or above the SPM that matches the pace you walked for the one minute brisk walk. This means that only activity time will be recorded on the Mod. Timer when your Steps Per Minute (SPM) reach or exceed the SPM that is set on the Mod. Timer.

You can see what your SPM is by pressing MODE until you get to the Mod. Function the press the SET button once. Your SPM will flash.

To set VIGOROUS activity, follow the same instructions as above only you will be pressing MODE until you get the Vig. Activity and you will need to walk at a VIGOROUS pace to set the correct SPM.



The benefits of doing this exercise to automatically set the MODERATE and VIGOROUS activity is that as you progress in fitness or if your goals change, you can manually increase the SPM from this base level you have set for yourself. This ensures that your starting point for measuring MODERATE and VIGOROUS activity is within your own individual parameters.

**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.