

ACCUSPLIT AX2790MV Accelerometer Pedometer INSTRUCTIONS

At www.ACCUSPLIT.com select Pedometers and search for AX2790MV for expanded instructions.

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT Low Power Accelerometer Pedometer. Set up your new pedometer. Just follow the steps below, and start walking!



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Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle

267-1709

FUNCTIONS

- Accurate Step Count at every angle of Tilt!
- Automatic Activity Timer for Step Activity, up to 10 Hours to One Second
- Certified Accurate
- 4 second Display Accuracy Filter prevents recording false steps
- Automatic Moderate/Vigorous (MV) STEP Activity Timer up to 10 Hours to 1 Second
- Adjustable MV Rate from 80 to 180 (by 10). Power on default rate is 110.

FEATURES

- AX2790MV Our New low power accelerometer with PedometerEngine™TW20r2.0
- 2 New features help keep power consumption low: Hibernate Mode: From factory to user Sleep Mode: After 1 minute of no activity
- Over 4 year battery power-an unheard of feature in pedometers with accelerometer sensors
- Magnum display digits for easy viewing
- ACCUSPLIT's 5-Year Dual, No Proof AND Proof of Purchase Limited Warranty

4-Second STEP DELAY FILTER

ACCUSPLIT has added a "4-second step delay filter" to reduce the counting of "false steps".

When beginning walking, the display will not show any "tallying of new steps," until after 4 seconds of walking. Then, all the STEPS will be added to the display and new STEPS and other data continue to be counted and displayed.

REPLACING THE BATTERY

After about 4 years, a flashing battery icon in the LCDisplay will indicate a low battery for about 10 days. Your pedometer uses one Type CR2032 3volt battery. To replace:

1. Insert and twist coin in slot at bottom edge near hinge to carefully remove cover
2. Push the old battery past the case edge & remove
3. Replace with fresh battery
4. Carefully replace the cover at the TOP edge FIRST, then snap bottom edge into place, Checking that all four sides are closed tightly. No data and no settings are lost during battery replacement.

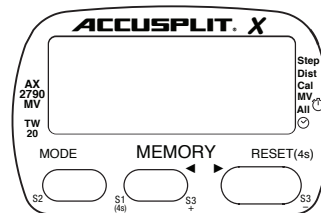
START HERE

The 1000 MEMORIES are date coded, which requires you to first set the DATE before using your activity tracker.

NOTE: at any time during setting Mode, if you are delayed or lost, simply wait 8 seconds to return to OPERATING mode, automatically, then resume setting.

1. From any Operating Display, Press and Hold S1: After 2 sec, the digits will flash for 4 sec and then display the information to be set.
2. To increment the values in any data field, Press or Press and Hold S3+.
3. To return to the minimum data setting in any field, Press S3-.
4. To select the next data field, press S2. The data fields to be set appear in this order: Height (inches: 4'0" to 8'0")
Weight (lbs: 60 to 280 lbs)
Cadence (10s: 80 to 180 STEPS per min)
Year, Mo, Day, Hr, Min (use current date and time)

Tracker returns to the Operating Mode after 6 seconds. Even after changing the battery after 4 years of use, the settings remain unchanged.



OPERATING MODES

Viewing your Data.

The tracked data appear in the LCDisplay in the same order as the icons appear on the label to the right. Press MODE to display each one: Steps, Distance, Calories, MV Activity Time, All Activity Time, Clock/Date. Bouts count also appears in every mode, except Clock/Date.

TRACKED DATA

Think of your Current Day's Data tracking like a car's odometer, TRIP and TOTAL. The Current Display is always the Current Trip Data. Just as in a car, you may want to track a trip segment, even multiple segments in a day. Most days, you may track only the Day's Activity as one Trip. When you Reset the current display

by Pressing RESET for 4 seconds, you are Resetting the display to zero after the TRIP just finished, ready for the next TRIP. The TOTAL for the day is in the 1st Date Memory, showing today's date. That data and all Date Memory Data can not be RESET. Note that only each day's TOTAL Data is saved in each Date Memory. No TRIP Data is saved in each Date Memory. No separate TRIP Data is saved, just the TOTAL of all TRIPs in a day.

WHAT DATA IS TRACKED?

- Step: STEP shows your Step Count for the Current TRIP or the Day's TOTAL in Date Memories, up to 100,000 Steps.
- Dist: DISTANCE shows your Distance for the Current Day's TRIP or the Day's TOTAL in Date Memories, up to 100 miles, to 0.001 miles.
- Cal: CALORIES shows your Calories for the Current Day's Trip or the Day's TOTAL in Date Memories, up to 10,000 calories.

MV: Moderate-to-Vigorous Activity Time is the amount of time doing Step Activity at a Cadence at or above the Cadence Setting. If the actual Cadence over 4-8 seconds (every 6 seconds) is above the Setting, the Activity Time is recorded in the MV Stopwatch and a Bout is started. When Step Cadence falls below that Cadence Setting, the MV Stopwatch stops accumulating MV Time, and if that Cadence is not achieved 90% or more of the following 10 minutes time since that Bout started, the Bout is stopped and not counted. MV Activity Time is to 10 hours. Bouts count is to 19.

- All: ALL Activity Time is the TOTAL amount of Step Activity Time, up to 10 hours.
- ☺: Clock/Date shows Today's Time of Day and Date.

MEMORY Review

Note that the 1st Memory is the Current Day's TOTALS. Press MEMORY ◀ to go BACK in Memories, and Press MEMORY ▶ to go FORWARD toward the Current Date Memory. Both have a Rapid Review. . .back: Press and Hold MEMORY ◀, And a Rapid Return to Current Day's TRIP: Press and Hold MEMORY ▶.

Each one of the 1000 Date Memory holds 7 cells of Data for that Date. When reviewing Date Memory, Press MODE to view the other 4 Data not displayed. Note that NO DATA can be lost or Reset, even when changing the battery in 4 years!

WEARING YOUR PEDOMETER

Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. The strong polycarbonate clip makes it easy.

Note: Your accelerometer pedometer no longer needs to be as vertical as possible.

The cover should be closed to minimize objects hitting your pedometer. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

POWER UP and DISPLAY ON

Power UP the display, initially, from its battery saving, factory set, "hibernate mode", by pressing a button for 2/4 seconds, until you see the display digits, then release the button. To save battery life, the LCDisplay will be blank* (a) after 1 minute of no activity (b) and during continuous activity. *any button push always turns LCDisplay on.