Using Pedometer Plus - Model 56014

Equipment
10m. tape measure
weight scales
pedometer/student

Procedure
(1) Find **stride length** by measuring how far you go in 10 steps using tape measure
- divide distance by 10 and enter result.
Press Mode repeatedly until “KM” is displayed.
Press SET and stride length starts flashing - press SET repeatedly to increase the
stride length by 1 cm. at a time. Release button and after a few seconds the new
distance is set.

(2) Measure **body weight** using scales and enter result.
Press Mode repeatedly until “CAL” is displayed.
Press SET and body weight starts flashing - press SET repeatedly to increase the
weight by 5 kg at a time. Release button and after a few seconds the new
weight is set.

(3) Wear on waist above hip joint so pendulum (clicking noise) is activated

**FUNCTIONS**

**Number of steps**
Press MODE until “STEP” is displayed

**Distance walked/ jogged**
Press MODE until “KM” is displayed

**Calories burnt**
Press MODE until “CAL” is displayed

**Elapsed time**
Press MODE until “TMR” is displayed (automatic after 6 steps)

Note:
- If “MIL” / “FT” is displayed - press and hold MODE and SET buttons for 5 seconds
- To reset counter - press and hold MODE and SET buttons for 1 second