

INSTRUCTION

G-SENSOR2026

FEATURES

- Accurately records steps and converts to miles (or km) and calories
- Built-in clock
- Dual-function LCD read-out
- Lightweight
- Heavy duty clip securely attaches to any waistband or belt
- No sound when counting
- Avoid not valid step counting



MEASURING YOUR STRIDE LENGTH

1. Mark a line in front of your right toe and take ten normal paces. (walking or running)
2. Mark the point in front of your left toe after the ten paces.
3. Measure the distance between the two marks in inches (or "CM") and divide by 10.
4. This is your average stride length - but remember that your running stride length is much longer than your walking stride length.

MEASURING YOUR WEIGHT

1. Using a bathroom scales or similar, remove excess clothing and determine your weight lbs (or "KG").

INPUTTING YOUR STRIDE LENGTH

1. Press the **A** button so that display changes from "KCAL" to "MILE" (or "KM")
2. Press the **B** button so that display changes from "MILE" to "INCH" (or "KM" to "CM")
3. Press the **C** button to advance display by 2 inch (or "5 CM") until stride length is correct as measured. (Display range is from 12 to 70 inches or 30 to 180 cm.)
4. Press the **A** button again to set the input.

INPUTTING YOUR WEIGHT

1. Press the **A** button so that display changes from "MILE" to "KCAL" (or "KM" to "KCAL")
2. Press the **B** button so that display changes from "KCAL" to "LBS" (or from "KCAL" to "KG")
3. Press the **C** button to advance display by 2 lbs (or 1 KG) until weight is correct as measured. (Display range is from 40 to 240 lbs or 20 to 120 KGS)
4. Press the **A** button again to set the input.

SETTING REAL TIME

1. Press the **A** button to reach clock mode.
2. Press the **B** button, display will show "HOUR" & "MIN" and the "HOUR" flashing.
3. Press the **C** button to advance the digital of "HOUR", hold on 1 second for rapid advance.
4. Press the **B** button, display will show "HOUR" & "MIN" and the "MINUTE" flashing.
5. Press the **C** button to advance the digital of "MINUTE", hold on 1 second for rapid advance.
6. Press the **B** button to complete setting - display will show the step/clock.

WHERE TO POSITION THE PEDOMETER

1. Clip the unit to your belt or the top of your shorts, trousers or slacks as near as possible to your hip.
2. The unit also is able to count the steps correctly when the front of the main unit is placed in the angle of less than 60° (show as below figure 1) or the unit is not parallel to the ground but is placed in the angle of less than 30° (shown as below figure 2)

Figure 1

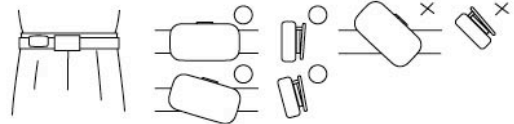
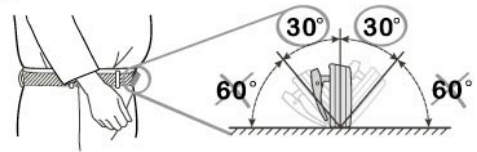


Figure 2



AVOID NOT VALID STEP COUNTING

The unit's display will not change or display steps until after you have walked for more than 6 steps.

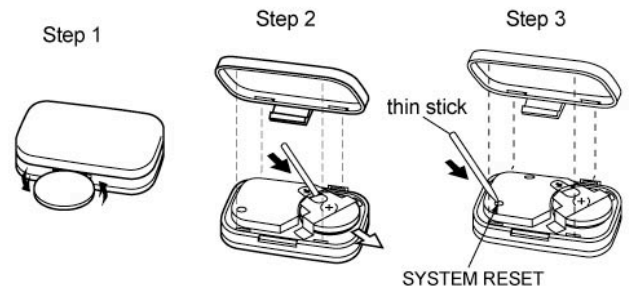
TO RESET THE DISPLAYS

1. To reset the Distance and Calories display, press the **C** button to reset the data to zero.
2. To reset the Stride and Weight input settings, adjust these as inputting instructions above.

TO CHANGE THE BATTERY

Please refer to following diagram to replace the battery with proper type when display dims.

Battery type: CR2032



- Step 1. Open the battery cover with a coin.
- Step 2. Take out the battery with a thin stick that is not easily breakable and replace the new battery.
- Step 3. Press the SYSTEM RESET button with a thin stick that is not easily breakable and put the battery cover back on the pedometer.