# Talking Pedometer ES7124

# Product Instructions

# General description

A pedometer with voice announcement stating the number of steps taken and the distance walked.

# Instructions

Enter the average length of one step then, when clipped to a belt or pocket or carried while you walk or run, this device will tell you at the press of a button how far you have travelled.

The pedometer also includes a talking alarm with a choice of 4 sounds, which can be set to sound at any time of day, and a selectable music function which plays at a speed dependent on how quickly you walk.

The pedometer has 3 buttons along the top edge, a display on the front face and 2 buttons to right of the display. The top edge buttons, from left to right, are MODE, UP, DOWN. The upper front face button is TALKING & the smaller, lower one is CLEAR.

This talking pedometer provides several functions:

1. Steps and Distance Announcement - announces the numbers of steps and distance you have walked or jogged.

2. Music Playing - plays music while you walk or jog. Music tempo is in sync with your walking or jogging tempo.

3. Talking Clock - announces the current time.

4. 4 Alarm Sounds - lets you choose 4 different alarm sounds for the clock.

## Setting the Step Length

In order to calculate the distance you have walked or jogged, the talking pedometer needs your step Length. Follow these steps to obtain your step length and enter it into the pedometer.

1. Measure your step length toe-to-toe or heel-to-heel. For more accurate results, measure the distance of 10 steps and average them by dividing 10 to get the step length.

2. To enter the step length, repeatedly press MODE until you hear “Set up Step Length". Repeatedly press UP and/or DOWN until the correct step length appears. Each press increases or decreases step length by 5 cm or 2 inches. The maximum step length is 200 cm or 80 inches.

3. Press MODE once, the pedometer beeps 4 times and returns to normal display mode.

## Announcing the Numbers of Steps and Distance

Press the "TALKING" button. The pedometer announces both the number of steps and distance you have walked or jogged.

## Using the Pedometer

1. Press CLEAR to reset STEPS to 0.

2. Clip the pedometer on your belt. The pedometer must be in a vertical position, otherwise, incorrect readings may result.

3. Start to walk or jog as you normally do.

## Playing Music

You can listen to 7 melodies while walking or jogging. To listen to the music, press DOWN repeatedly until you hear “Music On".

## Note

1. The music starts to play when you start walking or jogging. The music tempo increases or decreases in accordance with your walking or jogging speed; the faster you walk the faster the music tempo is.

2. The music stops automatically if you stop walking or jogging for more than five seconds. When you resume walking or jogging, the music starts again but plays the next melody.

## Setting the Time

Follow these steps to set the time.

1. Press MODE repeatedly until you hear "Time Set".

2. Press UP until the correct hour is spoken.

3. Repeatedly press (or press and hold) DOWN until the correct minute is spoken.

4. Press MODE three times, the clock beeps four times to return to the normal display mode.

## Announcing the Time

Press and hold TALKING, the pedometer announces the steps, distance then the current time and alarm sound.

## Using the Alarm

Setting the Alarm Time

1. Press MODE repeatedly until you hear "Alarm Set ", AL appears on the display and the time display flashes.

2. Repeatedly press UP until the correct hour appears.

3. Repeatedly press (or press and hold) DOWN until the correct minute appears.

4. Press MODE twice, the clock beeps four times and returns to the normal display mode.

Turning Alarm On/Off

To turn off the alarm, repeatedly press UP until you hear "Alarm Off ".

To turn on the alarm, repeatedly press UP until you hear “Alarm On "together with alarm sounds.

## Selecting Alarm Sounds

There are four different alarm sounds to select from: beeps, rooster, cuckoo and melody. To select different alarm sounds, press UP repeatedly until you hear the alarm sound you want.

## Replacing Batteries

If the sound weakens, distorts, or the display dims, replace the battery. This pedometer uses one CR2025 lithium battery, follow these steps to install battery.

Use a Philips screwdriver to remove the four screws on the back of the case.

Use your finger to press down in the middle of the metal clip and push it toward one end (upper). Insert the tip of a small screwdriver in the gap at upper end of the clip to pry open and remove the metal clip.

Install a new CR2025 battery with the positive side facing up, replace the clip by pressing down the clip to snap into place. Secure the back case with the screws.

Use a sharp object such as end of a paper clip to press the RESET button on the back of the pedometer to initialize the pedometer, the LCD displays 0:00.