



PE101S

Operating Instructions

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1. Ready in just 3 steps !



- 1) Press the "MODE" button until "STEP" appears on the right side of the display.
 - 2) Press and hold the "RESET" button until the display shows zero.
 - 3) Position the PE101S as upright as possible on your body at hip height.
- > and off you go

The display now registers the number of steps.

For further information about the device please read the operating manual completely.

2. Introduction

The digital pedometer PE101S is a highly accurate step counter for your personal step monitoring when walking or running. It offers additional features that are free for you to use, but are not mandatory.

The main idea behind a pedometer is to make you aware of how many steps you make a day and to motivate you into additional healthy movement behaviour.

Common speech in Asia says: "He who walks 1000 steps a day will live to be 100 years old".

It is not quite that easy but you should try to add an **additional 3000 steps** every day to your daily routine, for example with a deliberate and vigorous evening walk. You will find that the daily repetition will greatly increase your health and actually be fun.

The pedometer could be a device to monitor your training. Another option is to include your pulse. For this Irox offers you a selection of watches with pulse monitoring (www.irox.com), e.g. the Irox Phan X2.

The main features of the PE101S are listed here and their functions will be explained in detail on the following pages:

- Time
- Step counter for walking or running
- Distance in km (conversion of steps by your stride)
- Calories consumed

The PE101S has 3 buttons:

- | | |
|-------|---|
| MODE | – Selection of functions and, in the settings, unit adjustment |
| SET | – Press and hold at least 3 seconds to reach setting positions |
| RESET | – Press and hold at least 3 seconds to reset all step data to zero (steps, distance and kcal) |

3. How to wear the pedometer correctly

The PE101S is equipped with a digital movement detector that measures every movement, also your steps, disregarding the position of the device. Because every person moves a bit differently, we recommend wearing the PE101S as follows:

- In an upright position
- In the extension of the trouser crease, approximately in the middle between the hip bone and the middle of the body.

Ideal for use is, for example, the small change pocket in jeans directly under the belt (left picture) or position the pedometer between your belt and waistband (right picture) and secure it with the string included in delivery.



Other carrying modes e.g. in a handbag, coat pocket or other places on the body are possible under certain circumstances. You must make sure that and how exact the counting is and then chose the correct mode for you.

Certain situations and walking styles can influence the preciseness of the pedometer. These are, for example:

- The pedometer swings along too loosely with your movements thereby measuring “extra steps”
- Dragging your feet will cause problems, as well as wearing sandals or shoes with soft soles. An all too casual ambling along also makes a correct count difficult.
- You are on or in a vehicle that causes vibrations (bicycle, automobile, train, bus, etc.).
- You sit down or stand up or move in a fixed position.
- Every movement can be interpreted as a step. This means that pulling off the pedometer also counts steps. Therefore always put it on first and then adjust the setting to 0.
- Your movements will be counted. They are perhaps not always consistent that is why there may be some deviations to the number of steps you have perhaps counted by yourself at one time. Don't allow this to confuse you. A certain counting tolerance (+/- 10%) is normal and will often balance itself out over the day. What is important though: Even with the error, your own walking performance can still be monitored and documented. Whether it's 5000 or 5300 steps is not as important as that you consciously, sufficiently and in a healthy manner moved your body!

4. Select a function

Repeatedly press the "MODE" button until you have reached the desired function. You may choose between following 4 functions:

- **Time**
- **Step counter**
- **Distance**
- **Calorie consumption**

After `Calorie Consumption` the first function (time) is displayed again.

As soon as you have reached the desired function you can make your adjustments with the **MODE** and **SET** buttons. Please read the corresponding instructions on how to proceed.

4.1 The function TIME

The PE101S also serves as a watch by displaying the time.

Setting the time

To set the time press and hold the **SET** button for approximately 2 seconds or until the seconds' indicator blinks.

Following settings can now be made:

SET: With each pressing of this button you move from the setting of seconds to hours to minutes and back to seconds etc..

MODE: With this button you change the blinking function.

Seconds ---> are reset to zero

Hours/Minutes ---> the number is increased by one with each pressing. If you hold this button the numbers run through faster.

RESET: Accept settings and return to time display mode.

If, while in the set mode, no button is pressed during a time frame of 30 seconds the adjustments made will automatically be saved and the device will return to the time mode.

12/24 hour time format

To change the time display format from 12 to 24 hours and vice versa press the **RESET** button in the normal time display mode.

4.2 The function STEP COUNTER

In this function you can view all the steps you have made.

Deleting the step counter

To delete accumulated data press and hold the **RESET** button in this mode for 2 seconds or until the value changes to zero.

All records will be deleted including the calculated distance and calories displayed.

First steps

The pedometer registers every movement but it takes 3-5 seconds to display the first values. This means if you only make a short movement (less than 3-5 seconds) it will not count anything. But if you stand up thereafter and constantly move about the first steps you made will appear and the PE101S will continue counting from there. So basically no steps are lost.

4.3. The function DISTANCE

The distance requires the input of your stride in cm.

Measuring stride

To measure your stride, proceed as follows:

First you take ten steps like you normally walk measure the distance you walked and divide this by ten.

Example:

You measure 6.2 metres. $6.2\text{m} / 10$ (number of steps) = 0.62m (Enter stride: 62 cm).

Setting your step length:

- Press **MODE**, until you see KM on the right side of the display.
- Press and hold the **SET** button for 2 seconds or until a blinking number appears and the indication CM is indicated on the right side of the display.

Following settings can now be made:

MODE: With this button you can now set your stride in CM (adjustable from 30 – 180 cm). If you hold the button down the numbers will run through faster.

SET: Finish and accept settings.

If, while in the set mode, no button is pressed during a time frame of 30 seconds the adjustments made will automatically be saved and the device will return to the distance mode.

Deleting the shown distance (km)

Press and hold the **RESET** button in this mode for 2 seconds or until the value changes to zero.

All other records (steps, kcal) will also be deleted!

4.4. The function KCAL

The calculation of calories consumed requires the input of your weight in kg.

Setting your weight:

- Press **MODE**, until you see KCAL on the right of the display.
- Press and hold the **SET** button for 2 seconds or until a blinking number appears and the indication KG is indicated on the right side of the display.

Following settings can now be made:

MODE: With this button you can now set your weight in KG (adjustable from 20-150kg). If you hold the button down the numbers will run through faster.

SET: Finish and accept settings.

If, while in the set mode, no button is pressed during a time frame of 30 seconds the adjustments made will automatically be saved and the device will return to the kcal mode.

Deleting the shown calories (kcal)

Press and hold the **RESET** button in this mode for 2 seconds or until the value changes to zero.

All other records (steps, distance) will also be deleted!

5. Battery replacement

- The lid of the battery compartment is found on the back side of the instrument. Unscrew the screw that attaches the lid to the battery compartment and remove the lid.
- Replace the old batteries with new ones type CR2032 batteries (3V). Please note the polarity (the positive pole against the top so that it is visible to you when replacing)!
- Close the battery compartment again and attach the screw.

6. Pedometer care

- Do not expose the device to extreme temperatures or direct sunlight over longer periods.
- Avoid blows and shocks of any kind to the device.
- For cleaning use a dry soft cloth that you have moistened with water and a mild cleaning agent. Never use volatile substances such as benzene, thinner, cleansing agents in spray cans etc..
- When your pedometer is not being used store it in a dry area and out of the reach of small children.
- If the device is activated under extreme coldness it may occur that the display becomes illegible. As soon as the pedometer is returned to a warm environment the device will function normally.
- Please keep the user's manual and other documents delivered with the device stored carefully so that you can reference them at a later point if necessary.

7. Support

This device is a new development of Irox Development Technology. All information was made and checked by means of a functioning instrument. It may occur that adjustments and improvements of the device will take place that due to typographical procedures were not able to be listed in this manual. Should you notice deviations which make it difficult for you to operate and use the instrument you may at any time download the latest manual onto your PC free of charge at www.irox.com.