



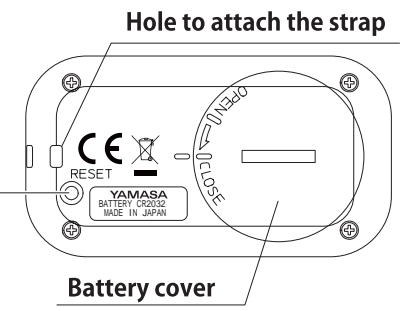
PARTS OF UNIT

WHAT ARE THERE INSIDE PACKAGE

1. POWER-WALKER EX-210 unit
2. Safety Strap
3. CR-2032 Battery
4. Instruction Manual

SYSTEM RESET switch

Press when the displayed values are irregular or when changing the battery.

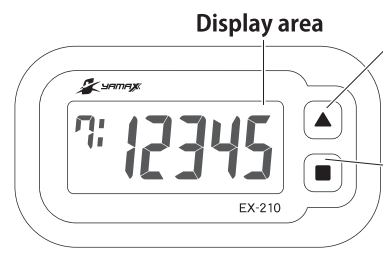


UP/RESET button (▲RESET)

- Changes the day shown in the memory display.
- Increases set values.
- Resets current data to '0'.

SELECT/ SET button (■SELECT)

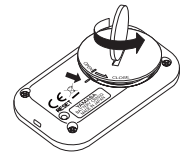
- Defaults to setup mode when pressed and held down for a minimum of 2
- Determines settings.
- Allows you to view current data, clock and daily memory and accumulated weekly memory.



Inserting and removing the battery

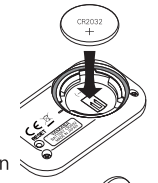
1. Open the battery cover

Remove the battery cover screw with a coin or something similar, rotate left and then remove the cover. Line up the OPEN mark on the battery cover with the position mark on the case.



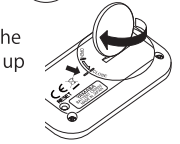
2. Insert the battery

Insert the battery provided (CR2032) with the (+) side uppermost.



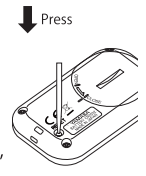
3. Close the battery cover

Please confirm that the rubber ring is precisely in the groove. Line up the OPEN mark on the battery cover with the position mark on the case. At the same time as pressing down on the battery cover from the top, rotate the battery cover right and line up the CLOSE mark on the battery cover with position mark on the case.



5. System Reset

- ◇ Use this function after changing the battery, or when the display screen becomes unrecognizable, or when the unit can no longer be operated by using the buttons.
- ◇ When the SYSTEM RESET switch is pressed, the time resets to "0:00". Be sure to reset it.
- ※ Data up to the previous day is retained but data for the current day is erased.



Remove the battery

Please insert a small, commercially-available screwdriver into the groove and then remove the battery. When it is in this condition, please be careful not to touch the internal contacts with your hands.

Battery life

Blinking battery indicator Lit battery indicator

When the battery runs down, blinks (is lit). Promptly replace with a new battery.



Caution!

Please manage battery in accordance with your local regulations.

Attaching your POWER-WALKER EX

To count steps correctly, place the unit inside your breast pocket or a bag you are holding.

● In your pocket: the unit can be used by simply placing it inside your pocket. Do not place the unit inside your back pants-pocket to avoid damaging it when sitting down.

● In your bag: place the unit in a pocket or compartment of the bag.

Note: The strap prevents accidental drops. Do not hang the unit from your waist or from a bag.



Each Mode (How to read Display)

Step count mode

This displays the number of steps you have taken so far. When you walk more than 99,999 steps in one day, the count resets to 00000 and then continues measuring.

■ button



Time display

This displays the current time. If no button is pressed for one minute, the device will automatically switch to the step count mode.

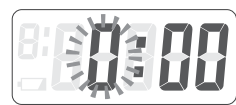


Setting clock

■ button: Press and hold about 3 seconds

Hour

Setting range: 0-23 (initial setting...0:--)
Press ▲ button to set the Hour
Example: when set to 0:--



■ button ...Finalizes the Hour setting

Minute

Setting range: 0-59 (initial setting...:00)
Press ▲ button to set the Minute
Example: when set to -:00



■ button ...Finalizes the Minute setting

Steps mode display



Start use You can use your POWER-WALKER EX

※ If no button is pressed during setup for a minimum of 2 minutes, the digits displayed will automatically be set and the display will return to Steps mode.

HOW TO USE MEMORY (Viewing Memory)

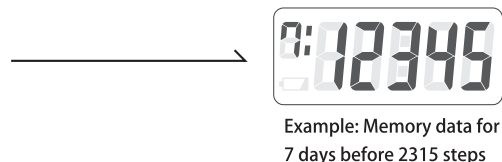
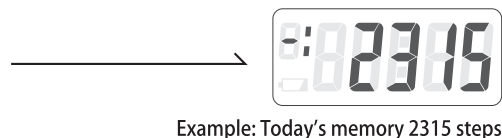
It is possible to view the step count memory for today and the past 7 days.

When you press the select button (■) and switch to the memory mode .

It is possible to switch to the previous day by pressing the up reset button (▲). You can fast forward when you hold down the button.

When you press the select button (■) again it will return to the step count mode.

•The memory data for the current day is automatically stored at "2:00", and the current day data is reset to "0".



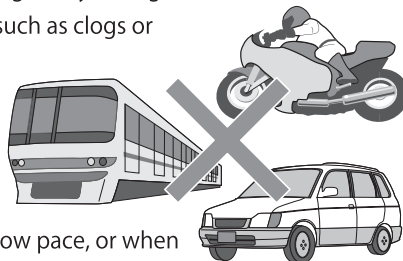
To ensure correct measurement

The unit is fundamentally designed to measure walking motion on flat surfaces.

(Walking at a pace of approximately 100 - 120 steps per minute)

Steps may not be correctly measured in any of the following cases.

1. If the unit is moving irregularly such as when hung from your waist or a bag, or when the unit is placed inside a bag that is moving irregularly due to it brushing against your leg or waist.
2. When walking in a shuffling motion or when wearing footwear such as clogs or sandals. Counting will not be accurate if you are walking irregularly such as when walking along a busy street.
3. During the motion of sitting down or standing up or when used in a place with high vertical vibration such as a traveling vehicle.
4. Counting will not be accurate when participating in sports other than walking such as jogging, or when walking at a very slow pace, or when climbing or descending steep slopes such as stairs or mountains.



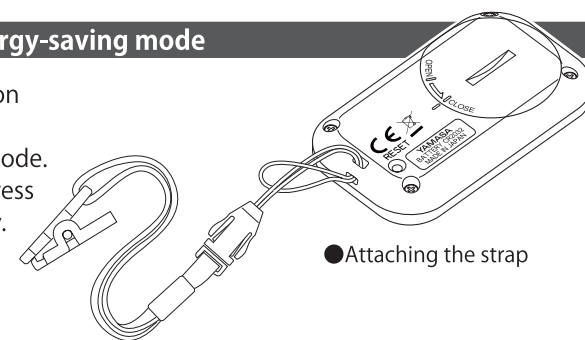
※ To avoid vibrations such as when the unit is placed in your pocket or bag or other vibrations other than walking being counted as steps, step-counting will commence 10 seconds after the user has started walking. After continued walking, the unit will display the number of accumulated steps and then keep displaying the additional steps counted thereafter.

Troubleshooting

Problem	Probable cause	How to correct
✖ X indicator blink or lit	The battery has run down	Promptly replace with a new battery (CR2032)
Nothing is displayed	It has defaulted to energy-saving mode	Shake the unit gently or press a button
	The polarities of battery (+ and -) are aligned in the wrong directions	Insert the battery in correct alignment
	Remaining battery power is low	Promptly replace with a new battery (CR2032)
Displayed values are incorrect	The unit is attached incorrectly	Refer to "Attaching the pedometer"
	Irregular walking motion	Try to regulate walking at a set rhythm at all times
	The set values are wrong	Correct the settings
Displayed contents are irregular		Press the SYSTEM RESET switch

Energy-saving mode

When this device detects no walking motion for 1 minutes, the display disappears and switches automatically to energy-saving mode. To return from the energy-saving mode, press one of the buttons or shake the unit gently.



3D Accelerometer Sensor Filter

In order to recognize actual walking activity, 3D sensor has 11 steps filter.

If you move less than 11 steps and take about 5 seconds no-motion break, previous 11 or less steps will not be counted.

SPECIFICATIONS

Name	POWER-WALKER EX	
Model	EX-210	
Display	Liquid Crystal 5 digit digital Display	
Sensor	3 Direction Accelerometer Sensor	
Measurement	Steps	0 - 99,999 steps
Memory	Steps, Single Memory Today - previous 7 days, Steps 0 - 9,999 steps	
Setting	Clock	0:00 - 23:59 (24 hour clock)
Storage Temp	0 - 40 °C (32-104 °F)	
Precision of Counting Steps	within +/- 3% (By YAMASA Vibration Testing Machine)	
Precision of Clock	within +/- 30 second (under normal temperature)	
Material	ABC resin / acrylic resin	
Battery	CR2032 lithium battery (1 piece) Battery Life approx. 10 month (when you use 4 hours a day)	
Body Size	Approx. 60 x 33 x 11 mm (2.4 x 1.3" x 0.4" inch) (W/H/D)	
Weight	approx. 20 g (0.7 oz.) (incl battery, excl. strap)	
Contents	Pedometer, CR2032 battery, Strap Instruction Manual	

※ Specifications are subject to change without notice

IMPORTANT SAFTY TIPS

- ◆ Please keep the unit and accessories out of reach of children.
- ◆ Please contact doctor immediately if you swallow the battery or other accessory parts.
- ◆ Please manage CR-2032 type battery in accordance with your local regulations.
- ◆ Please contact your doctor or health care advisor before you begin walking for diet program.
- ◆ Do not swing the unit by strap that may cause an injury.
- ◆ Do not put the unit in water, and avoid wet place to keep.
- ◆ Do not drop the unit on the floor and avoid giving strong shocks.
- ◆ Please keep the unit away from Cell phone or other electronic devises. It may cause malfunction
- ◆ If the unit is placed close to a cell-phone in your pocket or a bag, it may malfunction. Keep the unit away from a cell-phone.

WARRANTY

Limited Warranty
YAMASA/YAMAX warranty condition cover your POWER-WALKER EX model EX-210 for 1 month year from the purchasing date except LCD Broken and Battery (CR-2032) when you use properly in accordance with the instruction.

To ensure obtaining your warranty service, please prepare proof of purchase and contact retailer you purchased or your local distributors customer center.

Please visit our web site at <http://www.yamaxx.com> for more detail.