

POWER-WALKER EX

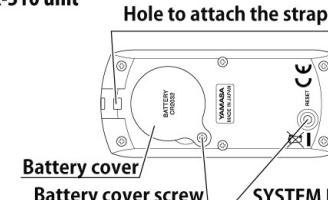


Thank you very much for purchasing
YAMAX POWER-WALKER EX-510.

Please read this instruction manual carefully and enjoy
your walking with POWER-WALKER EX™.

WHAT ARE THERE INSIDE PACKAGE

1. POWER-WALKER EX-510 unit
2. Safety Strap
3. CR-2032 Battery
4. Screwdriver
5. Instruction Manual



SYSTEM RESET switch
Press when the displayed values are irregular or when changing the battery.

PARTS OF UNIT

UP/RESET button (▲RESET)

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

Display area



MODE button

Allows you to view measured data (number of steps, calories consumed, fat burnt, distance walked, walking time)

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, daily memory and accumulated weekly memory.

Battery

Inner ring

Battery removal body groove

Inserting and removing the battery

1. Open the battery cover

Remove the battery cover screw with the simple screwdriver provided or a commercially available fine screwdriver.



3. Insert the battery

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



4. Close the battery cover

Ensure that the inner ring is securely fitted into the body groove.

Insert the projected portion of the battery cover into the back of the body.

Put the battery cover back in place and screw it down with a simple screwdriver.



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.

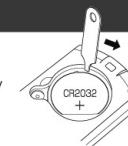
※ Weight, stride length and day settings are not erased.

※ Data up to the previous day is retained but data for the current day is erased.



2. Remove the battery

Insert the simple screwdriver provided or a commercially available fine screwdriver into the body groove and remove the battery.



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.

● On 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)

Steps mode

The upper field displays the number of steps (steps) walked so far and the lower field displays the time (current time).

(MODE button)

Calorie mode

The upper field displays the number of steps (steps) walked so far and the lower field displays calorie consumption.

↓ *Calorie consumption calculation is based on set stride length and body weight. Be sure to enter your correct stride length and body weight.

(MODE button)

Fat-burning mode

The upper field displays the number of steps (steps) walked so far and the lower field displays the amount of fat burnt.

(MODE button)

Distance mode

The upper field displays the number of steps (steps) walked so far and the lower field displays the distance walked.

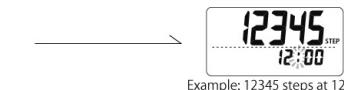
↓ *Distance is calculated based on set stride length. Be sure to enter your correct stride length.

(MODE button)

Repeat

Activity Time mode

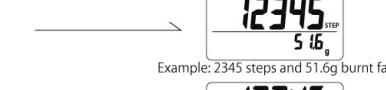
The upper field displays the number of steps (steps) walked so far and the lower field displays the walking time.



Example: 12345 steps at 12:00



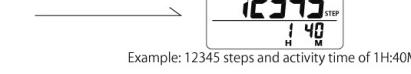
Example: 12345 steps and 372.3 kcal



Example: 12345 steps and 51.6g



Example: 12345 steps and distance of 8.64 km walked



Example: 12345 steps and activity time of 11:40M

* If no button is pressed for more than 2 minutes, the digits displayed will automatically be set and the display will return to Steps mode. (only when settings are made using the SELECT button)

* Press down continuously on the RESET button during setup to advance the setting rapidly.

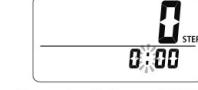
* Pressing the MODE button from any setup stage enables setup to be terminated.

You can use your POWER-WALKER EX

Setup Complete

DOW

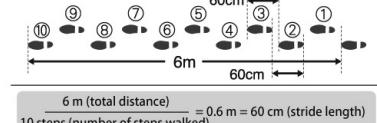
Example: when the current day is set to Monday (1: Mon)



Example: 0 steps at 0:00

Determining stride length

- To measure walking distance accurately, it is important to set stride length correctly.
- Stride length should ideally be set at "height - 100 cm" but this may change according to walking speed or motion.
- Your stride length is the distance from toe to toe.
- To accurately calculate your average stride length, walk 10 steps as shown in the diagram, and calculate your average stride length by dividing the total distance by 10.



$$\frac{6 \text{ m (total distance)}}{10 \text{ steps (number of steps walked)}} = 0.6 \text{ m} = 60 \text{ cm (stride length)}$$

HOW TO USE MEMORY (Viewing Memory)

This device can store up to 30 days of memory data and 30 weeks of accumulated weekly data.

•Each of number of steps, calorie, fat burn, distance walked and activity time are stored in memory at 2:00 am after midnight everyday.

•Accumulated Week Data will be stored from Monday to Sunday up to 30 weeks.

Each time the SELECT button is pressed, "Current Data", "Daily Memory Data" and "Accumulated Weekly Data" are repeatedly displayed.

Current Data

Steps mode display

- Each time the MODE button is pressed, the lower field displays the clock, calorie consumption, fat burnt, distance walked and walking time.



Example: 0 steps 0:00

Daily Memory Data

Data for the current day and the previous 1 – 30 days memory

- Each time the ▲/RESET button is pressed, the previous day data is displayed
- Each time the MODE button is pressed, calorie consumption, fat burnt, distance walked and walking time for the day is displayed.

The memory and the current day or the previous day is lit



Example: Memory data for 30 days before 6178 steps
4.32 km

SELECT button

Accumulated Weekly Data

Accumulated data for the current week and the previous 1 – 30 weeks

- Each time the ▲/RESET button is pressed, accumulated data for 1 – 30 weeks before the current week is displayed.
- Each time the MODE button is pressed, the accumulated data for calorie consumption, fat burnt, distance walked and walking time is displayed.

The memory and the current week accumulated total or the previous week accumulated total is lit



Example:
Accumulated data for 1 week 23 weeks before
123456 steps 3723.5 kcal

SELECT button

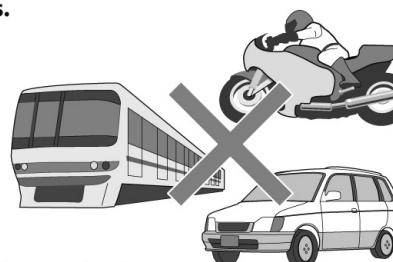
To ensure correct measurement

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.

- 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.
- 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.
- During the motion of sitting down or standing up or when used in a place with high vertical vibration such as a traveling vehicle.
- 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

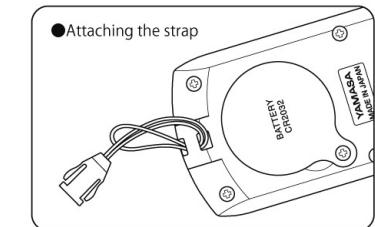
Problem	Probable cause	How to correct
X indicator blink or lit	The battery has run down	Promptly replace with a new battery (CR2032)
Nothing is displayed	It has defaulted to energy-saving mode The polarities of battery (+ and -) are aligned in the wrong directions Remaining battery power is low	Shake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

Resetting current data

- Pressing and holding the ▲/RESET button for a minimum of 2 seconds, when a current data mode is displayed, resets the current data and changes the display value to "0".

In such a case, the display cannot be reset but accumulated data for the current day is sequentially saved in "Today" within "Daily Memory Data" enabling data for the current day to be viewed.

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



Energy-saving mode

When this device detects no walking motion for 5 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-510	
Display	Liquid Crystal 6 digit digital dual Display	
Sensor	3 Direction Accelerometer Sensor	
Measurement	Steps	0 - 999,999 steps
	Calorie	0.0 - 99,999.9 kcal
	Fat Burned	0.0-99,999.9 gram / oz
	Distance	0.00 - 99,999.9 km / miles
	Activity Time	0 - 999 hr 59 minutes
	Watch	24 hours clock
Memory	Steps, Calorie, Fat Burned, Distance, Activity Time Single Memory Today - previous 30 days, Steps 0 - 999,999 steps Week Memory This week - previous 30 weeks	
Setting	Clock	0:00 - 23:59 (24 hour clock)
	Stride length	30 - 180 cm (every 1 cm) 1.0- 6.00 feet (every 0.25 feet)
	Body Weight	30-120 kg (every 1 kg) 30 - 300 lbs (every 1 lbs)
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. 1 year (when you use 4 hours a day)	
Body Size	Approx. 76 x 33.5 x 10 mm (3 x 1 3/8" x 3/8" inch) (W/H/D)	
Weight	approx. 24 g (0.85 oz.) (incl battery, excl. strap)	
Contents	Pedometer, CR2032 battery, Strap with clip, Screwdriver, Instruction Manual	

※ Specifications are subject to change without notice

IMPORTANT SAFETY 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-510 for 1 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.