

YAMAXX

DIGI-WALKER®

SW-SERIES

SW-200
SW-500/501
SW-650/651
SW-700/701
SW-800/801

Thank you for purchasing DIGI-WALKER.
Please read the instruction manual carefully.

1. SW-SERIES LINE UP

SW-200



STEP COUNTER

See for No 2.3.4.5.6.7.14.16.17

SW-500/501



STEP COUNTER



DISTANCE

(km:500 / mile:501)



CLOCK

See for No 2.3.4.5.6.7.8.9.10.14.15.16.17

SW-650/651



STEP COUNTER



DISTANCE

(km:650 / mile:651)



CLOCK



STOPWATCH

See for No 2.3.4.5.6.7.8.9.10.11.14.15.16.17

SW-700/701



STEP COUNTER



DISTANCE

(km:700 / mile:701)



CALORIE

See for No 2.3.4.5.6.7.8.9.12.14.15.16.17

SW-800/801



STEP COUNTER



DISTANCE

(km:800 / mile:801)



CALORIE



SPEED

See for No 2.3.4.5.6.7.8.9.12.13.14.15.16.17

2. FUNCTIONS



STEP COUNTER

Counts the number of steps taken while walking or jogging up to 100,000 steps.



DISTANCE

Measures the distance covered while walking or jogging from 0.01 km or 0.01 mile to 1,000 km or 1,000 miles.



CLOCK

12 hours system clock.



STOPWATCH

Digital Stopwatch, measures in 1 second up to 10 hours.



CALORIE

Measures the number of calorie burned while walking or jogging from 0.1 to 10,000 kcal.



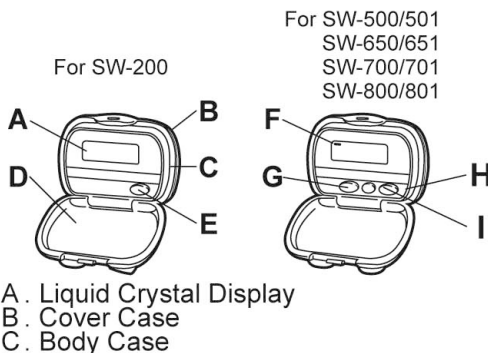
SPEED

Measures the speed covered while walking or jogging from 0.01 km or 0.01 mile to 99.99 km or 99.99 miles.

3. NOTE ON USE

- Do not open the case except when changing battery as it contains a precision mechanism. Also avoid dropping or subjecting DIGI-WALKER to shock.
- Avoid using DIGI-WALKER in a place with excessive humidity or where it may come in contact with water.
- If you are presently under the care of a doctor or have a history of heart disease, you should consult your doctor before beginning your walking program.

4. ASSEMBLED PARTS



- D. Back Case with Clip
- E. Step Count Reset Button
- F. Cursor
- G. • Step Count, Distance Reset, Clock Time Setting Button (SW-500/501)
- Step Count, Distance Reset, Stopwatch Reset, Clock Time Setting Button (SW-650/651)
- Step Count, Distance Reset, Calorie Reset (SW-700/701)
- Step Count, Distance Reset, Calorie Reset, Speed Reset (SW-800/801)
- H. • Mode Selector Button
- I. • Stride Length Setting Button (SW-500/501)
- Stride Length Setting Button, Stopwatch Start Stop Button (SW-650/651)
- Stride Length Setting Button, Body Weight Setting Button (SW-700/701, SW-800/801)

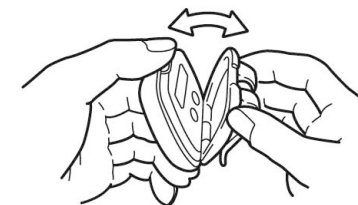
5. MAIN APPLICATIONS

| | |
|--------------|--|
| DISPLAY | 5-Digit Liquid Crystal Display |
| DISPLAY | Clock: 12 Hours Digital Clock |
| ITEM | MINIMUM |
| | Step 1 step |
| | Distance 0.01 km (0.01 mile) |
| | Calorie 0.1 kcal |
| | Stopwatch ... 0:00:01 (1 second) |
| | Speed 0.01 km/h (0.01 mph) |
| | MAXIMUM |
| | Step 99999 steps |
| | Distance 999.99 km (999.99 mile) |
| | Calorie 9999.9 kcal |
| | Stopwatch ... 9:59:59 (9H/59 M/59 S) |
| | Speed 99.99 km/h (99.99 mph) |
| SET BUTTON | Stride length can be set by pressing this button. (30-180cm/Minimum Unit: 1cm) (1 feet-6 feet/Minimum Unit: 0.05 feet) Clock time setting, Stopwatch start/stop button. |
| RESET BUTTON | To reset number of steps, distance, calorie and stopwatch. To set clock time. |

| | |
|-----------|--|
| BODY SIZE | 50 x 38 x 14 mm (Wide x Tall x Thin).....except CLIP Weight: Approx. 21 g (Incl. Battery) |
| BATTERY | Type: LR-44 Life: Approx. 3 years |

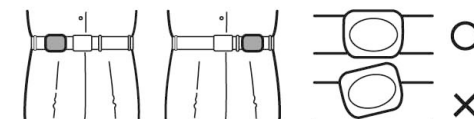
6. OPENING THE COVER

Holding the Pedometer up wright, grasp the top of the clip with one hand. Use the other hand to push the projecting portion of case body between the sides of the clip away from the clip thus opening the case.



7. INSTALLATION METHOD

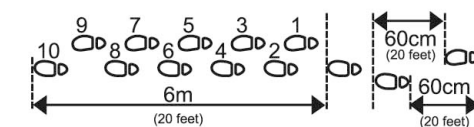
Attach to your belt, beltless slacks, skirts or training suits bottoms using the clip.



8. ADJUSTING YOUR STRIDE

(For SW-500/501, SW-650/651
SW-700/701, SW-800/801)

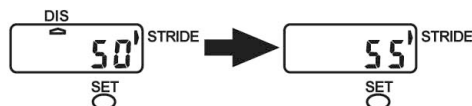
For computing the distance coverage, it is important to keep regular strides and maintain your walking form. To determine your average stride length, walk 10 steps as illustrated below and divide by 10, so the distance covered arrive at your average stride length.



9. HOW TO SET STRIDE LENGTH

(For SW-500/501, SW-650/651
SW-700/701, SW-800/801)

- 1) First, press MODE ("H") button to move the cursor to point "DIS" (km) or (mile). Next press SET ("I") button to input your stride length. (The cursor will point "STRIDE" (cm) or (feet).)
 - 2) The stride length can be increased by every 1 cm or 0.05 feet (or 0.25 feet), starting with 30 cm or 1.00 feet and ending 180 cm or 6.00 feet after which the setting will return to 30 cm or 1.00 feet.
 - 3) After setting your stride length, the cursor automatically move "DIS" (km) or (mile) in a few second.
- * SW-701, 801...Stride length can be set in 0.25 feet intervals.



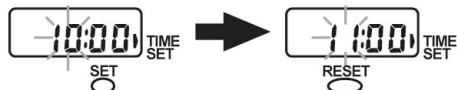
10. HOW TO SET THE CLOCK

(For SW-500/501, SW-650/651)

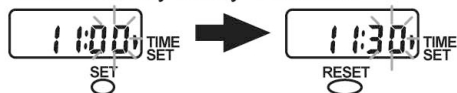
- 1) Press MODE ("H") button to move the cursor to point "CLOCK".



- 2) Next press SET ("I") button to move the cursor to point "TIME SET". At this time displayed hour will continue to be flashing. Then press RESET ("G") button to set correct hour that can be increased by every 1 hour.



- 3) After setting correct hour, press SET ("I") button so that displayed minute will continue to be flashing. Then press RESET ("G") button to set correct minute that can be increased by every 1 minute.



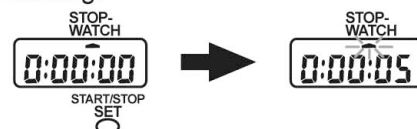
- 4) After setting correct time completely, press SET ("I") button to return the cursor to point "CLOCK".



11. HOW TO OPERATE STOPWATCH

(For SW-650/651)

- 1) First press MODE ("H") button to move the cursor to point "STOP-WATCH".
- 2) Next press SET ("I") button once to start the stop-watch. The stop-watch counts the time that can be increased by every 1 second. While running the stop-watch operation, the cursor will continue to be flashing.



- 3) When you want to stop the stop-watch, press SET ("I") button again so that stop-watch operation will be stopped and freeze elapsed time.

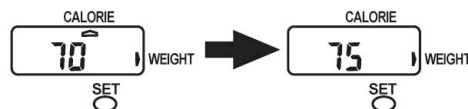


- 4) Also if you want to reset the time counted by this stop-watch operation, press ("I") button when stop watch operation is stopped, so that "0:00:00" will be displayed.

12. HOW TO SET YOUR BODY WEIGHT

(For SW-700/701, SW-800/801)

- 1) First press MODE ("H") button to move the cursor point "CALORIE (kcal)". When the cursor point "CALORIE (kcal)". press SET ("I") button to input your body weight. (The cursor will point "WEIGHT" (kg) or (lbs).)
- 2) The body weight can be increased by every 1 kg or 1 lbs, starting with 30 kg or 70 lbs and ending 120 kg or 300 lbs and will return to 30 kg or 70 lbs.
- 3) After setting your body weight, the cursor automatically move "CALORIE (kcal)" in a few second.



13. HOW TO OPERATE SPEED METER

(FOR SW-800/801)

- 1) Display shows walking speed in every 10 seconds.
- 2) Walking speed will be displayed for about 10 seconds after calculation average speed for former 10 seconds.
- 3) Please note speed meter will be changed in every 10 seconds.
- 4) Minimum speed is 0.01 km/h or 0.01 mph.

14. RESET BUTTON

(For SW-200)

When you want to reset the date-Number of Steps, please press RESET ("E") button.

(For SW-500/501, SW-650/651,
SW-700/701, SW-800/801)

When you want to reset the date-Number of Steps and Distance Meter, please press RESET ("G") button when your required mode is displayed. In case SW-700/701 and SW-800/801, the number of calorie burned is also reset.

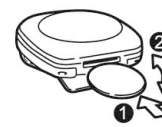
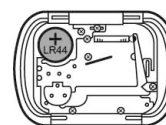
15. MODE BUTTON

(For SW-500/501, SW-650/651,
SW-700/701, SW-800/801)

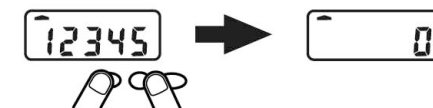
Press MODE ("H") button to display your required mode. Then you can find your required mode will be displayed.

16. HOW TO REPLACE THE BATTERY

- The display will get dim as the battery begins to run down. Replace the battery as soon as possible.
- A "monitor" battery (for testing the functions at the factory) is installed in the meter, and may not be fully stored.
- Replace the battery with the (LR-44) type that you can buy in electric store or drug store.
- If the battery is accidentally swallowed, please contact a doctor immediately.
- To replace the battery, using the coin into cover case and body case and pull out the cover case from body case, then remove the "dead" battery and insert a new battery. (make sure positive "+" side faces to you.)



- After replacing the battery, you have to press the all buttons together for about 5 seconds and move your hand away from button so that "88888" will be displayed as illustration below. The date will be cleared so please input the date (such as stride length, present time etc.) again.



17. WHEN UNUSUAL SEGMENT IS DISPLAYED

If the unusual segment or half segment is displayed, please press the all buttons together in about 5 seconds and move your hand away from buttons so that "88888" will be displayed and after a few second "0" will be displayed, the date will be cleared so please input the date (such as stride length, present time etc.) again.

18. YAMAX PEDOMETER WARRANTY CONDITION

YAMAX / YAMASA Pedometers have 1 year limited warranty.

Our warranty covers all trouble EXCEPT Clip Broken, LCD Broken and battery installed that is test battery. Our warranty does not cover Battery.

If your problem meet our warranty condition, we will repair your pedometer at free of charge or free replacement. YAMAX or YAMAX authorized reseller reserve rights to charge handling and repair fee if returned unit is found not to meet warranty condition and damaged caused by dropping, wet, excessive pressure or reassembled by users. Please contact store, reseller who you bought from with your proof of purchase or access our web site at www.yamaxx.com.