

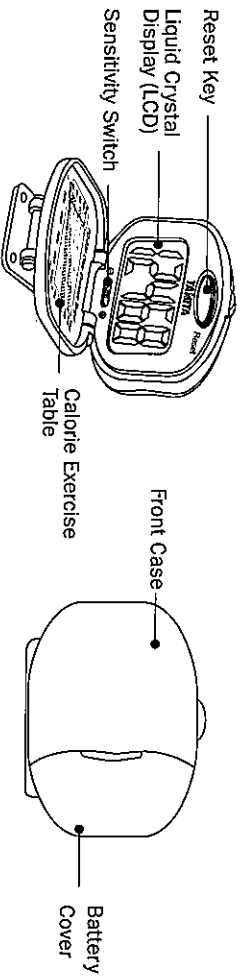
Instruction Manual

Before you use your step-counter

Caution

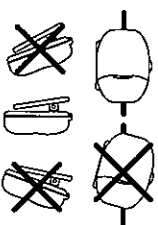
- Avoid leaving step-counter in direct sunlight.
- Do not subject step-counter to severe shock or put pressure on the LCD.
- Do not use liquid to clean , use only a soft cloth.
- Do not open inner casing.
- Keep battery and screw away from children.
- Consult your physician before starting any new exercise routine.

Get to know your step-counter



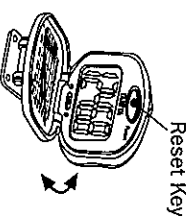
How do I wear my step-counter ?

1. Securely attach the step-counter to your belt, on your hip using the step-counter belt clip.
2. Make sure the step-counter is level not tilted.
3. Do not place the step-counter in your pocket. It will not give you accurate results if you do.
4. Your step-counter allows you to read display without removing from your belt. Gently pull case downward to read, then snap into position.



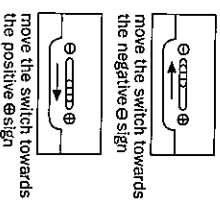
The Reset button

Press the Reset button to set the counter to zero.



Sensitivity switch

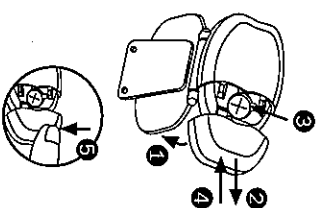
The SENSITIVITY SWITCH fine tunes the sensitivity of the unit to your personal walking style.If you step lightly, you want the step-counter to be more sensitive. You should slide the switch toward the positive ⊕ sign. If your stride is stronger, you should move the switch toward the negative ⊖ sign.



Replacing the battery

Your step-counter uses one LR43 battery. Please replace a new battery when the display is blank or difficult to read.

1. Open the Cover as per the illustration diagram.
2. Slide off the battery cover to the right.
3. Insert a new battery (LR43) with its ⊕ side facing upwards.
4. Close the battery cover.
5. Gently press the battery cover onto the front case until as give a " clock " sound.



Specifications

Model	PD-635
Step-counter	0 ~ 99,999
Dimensions	52 x 39 x 14.5 mm
Weight	Approximately 25g

Tanita Corporation
14-2, 1-Chrome,
Maeno-Cho,
Kahashi-Ku,
Tokyo, Japan.
Tel: 03 (3558) 8111
<http://www.tanita.com>

TANITA
Monitoring Your Health