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

Inserting and removing the battery
1. Open the battery cover
   - Remove the battery cover with the simple screwdriver provided or a commercially available fine screwdriver.
2. Insert the battery
   - Insert the battery provided (CR2032) with the (+) side uppermost.
3. Close the battery cover
   - Ensure that the inner ring is securely fitted into the body groove.
   - Put the battery cover back in place and screw it down with a simple screwdriver.

System Reset
- 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.

Setting clock and your personal data
SELECT Button - Press and hold about 3 seconds
- Setting range: 0 - 23 (initial setting: 0 - 23)
- Press [SELECT button to set Minute]
- Setting range: 00 - 59 (initial setting: 00)
- Press [SELECT button to set The Month]

Each Mode (How to read Display)
- Steps mode (upper field): The upper field displays the number of steps (walked) so far and the lower field displays the time (current time).
- Calorie mode (upper field): The upper field displays the number of calories burned so far and the lower field displays the distance walked.
- Fat-burning mode (upper field): The upper field displays the number of calories burned so far and the lower field displays the walking time.
- Distance mode (upper field): The upper field displays the number of steps (walked) so far and the lower field displays the walking time.
- Activity Time mode (upper field): The upper field displays the number of steps (walked) so far and the lower field displays the activity time.

UP/RESET button (ARESET)
- Changes the day and week shown in the memory display.
- Increases set values.
- Resets current data to '0'.

SELECT/SET button (SELECT)
- Defects to setup mode when pressed and held down for a minimum of 2 seconds.
- Determines settings.
- Allows you to view current data, daily memory and accumulated weekly memory.

MODE button
- Allows you to view measured data (number of steps, calories burned, distance walked, walking time)

Determine 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.
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

- Each time the MODE button is pressed, the lower field displays the clock, calorie consumption, fat burn, distance walked and walking time.
- The memory and the current day or the previous day is displayed.
- Example: 0 steps 0:00

Daily Memory Data

- Each time the ▲/■/RESET button is pressed, the previous day data is displayed.
- Each time the MODE button is pressed, calorie consumption, fat burn, distance walked and walking time for the day is displayed.
- Example: Memory data for 30 days before 6718 steps 4.32 km

Accumulated Weekly Data

- 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 burn, distance walked and walking time is displayed.
- Example: Accumulated data for 1 week 23 weeks before 123456 steps 3723.5 kcal

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
--- | --- | ---
 ■ Indicator blinks or lit | The battery has run down | Promptly replace with a new battery (CR2032)
 • Indicator blinks or lit | It has defaulted to energy-saving mode | Shake the unit gently or press a button
 • Indicator blinks or lit | The batteries are not aligned in the wrong directions | Insert the battery in correct alignment
 ■ 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 incorrect | 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 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

<table>
<thead>
<tr>
<th>Name</th>
<th>POWER-WALKER EX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Model</td>
<td>EX-510</td>
</tr>
<tr>
<td>Display</td>
<td>Liquid Crystal 6 digit digital dual Display</td>
</tr>
<tr>
<td>Sensor</td>
<td>3 Direction Accelerometer Sensor</td>
</tr>
<tr>
<td>Measurement</td>
<td>Steps 0 - 999,999 steps, Calories 0.0 - 999,999 kcal, Fat Burned 0.0-9999.9 gram / oz, Distance 0.00 - 9999.9 km / miles, Activity Time 0 - 999 hr 59 minutes, Watch 24 hours clock</td>
</tr>
<tr>
<td>Memory</td>
<td>Steps, Calories, Fat Burned, Distance, Activity Time Single Memory Today - previous 30 days, Steps 0 - 999,999 steps, Weekly Memory This week - previous 30 weeks</td>
</tr>
<tr>
<td>Setting</td>
<td>Clock 0:00 - 23:59 (24 hour clock), Stride length 30 - 180 cm (every 3 cm), 1.0 - 6.00 feet (every 0.25 feet), Body Weight 30 - 120 kg (every 1 kg), 30 - 300 lbs (every 1 lbs)</td>
</tr>
<tr>
<td>Storage Temp</td>
<td>0 - 40 °C (32-104 °F)</td>
</tr>
<tr>
<td>Precision of Clock</td>
<td>within ±3 second (under normal temperature)</td>
</tr>
<tr>
<td>Material</td>
<td>ABS resin / acrylic resin</td>
</tr>
<tr>
<td>Battery</td>
<td>CR2032 Lithium battery (1 piece)</td>
</tr>
<tr>
<td>Battery Life</td>
<td>approx. 1 year (when use for 4 hours a day)</td>
</tr>
<tr>
<td>Body Size</td>
<td>Approx. 75 x 31.5 x 10 mm (1 1/8&quot; x 3/4&quot; x 2/5&quot; inch) (WxHxD)</td>
</tr>
<tr>
<td>Weight</td>
<td>approx. 24 g (0.85 oz) (incl. battery, excl. strap)</td>
</tr>
<tr>
<td>Contents</td>
<td>Pedometer, CR2032 battery, Strap with clip, Screwdriver Instruction Manual</td>
</tr>
</tbody>
</table>

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 devices. 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 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.