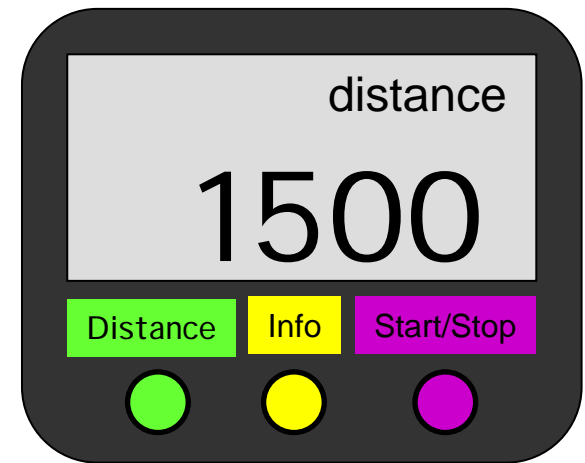


Jogging Speedo Manual (DEMO version)

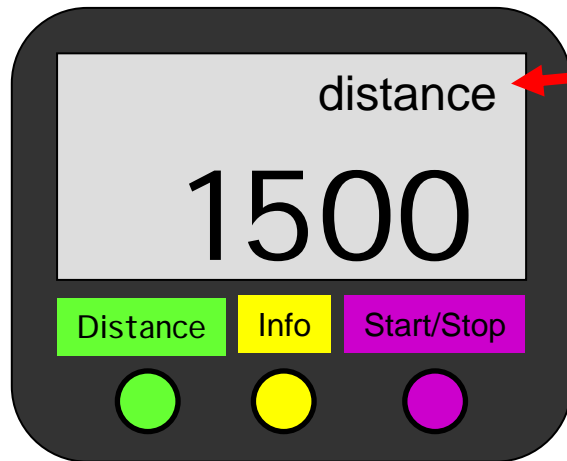




Function Description

- Measuring jogging speed
- Adjustable jogging distance
 - 1500m
 - 3000m
 - 5000m
 - 9999m
- Providing jogging related information
 - Average speed
 - Maximum speed
 - Accumulated mileage
 - Historic record

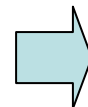
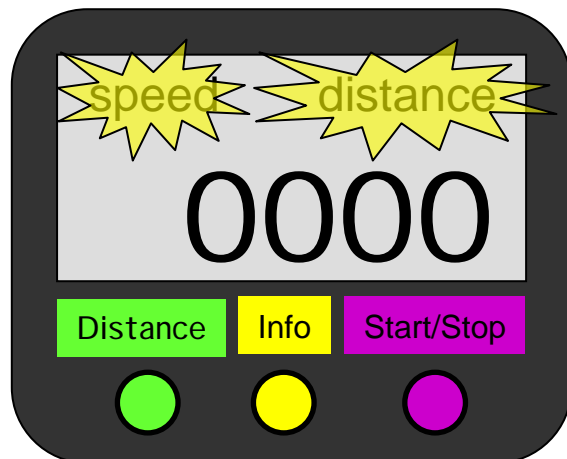
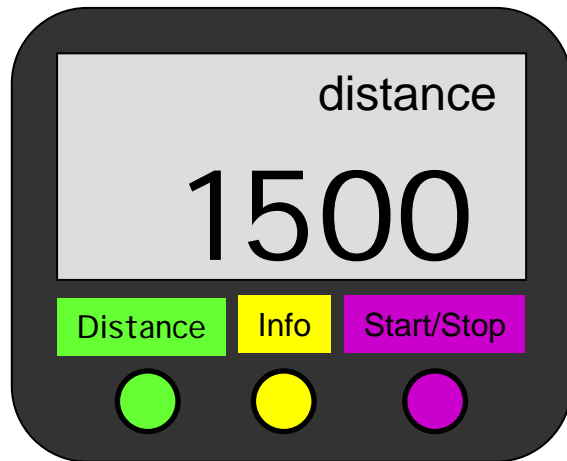




Step 1 Distance Set-up

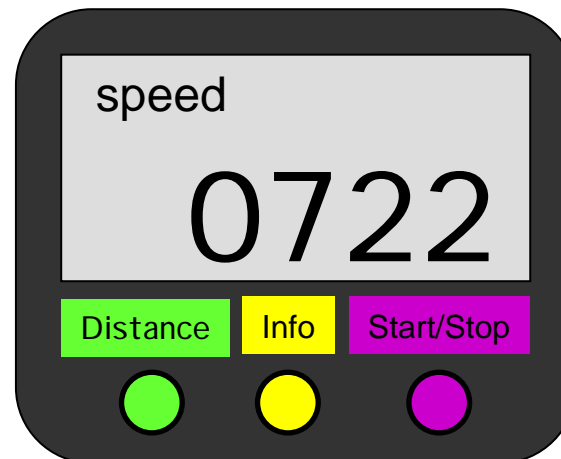


- Press  to select distance set-up
- Press  to set-up jogging distance
- Distance range
 - 1500 m
 - 3000 m
 - 5000 m
 - 9999 m

Step 2 Start/Stop




- Press  to start
 - Display the steps already taken
 - 'speed' and 'distance' blink in turn
- Press  to stop jogging
 - Display the average speed




Step 3 Information Inquiry



- Press  to display the following information,
 - Average speed in the last run
 - Maximum speed in the last run
 - Total steps in the last run
 - Accumulated mileage
- Historic record
 - The fastest ‘average speed’
 - The fastest ‘maximum speed’
 - Clock


Step 3.1 Information – Average Speed



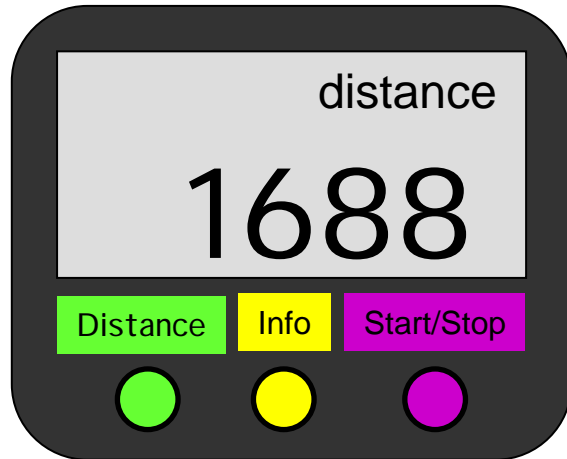
- Press  to display average speed in the last run
– i.e. 7.22 km/hr → '0722'


Step 3.2 Information – maximum speed



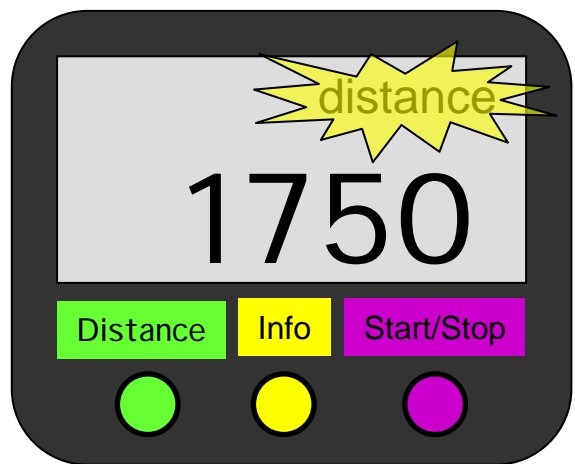
- Press  again to display
 - The maximum speed in the last run, i.e. 12.5 km/hr → '1250'
 - 'speed' blinks


Step 3.3 Information – total steps



- Press  again to display total steps in the last run' – i.e. '1688' steps


Step 3.4 Information – accumulated mileage



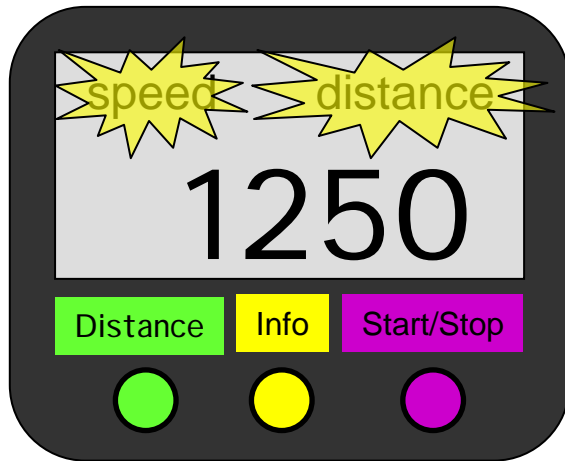
- Press  again to display accumulated mileage
 - i.e. 17.5 km → '1750'
 - 'distance' blinks


Step 3.5 Information – historic record



- Press  again to display historical record
 - The fastest ‘average speed’, i.e. 7.22 km/hr → ‘0722’





Step 3.6 Information – historic record



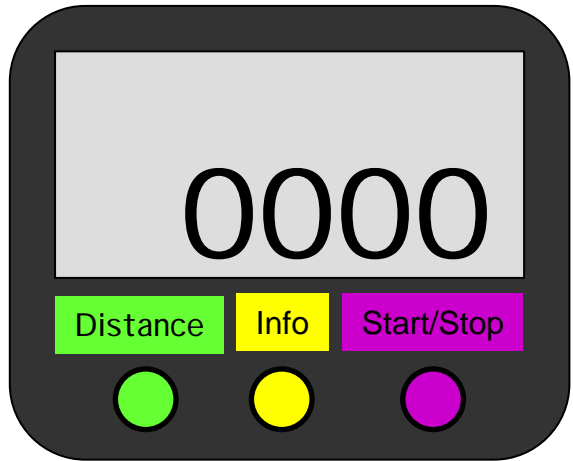
- Press  again to display historical record
 - The fastest ‘maximum speed’, i.e. 12.5 km/hr → ‘1250’
 - ‘speed’ and ‘distance’ blink


Step 3.7 Information - clock



- Press  again to display
 - clock, i.e., 10:45 → '1045'
- Time adjustment
 - Press  until clock shows
 - Adjust 'hour' via 
 - Adjust 'minute' via 

Reset



- Press  for 5 seconds to reset the system

