Instruction Manual

LORUS

CAL. Z019 (R 23 SERIES)

■ CHARACTERISTICS

◆ **Pedometer**
- Range: 0-999999 steps
- Distance display: 0-9999.99 km/0-9999.99 miles
- Calorimeter: 0-99999.9 kcal
- Duration: 0-1440 minutes (23 hours 59 minutes 59 seconds)
- Target step count: Beeps upon completion
- Personal calibration: Bodyweight, stride length
- Pedometer instrument: Accelerometer

◆ **Automatic calendar adjustment** between 2011 and 2099 (year, month, day, hour, minute, second)

◆ **12/24-hour indication format**

◆ **Hourly chime**

◆ **Daylight saving time setting**

◆ **Stopwatch**
  Maximum range: 23 hours 59 minutes 59 seconds
  Split interval function (SPL)

◆ **Record archive function** which allows users to store up to 30 entries where each individual entry can be recalled for evaluation. Users may also choose to delete individual entries or erase the entire archive.

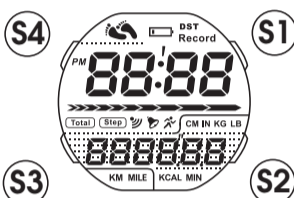◆ **Daily and one-time alarm settings**

◆ **Low battery detection**

◆ **Key tone settings:** Users may choose to deactivate the key tone function when operating in situations that require low noise levels

- **EL Backlight:** 3 sec duration

■ DISPLAY OVERVIEW

Button	Primary Function
S1 Start/Stop	Stopwatch: Start/Pause Pedometer: Start/Stop recording Menu setting: +value (Hold for rapid increase)
S2 Reset	Stopwatch: Reset Menu setting: -value (Hold for rapid decrease)
S3 Mode	Mode selection Menu navigation
S4 Enter/ EL backlight	EL backlight Hold for 2 seconds: Settings menu Menu screen: Save and return to the previous menu

MODE SELECTION

The pedometer watch provides 6 modes of function. They are listed in the following order. Press S3 to cycle through each mode.
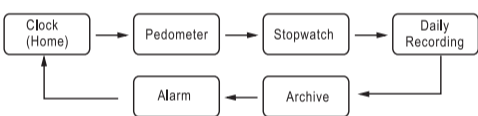
Hold button S3 down for 2 seconds to return to the home screen.

GENERAL OPERATIONS

1) AUTO-RETURN

- While in archive and alarm mode, if no operation within 2 minutes, the watch will automatically return to home screen.
- While in setting menu (digits flashing), if no operation within 2 minutes, the watch will automatically exit the setting menu.

2) DEFAULT SCREEN

Whenever entering daily recording and archive mode, the last recordings when existed will show first.

■ CLOCK
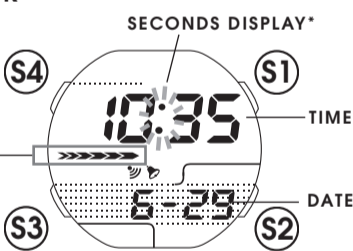
DAILY TARGET PROGRESS BAR**

* **SECONDS DISPLAY**: When the ":" symbol is flashing, it is an indication of the seconds passing.

** **DAILY TARGET PROGRESS BAR**: each segment of the bar represents 10 % progress.

BUTTON FUNCTIONS

S1 Alternates between standard time and daylight saving time
S2 Turn on/off hourly chime
S3 Mode selection
S4 EL Blacklight, clock settings

SETTING THE TIME AND DATE

1. While in clock mode, hold S4 for 2 seconds or until numbers start to flash.
2. Press S3 to highlight the unit you wish to adjust.
3. Set the value of the selected unit using S1 and S2.
4. Once you've set your watch to the correct time, press S4 to save your settings.

Press S4 for 2 seconds

Set sec   Set min   Set hour

Set month

Hour format   Set Year   Set date
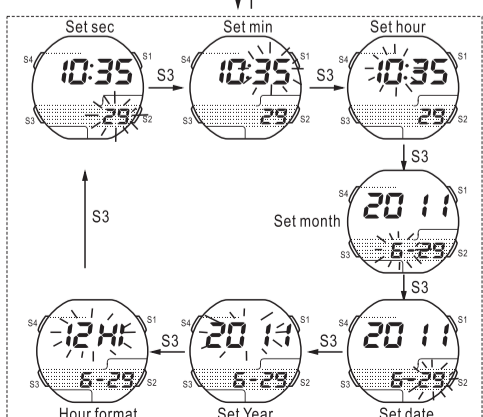
NOTE:

- If the watch is set to the 12-hour indication format, the 'PM' symbol will appear only in the afternoon. If the 'PM' symbol isn't visible, it means the watch is set to AM time / 24 hour time format.
- The watch has a built-in calendar which is fully automated which is capable of adjusting to leap years.

■ PEDOMETER

SECONDS DISPLAY*

REAL TIME (HH:MM)

STEP COUNT/CALORIES/ DISTANCE TRAVELLED/ ELAPSED TIME
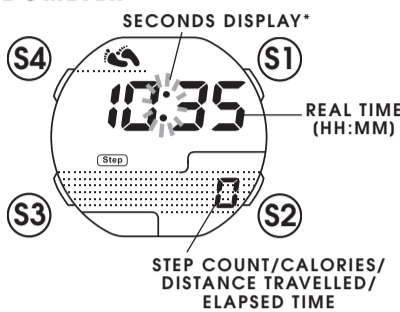
ACTIVATING PEDOMETER

1. Press S1 to begin recording your movement, and press again to stop recording.
   The flashing 🏃 indicates that the pedometer is active.

NOTE:

If no movement is registered on the pedometer for 5 minutes, the pedometer will be automatically deactivated to reduce battery consumption.

KEEPING TRACK OF STEP COUNT, CALORIES BURNED, DISTANCE AND ELAPSED TIME.

1. Press S2 to cycle through the following measurements: Step count, calories, distance and elapsed time.
2. When the pedometer is inactive, hold S2 for 2 seconds to reset all counters.

Steps   Calorie
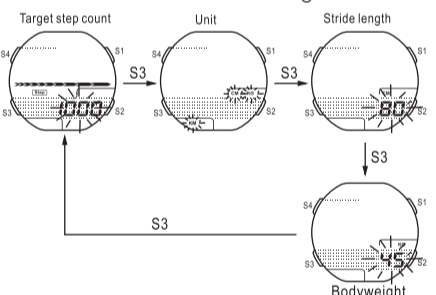
Time   Distance
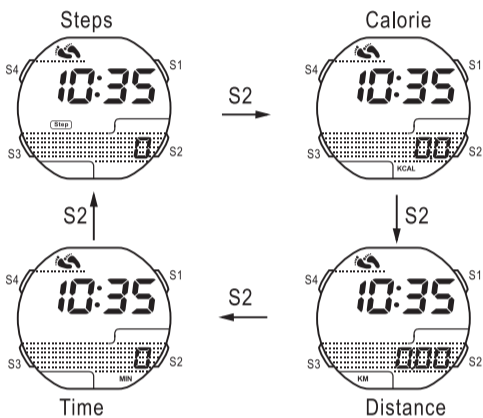
NOTE:

- The values that appear on the second row are actually the cumulative sum from all previous recording sessions and will remain until the pedometer is reset.
- If you have already set a designated sum as your daily objective, the pedometer will notify you of your progress in increments of 10% and you will hear a beeping sound.
- The watch will produce a continuous beeping sound for 20 seconds and the progress bar will begin to flash upon completion of your designated objective. To proceed, simply press any button to stop the beeping.

SETTING UP YOUR PEDOMETER

1. In pedometer mode, hold S4 until the number display starts flashing.
2. Press S3 to cycle through the following variables:
   Target step count ⇨ Unit (metric/imperial) ⇨ Stride length ⇨ Bodyweight
3. Adjust the values of each variable using S1 & S2.
4. Press S4 to save and exist setting menu.

Target step count   Unit   Stride length

Bodyweight

TROUBLESHOOTING

Q1	Why can't I set a target step count, unit, stride length and/or weight?	
	A1	It is not allowed to set personal information after step count activated. Please set up correct personal information first before step count, as it affects distance and calories counting.
Q2	Why does the alarm cause my pedometer to malfunction during operation?	
	A2	Step counting will stop when alarm or countdown alarm rings.
Q3	The distance recorded on my pedometer doesn't match at all. Is my pedometer broken?	
	A3	The distance is calculated upon your steps and stride length. Please check if the correct stride length is set.
Q4	I noticed that the pedometer has the tendency to register sudden increases in step count, why is this?	
	A4	The pedometer may not be able to register movement with complete precision at all times, but it has a built in function that allows it to try and account for any discrepancies in its measurements which is why you will notice certain spikes in your recording.
Q5	The number of steps recorded doesn't seem to be accurate at all.	
	A5	There are two possible causes for this problem: The pedometer is only intended for measuring basic movements such as walking and/or jogging. Therefore, it is unlikely to produce reliable data when measuring activities which involve sprinting. The pedometer's operation is based on principles of biomechanics, specifically on how people's arms behave during movement. If your arms are moving excessively during exercise then there is a possibility that it may affect the pedometer's measurements.

■ DAILY RECORDIGNS

Daily recording screen displays one's sum data of the day, including steps, calorie, distance, time and % of daily objective completed.
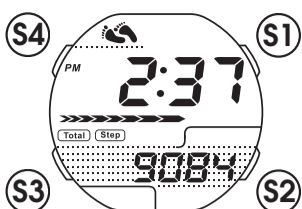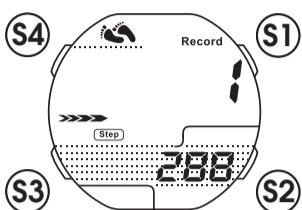

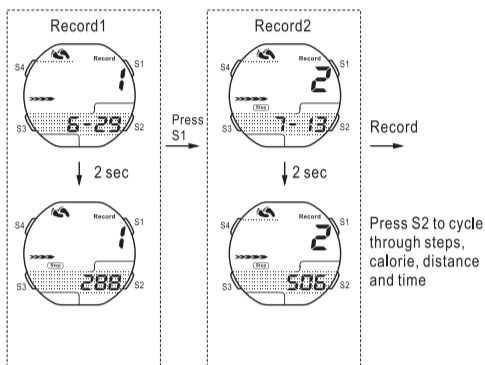Press S2 to cycle through steps, calorie, distance and time.

NOTE:

The daily recording will be saved automatically and reset by 00:00 (24-hour format) / 12:00am (12-hour format).

■ ARCHIVE

1. Press S4 to browse forward the daily recording data by date, and press S1 to browse backward.
2. Press S2 to cycle through steps / calorie / distance / time display.
3. Hold S2 for 2 seconds to clear current recording data. Hold S4 for 2 seconds to clear all recordings.
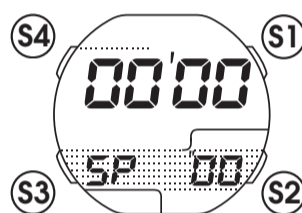

NOTE:

In archive mode, date will be displayed first, then change to steps screen after 2 seconds. In steps screen, press S2 to cycle through steps, calorie, distance and time display.

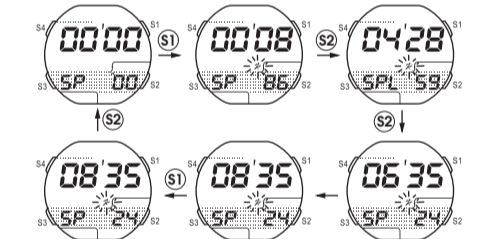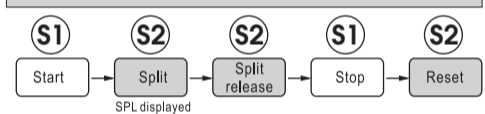In archive mode, pressing S4 will not activate EL light.
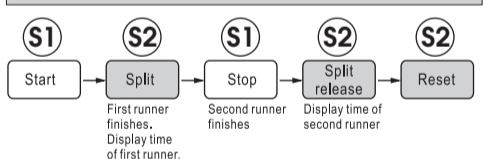
■ STOPWATCH

USING THE STOPWATCH TO RECORD ELAPSED TIME

MEASURING SPLIT TIMES

USING YOUR STOPWATCH TO MAKE REAL TIME COMPARISONS OF TWO FINISHES

■ ALARM & KEY TONE SETTINGS

SETTING AN ALARM

1. In alarm mode, press S4 till the digit flashes, then release S4
2. Press S3 to switch between hour and minute setting
3. In setting screen, press S1 or S2 to + / - value.
4. Press S4 to save and exit setting

TURNING ON / OFF ALARM

In alarm mode, press S2 to turn on / off alarm.

TURNING ON / OFF KEY TONE

In alarm mode, press S1 for 2 sec to turn on / off key tone.

■ BATTERY CHANGE

1. Battery: CR2032
   Battery life: Provided the average use of EL backlight is 10 sec/day and the alarm tone is active for 20sec/day, the battery life of the pedometer watch may vary depending on how often the pedometer function stays active during the day.

   8 hours/day=7 months
   3 hours/day=16 months
   2 hours/day=21 months
   1 hour/day=32 months
   1/2 hour/day=42 months

2. Be sure to replace the battery to prevent any possible malfunction as soon as it runs down.
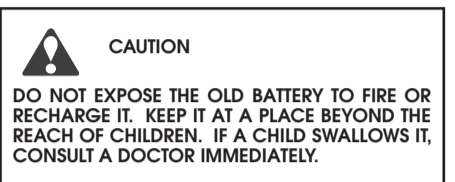3. To replace the battery we recommend taking the watch to a local watch repair shop.

NOTE:

If the alarm, EL backlight and pedometer function are used longer than the periods described above, the battery life may be less than the specified period.

After the batteries are replaced with new ones, set the time/calendar and alarm.

■ CARE OF YOUR LORUS WATCH

This watch contains precise electronic components. Never attempt to open the case or remove the back cover.

• BATTERY

CAUTION

DO NOT EXPOSE THE OLD BATTERY TO FIRE OR RECHARGE IT. KEEP IT AT A PLACE BEYOND THE REACH OF CHILDREN. IF A CHILD SWALLOWS IT, CONSULT A DOCTOR IMMEDIATELY.

• WATER RESISTANT

Condition of use — Indication on the dial/ case back	Accidental contact with water, such as splashes and rain	Swimming and taking a shower	Skin diving	Scuba diving
No Indication	NO	NO	NO	NO
WATER RESISTANT	YES	NO	NO	NO
WATER RESISTANT (50M/5 BAR)	YES	YES	NO	NO
WATER RESISTANT (100M/10 BAR or above)	YES	YES	YES	NO

• If your watch is 200 M/20 BAR, 100 M/10 BAR or 50 M/5 BAR water resistant, it is so indicated on the dial/case back.
• Do not operate the buttons when the watch is wet.
• If the watch is exposed to salt water, rinse it in fresh water and then wipe it thoroughly dry.
• Should you find any water or condensation inside the watch, immediately have it checked. Water can corrode electric parts inside the case.

CAUTION:

Leather straps are not water resistant except so indicated, even if the watch head is water resistant.

• ALLERGIC REACTION

Because the case and band touch the skin directly, it is important to clean them regularly. If not, shirt sleeves may be stained and those with delicate skin may develop a rash. Please wear the watch with some play to avoid any possible allergic reaction. If you develop a rash on your wrist, stop wearing and consult a physician.

• MAGNETISM

Your watch will be adversely affected by strong magnetism. Keep it away from close contact with magnetic objects.

• SHOCKS AND VIBRATIONS

Your watch may be worn for normal sports activities, but be careful not to drop it or hit it on hard surfaces.

• TEMPERATURE

Your watch is preadjusted so that constant accuracy may be insured at normal temperature.

• CLEANING

Use only a soft cloth and clean water for cleaning your watch. Never use chemicals, as the waterproof gasket will corrode.

■ SERVICE

When your LORUS watch requires repair or servicing, please see the enclosed WARRANTY/GUARANTEE.

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