BIOS living

**360FC Pedometer Manual**

## 1.0 Introduction

Thank you for purchasing the BIOS Living Digital Pedometer.

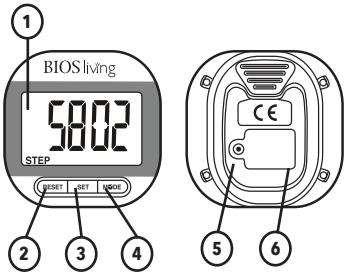
### 1.1 Features

- Step counter
- Calories burned
- Battery included
- Distance travelled
- Auto Shut-off
- Imperial or metric
- Clock

### 1.2 Care of the Device

- **Do not** drop or bang the unit. Avoid sudden jerks or shocks to the device to prevent damage.
- **Do not** disassemble the unit.
- If the unit has been stored at very low or freezing temperatures, allow it to reach room temperature before use.
- **Do not** store the unit in direct sunlight, high humidity, or in places with a lot of dust.

## 2.0 About the Pedometer




1. LCD Display
2. **RESET** Button
3. **SET** Button
4. **MODE** Button
5. Battery Cover
6. Waistband Clip

## 3.0 Using the Pedometer

This section describes how to get the maximum benefit from your pedometer.

### 3.1 Battery Installation

The battery, L1131F button cell, is already installed in your BIOS Living Pedometer. To activate the pedometer please remove the battery tab located on the back of the pedometer.

### 3.2 Calculating your Stride

Before you begin setting up your pedometer please calculate your stride length and make note of your stride for your pedometer set up, in the next section.

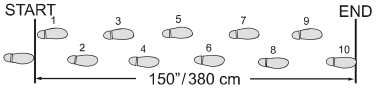



Figure 1

1. Mark a starting point and then proceed to walk 10 steps at your normal stride and mark where you finish, as per Figure 1.
2. Measure the distance from start to finish.
3. Calculate your stride by dividing the total distance by 10.

**For Example:**

If total distance equals 150", take your stride and divide by 10. This will give you a stride of 15".

If total distance equals 380 cm take your stride and divide by 10. This will give you a stride of 38 cm.

### 3.3 Setting the Distance Travelled, Calorie Calculation, and Time

1. **Distance Travelled**
   a) Press the **MODE** button until the bottom of the display shows the word "KM" for metric version. For imperial version, it will show "MILE".
   b) Press the **SET** button to adjust the stride distance. This is the distance for each pace. The digits on the display will start to flash.
   c) Press the **RESET** button as many times as necessary to adjust to the desired value. Once the value is set, leave the unit idle for 5 seconds, it will revert to distance travelled mode.
   d) The distance travelled counter will start counting once motion is detected.
   e) To reset the counter, press and hold the **RESET** button until the digits revert back to zero.
2. **Calorie Calculation**
   a) Press the **MODE** button until the bottom of the display shows "KCAL".
   b) Press the **SET** button to input your body weight. The digits on the display will start to flash.
   c) Press the **RESET** button as many times as necessary to adjust your body weight value. Once the value is set, leave the unit idle for 5 seconds, it will revert back to calorie mode.
   d) The counter will start counting once motion is detected.
   e) To reset the calorie counter, press and hold the **RESET** button until the digits revert back to zero.
3. **Metric and Imperial**
   The pedometer can be set to either Imperial or Metric system.
   a) Under any mode, press and hold the **MODE** button until the display blinks and digits revert back to zero.
   b) Press the **MODE** button to enter distance travelled mode and check the bottom line indicator to see if it is in imperial or metric format.
4. **Time**
   a) Once the battery tab has been removed 12Hr will flash on the screen. Press the **RESET** button to toggle between 12Hr and 24Hr. To confirm press the **SET** button.
   b) Next you will set the hours and minutes. 1200 will appear on the screen and the 12 will be flashing. Press the **RESET** button to toggle up to set the hour. Press **SET** to confirm.
   c) Next the minutes will flash on the screen. Press the **RESET** button to toggle up to set the minutes. Press **SET** to confirm.
   d.1) **STEP** and a flashing CA will appear on the screen. Press the **RESET** button to select CA or IN. Press **SET** to confirm.
   d.2) Next you will set your stride. **STEP** and 30 INCH or 80 CM will flash on your screen. Press the **RESET** button to toggle up to enter your stride that you calculated before setting up the pedometer. Press the **SET** button to confirm.

### 3.4 Changing your Settings

At any time you can change the settings of your pedometer.

1. Press the **MODE** button once to enter into the **STEP** screen.
2. Follow the set up procedures in Section 3.3 to change your settings.

### 3.5 Using your BIOS Living Pedometer

1. Place the pedometer near the middle of your waist.
2. Press the **MODE** button once to enter into the **STEP** screen.
3. The pedometer will start to count your steps once 5 consecutive steps have been taken.
4. To view your Distance and Calories burned simply press the **MODE** button to toggle through all the different screens.

### 3.6 Clearing Readings from Memory

1. To reset all data at once (Steps, Distance and Calories), press and hold the **RESET** button for 5 seconds.

### 3.7 Auto Shut-off

If no motion is detected for 1 minute, the unit will automatically shut off. The values in the pedometer remain in memory, and will resume once motion is detected.

## 4.0 Changing the Battery

1. Using a mini screw driver, remove the screw from the battery cover.
2. Replace the battery with a new L1131F battery according to the correct polarity.
3. Replace the battery cover and screw back into place.

## 5.0 Care and Maintenance

1. **Do not** expose the device to extreme temperatures, humidity, dust or direct sunlight.
2. Clean the device with a soft, dry cloth. **Do not** use gas, thinners or similar solvents.
3. **Do not** drop the pedometer or treat it roughly in any way. Avoid strong vibrations.
4. Batteries and electronic instruments must be disposed of in accordance with the locally applicable regulations, not with domestic waste.

## 6.0 2 Year Warranty

The 360FC Pedometer has a 2 year warranty to be free of manufacturing defects in materials and workmanship under normal applications for the original owner. If this product becomes inoperable due to defect, return the product with all component pieces and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and insured (at owners option) to:

**THERMOR LTD.**
Attn: Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1

www.biosmedical.com

Email: support@biosmedical.com

## 7.0 Technical Specifications

1. **5 Step False Start Error Correction Technology:** To avoid counting accidental movements as steps, the BIOS Living Pedometer will not count any movement that is less then 5 consecutive steps. For example, when you stand up or sit down, these movements are not counted as steps.
2. **Maximum number of steps:** 99999
3. **Maximum distance travelled:** 999.99 km/mi
4. **Maximum weight input:** 135 kg/300 lbs
5. **Maximum calories burned display:** 999.99 Kcal
6. **Battery:** 1 x L1131F

Made in China

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