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› [Toorx](#) /

› Toorx AHF-064 Pedometer User Manual

Toorx AHF-064

Toorx AHF-064 Pedometer User Manual

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your Toorx AHF-064 Pedometer. Please read this manual thoroughly before using the device and retain it for future reference.

SAFETY INFORMATION

- Do not expose the device to extreme temperatures or direct sunlight for extended periods.
- Keep the device away from water and moisture.
- Do not attempt to disassemble or repair the device yourself. Contact qualified service personnel.
- Dispose of batteries according to local regulations.

PACKAGE CONTENTS

Verify that all items are present in the package:

- Toorx AHF-064 Pedometer
- User Manual (this document)

PRODUCT OVERVIEW

The Toorx AHF-064 is a compact pedometer designed to track your steps. It features a clear display for easy reading of your activity data.

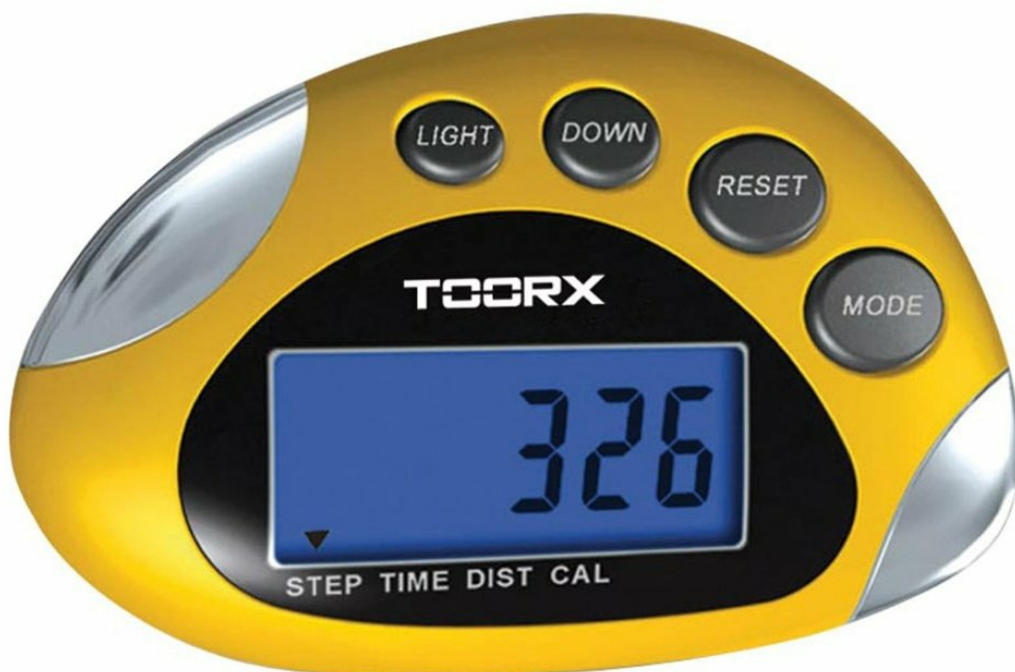


Image: Front view of the Toorx AHF-064 Pedometer, showing the display and control buttons.

SETUP

Battery Installation

The Toorx AHF-064 Pedometer requires batteries for operation. Batteries are not included in the package.

1. Locate the battery compartment cover on the back of the pedometer.
2. Gently slide or unclip the cover to open it.

3. Insert the required batteries (e.g., 1x CR2032 coin cell) ensuring correct polarity (+ and -).
4. Replace the battery compartment cover until it clicks securely into place.

Initial Settings

Before first use, configure the following settings for accurate tracking:

1. **Unit of Measurement:** Select between metric (cm/kg) or imperial (inches/lbs) units.
2. **Stride Length:** Measure your average stride length and input the value. This is crucial for accurate distance calculation.
3. **Weight:** Enter your body weight.
4. **Time:** Set the current time.

Refer to the on-screen prompts and device buttons to navigate through the settings menu.

OPERATING INSTRUCTIONS

Wearing the Pedometer

For optimal accuracy, wear the Toorx AHF-064 Pedometer securely on your waistband or belt, close to your hip. Ensure it is positioned vertically.

Viewing Data

Press the mode button to cycle through different display modes:

- **Steps:** Displays the total number of steps taken.
- **Distance:** Shows the estimated distance walked.
- **Calories:** Indicates the estimated calories burned.
- **Time:** Displays the current time.

Resetting Data

To clear your daily activity data and start a new tracking session, press and hold the reset button for approximately 3 seconds. The display will show "0" for all activity metrics.

MAINTENANCE

Cleaning

Wipe the pedometer with a soft, dry cloth. Do not use abrasive cleaners or solvents, as these may damage the device.

Storage

When not in use for extended periods, remove the batteries to prevent leakage. Store the device in a cool, dry place, away from direct sunlight.

TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Device does not turn on.	Batteries are dead or incorrectly installed.	Replace batteries or check polarity.
Inaccurate step count.	Incorrect stride length setting or improper wearing position.	Verify stride length in settings. Ensure pedometer is worn securely and vertically on the hip.
Display is blank or flickering.	Low battery power.	Replace batteries.

SPECIFICATIONS

Feature	Detail
Model Number	AHF-064
Dimensions (Product)	8 x 10 x 4 cm
Weight (Item)	80 g
Color	Silver / Black
Sensor Type	Pedometer
Batteries Included	No

WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the point of purchase or contact Toorx customer service. Keep your proof of purchase for warranty claims.