



SMARTHEART 19006 Pedometer with Body Fall Function Instruction Manual

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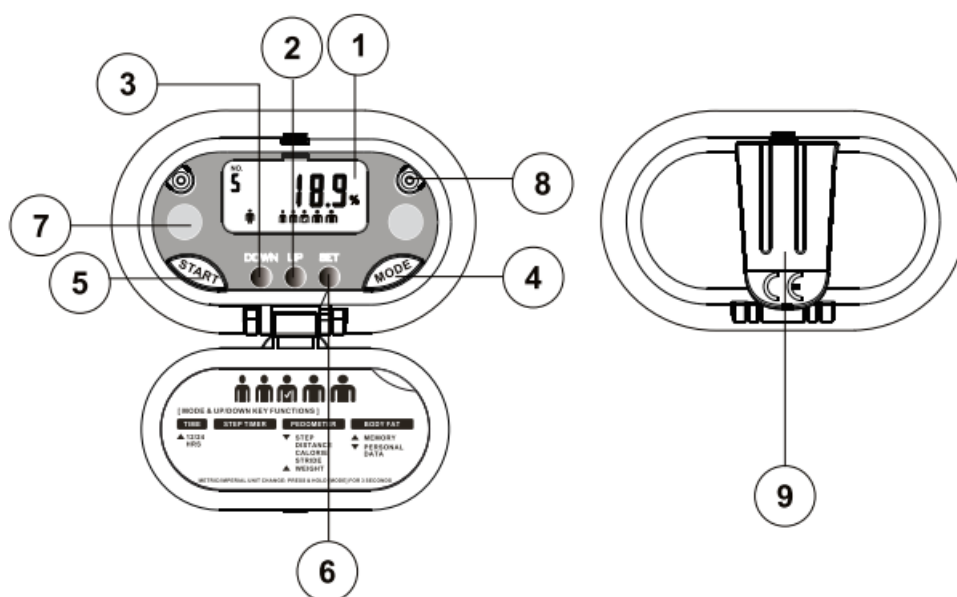
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SMARTHEART 19006 Pedometer with Body Fall Function



Function



1. LCD Display
2. Up
3. Down
4. Mode
5. Start Button
6. Set/Reset Button
7. Sensor Plates
8. Battery Cover Screws
9. Belt Clip

Features

- Step counter up to 99999 steps
- Distance traveled up to 999.99 KM/ 999.99 Miles
- Calories burnt up to 9999.9 KCal
- Determine body fat level fat by human body electric resistance
- Five groups user body fat data memory for five users
- Real-time clock
- Walking Timer function
- Metric and Imperial system selection

Mode & Up/Down Key Functions Table

Time	Step Timer	Pedometer	Body Fat
▲ 12/24 HRS		▲ Step Distance Calorie Stride ▼ Weight	▲ Memory ▼ Personal Data

SETTING UP YOUR PEDOMETER

Prior to use, set the date and time and user specifications to help ensure accurate measurements and results.

Time Setting

1. Press any button to wake unit from sleep (blank screen) mode.
2. Press and release MODE to cycle through available screens to the real time clock screen.
3. Press and hold SET until the digits on display flash.
4. Press UP / DOWN to scroll to current HOUR; press SET to confirm.
5. Press UP / DOWN to scroll to current MINUTES; press SET to confirm.

12/24 Hour Format Setting

- When the display shows the current time, press UP to change to 12-Hour or 24-Hour format

Setting the Stride

To calculate distance traveled and calories burned accurately, you must first determine your stride length. The default stride is 40" / 40 cm.

1. Press and release MODE to cycle through available screens until the display shows Step.
2. Press UP/DOWN until the word "Stride" shows up on the display.
3. Press and hold SET until the digits on display start to flash to adjust the Stride length in inches (cm)
4. Press UP / DOWN to scroll to scroll to the correct length; press SET to confirm.

To determine your average stride length: select a starting point, walk 10 steps. Measure the distance traveled from starting point to tip of forward foot and divide by 10. This is your stride length.

NOTE: Stride Range: 10" – 72" (30cm – 180cm)

Setting User Body Weight

To ensure the calorie calculations are correct you will need to input the correct weight.

1. Press MODE until the top of the display shows "Step".
2. Press UP or DOWN until the display shows "KG" or "LB".
3. Press the SET for inputting your body weight. The digits on the display will start to flash ##.
4. Press UP or DOWN to scroll to your correct weight.
5. Press SET to confirm setting.

NOTE: Range: 22lb – 500lb (10kg – 250kg); Default weight: 110lb/50kg

Setting User Body Details for Body Fat

To ensure the Fat Scan is correct you will need to input the correct weight.

At normal time display, press MODE twice to enter Body Fat Mode.

1. Press UP, you will see 5 different user groups memory; M1 – M5.
2. Choose one of the 5 data groups to represent your personal data.
3. Press and hold SET to enter personal data setting mode.
4. Press SET to shift settings in sequence: Weight/Height/ Age/Gender/Confirm Setting.
5. Press UP or DOWN to set the desired values.

USING YOUR PEDOMETER

Step Counter Function

Steps are detected via the movement of the waist. For accurate readings, mount the unit closest to the center of the body.

- Press MODE until the top of the display shows the word "Step". The step counter will automatically start counting once motion is detected.
- Your counter will continue even if unit appears 'asleep' / no display is shown. Press any button to turn on the display.

NOTE: 5-Step error correction– Pedometer must detect 5 consecutive steps before steps begin being counted. This is to eliminate step counts from accidental movement.

Step Timer Function

The pedometer can track the actual time you spend walking with the step timer function.

- Under step timer mode, the timer will start counting once walking motion is detected.
- Press MODE and scroll to the walking figure to see the amount of time spent walking.
- The timer will show your cumulative walking time for a day – ie taking a morning walk for fitness, your daily activity, and other home routine will give you the total walking minutes for the entire day.

Distance Traveled Function

The pedometer can track the actual distance walked with the distance traveled function.

- Press MODE until the top of the display shows the word “ML” (KM).
- The distance traveled counter will automatically start counting once motion is detected.
- The distance traveled will show your cumulative walking distance for an entire day.

Calorie Calculation

The pedometer can track the calories burned throughout your active day based on your tracked steps.

- Press MODE until the top of the display shows “STEP”.
- Press UP/DOWN until the display shows “KCAL” on the bottom right hand side of the display
- The pedometer will automatically start calculating once motion is detected.

To reset any value – ie step counter, timer, distance or calorie counter – press and hold the SET button until the digits revert back to zero.

NOTE: Resetting the timer back to zero also resets the step count, calorie calculation and distance traveled back to zero.






Metric and Imperial

The pedometer can be set to either Imperial or Metric system.

- Under any mode, press and hold the MODE for 3-4 seconds.
- Press MODE to “Body Fat” mode and check the top line indicator to see if the unit is in imperial or metric format.

Body Fat Scanning Feature

- Go to body fat mode.
- Press UP button to select the data group memory (M1– M5) which contains your personal data.
- Press START button to start scanning process.
- Put 2 thumbs on the two sensor plates for around 4 seconds and the result will show on the display. It will show your body fat percentage.

	 Lean	 Fit	 Acceptable	 Obese	 Overweight
Men	5 - 9.9%	10 - 14.4%	14.5 - 24.9%	25 - 34.9%	35- 50%
Woman	5 - 9.9%	10 - 19.9%	20 - 29.9%	30 - 34.9%	35- 50%

Error: Men and Women >50%; Men & Women <5%. If “ERR” message shows up on the display, it means poor skin contact on the sensor plates. Please try again.

NOTE: “ERR: message persists, the skin on your thumbs may be too dry. You will need to moisten your thumbs with little water to enable contact on the sensor plates.

Battery Replacement

Battery included: One (1) CR-2032 Change the battery when display is dim or won't activate.

1. Carefully unscrew the 2 screws on the top left and right of the LCD Display.
2. Take the button cell battery "CR-2032" out and replace with fresh button cell battery.
3. Close the cover and secure the unit with the 2 screws.

Auto Shut Off / Sleep

If no motion is detected for 1 minute, the unit will automatically go to sleep. The value of the pedometer will still be retained in memory. It will resume once motion is detected.

Care and Maintenance

- Do not disassemble. Doing so could cause damage and affect the accuracy of the pedometer measurement.
- Replace battery with care. Do not touch other pedometer parts. Doing so could damage pedometer function.
- Do not get wet; avoid excessive perspiration.

Troubleshooting

Problems	Cause & Remedy
Not all your steps were detected.	Mount the pedometer properly according to the manual and ensure your walking method is correct.
LCD is black.	The pedometer has been put under direct sunlight or operated in high temperature too long. It will recover normal status under the shade.

Disclaimer

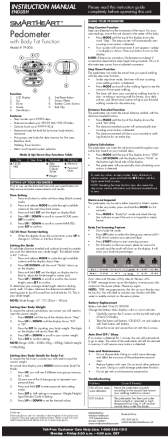
These calculations are not intended to take the place of the advice and instruction from your personal health provider. Please consult with your healthcare professional before starting an exercise program.

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Documents / Resources



SMARTHEART 19006 Pedometer with Body Fall Function [pdf] Instruction Manual
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References

-  [Veridian Healthcare](#)