



MEDID - 206 - PODÓMETRO DIGITAL JS-206B

Contador de tiempo

Contador de pasos

Información de calorías consumidas



QUICK REFERENCE

- 1. SCAN Press [RESET] to enter or exit scan.
- 2. STOP The screen will display "stop" and stop all counting if there is no exercise signal for about 4 seconds.
- 3. TIME Count step time and the range is 0:00-99:59.
- 4. DIST Count step distance at 65cm per step.
- 5. STEP Count steps and the range is 0-9999.
- 6. SUM Count the total steps and range is 0-9999.
- 7. CAL Count the consumed calories during exercise.
- 8. RESET Hold [reset] to reset the value to zero.
- 9. AUTO ON/OFF No exercise signal for 4 minutes it will shut itself off and if operate again it will start.

