AML Folding Pedal Exerciser Pedometer Instructions

1.SCAN：   Press "mode" key to select "scan". Then this function will automatically scan through all the functions displayed on the bottom line of the monitor.

2.TIME：   Automatically accumulates workout time when exercising.

3.COUNT：   Automatically accumulates workout counts when exercising.

4.TOTAL COUNT： Automatically accumulates different sessions workout counts when exercising.

5.CALS：   Automatically accumulates calories amount consumed when exercising.

Function Button： To select functions of time, count, total count, calories. Hold the button for 4 seconds for a total reset.

NOTE

1   If display starts to show poorly on the monitor, please replace the battery.

2   Please use 1.5 V battery as a power supply.

3   The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.

4   The monitor will be auto-powered when start to exercise, push button or signal in.

5   The meter will automatically start calculating by simply starting to exercise and will automatically stop calculating when stop exercising for 4 seconds.