INSTRUCTIONS
HikeLINQ™ Item #1103

FEATURES

- **Ultra-quiet** "G" sensor technology—for improved accuracy even when mounted at an angle
- Accurately records your **steps**
- Shows **distance** traveled in Miles (or Km if you have metric version)
- Shows your **calories** burned
- Built-in time-of-day **clock**
- Heavy-duty **spring clip** fastens securely to your waistband or belt
- **Random movement filter** prevents recording of random movements as steps. (Doesn't register steps until six sequential steps are taken.)

CONTROL BUTTONS

MODE
SET
RESET

A. MEASURING YOUR STRIDE LENGTH (length of your typical step)

1. Mark a small line on the floor, directly in front of your right shoe. Then, starting with your right foot, take 10 normal steps (either walking or running—however you exercise). *Note that your running stride is significantly longer than your walking stride.*
2. Mark a small line on the floor, in front of your left big toe, after 10 steps.
3. Measure the distance between the two marks in inches (or cm if you have a Metric model). Then divide this total number of inches (or cm) by 10 for your average stride length.

B. INPUTTING YOUR STRIDE LENGTH (length of your typical step)

1. Press **Mode** button repeatedly until "**MILE**" (or "**KM**" if you have metric version) appears in the lower readout.
2. Press and release **Set** button once, to change readout from "**MILE**" to "**INCH**" (or to change from "**KM**" to "**CM**" if you have metric version).
3. While the lower readout flashes, press **Reset** button repeatedly. This will increase the stride-length value shown in lower readout by 2 inches (or 5 cm) each time you press **Reset**. Increase value until it comes close as possible to your measured *average stride length*. Range is 12" - 70" (or 30 cm - 180 cm).
4. Press **Mode** button to complete setting.

C. INPUTTING YOUR WEIGHT

1. Press **Mode** button repeatedly until lower readout shows "**KCAL**."
2. Press and release **Set** button once, so default weight is shown (50 Lbs. or 50 KG).
3. While default weight is blinking, press and release **Reset** button repeatedly until the value comes close as possible to your weight (range: 40 lbs - 240 lbs).
4. Press and release **Mode** button once to complete setting.

D. SETTING THE TIME

1. Press **Mode** button repeatedly until lower readout shows clock time.
2. Press and release **Set** button, and hours will flash.
3. Press and release **Reset** button to advance hour. Hold button down for rapid advance.
4. Press and release **Set** button, and minutes will flash.
5. Press and release **Reset** button to advance minutes. Hold button down for rapid advance.
6. Press and release **Mode** button once to complete setting.

E. RESETTING STEPS, DISTANCE, CALORIES

To simultaneously reset steps, distance, and calories to zero, press and release **Reset** button.

F. RESETTING STRIDE LENGTH or WEIGHT

To reset stride length, see sections **A** and **B** of these instructions.
To reset weight, see section **C**.

G. REPLACING BATTERY

(See diagrams below.)
1. To replace battery, first locate 5/8"-long slot at bottom of unit. Insert the edge of a large coin into slot, and gently twist until housing cover opens.
2. Slide old battery out of slot and replace with new battery, **#CR2032** (use Lithium battery only; do not use rechargeable battery).
3. Insert so "**+**" side of battery faces you (or faces up).
4. Insert the end of a paper clip into the **RESET** button and press once.
5. Then reattach housing cover:
   (1) Fit cover's top two pins into two slots in housing.
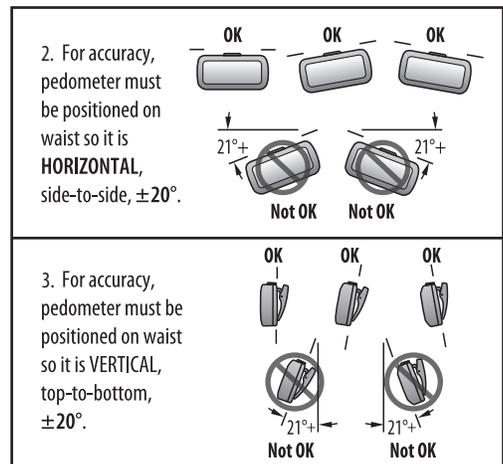   (2) Snap bottom of cover gently into place. (Make sure cover is not upside-down when reattaching.) Do not force.

Gently twist to open — COIN

Paper clip — Push battery out this direction

RESET button
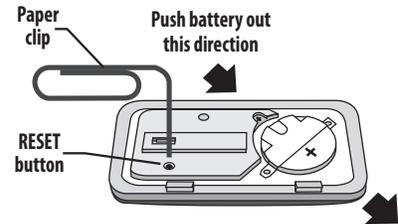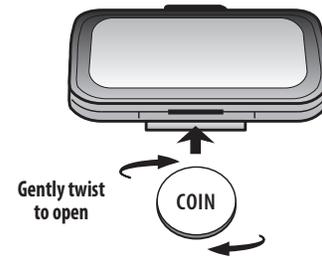
H. OPENING COVER

To open cover, first attach unit to waistband or belt. Then with thumb, firmly pull out and down on top latch.

I. PLACEMENT OF UNIT ON WAIST

1. HikeLINQ clips either to waistband or belt. Position it directly above the right knee.

2. For accuracy, pedometer must be positioned on waist so it is **HORIZONTAL**, side-to-side, ±**20°**.

OK   OK   OK
21°+   21°+
Not OK   Not OK

3. For accuracy, pedometer must be positioned on waist so it is VERTICAL, top-to-bottom, ±**20°**.

OK   OK   OK
21°+   21°+
Not OK   Not OK

Please dispose of old battery properly.

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