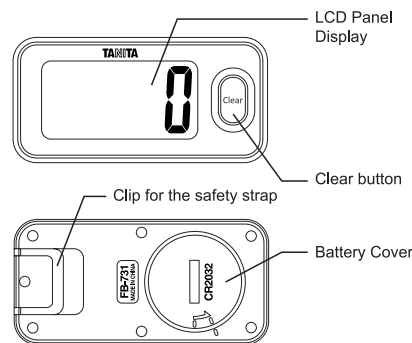


3 Axes Pedometer

Model: FB-731

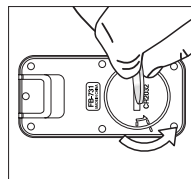


Accessory
Safety Strap

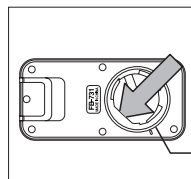


Fitting and replacing battery

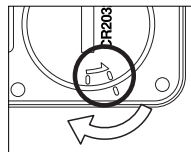
Open the battery cover on the back of the unit. Insert the battery (CR2032) as indicated. Please note that the included battery from the factory may have decreased energy levels over time.



1) Fit a coin into the groove on the battery cover and turn in the direction shown by the arrow to remove the cover.



2) Set the battery with the positive electrode facing up. If inner ring comes off, replace in the original position.



3) Fit the battery cover to the original position, and tighten firmly.

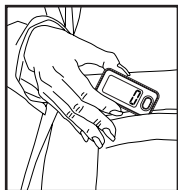
Inner ring

Replacing Battery

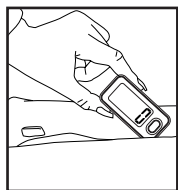
"Lo" on the display indicates that the battery is low. When this occurs, replace with a new battery.

Note: If you do not intend to use the product for a long period of time, remove the battery before storage.

Attachment position



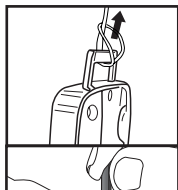
In your pocket:
The unit could be damaged if placed in a back trouser pocket.



In your bag:
If the unit is in your bag, take care to avoid moving it irregularly when in use.



Hanging from your neck:
Attach your own strap.



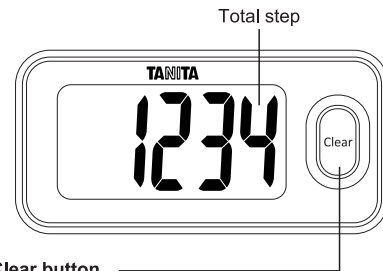
Using the Safety Strap
Use the safety strap to prevent the pedometer from dropping.

Attaching the safety strap



Opening/Closing the clip

Taking readings



Clear button

- Press and hold the "Clear" button for 3 seconds to clear the display any time while the display is on. This will clear all steps, display will return to "0".

- When the display shows the maximum step of "99999", press and hold the "Clear" button for 3 seconds to change the display to "0".

Troubleshooting

"Lo" is displayed:

- The battery has run down. Replace it promptly with a new battery (CR2032).

The battery is fitted but nothing is displayed

- Is the battery oriented correctly? Check the "+" and "-" sides.
- The battery has run down. Replace it promptly with a new battery (CR2032).

The measured value is too low or too high:

- Is the unit attached correctly?
- If walking is irregular, no values are measured.

"Err" is displayed:

- Remove and reinstall the battery.

Handling tips

Whether this unit is in your pocket, bag, around your neck, etc, it is still able to correctly measure your steps. Please note the following advice;

Measurement of steps:

- This unit is equipped with a 3 axes sensor, so it is able to respond to a variety of everyday movements. Therefore, its readings may differ from those of belt-mounted pedometers.
- To prevent incorrect readings the pedometer automatically judges when walking starts. If a certain motion continues for 7 seconds or more the unit judges the motion to be walking and measure from that time. If the motion stops, the measurement will stop until there is another period of at least 7 seconds of constant motion.

Energy-saving mode:

- This unit switches automatically to the energy-saving mode when it detects no motion for approximately 5 minutes, the display is turned off.
- To return from the energy-saving mode, move the unit or press and release the clear button. "HELLO" is displayed, and then total steps are displayed.

In the following situations, measurement may become inaccurate:

- With irregular movement of the unit.
 - If it is hung from a bag or neck strap and moves irregularly due to bumping against the user.
 - If it moves irregularly inside a bag or pocket.
- If walking motion is irregular.
 - When walking with a shuffling motion.
 - When walking in loose sandals, thongs or similar footwear.
 - When the stride length is not uniform by walking in crowded streets etc.
- When used for sports other than walking, or in locations with high vibration.
 - Climbing up and down stairs or steep slopes.
 - When swaying aboard a vehicle (train, bus, bicycle, car, etc.).
 - When sitting down and standing up.
- When jogging.
- When walking slowly.

Specifications

Steps	Min. 1 step, Max. 99999 steps
Detection method	Triaxial acceleration sensor
Power supply	DC 3.0V (1 x CR2032 battery included)
Battery life	Approx. 1 year (When used for approx. 4 hours per day)
External dimensions	0.5 in D x 2.9 in W x 1.4 in H D 12.0 x W 72.5 x H 35.5 mm
Weight	Approx. 1.0 oz / 28 g

Caution:

- Avoid leaving pedometer in direct sunlight.
- Do not subject pedometer to severe shock or put pressure on the LCD.
- Do not use liquid to clean. Use only a soft cloth.
- Do not open inner casing.
- Consult your physician before starting any new exercise routine.

Choke hazard:

- Keep battery away from children.

TANITA Corporation of America Inc.

2625 South Clearbrook Drive
Arlington Heights, IL 60005 USA
Tel: +1-847-640-9241
Fax: +1-847-640-9261

www.tanita.com

© 2011 TANITA Corporation
All Rights Reserved.

FB-731
2011.02 (0) TUSA