

Setting the Clock to Current Time

- Press the MODE button repeatedly until MILE is shown on the top display and the time is shown on the bottom display.
- Press the SET button. The MILE information disappears and the clock information is still showing on the bottom display.
- Press the RESET button repeatedly to set the HOUR reading. NOTE: Display will show “A” (AM Hour) or “P” (PM).
- Press the SET button repeatedly to correctly set “MINUTE” reading.
- When the clock is correctly set, pause 4 seconds. The display will then automatically return to the DISTANCE/clock mode.

Then set the mode setting to ‘step’ – by holding the mode button till the upper half of the pedometer screen reads ‘step’.

The pedometer will stay in this mode unless you change it.