



EXERCISE MONITOR USER INSTRUCTIONS

Your **V-fit** Exercise Monitor has been specially designed to help you plan and view your exercise performance.

EXERCISE MONITOR FUNCTIONS

- V-fit** Exercise Monitors have **SOME** or **ALL** the following functions: -
- CALORIES** ~ (COMPUTED THEORETICAL CALORIE BURN)
 - SCAN** ~ (CHANGING FROM FUNCTION TO FUNCTION)
 - STRIDE COUNTER** ~ (No. OF STRIDES DURING EXERCISE ROUTINE)
 - TIMER** ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
COUNT	FULL STRIDES (COUNT UP)
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	1 x AA (1.5v) POWER CELL
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +50c

USING YOUR **V-fit** EXERCISE MONITOR

To provide ease of use, there is only 1 button on your **V-fit** Exercise Monitor: - **MODE**

Press the **MODE** button once to move onto the **SCAN** mode. The display will change **EVERY 6 SECONDS** to show each function in turn.

To manually move through each of the Exercise Monitor's functions in turn, press the **MODE** button **TWICE**. The Exercise Monitor's functions are in order: - **SCAN, TIMER, COUNTER and CALORIES**.

Pressing and holding the **MODE** button for more than 3 seconds when you are in each mode will enable you to set to zero any previous figures remaining in each individual function.

Either press the **MODE** button or start to exercise and the Exercise Monitor will begin to register the various functions.

BATTERY INSTALLATION

To fit the **BATTERY** to your **V-fit** Exercise Monitor, please remove the **BATTERY COVER** at the **REAR** of the monitor. Carefully fit the battery supplied (and any subsequent new batteries) by fitting between the exposed contacts. Please ensure that the battery is fitted with the '+' / '-' ends matching the outline on the sticker in the battery compartment or etched into the compartment. Failure to fit the battery correctly may result in damage to your **V-fit** Exercise Monitor, which is not covered by our guarantee. **Dispose of old batteries carefully.**

Code: - AG1