



MICRA Deluxe STEPPER EXERCISE MONITOR USER INSTRUCTIONS

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

EXERCISE MONITOR FUNCTIONS

V-fit Exercise Monitors have **SOME** or **ALL** the following functions: -

CALORIES ~ (COMPUTED THEORETICAL CALORIE BURN)

STEP COUNT ~ (EXERCISE DISTANCE [miles/km])

STEPS / M ~ (STEP RATE [steps/minute])

TIMER ~ (COUNT UP [minutes and seconds])

MONITOR FUNCTION SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
STEP COUNT	0 - 9999 (UP) - STEPS
STEPS per MINUTE	0 - 360 STEP RATE per MINUTE
TIMER	0.00 - 99.59 MINUTES (UP)

MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	1 x AAA (1.5v) POWER CELL
STORAGE TEMPERATURE	-10c - +60c
OPERATION TEMPERATURE	0c - +50c

USING YOUR *V-fit* EXERCISE MONITOR

To provide ease of use, there are 2 buttons on your *V-fit* Exercise Monitor: -

MODE AND RESET

Press the **MODE** button to manually move through each of the Exercise Monitor's functions in turn. These are: - **TIME**, **STEPS per MINUTE**, **STEP COUNTER** and **CALORIES**. If you press the **MODE** button until you reach the **SCAN** mode and then release it, the display will change approximately **EVERY 6 SECONDS** to show each function in turn.

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

Start to exercise and the Exercise Monitor will begin to register the various functions. The Exercise Monitor will turn off automatically after approximately 10 minutes of inactivity

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.

Note: - It is your responsibility to dispose of old batteries carefully.

Code: - HS1-D