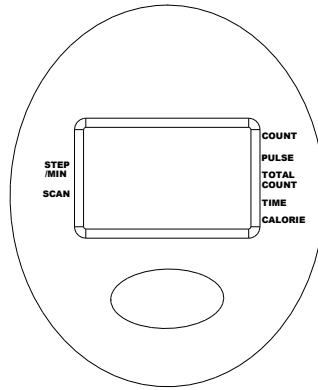


V-Fit EXERCISE MONITOR USER INSTRUCTIONS



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

EXERCISE MONITOR FUNCTION / SPECIFICATIONS

CALORIES	0.00 - 999.9 Kcal (THEORETICAL)
PULSE	40 - 220 BEATS PER MINUTE - HAND PALM ACTIVATED
SCAN	SHOWS EACH FUNCTION EVERY 6 SECONDS
STEP COUNTER	FULL STEPS (COUNT UP)
STEPS per MINUTE	15 - 240 FULL STEPS PER MINUTE
TOTAL STEP COUNT	TOTAL ACCUMULATION OF STEPS 0 - 9999
TIMER	0.00 - 99.59 MINUTES (COUNT UP)

EXERCISE MONITOR OPERATING SPECIFICATIONS

POWER SOURCE	2 x AA (1.5v) POWER CELLS
STORAGE TEMPERATURE	-10c - +60c
NORMAL OPERATING TEMPERATURE	0c - +40c

USING THE V-fit EXERCISE MONITOR ON YOUR STEPPER

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: -

STEP COUNTER, PULSE, TOTAL STEP COUNT, TIMER, CALORIES and STEPS / MINUTE.

Pressing and holding the **MODE** button for more than 5 seconds when you are in each mode will enable you to set to zero any previous figures remaining in each individual function. The **TOTAL STEP COUNT** function cannot be reset.

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

The Exercise Monitor will automatically turn off to conserve battery power after 2 minutes of inactivity.

TROUBLE SHOOTING

If the display becomes illegible or only partial segments appear, please remove the batteries, wait 20 seconds and refit

BATTERY INSTALLATION

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

Dispose of old batteries carefully.

CODE: - HS5