

EZON



Pedometer Watch

Quick Start Guide

GETTING STARTED

ACTIVATE YOUR WATCH

- To turn on your watch, press and hold all 4 buttons simultaneously.
- Remove the label that appears on the display.
- The LCD display should be active and ready for use.

ATTENTION:

WATER RESISTANT: 5 ATM

Water damage may occur if the buttons are pressed under water.

CONTACT US

If you have questions about our products, pls
contact our customer service team

support@ezon.cn

We will reply as soon as possible

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IMPORTANT SAFETY INSTRUCTIONS AND WARNINGS

WARNING: This equipment is designed for sports and leisure use. It is not a medical device.

Please read all of the information in this instruction manual before using the unit. Make sure you fully understand the functions and limitations of this product before using it.

NOTICE TO PEOPLE WEARING PACEMAKERS: While the running watch is a passive system and should have no direct effect on a pacemaker, we strongly recommend anyone fitted with such a device contact their physician or cardiologist before using this product or starting an exercise program.

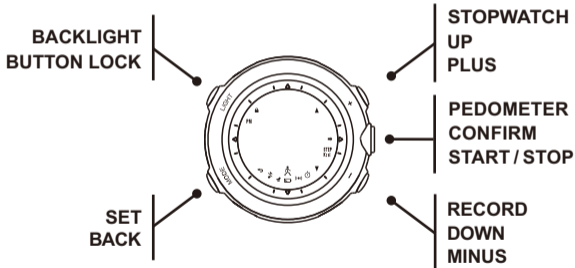
Never expose the watch to chemicals or cleaning solvents.

Expose to insect repellent and sunscreen may also damage the unit.

NOTICE: The watch is 30M water resistant, It is not waterproof. Do not press buttons under water, this will cause damage.


BUTTON LAYOUT

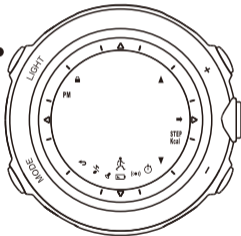
*The buttons are not intended for use under water.
Pressing buttons under water may cause damage.*



LOCK THE BUTTONS

LIGHT

Press and hold to lock the buttons.
The  icon will appear on the display.



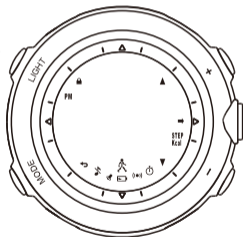
While button lock is turned on, no buttons will work.

To unlock the buttons, press and hold the LIGHT button.

SWITCH ON THE BACKLIGHT

BACKLIGHT

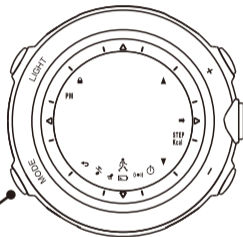
Press to activate the backlight,
the light will glow for 3 seconds.



SETTING

MODE

Press to view time, day of week, month-date.
Press and hold the button for 2-3 seconds to enter the setting screens. Press the **+** or **-** buttons to scroll through: time-date → alarm → user.



SETTING “TIME-DATE”

Press the ◀ button to enter the “Time-date” setting screens.

Press the + or - buttons to adjust each value starting with “hour”.

Press and hold these buttons for fast-paced setting.

Press the ◀ button to advance to the next setting value in this order:

hour → minutes → second → 12/24 hour format → year → month → date → date format →
key tone on/off.

Repeat these steps for all time setting options.

Press the MODE button to return to the time mode.

Special note: when the key tone is turned OFF, the 🎵 icon will be displayed in Time mode.

SETTING "ALARM"

Press the ◀ button to enter the "ALARM" setting screens.

Press the ◀ button to scroll through: hourly chime on/off → alarm on/off → setting alarm hour → setting alarm minute.

Press the + or - buttons to adjust each value in this order: chime on/off → alarm on/off → alarm hour → alarm minute.

Repeat these steps for all alarm setting options.

Press the MODE button to return to the time mode.

Special note:

When hourly chime is ON, the 🔔 icon will be displayed in Time mode.

When alarm is ON, the (●) icon will be displayed in Time mode.

SETTING "USER"

Press the ◀ button to enter the "USER" setting screens.

Press the ◀ button to scroll through: sex → age → unit → weight → height → step.

Press the + or - buttons to adjust each value.

Repeat these steps for all user setting options.

BMI INDEX (body mass index) will be calculated automatically and display after setting the aboved user data.

Reference Data:

BMI	18.5-24.0	normal
BMI	< 18.5	a little thin
BMI	>24	a little fat
BMI	>30	overweight

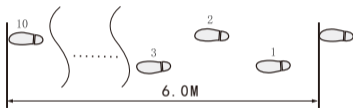
Press the MODE button to return to the time mode.

HOW TO MEASURE A STEP

Step size is the length between one tiptoe and another tiptoe in walking.

Example based on a 10 steps walking, the distance is 6.0 meters.

Step = $6.0 \text{ meter} \div 10 = 60 \text{ cm}$



Tips:

The more steps taken, the more accuracy on the step size.

USING THE PEDOMETER

In time mode, press the ◀ button to switch on the pedometer, when pedometer is ON, 🚶 is blinking. Press the + or - button to view steps taken, current time, duration, distance, Kcal count. Press the mode button return to time mode.

When pedometer is on, press and hold the ◀ button to switch off the pedometer, the move bar ➡ go around on the watch display, the exercise data will be saved to training record and return to the time mode.

Special note:

The pedometer starts to record and display the steps only after the user take more than 10 steps.

USING THE PEDOMETER

Special note:

1. The pedometer will be switch off automatically if no movement in 10 minutes, the exercise data will be saved and return to the time mode.

2. The pedometer measures the step by sensing the arm swing of user, below action may affect the accuracy:

- wearing the watch too loose
- putting hands in the pocket
- hanging the watch on the bag, etc
- wearing slipper or wooden clogs in walking
- walking in crowed area
- standing up and sitting down frequently
- doing strenuous exercise such as playing basketball, tennis, badminton, etc
- taking bike/bus,etc
- climbing stair or hiking
- changing speed frequently
- run fast in short distance
- swinging arm continually while not walking

REVIEWING WORKOUTS

The workouts are empty if you don't use the pedometer or you don't save the exercise data.

The watch can store up to 10 workouts.

Press the **—** button until you get to workouts summaries mode. The icon will be displayed for 3 seconds, followed by your calories burned bar. Each bar stands for 1 workout.

Press the **+** or **—** button to select the workout, press the **◀** button to view it, press the **+** or **—** button to view the steps, speed, distance, duration and Kcal.

Press and hold the **◀** button to delete this workout.

Press the mode button to return to the calories burned bar.

Special note:

While display the calories burned bar, press the mode button to return to the time mode.

If press and hold the **◀ button to delete all workouts, the watch will be return to the time mode automatically if no operation in 1 minute.**

USING THE CHRONOGRAPH

Read this section carefully before your first run!

Press the **+** button ,the  icon will be display for 2 seconds, then enter the chronograph mode or press twice the **+** button to fast enter the chronograph mode.

Press the **◀** button to start/stop the chronograph.

To reset the chronograph press and hold the **+** button while the chronograph is stopped.

While the chronograph is running ,press **+** button to record a lap. The recorded lap number, lap time and split time will be displayed for 5 seconds, followed by your current “counting”lap time. (the “split time” is your total run time at the point each lap is recorded)

Press the **◀** button to stop the chronograph.(your current lap time will be displayed)

Press the **+ / -** button repeatedly to view the lap detail of your current or latest run: lap number、 lap time、 split time、 BEST LAP、 best lap time and AVG LAP.

USING THE CHRONOGRAPH

Special note:

BEST LAP = THE FAST LAP

AVG LAP = TOTAL TIME ÷ TOTAL LAP

You can record up to 30 laps.

To reset the chronograph press and hold the **+** button while the chronograph is stopped.

While the chronograph is running, the  icon will be displayed in Time mode.

Press the mode button to return to time mode.

Or the watch will be return to the time mode automatically if no operation in 1 minute.

HOW TO REPLACE THE BATTERY

Your watch uses a CR2032 3V lithium battery.

Low power battery reminder:  icon blinking on the watch

To ensure water resistance, all battery replacements should be performed by a trained watch technician or jeweler.

Using a coin, gently turn the coin to open the battery compartment door.

Remove the old battery and replace it with a new one. **Be sure the battery is in the correct polarity position**---positive(+) side of the battery is visible.

Replace the battery compartment door. Be careful not to over-tighten.

KEEP the unit out of the reach of children and pets. The unit contains small parts that may be swallowed. This is not a toy.

CAUTION: This product uses a button-cell battery. If swallowed, contact a physician immediately. Severe damage or death can occur. Do not dispose of in fire or water.

NOTE: Watch battery contains chemical substances. They should be disposed properly under local regulations. Do not dispose of in fire or water.

HAZARDOUS SUBSTANCES CONTENT

Unit HS	Watchstrap	Watchcase	Stainless Steel	Aldary	PCB	Electronic Component	LCD	Glass	Rubber Belt	Elastic	O-ring	Plastic Parts	Wire	Pack & Presswork
Pb	○	○	○	✕	○	✕	○	○	○	○	○	○	○	○
Hg	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cd	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Cr(VI)	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PBB	○	○	○	○	○	○	○	○	○	○	○	○	○	○
PBDE	○	○	○	○	○	○	○	○	○	○	○	○	○	○

This is the summary table which contains main parts of our products. The watch parts depend on the actual model.

The parts and their homogeneous materials in the watch which are not listed in the table do not contain hazardous substances.

All the parts and their homogeneous materials containing hazardous substances in the watch, meet the European Union RoHS requirement, please rest assured use.

The table is edited according to the regulations in SJ/T 11364.

○ : means the hazardous substances content in all homogeneous material of the part is below the limit in GB/T 26572.

HAZARDOUS SUBSTANCES CONTENT

X : means the hazardous substances content in one homogeneous material of the part is over the limit in GB/T 26572.

Tips:

In order to protect the environment, when the product or its parts scrap, please separate them from the household garbage and send them to a qualified recycle station. The recycle stations classify, split and recycle them according to the relevant state regulations.

For more information about the recycling process of the watch, please consult with the local government, waste management office, etc.

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