

PEDOMETER INSTRUCTIONS



Congratulations to your purchase of a Silva pedometer

A pedometer is an exercise monitor that will, depending on model, count the number of steps, calculate distance, exercise time and calorie consumption.

General information

The pedometer uses a pendulum to register steps. When in motion, the pendulum gives off a clicking sound. Treat your pedometer carefully. It is not shock- or water-proof.

ON/OFF

Insert the battery by pulling the battery hatch outwards. Insert the battery/batteries (1 x LR44 for ex step, ex distance and ex plus and 2 x LR44 for ex connect) and replace the battery lid.

The pedometer is not equipped with an ON-/OFF button since the power consumption when not in use is very low.

Placement of pedometer

The pedometer should be placed in an upright position. If it leans in any direction it may register incorrect number of steps. The best position is on your belt at the hip.



Filter function

The pedometer uses a filter to prevent short involuntary movements that are not part of the walk/jog. Six steps in a row need to be taken for the pedometer to keep counting.

Warranty

Silva warrants that, for a period of two (2) years, your Silva Product will be substantially free of defects in materials and workmanship under normal use. Silva's liability under this warranty is limited to repairing or replacing the product. This limited warranty extends only to the original purchaser. If the Product proves defective during the Warranty Period please contact the original place of purchase. Make sure to have your proof of purchase on hand when returning the product. Returns cannot be processed without the original proof of purchase. This warranty does not apply if the Product has been altered, not been installed, operated, repaired, or maintained in accordance with instructions supplied by Silva, or has been subjected to abnormal physical or electrical stress, misuse, negligence or accident. Neither does the warranty cover normal wear and tear. Silva is not responsible for any consequences, direct or indirect, or damage resultant from use of this product. In no event will Silva's liability exceed the amount paid by you for the product. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This Warranty is valid and may be processed only in the country of purchase. For more information please visit www.silva.se



Replacing battery

Replace the battery when the digits in the display start to fade. Open the battery cover by pulling it directly outwards. Change the battery/batteries (1 x LR44 for ex step, ex distance and ex plus and 2 x LR44 for ex connect) and replace the battery cover.

Protect the environment

All parts included in this product including batteries should be recycled and must not be thrown in the regular trash. Dispose these items in accordance with applicable local regulations.

| Step Record... | | | | | | | | |
|-----------------------------------|-----------|--------------|---------------|-------|-----|-----|-------------|-------------|
| Start Date: _____ End Date: _____ | | | | | | | Total Steps | |
| Week 1 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Steps |
| Steps Per Day | W | E | F | R | S | | | |
| Week 2 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Steps |
| Steps Per Day | W | E | F | R | S | | | |
| Week 3 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Steps |
| Steps Per Day | W | E | F | R | S | | | |
| Week 4 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Steps |
| Steps Per Day | W | E | F | R | S | | | |
| Week 5 | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Total Steps |
| Steps Per Day | W | E | F | R | S | | | |
| Participant Name | Team Name | Team Captain | Monthly Total | | | | | |