



⚠ WARNING	
<ul style="list-style-type: none"> • INGESTION HAZARD: This product contains a button cell or coin battery. • DEATH or serious injury can occur if ingested. • A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours. • KEEP new and used batteries OUT OF REACH of CHILDREN • Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body. 	

- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Battery type: silver oxide SR1130W.
- Nominal battery voltage: 1.5 V
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above 140°F (60°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Ensure the batteries are installed correctly according to polarity (+ and -).
- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon zinc, or rechargeable batteries.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

⚠ AVERTISSEMENT	
<ul style="list-style-type: none"> • RISQUE D'INGESTION : ce produit contient une pile bouton. • Avaler une pile bouton peut entraîner d'importantes blessures, et même la MORT. • L'ingestion d'une pile bouton peut causer des Brûlures Chimiques Internes en seulement 2 heures. • CONSERVEZ les piles neuves et usagées HORS DE PORTÉE des ENFANTS. • Appelez les soins médicaux d'urgence si vous suspectez qu'une pile a été avalée ou insérée dans une partie du corps. 	

- Retirez immédiatement les piles usagées ou éliminez-les en accord avec les lois locales. Gardez-les hors de portée des enfants. Ne les jetez pas aux ordures ménagères dans la poubelle domestique. Ne jetez pas de piles dans un feu.
- Même des piles usagées peuvent causer des blessures graves ou mortelles.
- Appelez votre centre antipoison pour connaître le traitement en cas d'ingestion.
- Type de pile : oxyde d'argent SR1130W
- Tension nominale de la pile : 1.5 V
- Les batteries non-rechargeables ne doivent en aucun être rechargées.
- Ne forcez pas la décharge ou la recharge des piles. Ne les désassemblez pas. Ne les exposez pas à une température supérieure à 60°C (140°F). Ne les jetez pas dans le feu. Cela peut provoquer des blessures dues à des émanations gazeuses, à des fuites ou à une explosion avec pour conséquence des brûlures chimiques.
- Assurez-vous que les polarités (+ et -) de la pile sont respectées.
- Ne mélangez pas des piles neuves et usagées, de marques ou de types différents tels que carbone-zinc, alcalines, ou rechargeables.
- Retirez puis recyclez ou éliminez immédiatement les piles des équipements qui n'ont pas été utilisés depuis longtemps, en accord avec les lois locales.
- Assurez-vous de toujours sécuriser le compartiment à piles. S'il ne se ferme pas correctement, arrêtez d'utiliser le produit. Retirez les piles et conservez-les hors de portée des enfants.

TIMEX®

www.timex.com

W-178-US 620 095000-02

Your TIMEX Pedometer will track Steps and Distance during your workout – whether you're walking, jogging or running!

Please read instructions carefully to understand how to operate your Timex pedometer.

Visit www.timex.com for more state-of-the-art TIMEX technology to help you reach your fitness goals and maintain your healthy lifestyle.

HOW TO WEAR YOUR PEDOMETER

- Slide the clip (Figure A) on the back of the pedometer completely onto your belt or waistband (Figure B) as close to your hip bone as possible so that the buttons face away from your body (Figure C). Be sure the pedometer remains firmly attached during your exercise.

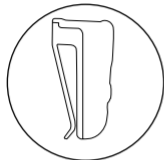


Figure A

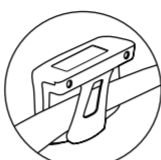


Figure B



Figure C

HOW TO COUNT YOUR STEPS

- Press the MODE button until the STEP label appears. If the display does not show 00000, press RESET to clear the old data.
- Wear your pedometer according to the directions above.
- Begin your activity, your Steps will be counted up to 99,999.

HOW TO TRACK YOUR DISTANCE

- Press the MODE button until MILE or KM appears. Press RESET to clear any old data.
- Your pedometer can track Distance in Miles or Kilometers. To change between Miles and Kilometers, press and hold the MODE button for 5 seconds until the LCD flashes once.
NOTE: Changing between Miles and Kilometers will change the displayed mode and clear all of your pedometer's data and settings.
- In order to use the Distance mode, you will need to measure your Stride Length. Refer to those directions below.
- To set (or confirm) your Stride Length, press SET and that value will flash in FT (or cm.).
NOTE: The display will stop flashing if no button is pressed within 5 seconds.
- Press RESET to increment the displayed Stride Length value and press SET when done to return to the Distance mode display.
- Wear your pedometer according to the directions above.
- Begin your activity, and your Distance will be counted up to 999.99 Miles (or Kilometers).

HOW TO MEASURE YOUR STRIDE LENGTH

- Find an area where you can walk ten (10) steps in a straight line.
- Mark the starting point and place your foot behind the line.
- Take ten (10) steps or strides copying what is normal for the activity you are doing.
- Mark a line in front of your foot where your last step ends.
- Measure the distance between the two marks in feet (or centimeters).
- Divide this distance by ten (10) to determine your normal stride length.

BATTERY INFORMATION

The display will begin to dim as the battery runs down. The button cell or coin battery is not intended to be replaced by a consumer. Only a jeweler or other professional is to replace the battery.

NOTE: Replacing the battery clears all your pedometer's data and settings. You will need to re-input your Stride length.

WARRANTY INFORMATION

www.timex.com/pages/warranty-repair