

JogPal Plus



I. FEATURES

- Piezoelectric Sensor Technology
- 24-Hour Clock
- Calorie Indicator
- NiteLite with SmartLite Function
- Step Count
- Independent "WALK"/"RUN" Modes
- Unit (mile or km)
- Separate Stride Length
- Total Walking/Running Distance
- Elapsed Exercise Time
- Large Easy to Read Screen
- Protective Trim
- Slim Design
- Strong Spring Style Clip
- Batteries Included
- No Clicking Noise

II. CALCULATING YOUR STRIDE LENGTH

Preset Values	Mode
2 ft.(~0.6m)	Walk
3 ft.(~0.9m)	Run

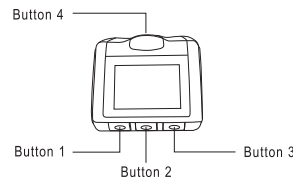
These values are taken from average adult males. Calculate individual step / stride lengths using the following steps:

Step 1: Count the number of steps / strides by means of

walking/running used to cover a known distance with enen steps / strides.
Step 2: Divide the known distance by the number of steps / strides.

For example: When walking 25 feet with 10 steps, 25 feet divided by 10steps gives a step length of 2.5 feet or 2 feet 6 inches.

III. BUTTONS & FUNCTIONS



Button 1: Mode / Set

- Press once to change screens in Normal display
- Press & hold for 2 seconds to enter the Setup screens

Button 2: Start / Stop / Reset / +

- Press once to Start / Stop or Re-start the stopwatch in any mode (except Setup Mode)
- Press & hold to clear all exercise data in any Normal display

- Press once to increase the value in the Setup screens
- Press & hold to increase and fast scroll the value in the Setup screens

Button 3: Walk / Run / -

- Press once to toggle between Walk and Run Mode
- Press once to decrease the value in the Setup screens
- Press & hold to decrease and fast scroll the value in the Setup screens

Button 4: NiteLite

- Press once to turn on the NiteLite for 3 seconds

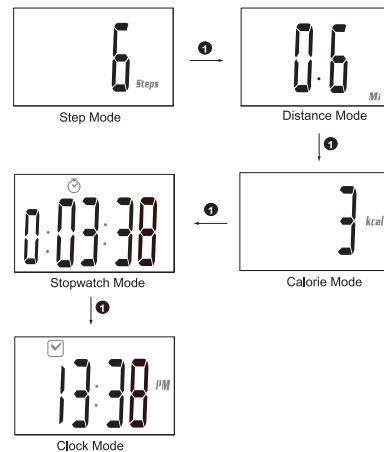
IV. OPERATIONS

Starting your Exercise

- Start / Stop or Reset the Stopwatch - Press Button 2 once (at any Normal display)
- When the Stopwatch starts counting, the JogPal Plus will confirm with a long beep and the icon starts to run.
- Begin exercising and the JogPal Plus will automatically show the step count.

Changing Modes

Switching between different screens - Press **Button 1** (See Below)



Note:

- In Distance Mode, press & hold **Button 1** to enter Unit & Stride Length Setting (please see **Section V. (1)** Changing your Unit & Stride Length)
- In Calorie Mode, press & hold **Button 1** to enter Weight Setting (please see **Section V. (2)** Changing the Weight in Calorie Mode).
- In Clock Mode, press & hold **Button 1** to enter Clock & SmartLite Setting (please see **Section V. (3)** Setting your Clock & SmartLite).

Resetting your Jogpal

Stop the Stopwatch, press & hold **Button 2** (at any Normal display) to reset the data values to zero.

toggling between Walk & Run Mode

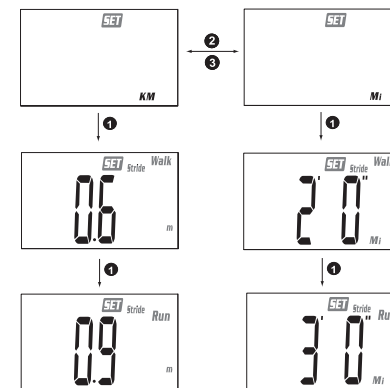
Press **Button 3** once at any Normal display.

Turning on the NiteLite

Press **Button 4** (at any Normal display) to turn on the BiteLite for 3 seconds.

V. OTHER INFORMATION

(1) Changing your Unit & Stride Length



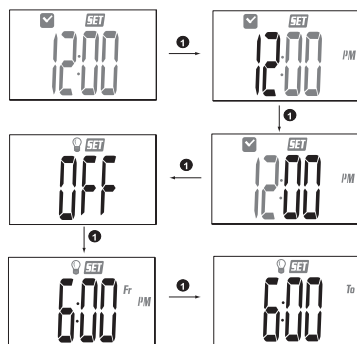
- Step 1: In Distance Mode, press & hold **Button 1** until the **SET** icon appears, the Unit flashes.
Step 2: Press **Button 2** or **Button 3** to toggle between KM and Mi.
Step 3: Press **Button 1** to confirm selection and advance to Stride Setup Mode.
Step 4: Press **Button 2** or **Button 3** to scroll the values in (+) or (-) direction (Press & hold to scroll fast).
Step 5: Press **Button 1** to confirm selection.
Note: Press & hold **Button 1** to exit at any time.

(2) Changing the Weight in Calorie Mode



- Step 1: In Calorie Mode, press & hold **Button 1** until the **SET** icon appears, the digit flashes.
Step 2: Press **Button 2** "+" or **Button 3** "-" to increase or decrease the value (Press & hold to scroll fast).
Step 3: Press **Button 1** to confirm selection.
Note: Press & hold **Button 1** to exit at any time.

(3) Setting your Clock & SmartLite



- Step 1: In Clock Mode, press & hold **Button 1** until the **SET** icon appears, the Unit displays the Clock Format.
Step 2: Press **Button 2** or **Button 3** to toggle between 24H and 12H.
Step 3: Press **Button 1** to confirm selection and advance.
Step 4: The hour digit flashes. Press **Button 2** or **Button 3** to adjust the values (Press & hold to scroll fast).

- Step 5: Press **Button 1** to confirm selection and advance.
Step 6: The minute digits is flashing. Repeat Step 4 & Step 5.
Step 7: When the Product displays SmartLite Mode, press **Button 2** to toggle between OFF and ON.
Step 8: Press **Button 1** to confirm and advance. (If confirm ON, repeat Step 4 & Step 5 to program the SmartLite activation period).
Note: Press & hold **Button 1** to exit at any time.

VI. DEFAULT VALUE & RANGE OF PARAMETERS

	Default	Range
Unit	Mile	Mile/KM
Walk Stride	2-feet (0.6-meter)	0'1" to 9'9" (0.05 to 3-meters)
Run Stride	3-feet (0.9-meter)	0'1" to 9'9" (0.05 to 3-meters)
Steps	0	0 to 99999 steps
Weight	75kg (150Lbs)	30kg to 150kg (65Lb to 300Lb)
Clock	12:00 AM (24 hour format)	
SmartLite	OFF	OFF/ON
SmartLite From	6:00 PM	1:00 PM to 11:00 PM
SmartLite To	6:00 AM	1:00 AM to 11:00 AM

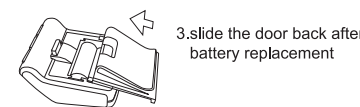
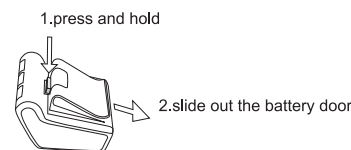
VII. CARE & MAINTENANCE

The JogPal Plus should be worn close to the center of the body to ensure accurate readings (just to the left or right of your belt buckle).

Please also read and follow the instructions below.

- Walk on a hard, level surface such as road, soft track or walking path.
- Try to take consistent strides and avoid sudden or sharp turns.
- Do not expose the JogPal Plus to moisture or high humidity; this will reduce the battery life.

VIII. BATTERY REPLACEMENT



Note: Try to complete the replacement within one minute, then all the settings can be retained.

Battery Type: LR1 x 2
Battery Life: about 1.5 years

IX. WARRANTY

This product is warranted by Acumen Inc. for one year from date of purchase (with the exception of batteries) against defects in workmanship and material. During the one-year period, these defects will be repaired or the product will be replaced by **Acumen Inc.** at its sole discretion without charge. This warranty covers normal consumer usage and does not cover damage which occurs in shipment or failure which results from accident, misuse, abuse, tampering, alteration or disassembling of the product or improper maintenance. This warranty is effective only if the product is purchased and operated in the USA and does not extend to any

units which have been used in violation of written instructions furnished by **Acumen Inc.** or to units which have been altered or modified without authorization of Acumen Inc., or to damage to products or parts thereof which have had the serial number removed, altered, defected or rendered illegible. Product must be returned to authorized dealer for service if purchased outside USA.

Note: Please return product to local authorized dealer for service if purchased outside USA.

X. SERVICE & REPAIR

Do not attempt to repair the product. Should the product malfunction, please first visit our website at www.acumeninc.com for Consumer Customer Service. If the problem cannot be resolved, return the product for repair or replacement. Under no circumstances should you attempt to open the housing and repair the product. Should you do this, your warranty will be voided.
In USA, securely package and return the product prepaid to:

Acumen Inc.,
101A Executive Dr., Suite 100,
Sterling, VA 20166, USA.

To Return for Service

- First visit our website at www.acumeninc.com/returnauthorization.asp to obtain a Return Authorization Number.
- Enclose your name, address and phone number.
- Enclose the date of purchase (or receipt as a gift).
- An explanation of the malfunction or reason for return.
- Seven dollars and fifty cents (\$7.50) Check or Money Order payable to Acumen Inc. for return postage and handling.
- To ensure prompt "In warranty" service, be sure to include proof of date of purchase.

We recommend you take the necessary precaution of insuring the parcel.

Outside USA, you should contact the local dealer or Acumen distributor in your country for customer service.

Acumen Europe BV

E-Mail: acumen@Acumeninc.com
Website: www.acumeninc.com

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