



Model: PA-S20

EN

Instruction Manual

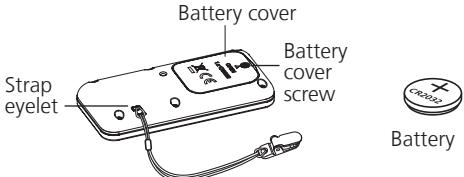
www.rossmax.com

Introduction

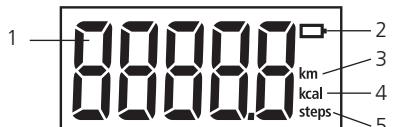
The pedometer measures your physical activity keenly and helps you to assist your diet or motivates to reach your daily walking target.

The pedometer uses 3-axis technology to detect and calculate any fast or slow signals from physical activity accurately.

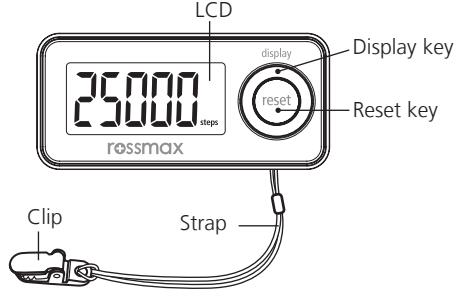
Name/Function of Each Part



Display Explanations

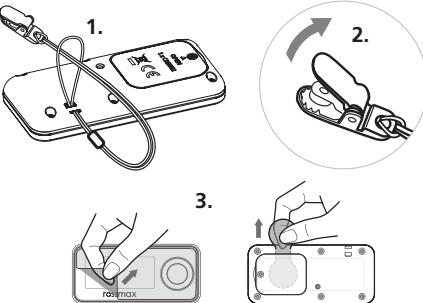


1. Display LCD
2. Weak battery mark
3. Kilometer mark
4. Calories mark
5. Steps mark



Assemble the unit and strap:

1. Attach the strap to the unit.
2. Open and close the clip.
3. Remove the protective film and battery insulation sheet



How to attach the unit

Attach the unit:

Pocket:

1. Put the unit in your upper front or trousers pocket.

2. Clip the strap to the edge of your pocket.

Note:

- Do not put the unit in the back pocket of your shorts or trousers.

Bag:

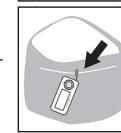
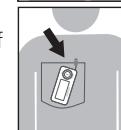
1. Put the unit in your bag.

Note:

- Be sure you can hold the bag tightly.
- Be sure the unit is securely fastened to your bag.
- Clip the strap to the edge of your bag.

The unit may not measure your steps accurately in the following conditions:

1. The unit moves irregularly.
 - When the unit is put in a bag which is moved irregularly.
 - When the unit swings from your belt, a pocket or a bag.
2. Walking at an inconsistent pace.
 - When you shuffle or wear sandals or slippers.
 - Starting and stopping or other forms of inconsistent walking.
3. Up and down movement.
 - Standing up and sitting down movement.
 - Playing sports other than walking and running.
 - Ascending or descending movement on stairs or on a steep slope.
 - When you are engaged in an upper-body workout.
4. Using the unit in a vibration environment.
 - Like riding a bicycle, car, train or bus.
5. Walking extremely slowly.
6. Jogging or walking with the unit held in your hand.



Start to Use

1. Start walking.

Note:

- In order to avoid counting steps that are not part of a walk, the unit does not display the step count for the first 4 seconds of walking. If you continue walking for more than 4 seconds, it displays the step count for the first 4 seconds and then continues to count.
- 2. After you walk, press display key to read the data.
- 3. To delete all the previous measurement results, press the "reset" button for 2 seconds.

Reviewing the Data



Press display key:



Steps count during a day



Calories burned during a day



Distance walked during a day

Replacing the Battery

- If the  symbol blinks or appears on the display, replace the battery with a new (CR2032) battery.
- If the battery is removed, all measurement values will be deleted.

Note:

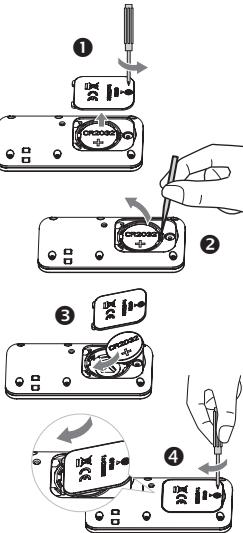
- If you want to keep any of the measurement values, make a note of them before removing the battery.

Replacing the battery:

- Loosen the screw of the battery cover on the back of the unit, and remove the battery cover by pulling it off in the direction of the arrow. Use a small screwdriver to loosen the screw on the battery cover.
- Remove the battery with a thin, sturdy, stick that will not break easily.

Note:

- Do not use a pair of metal tweezers or a screwdriver.
- Insert the battery (CR2032) with the positive (+) side face up.
- Replace the battery cover by sliding the catch in first, then tighten the screw.



Cautions

- Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.
- Keep the unit out of the reach of young children.
- Please consult a doctor immediately, if young children swallow the battery, battery cover or screw.

- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not swing the unit by strap that may cause an injury.
- If battery fluid should get in your eye, immediately rinse with plenty of clean water. Consult a doctor immediately.
- If battery fluid should get in your skin or clothing, immediately rinse with plenty of clean water.
- Do not insert the battery with the polarities in the wrong direction.
- Always use the type of battery indicated.
- Replace a worn battery with a new one immediately.
- Remove the battery from this unit when you are not going to use it for long period of time.
- Do not throw the battery into fire, it may explode.
- When disposing the product, remove the battery and follow local regulations on environmental protection.

Maintenance and storage

1. Maintenance

Always keep the unit clean. The unit should be cleaned with a soft dry cloth. To remove stubborn stains, wipe the unit with damp cloth moistened with water or mild detergent. Then wipe it dry.

2. Maintenance and storage precautions.

Do not use volatile liquids, such as benzene, or thinner, to clean the unit.

3. Please observe the following storage condition.

- Do not disassemble the unit.
- Do not subject the unit to strong shocks or vibrations, drop it, step on it, or leave it at an angle.
- Do not immerse the unit or any of the components in water. The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.
- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not store the unit where it will be exposed to chemical or corrosive vapours.

Troubleshooting

| Phenomenon | Cause | Rectification |
|--|--|---|
|  Blinks or appears continuously | Battery power weak or exhausted | Replace a new 3V Lithium battery type CR2032 |
| Nothing is displayed | Polarities of battery (+ and -) aligned in wrong directions | Insert battery in correct alignment |
| | Battery power weak or exhausted | Replace a new 3V Lithium battery type CR2032 |
| Displayed values are incorrect | The unit is attached incorrectly Cases where the unit may not be able to count steps accurately | Follow instructions Refer to section of "How to attach the unit" |
| The display is unusual or the buttons do not operate normally | | Remove the battery then insert it again |

Warranty

This instrument is covered by a 2 year guarantee from the date of purchase, batteries and accessories are not included. The guarantee is valid only on presentation of the guarantee card completed by the dealer confirming date of purchase or the receipt. Opening or altering the instrument invalidates the guarantee. The guarantee does not cover damage, accidents or non-compliance with the instruction manual. Please contact Rossmax service.

Date of purchase:

Store where purchased:

Price Paid (excl. Tax):

 **WARNING:** The symbol on this product means that it's an electronic product and following the European directive 2012/19/EU the electronic products have to be disposed of your local recycling centre for safe treatment.

Specification

| | |
|--|--|
| Measurement Range | Steps: 0-99999 steps Calorie: 0-9999 kcal Distance: 0.0-999.9 km |
| Accuracy of Steps | ±5% (vibration testing machine) |
| Operation environment | Temperature: -10°C to 40°C ; Humidity: 30 to 85% RH |
| Storage and Transportation environment | Temperature: -20°C to 60°C ; Humidity: 30 to 95% RH |
| Dimension | 77.4 (L) * 36.0 (W) * 11.4 (H) mm |
| Weight | 27.5 g (G.W.) (w/ Battery) |
| Battery type | 3V Lithium battery type CR2032*1 |
| Battery life | Approximately 6 months (when used for 2 hours a day, approximately 10,000 steps) |

Manufacturer: Rossmax Swiss GmbH,
Tramstrasse 16, CH-9442 Berneck, Switzerland



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