

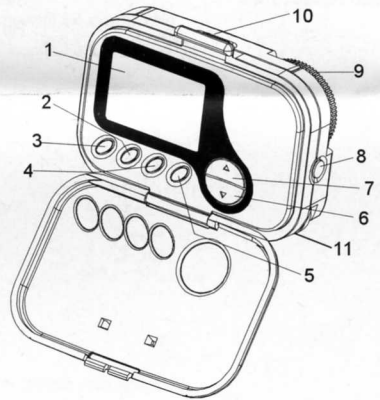
SANYO

RP-PM01

Pedometer with Analogue AM/FM Radio

Instruction Manual

- | | |
|-----------------------|------------------------|
| 1. LCD display | 6. STOP/ ▼ button |
| 2. ALARM/LOCK button | 7. START/ ▲ button |
| 3. POWER/SLEEP button | 8. Earphone jack |
| 4. MODE button | 9. Tuning Knob |
| 5. SET button | 10. FM ST/FM/AM switch |
| 11. Volume Knob | |



INSTALLING A BATTERY


Pedometer: DC 1.5V (1 x "LR43" Battery) – included & Radio: DC 3V (1 x "CR2032" Battery) -- included

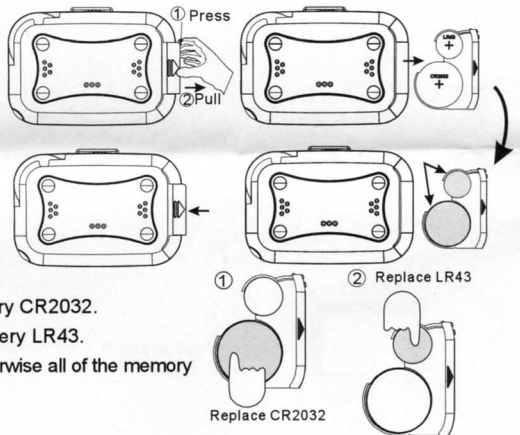
Cautions:

- Match the polarity symbols (+ and -) marked inside the battery compartment.
- Always use a fresh battery of the required size.

If the unit is not to be used for a prolonged period, remove the batteries to avoid leakage. In the interest of environmental safety, dispose of batteries safely.

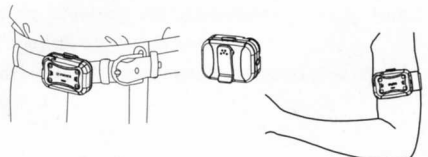
Note:

- When  appears on the LCD, replace the battery CR2032.
- When the characters change blur, replace the battery LR43.
- Replacing the batteries must be within 1 minute; otherwise all of the memory and alarm settings will be erased.



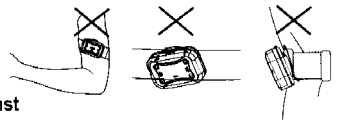
CORRECT USAGE

1. Positioning the Pedometer to your belt correctly as below:



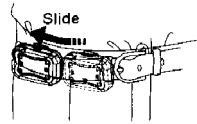
2. The Pedometer may not count steps when:

- The Pedometer is not attached correctly.
 - The Pedometer is not set horizontally to the ground but leaning LEFT or RIGHT angle.
 - The Pedometer is leaning FORWARD or BACKWARD against your body.



Note: In the later case, slide the Pedometer around your belt to find less leaning spot.

- Irregular walking or other behavior;
 - Walk with shuffle, or short stride with less impact to the ground.
 - Walk with sandals or other strange footwear.
 - Walk at an inconsistent pace in a crowded place or up and down stairs, or steep path.
 - Sitting and standing motion without walking, or during train and other vehicle ride or during playing sports.



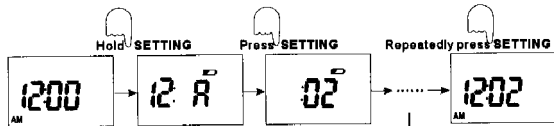
INITIALIZATION

Setting the real time

In real time mode, default to 12:00 a.m,

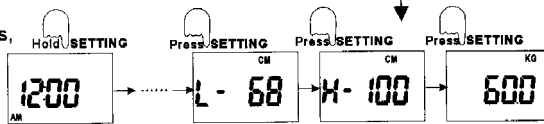
Hold and press **SET** button, then press **START▲/STOP▼** button to set the hour, A or P or H will appear after the hour digit. (A and P mean AM and PM respectively, H means 24 hours format).

1. Press **SET** button, confirm the hour setting, and the minute flashes. Then repeatedly press **START▲/STOP▼** to adjust the minute. Then press **SET** button again to confirm the setting. (Hold **START▲/STOP▼** to increase/reduce the time faster.)
2. Repeatedly press **SET** button to confirm the setting and return to the real time mode.



Setting User's Parameter

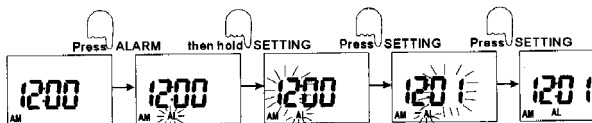
1. Press and Hold **SET** button for a few seconds, then repeatedly press **SET** button to set "Walking Stride" L-60 appears on the LCD, press **START▲/STOP▼** to increase/decrease the distance from 30-99 cm;
2. Press **SELECT/SET** button to set "Running Stride", H-100 appear on LCD, press **START▲/STOP▼** to increase/decrease from 60-150cm;
3. Press **SET** button to set "Weight", 60.0 appear on LCD, press **START▲/STOP▼** to increase/decrease the weight from 30.0-150.0kg.



Press **SET** button again to confirm the setting. Return to standby mode.

Setting the alarm time

1. Press **ALARM/LOCK** button one time, **AL** flashes.
2. Press and hold **SET** button, the hour digits of alarm time are flashing, press **START▲/STOP▼** to adjust the hour.
3. Press **SET** button to confirm the hour setting, and the minute digits flash. Then repeatedly press **START▲/STOP▼** to adjust the minute. (Press and hold **START▲/STOP▼** to increase/decrease to reduce the time faster.)
4. Press **SET** button to confirm the setting.
5. The unit will alarm for 1 minute when the time reach the alarm time, press **ALARM/LOCK** button to stop alarm, and the "AL" icon will disappear. When the unit is alarming, press any buttons except **ALARM/LOCK** button to interrupt the alarm sound, but the "AL" icon will flash, after 9 minutes the unit will alarm again.



Note: In alarm mode, alarm icon is blinking.

Cancel the alarm function

Double click the **ALARM/LOCK** button, the "AL" icon flashes. Leave the button for a few seconds, the **AL** disappears from the LCD.

Pedometer function

Setting User's Parameters

Please refer to the **INITIALIZATION** as above.

Pedometer operation

1. In real time mode, press **MODE** button one time to get pedometer mode, the total number of steps will be displayed. When the pedometer starts by pressing **START▲**, the step icon will blink. When the pedometer is stopped by pressing **STOP▼**, the step icon will stop blinking.
2. Repeatedly press **SET**, the walked distance-burned calories-total number of steps will be displayed on the LCD one by one.



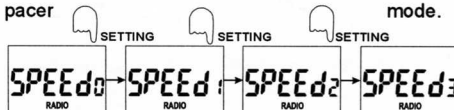
Remind-alarm setting

1. Press and hold **SET** button for 3 seconds to get remind-alarm setting mode. "MIN digits" & "AL icon" are flashing, press **START▲/STOP▼** to increase/decrease (0, 10, 20, 30, ... 60). 0 means that user cancels the remind-alarm function.
2. Press **SET** to confirm the alarm time and LCD displays the loudness, "AL icon" is still blinking, press **START▲/STOP▼** to select the loudness (Loud-L = low or Loud-H = high).
3. In this state, leaving the unit for more than three seconds without pressing any key or press setting button to confirm, the screen will show the total number of steps. All date will be automatically saved at midnight. And a new page will be established. By the way, only the last trial will be automatically saved to the past "0" day.
4. If the pedometer starts, the step icon will be display in other mode.

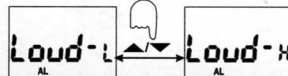


Pacer Mode

1. In real time mode, press **MODE** button twice to get pacer mode.
2. Press **SET** to select Walking/Jogging/Running sound pattern or turn off the pacer sound. LCD display Speed0, Speed1, Speed2, Speed3 one by one.
3. Press **POWER** button to turn on the radio.



Note: Speed0 = OFF, Speed1=Slow (walking = 60 beat per min.), Speed2=Average (jogging = 120 beat per min.) and Speed 3=Fast (running = 180 beat per min.).



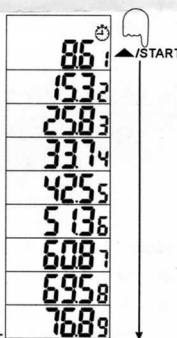
4. Press **START▲ / STOP▼** to select the loudness (Loud-L = low or Loud-H = high).

Stop Watch Mode

1. In real time mode, press **MODE** three times to get Stop Watch Mode.
2. Press **START▲** to start the 1st lap time. If press **START▲** again, it records as the 2nd lap, but the time will be accumulated. There are maximum 9 laps.
3. Press **STOP▼** to stop the time.
4. Press **SET** to preview the recorded time and no. of lap.
5. Press **ALARM/LOCK** to clear the time.

If the lap time is full, user must clear the time to restart the stop watch.

The maximum value of stop watch is 99 min:59 sec.



Past Day Function


1. In real time mode, repeatedly press **MODE** button four times, until PAST DAY display on the LCD.
2. Repeatedly press **SET**, the total number of steps and walked distance of the day (KM) and burned calories

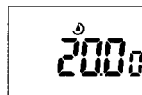


of the day (KCAL) will be displayed on the screen one by one.

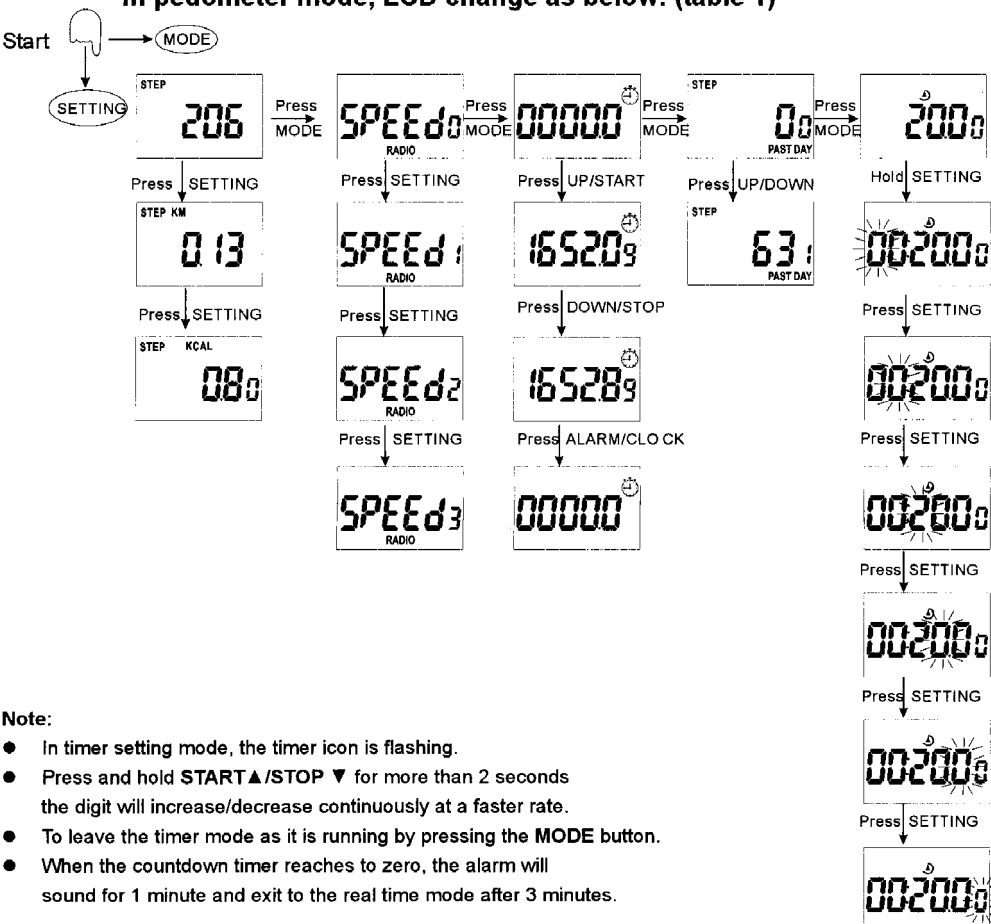
- Press **START▲/STOP ▼** increase/decrease the day. At a selected day, press **ALARM/LOCK** to clear the passed records except the "Pass day 0" record.
- Leaving the unit for more than a minute without pressing any buttons or repeatedly press **MODE** button until the real time mode appears.

Timer Function

- In real time mode, repeatedly press **MODE** until timer icon  appears on the LCD.
- Hold **SET** button for 3 seconds, the hour digits are flashing, then press **START▲/STOP ▼** to adjust the hour (0-99).
- Press **SET** button to confirm the hour and the minute digits are flashing, press **START▲/STOP ▼** to adjust the minute (0-59).
- Press **SET** button to confirm the minute and the second digits are flashing, press **START▲/STOP ▼** to adjust the second (0-59).
- Press **SET** button to confirm the timer setting.
- Press **START▲** button to start.
- Press **STOP ▼** to stop the countdown or timer alarm sound and the timer-blinking icon.



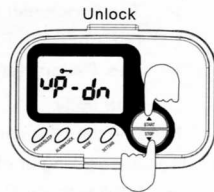
In pedometer mode, LCD change as below: (table 1)




LOCK FUNCTION

Press and hold **ALARM/LOCK** button for 2 seconds to lock the unit, and press and hold **START▲+STOP▼** buttons at the same time to release the lock.

Note: The lock function is only for locking keys which are located on the front panel.




SLEEP FUNCTION

1. Hold **POWER/SLEEP** button for 3 seconds, the radio turn on, 90 and  appears.
 2. Press **START▲/STOP▼** button to adjust the sleep time (1-90).
 3. Release the **POWER/SLEEP** button for 3 seconds, the sleep time will be confirmed.
- The radio will turn off automatically when the sleep time reaches.



USING THE RADIO

1. Connect the supplied earphone to earphone jack .
2. Press **POWER/SLEEP** to turn on the radio. "RADIO" icon appears.
3. Slide the **FM ST/FM/AM** switch to select the desired band.
4. Rotate the **TUNING** knob to select the desired frequency.
5. Rotate the **VOLUME** knob the selected the desired volume.

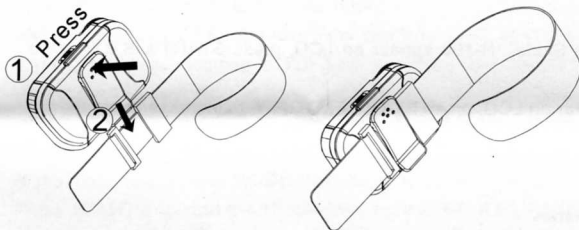


To improve the reception:

- The AM antenna is built-in. Move the radio to a certain position for a better reception.

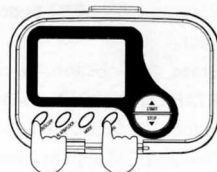
USING THE HAND STRAP

1. You can install and disassembly the hand strap as the below illustration.



RESET FUNCTION

The unit will be reset by the software. Simply press **POWER + SET** buttons, the unit will be reset, and all memories will be cleared.



CAUTION

High volume levels can create potentially dangerous situations by drowning out surrounding sounds. Use cautiously when bicycling or jogging while operating the unit, and obey all applicable laws.

Do not play your earphones at a high volume. Hearing experts advice against continuous extended play. If you experience a ringing in your ears, reduce volume or discontinue use.

SPECIFICATION

Frequency Range	AM : 530-1600 kHz FM : 88-108 MHz
Intermediate Frequency	AM: 465 kHz FM : 10.7 MHz
Power Source	
Pedometer: DC 1.5V (1 x "LR43" Battery) – included & Radio: DC 3V (1 x "CR2032" Battery) -- included	
Output Power (maximum)	5 mW
Headphone Impedance	32 Ohm
Dimensions (LWD)	72x53x27 mm
Unit Weight (with batteries)	0.084 kgs
Included Accessories	Stereo Earphones Hand Strap

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SANYO Electric Co., Ltd.

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