

ULTIMA UT-104

User Guide

FEATURES:

G-Sensor technology: this hi-tech sensor system lets you carry the device in a bag, pocket, or on a lanyard around your neck and it will accurately record your activity. The device also has a “damper” that will filter out inefficient movement.

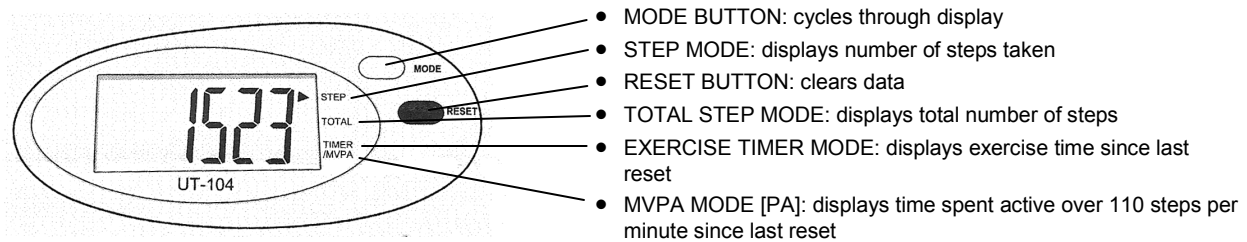
Step Counter: this pedometer will record up to 999,999 steps.

Total Steps Counter: the Total Steps Counter continues to accumulate the steps from each day's activity even if you reset the Step Counter to zero.

Exercise Timer: time accumulates on the Exercise Timer only when you move and accumulate steps.

MVPA Timer: the Moderate to Vigorous Activity Timer [PA] counts the number of minutes of activity that has exceeded 110 steps per minute.

NOTE: Your **ULTIMA 104** is shipped in battery-saver mode. Before initial use, press and hold the **RESET** button for 5 seconds to activate your pedometer.



FUNCTION AND OPERATION:

THE **MODE** BUTTON

Press the **MODE** button to cycle through the 4 functions: steps, total steps, exercise time, MVPA.

THE **RESET** BUTTON:

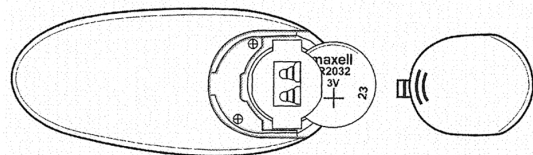
The **RESET** button is used to clear data.

1 - In **STEP MODE**, press and hold the **RESET** button to clear the number of steps, the exercise timer and the MVPA timer. This reset will not affect the Total Steps Mode.

2 - In **TOTAL STEP MODE**, press and hold the **RESET** button to clear ALL the data from the pedometer including **TOTAL STEPS**.

BATTERY REPLACEMENT

1. Press down on the battery cover and slide it off.
2. Slide the old battery out of its metal holder with a flat screwdriver.
3. Remove the old battery and insert a new one making sure that it is pushed all the way into the battery holder with the “+” side up.
4. Slide the battery cover on until it clicks in place.



WARNING: Please consult your physician before undertaking any new exercise program.

For more information about our products, please consult our website: www.ultimatepsm.com