

6. FREQUENTLY ASKED QUESTIONS

Do I have to walk at a consistent pace for it to be accurate?

You can walk at whatever pace you are comfortable with. The VeloMeter will automatically detect your pace and adjust your stride length so the distance, speed, and calories will all be accurate.

Will my stride length change from day to day?

Remarkably little. Each person has a natural stride economy unique to that person. Day to day variations in stride length for a given stride rate are less than 1.5%.

Is it still accurate up and down hills?

If the grades are gradual with a slope of less than 10%, the VeloMeter will still be accurate. Going up a gradual hill, you naturally slow your stride rate, and shorten your stride length - which is consistent with the principle behind the VeloMeter. Down hill your stride rate increases and stride length lengthens as gravity pulls you forward faster - which is also consistent with the principle. The VeloMeter will not be accurate in terrains that are exceptionally steep.

How accurate are the Calorie Values?

Very. Calories for the VeloMeter are based on speed. The faster your speed, the higher your rate of Calorie burn. Calorie calculations are derived from weight adjusted formulae published by the American College of Sports Medicine.

7. WARRANTY

Your VeloMeter is warranted for a period of one year from the date of original purchase against defects in workmanship and materials.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective item or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, or improper maintenance. The warranty does not apply to damage or failure due to dropping, accident, abuse, corrosion or neglect. Proof of purchase with original store receipt is required for any warranty service.

Normal battery replacement is not covered by this warranty.

NOT A MEDICAL DEVICE

This VeloMeter is not a medical device, but a useful tool for monitoring the intensity of your walks. No claims are made of guaranteed health or fitness benefits from use of this product.

U.S. Patent 6,175,608
The VeloMeter is produced under License by:
Knowledge-In-Motion
P.O. Box 760
Lake Mills, WI 53551

VeloMeter®

VL-15

Basic Walking

OWNER'S MANUAL

1. BASIC MAINTENANCE

- Avoid placing the VeloMeter in direct sunlight or high heat for long periods of time.
- Do not subject the VeloMeter to direct moisture.
- Wipe off perspiration after each use.
- Do not open the case.
Opening the case will void the warranty.
- Use care when carrying objects against your hip as you can damage or knock off your VeloMeter.
- Avoid dropping the VeloMeter or subjecting it to severe shock.

2. BATTERY REPLACEMENT

The battery in your VeloMeter can be expected to last one year under normal use. Your VeloMeter uses a single lithium CR2032 battery.



SLIDE OUT
BATTERY TAB

LOW BATTERY INDICATOR

If the '•••)' symbol is flashing, it is time to replace the battery.

After the battery has been replaced, you must complete the Calibration procedure again.

3. OPERATING INSTRUCTIONS

For greatest accuracy, your VeloMeter should be calibrated before use. For calibration instructions, please refer to the enclosed Quick Calibration Card.

NOTE: If no calibration is entered, then the VeloMeter will default to:
 Gender = Female Height = 70" Weight = 150 lbs
 This default value best represents the averages of the entire population.



A. BUTTON FUNCTIONS

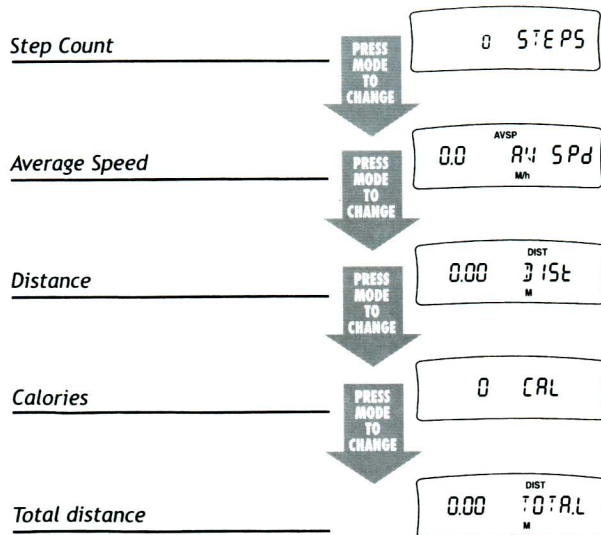
- **MODE BUTTON** - Press the MODE button to cycle through the different Mode Displays
- **RESET** - The RESET button is used to erase the current trip data and in Calibration Mode to advance to the next step.
- **SET** - The SET button enters and exits Calibration mode.

B. AUTO-START & STOP - Your VeloMeter will begin operating after 5 consecutive steps. It will automatically stop 5 seconds after it no longer receives a step signal.

C. RESETTING - Press and hold the RESET button for 2 seconds. Average Speed, Distance, and Calories will reset to zero. Total Distance will not reset.

4. VIEWING DATA

You can select the Mode View of your choice by pressing the Mode Button.



5. BASIC TROUBLESHOOTING

PROBLEM	SOLUTION
Display faint or blank Alarm Symbol Flashes	Replace the battery
Display is black	Unit was exposed to excessive heat. Allow unit to cool to room temperature and try again.
Inaccurate Display	Make sure the unit is attached properly and level. Check mechanism by gently moving unit up and down by hand while in Steps Display Mode. You should observe one step added to the display with each motion.

Always consult with your doctor before beginning any fitness program.