



# FULL VERSION MANUAL EX<sup>10</sup>

Art.no 56055

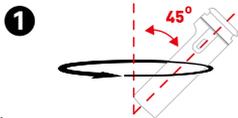


## PACKAGE CONTENTS

- Pedometer
- Neck lanyard
- Belt clip
- Batteries LR44
- User guide

## GENERAL INFORMATION

The ex<sup>10</sup> pedometer uses a built-in sensor that senses the acceleration. The unit's location/direction is important, as the maximum tilt angle is 45° measured from a vertical line, see image 1



In order to count steps accurately, it is important that the pedometer does not swing.

The pedometer is not waterproof, therefore keep it dry and treat it carefully.

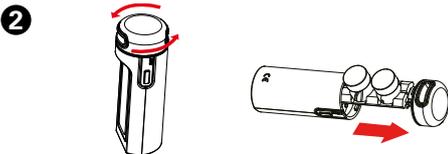
The pedometer does not have an ON/OFF button, as the power consumption when not in use is extremely low

## WEARING THE PEDOMETER

In order to work properly, the ex<sup>10</sup> pedometer is designed to be worn around the neck using the included neck lanyard. The lanyard features a quick release that prevents strangling when the pedometer is worn around the neck.

## CHANGING THE BATTERY

Change batteries when the display dims. Twist the upper part of the pedometer and pull out the battery holder to access the batteries. See image 2. Change batteries (type LR44).



## POWER SAVINGS

To save power, the pedometer's LCD will go to standby mode after having been idle for 80 seconds. The LCD will come to life again by pressing any button or when movement is detected.

## STEP FILTER FUNCTION

The Pedometer has a filter function, which prevents the accidental registration of steps when standing still or when making short accidental movements that are not part of the walk/jog. For correct step counting, the pedometer uses a 10 second filter. This means that the pedometer needs to be used for 10 seconds before the number of steps is updated on the display.

## INSTRUCTIONS FOR THE EX<sup>10</sup> PEDOMETER

This model is designed to count the number of steps taken and to show the distance walked. To be able to show distance, the stride length has to be entered.

## MAIN FUNCTIONS

Press the MODE button to browse through the following functions:

- Step counting, STEP shown on the display
- Distance measurement, KM or MIL shown on the display

## RESETTING THE PEDOMETER

Press and hold the MODE and SET buttons simultaneously to reset the counter.

## PERSONAL SETTINGS

### CHANGING OF DISTANCE UNIT

The Pedometer's default setting is metric (Km for distance and cm for stride length). This can be changed to Imperial (miles and ft).

Press the SET and MODE button simultaneously to reset data, and then continue pressing the buttons for 5 seconds to change between metric and imperial.

### CALCULATING STRIDE LENGTH

The easiest way to calculate the length of your stride is to walk 10 steps and then measure the distance travelled. Divide the distance by 10 to find the stride length.

### SETTING STRIDE LENGTH (30-240CM)

The default setting is 75cm (3 ft).

Press MODE until the text KM appears in the display.

Press and hold SET until the current stride length begins flashing.

Press MODE repeatedly to increase the stride length to the desired value (increases by 1 cm per press, or 0,1 ft if MIL is selected).

Press and hold MODE and the stride length value will increase faster.

Once the stride length is set, the pedometer automatically returns to the distance mode after 5 seconds or by pressing SET.

## SPECIFICATIONS

Temperature range Operation: -10 °C to +50 °C

Storage: -10 °C to +60 °C

Battery type: LR44

Battery lifetime approx. 6 months at 10 000 steps/day.

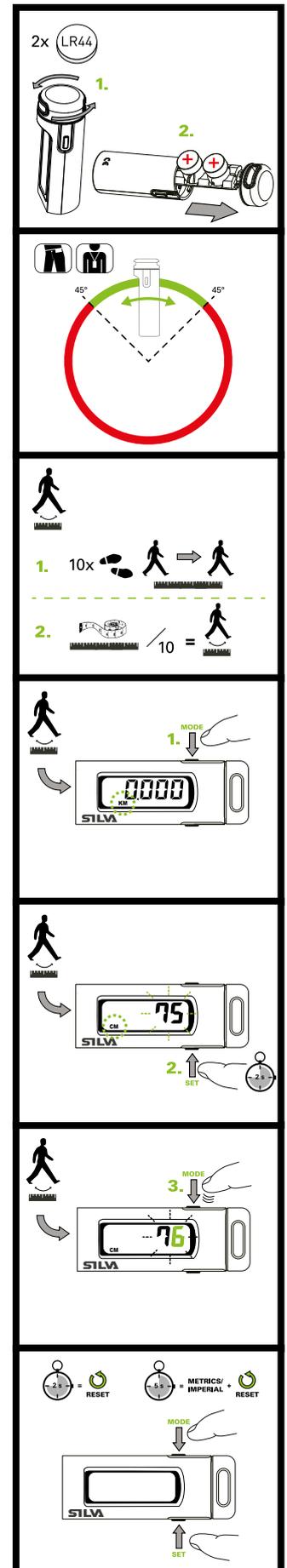
## PROTECT THE ENVIRONMENT

All parts included in this product including batteries should be recycled and must not be thrown away in the regular trash. Dispose of these items in accordance with applicable local regulations.

## WARRANTY

Silva warrants that, for a period of two (2) years, your Silva product will be substantially free of defects in materials and workmanship under normal use. Silva's liability under this warranty is limited to repairing or replacing the product. This limited warranty extends only to the original purchaser. If the product proves defective during the warranty period please contact the original place of purchase. Make sure to have your proof of purchase on hand when returning the product. Returns cannot be processed without the original proof of purchase. This warranty does not apply if the product has been altered, not been installed, operated, repaired, or maintained in accordance with instructions supplied by Silva, or has been subjected to abnormal physical or electrical stress, misuse, negligence or accident. Neither does the warranty cover normal wear and tear. Silva is not responsible for any consequences, direct or indirect, or damage resultant from use of this product. In no event will Silva's liability exceed the amount paid by you for the product. Some jurisdictions do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This Warranty is valid and may be processed only in the country of purchase.

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