### i II ONwalk 100

# Left / - Screen Key holder Confirm / Reset to zero

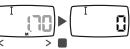
## Geůnaute

### First set-up

#### 1.1. Switching on



1.2 Setting your height



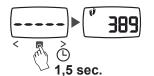
Setting your height enables automatic calculation of your length of stride. The length of stride can also be set manually in the settings menu.



#### 2.1 Setting procedure

Confirm < > increase/decrease the values

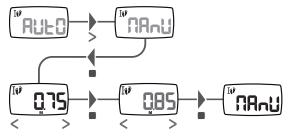
You can leave the settings menu at any time and return to the main menu by pressing the  $\blacksquare$  button for 1.5 seconds.



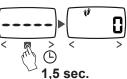
#### 2.2 Setting your stride length

By default, your stride length is calculated according to your height. If you wish to customise your stride length, please go to "Manu" mode

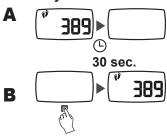
To find out your stride length, walk 10 metres while counting the number of steps then do this calculation: stride length = 10 metres / number of steps.

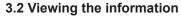


3.4. Resetting to zero



3.5 Automatic standby





Use

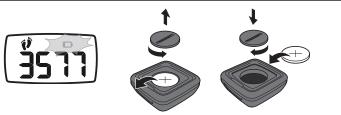
3.1 Positioning the product



#### 3.3 Starting the measurement

Your pedometer starts to measure automatically when you start walking.



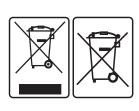




The algorithms used to calculate the different values displayed by your pedometer have been developed for walking and brisk walking only. The accuracy of these values will be severely reduced if used when running. Therefore, we do not recommend using this product for running.



To change the battery: contact the retail outlet where you bought your product. If you change it yourself, you risk damaging the seal and impairing the waterproof design as well as voiding your warranty. Battery life is influenced by the length of time it is stored in the shop and the way in which you use the product.



The «crossed-out bin» symbol means that this product and the batteries it contains must not be thrown away with general household waste. They are subject to a specific type of sorting. Please take the batteries and your unusable electronic product to an authorised collection point for recycling. This treatment of your electronic waste will protect the environment and your health. Dispose of your batteries in a place where they will be recycled.

#### The product has a 2 years guarantee for normal usage.

The guarantee does not cover :

- damage resulting from misuse, from a failure to respect the precautions for use, from accidents, from improper maintenance or from commercial use of the product.
- damage resulting from repairs carried out by persons not authorised by **DECATHLON**.
- batteries and casings which are cracked or broken or which show signs of impacts.









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