

THANK YOU for buying the Robic M309 Daily and Total Step Counting Pedometer. Your purchase brings you a reliable, World-Class Pedometer with timer and clock. It records steps taken for each day as well as an accumulated total.

In order to ensure that you receive the maximum enjoyment from your Daily and Total Step Counting Pedometer, BEFORE USING. PLEASE TAKE A MOMENT TO REVIEW HITS OPERATION GUIDE TO FULLY UNDERSTAND HOW YOUR PEDOMETER WORKS.



### Features

1. Large easy-to-read display
2. Flips down for easy viewing while on waist
3. Auto Power ON/OFF
  - Auto Filter Sensor:  
5 Steps Movement Sensor filters out irregular results and activates only after 5 or more steps.
  - Delayed Reset Button:  
This is to prevent accidentally erasing the records on the display.
  - Accurate Pendulum Movement:  
The pedometer is controlled by an internal pendulum that moves down with each step that you take and springs up again.

### Functions

1. Records daily number of steps taken to 999,999 steps.
2. Records accumulated steps taken up to 9,999,999 steps.

### Care for your Pedometer

1. Pedometer is not water-proof. Keep away from any liquid.
2. Treat the pedometer carefully. Do not drop it or expose it to shock.

### Opening the Pedometer

1. Open the pedometer lid to see your exercise records only.
2. To work properly, the pedometer case must be closed.

### Operating the Pedometer

1. Press the MODE button (A) to view your Daily (DAY) or (TOTAL) Step Count Total.
2. Start walking. The M309 will keep track of your steps.

### Resetting the Pedometer

Reset your M309 at the end of each day to begin counting your Daily Step Total the next day.

1. Press the MODE button (A) for 2 seconds to clear memory of all recorded information and reset to zero.
2. Resetting the Daily Total will not affect the Accumulated Total.

### Auto Power On/Off

1. The display will go blank when no activity has been detected for 4 minutes.
2. Press a button or walk 5 steps to turn the power on.

### Auto Movement Sensor

To filter out random movements, the pedometer remains in standby mode until 5 continuous steps are registered.

### Positioning the Pedometer

1. Clip the pedometer to your belt or to the top of your pants as close to your hip as possible.
2. The pedometer should be vertical to the ground. This will aid in Proper function and make the display easy to read.

### Battery Replacement

1. Insert a coin and open the pedometer lid on the bottom of the body.
2. Remove and replace the battery with a CR-2032 (Lithium) or equivalent.
3. Make sure that the “+” side is up.