

## Robic ® M339 3D Motion Sensor Memory Pedometer

Thank you for buying this Robic M339-3D pedometer. To ensure safe and correct use, please read these instructions carefully before using it. Do not expose your pedometer to direct sunlight, rain, dust, severe shock, humidity or immerse it in water. As a sensitive instrument, the M339 may cease to operate if dropped onto the floor. You may wear your pedometer in your pocket, purse, pack or anywhere. For the most accurate results, position the M339 as close to waist level as possible.

- Accurately Counts Steps taken up to 100,000; Daily Step Target Goal can be set
- Measures Distance Traveled up to 999.99 Miles or KM; Metric or Imperial Measurement
- 7-Day Memory Recall of Steps taken, Distance and Calories; Low Battery signal
- Estimates Calorie Consumption up to 10,000 calories; 10 step accuracy filter
- Automatically Times time spent walking up to 24 hours; Time of Day Display

Factors which may result in an inaccurate step count include shuffling, walking uphill or down and walking at an inconsistent pace. **Determine your Stride Length** in inches. Walk or run a known distance and divide by the number of steps taken. Always measure heel to heel or toe to toe. For example, if it takes 10 steps to cross a 25 foot room, the stride length is 2.5 feet (30 in or 2 ft 6 in). The more steps and/or distance measured, the greater the accuracy of the stride length input.

3 Pushbuttons Control the operation of your Robic M339 Pedometer. Here is their location:



### [MODE]:

- Press to switch modes.
- Press and hold for 3-5 seconds to enter and set data

### [MEMO]:

- Press to enter 7 day Memory review of results

### [UP/RES]:

- Adjusts setting values, increases data input.
- Resets steps taken value
- Reviews 7 day memory history of steps, distance and calories.

The M339 has six (6) modes of operation. Press MODE to browse around the mode. Current time will appear in the lower row for all modes except Memory Recall. Steps taken mode → Distance traveled mode → Calories expended mode → Activity Timer mode → Memory Recall mode → Total Data mode.

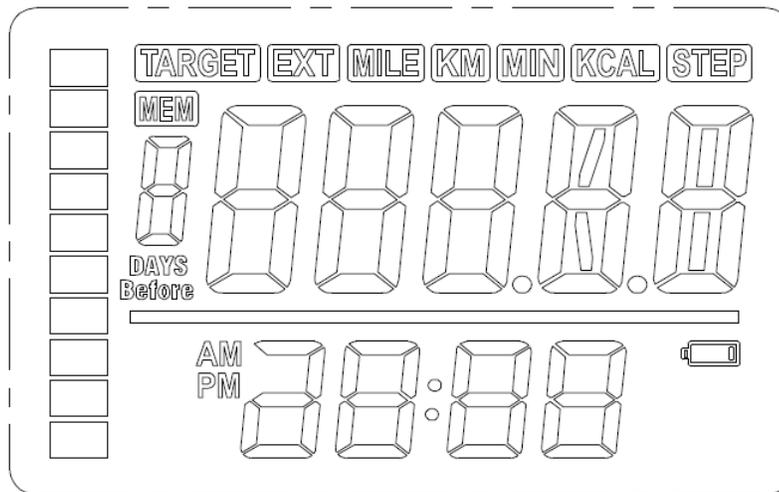
A pedometer measures how far you have walked or traveled. After inputting your stride length and weight, the pedometer counts the number of steps you have taken and calculates the distance and calorie expenditure.

We recommend placing the pedometer tight in your front pocket or hanging it around your neck on the lanyard. Put the M339 in your upper front or trousers pocket. Do not put it in the back pocket.

To maximize accuracy, try to put the M339 securely tight to your body / clothing. The more the pedometer swings or bounces back and forth, the lower the accuracy. Do not hang the pedometer around your neck running or jogging.

This illustration shows the display including all the digits and indicators for your reference:

Full segment



## Getting Started

To calculate the results, some personal data is entered prior to using the M339. This includes your stride length, weight, time of day and Daily Step Goal Target. The setting sequence is: 12/24HR display → Time → Stride length → Weight → Target goal

## **Setting the Personal Data**

Press MODE to display Steps. Time of Day will appear in the lower row.

Press and Hold MODE for 3 seconds; 12 or 24 HR appears in the upper row of the display.

Select 12 or 24 Hour time format by pressing UP/RES. Then, press Mode again. The hour flashes on the display.

Advance the hour by pressing or holding UP/RES. Repeat this sequence for setting MINUTES.

Press Mode again, KG (kilogram) or Lb. (pound) appears flashing. Select weight unit of measure by pressing UP/RES. Repeat this process for setting weight value, stride length value and Daily Step target goal value. Press MODE again and all values will be stored and the display will return to Steps and Time of Day.

Notes: Once you have selected unit of measure for weight, the stride length unit of measurement will automatically be selected. Setting the time of day is important since the M339's 7 day memory recall function automatically resets values to zero at Midnight to begin counting for the next day.

## **Memory Recall Mode**

The Robic M339 offers access to your results for Steps, Calories, Distance and Activity Time for the previous 7 (seven) days.

Enter the Memory Recall function by pressing MEMO. Select which day you wish to review by pressing MEMO again. The previous days, 1 through 7 (1 being yesterday and 7 being one week ago today), will appear in sequence on the display. You may then view the day's results by pressing UP/RES. MEM appears above and DAYS BEFORE appears below the value 1-7.

## **Viewing the functions**

Use "MODE" to move from one function to the next. The sequence is Steps, Distance, Calories, and Activity Timer. In each case the indicator above the top row of the display will appear:

Step Counter—STEP indicator (on far right); Distance --MILE or KM; Calories—KCAL (on right side) and Activity Timer—EXT and MIN.

## **Clearing the Values**

You can reset any value to zero at any time. Mode into the function you wish to reset by pressing UP/RES for > 3 seconds. “Clr” appears in the lower row of the display. Press UP/RES again to reset the function to zero.

## **Daily Steps Target Goal**

Once you have entered the step count target, 2 beeps will sound once that target is achieved.

## **Battery Replacement**

Unscrew the battery compartment cover on the bottom of the case. Remove the exhausted battery from the pedometer, and insert a new 3V lithium battery type CR2025. Be sure to place the positive (+) side of the battery upward. Put the battery cover on the battery compartment and fasten the screws to the battery cover.



**LIMITED WARRANTY  
OUR BASIC POLICY**

Marshall –Browning International Corporation (MBI Corp.) warrants to the original owner, this pedometer (excluding battery, lanyard, clip, band or strap) for the period of one year from the original purchase date. This limited warranty is given by MBI Corp. and not by the dealer from whom the timepiece was purchased.

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**THE WARRANTY PROCESS – WHAT IS COVERED BY THE WARRANTY**

If the timepiece develops a manufacturing defect within the one year limited warranty period, it will be either repaired or replaced (at MBI Corp.'s option) with a timepiece of equal value, providing the original owner submits the following:

1. Proof of purchase, i.e. a validated store receipt showing date of purchase.
2. A check or money order (no cash, please) in the amount of \$8.50 to cover the cost of shipping and handling

**WHAT IS NOT COVERED BY THE WARRANTY**

- A. MBI Corp. will not repair defects of damages caused by or showing evidence of:
  1. Improper or unauthorized service.
  2. Misuse, tampering, abuse or mistreatment of the timepiece.
  3. Damage to the case or viable cracking of the lens.
  4. Moisture damage, if the product is a non-water-resistant timepiece.
- B. If we find that the battery is the cause of the defect, MBI Corp. reserves the right to charge your (\$7.50) for a new replacement.

MBI Corp. is not liable for incidental or consequential damages. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

**YOUR RIGHTS UNDER IMPLIED WARRANTIES AND STATE LAW.**

MBI Corp. limits the duration of any warrant implied by state law, including the implied warrant of merchantability, to one year from the date of original purchase. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

**CARING FOR YOUR PEDOMETER**

Proper care of your pedometer will provide many years of enjoyment. We recommend that:

1. The battery be replaced at once when it becomes depleted. Please ask your local retailer to replace the battery for you using **CR 2025 (Lithium) or equivalent.**
2. The lens be replaced immediately if it becomes damaged, as contamination from dust, moisture, and other foreign substances will damage the module.
3. If the pedometer is not marked "water-resistant," avoid immersing or exposing it to water, steam, or other forms of moisture.

**WHEN YOU REQUIRE SERVICE**

If your pedometer ever requires factory servicing, you can send it directly to:

MBI CORP, 353 CHRISTIAN STREET, #3, OXFORD, CT 06478

We strongly recommend that when sending it through the mail, you send the product insured, return receipt requested, so that if a problem in shipping arises, you can trace it through the originating post office. You will be billed for all services deemed out of warranty; and since we reserve the right to substitute with a replacement product of equal or greater value, NEVER include a personal item, such as a watchband, with the repair request.

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Robic...Timers & pedometers for champions at every level! Please call (203) 264-2702 for a free catalog.  
[www.robictimers.com](http://www.robictimers.com)