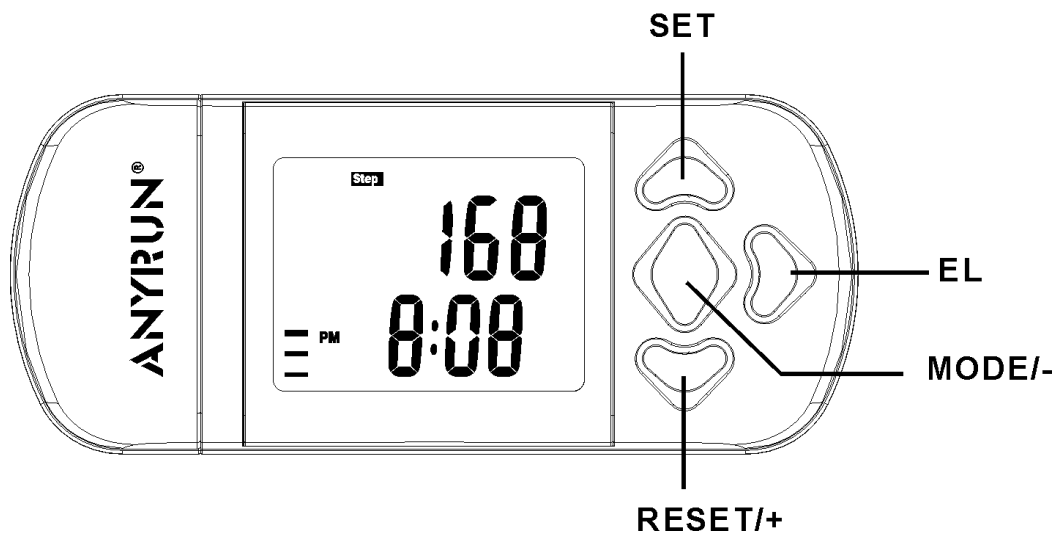


PCLRMU2



This unit is operated by four keys:

- **MODE / -**
- **RESET / +**
- **SET**
- **EL**

FEATURES:

- **Time**
- **Intelligent Step Filter Function**
- **7 Days Data Memory Record**
- **Target Step Alert Alarm**
- **Exercise Time**
- **Total Distance**
- **Total Calories**
- **User Setting**
- **USB PC Link Interface Program**
- **Low Battery Detection**
- **Energy Saving Function**
- **3D SENSOR FROM USA –**
- **MEASURES YOUR MOVEMENT ACCURATELY**

● **BACK LIGHT**

- - The 3D technology in the accelerator is an accelerometer sensor that detects and measures acceleration in walking or running.
- - 3D Sensor has intelligent step filter function-steps **which** only **starts counting when** the unit detects continuous movement for over 10 seconds.
- - 3D Sensor allows users to customize to their specific body type for Walking/Running style.

PERSONAL TRAINER

Thank you for choosing AnyRun as your personal trainer. In order to make the best use of this device, please read the instruction manual carefully. Do not discard keep the manual for future reference.

Important: Please note that the watch is NOT a medical device and is not to be used as such.

CONTENTS

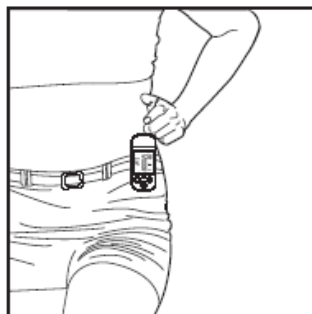
Getting Start	2
Using the unit function.....	2
Mode Flow	3
Step Counting Mode.....	3
Distance Mode.....	4
Calories Burnt Mode	4
Exercise Time Mode	4
Memory Data Mode.....	5
Total Mode.....	5
User Setting	6
Download/Installation PC-Link Program	8
PC-Link Program Operation.....	9
Installing the Battery.....	12
Specification.....	13
Caution.....	13

IMPORTANT!

For energy saving purposes, the watch unit will automatically switch off if no buttons are pressed for 3 minutes. To turn it on again, press

any keys or sensor receive motion. The pedometer mode will also be off during transportation for energy saving purposes.

IDEAL PLACEMENT



NORMAL WALKING MEASUREMENT

Before you track the number of steps you take as you go about your normal daily life, you need to preset the following personal information before using the unit.

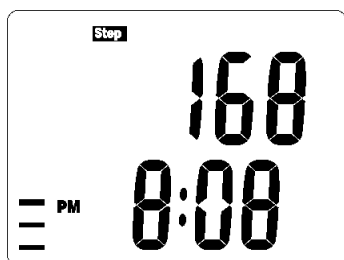
- The Units You Want To Use
- Your Normal Walking Stride Length
- Your Current Weight
- Set your Target Distance

MODE FLOW

*STEP COUNTING MODE – DISTANCE MODE – CALORIES BURNT
MODE – EXERCISE TIME MODE – MEMORY DATA MODE – TOTAL
MODE*

STEP COUNTING MODE

1. Press MODE button until you have reached the STEP data with the clock.



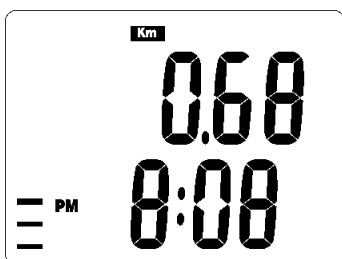
2. The unit may take a bit of time before it starts to sense that you are

walking. During that time, it will not display a step count. Once the watch determines that you are walking, it will display your entire step count from the beginning of your walk, including the steps you took while the watch was not displaying a step count. This is the intelligent step filter system to prevent the inclusion of false motion.

3. The step counting data are saved automatically at midnight each day and all data are cleared to zero. Note that the unit only maintains the last seven days of data, so the earliest data is deleted automatically whenever data excess from 8 days is saved. We recommend user to upload the data to PC weekly.
4. To clear the daily step counting, press and hold Reset/+ button for 3 seconds

DISTANCE MODE

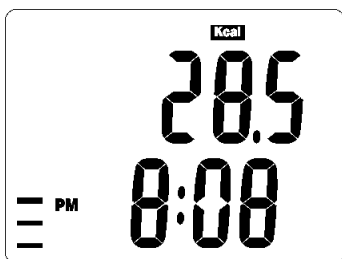
1. Press the MODE button until you have reached the Distance Mode.



2. To clear the daily distance, press and hold Reset/+ button for 3 seconds

CALORIES BURNT MODE

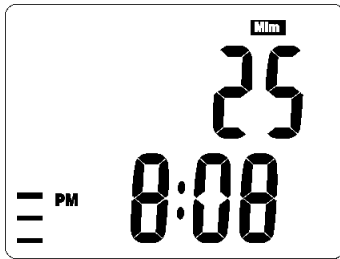
1. Press the MODE button until you have reached the Calories Burnt Mode



2. To clear the calories data, press and hold Reset/+ button for 3 seconds

EXERCISE TIME MODE

1. Press the MODE key until you have reached the Exercise Time Mode



2. To clear the exercise time, press and hold Reset/+ button for 3 seconds

Note: Removal of any of the above set of data will remove all the data for that day.

MEMORY DATA MODE

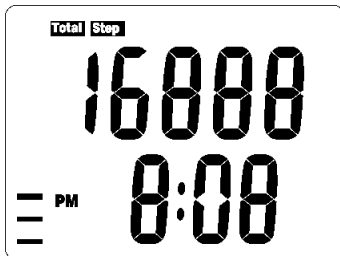
1. Press the MODE key until you have reached the Memory Data Mode



2. Press Reset/+Set Button to select the date you want to view
3. Press Set Button to view the data : Step – Distance – Calories Burnt – Exercise Time

TOTAL MODE

1. Press the MODE key until you have reached the Total Mode

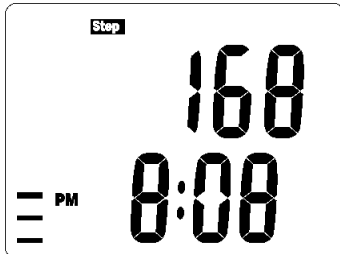


2. Press Set Button to view the data : Total Step – Total Distance – Total Calories Burnt – Total Exercise Time
3. To clear all the data (include daily step counting & memory data mode), press and hold Reset/+ button for 3 seconds

USER SETTING

Time Setting

1. Press the MODE key until you have reached the Step Counting Mode



2. Press and hold Set Button for 3 seconds to set the **TIME FORMAT**



3. Press MODE/- or RESET/+ button to change the format
4. Press the SET button to enter next setting – **HOURL**



5. Press MODE/- or RESET/+ button to increment or decrement the setting data
6. Press the SET button to enter next setting – **MINUTE**



7. Press MODE/- or RESET/+ button to increment or decrement the setting data.
8. Press the SET button to enter next setting – **UNIT**



9. Press MODE/- or RESET/+ button to select CM or INCH
10. Press the SET button to enter next setting – **STRIDE LENGTH**



11. Press MODE/- or RESET/+ button to increment or decrement the setting data. (Default:80cm/30", Range:30-213cm/12"-84")
12. Press the SET button to enter next setting – **WEIGHT**



13. Press MODE/- or RESET/+ button to increment or decrement the setting data. (Default:45kg/100lb, Range:20-227kg/50-500lbs)
14. Press the SET button to enter next setting – **TARGET STEP**



15. Press MODE/- or RESET/+ button to increment or decrement the setting data. (Default:5,000 steps, Range:0-99,000 steps)
16. The adjustment should be 1,000 steps for each increment or decrement, when target is below 1,000 steps, it will become 100 steps for each adjustment
17. There are 10 icons show the percentage of your step to target steps.

When you finished the target steps (100%), the icon will be full of 10 icons and will flash together with a beeping alarm for 30 seconds



Note:

No buttons pressed or held for 60 seconds will automatically trigger the unit to return to step counting mode.

DOWNLOADING/INSTALLATING PC-LINK PROGRAM

Please visit our website at <http://www.anyrun.com/k515m.htm>

to download the interface program or from the provided CD

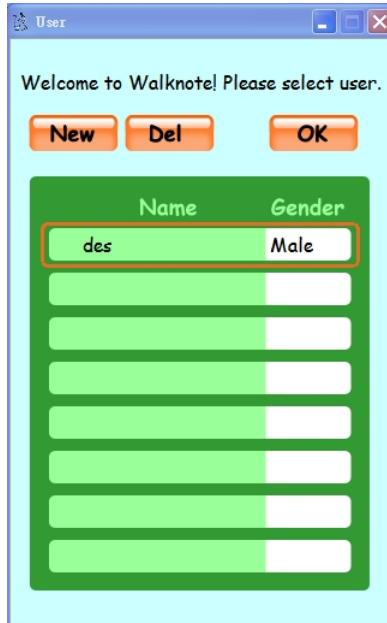
PROGRAM PROVIDES:

- Full processing and analysis of your exercise data
- History of your personal training data
- Graphical analysis of data information
- Email data file with Excel Format

PC-LINK PROGRAM OPERATION

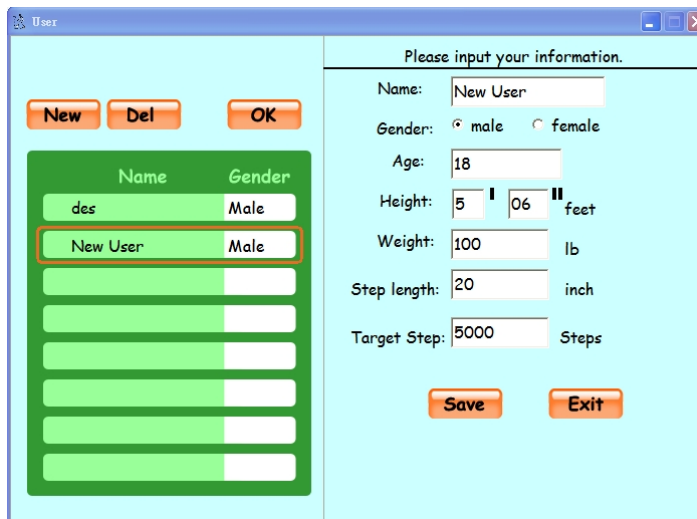
First User:

1. Click “ New “ button to create a new USER NAME and enter your personal information then save it for confirmation



The screenshot shows a window titled "User" with a light blue background. At the top, it says "Welcome to Walknote! Please select user." Below this are three buttons: "New", "Del", and "OK". Below the buttons is a table with two columns: "Name" and "Gender". The first row of the table has "des" in the "Name" column and "Male" in the "Gender" column. The rest of the table is empty.

Name	Gender
des	Male



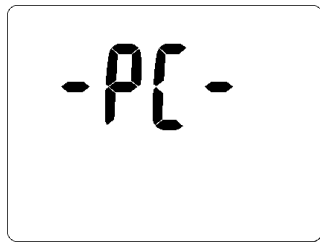
The screenshot shows the same "User" window, but now the "New" button is highlighted. The table on the left now has two rows: "des" (Male) and "New User" (Male). The "New User" row is highlighted. To the right of the table is a form titled "Please input your information." with the following fields:

- Name: New User
- Gender: ☒ male ☐ female
- Age: 18
- Height: 5' 06" feet
- Weight: 100 lb
- Step length: 20 inch
- Target Step: 5000 Steps

At the bottom of the form are two buttons: "Save" and "Exit".

PC LINK COMMUNICATION

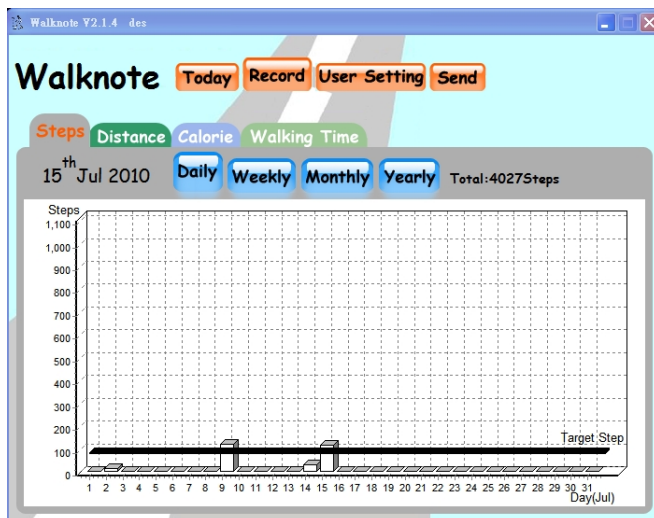
1. Unit will automatically upload the data to PC once plugged into the computer



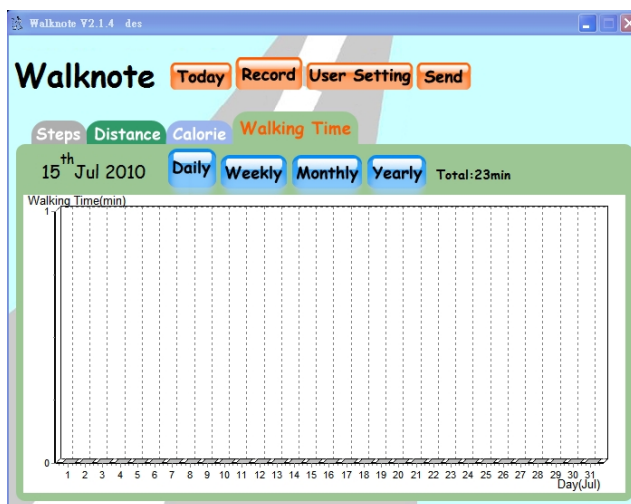
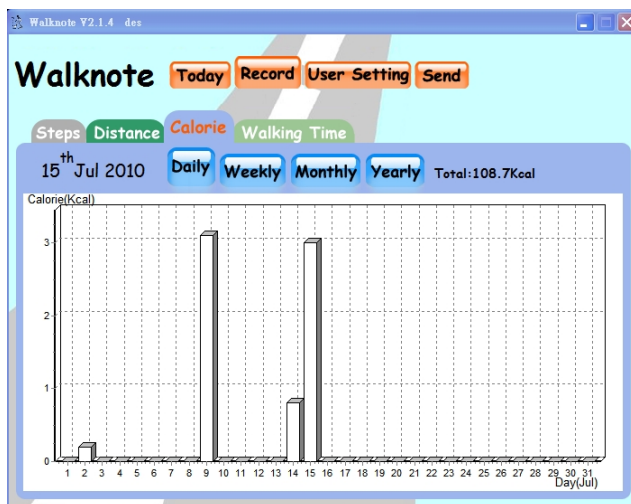
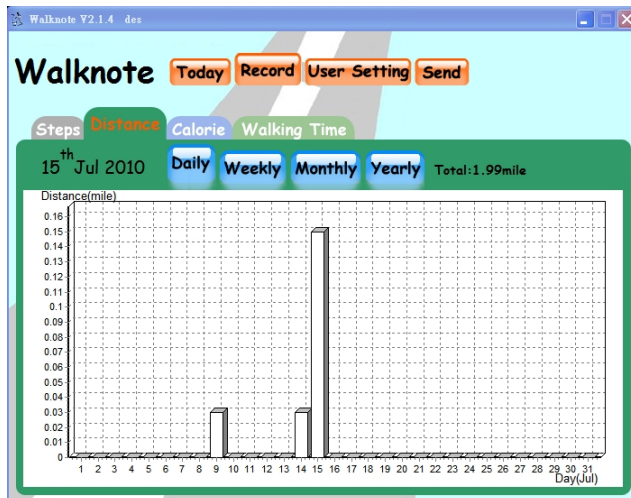
2. Login the program and enter to the Main Screen



3. Click any button to select the desired report or data.



Step – Distance – Calories – Exercise Time



4. Press the SEND button to export the excel data file by email.

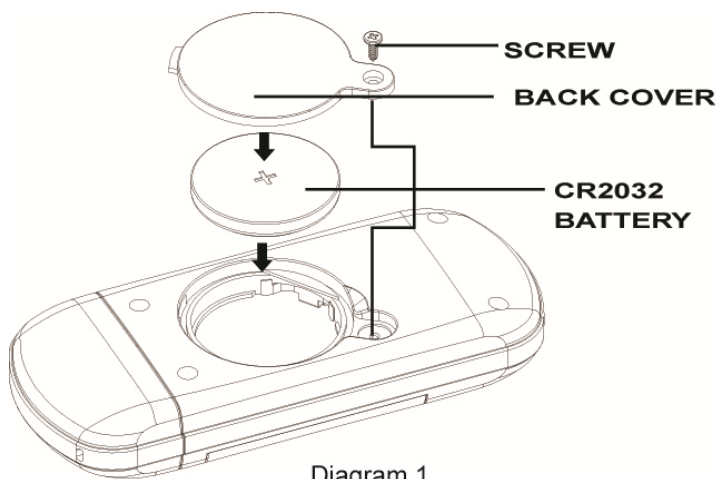
INSTALLING THE BATTERY

The Watch uses 1 piece CR 2032 batteries. Use only the recommended batteries.

NOTE: Changing the battery will erase the data in the watch previously input into the device and you can then/will need to re-set the watch all over again.

1. The battery compartment is located at the back of the unit
2. To install/replace the battery, unscrew the battery compartment with the screw driver and simply slide afterwards
3. Take out the old battery and dispose of properly
4. Gently place a new battery into the battery slot of the battery compartment, make sure that the poles are correctly placed

Screw back the battery compartment, when finished as in the diagram below



IMPORTANT BATTERY INFORMATION

- Battery installation and removed should be performed by an adult
- Use only batteries recommended in this instruction sheet
- Be sure to install the batteries with the correct polarity, as indicated
- Remove all batteries when replacing the old batteries with new batteries
- Only batteries of the same and equivalent type as recommended are to be used
- Do not short-circuit the supply terminals

- Exhausted batteries should be removed from the product
- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries are to be removed from the product before being charged
- Rechargeable batteries are only to be charged under adult supervision
- Different types of batteries, new and used batteries are not to be mixed.

SPECIFICATIONS

Time Format:	Hour, Minute, 12/24 hours
Features:	Step Counting, Distance, Calories Consumption, Exercise time
Measurement Range:	Calories Consumption: 0-9999.9 kcal Number of step: 0-99999 Distance: 0-999.99 km/999.99 Mile Exercise Time: 0-23 hr 59 m 59 s 99
Memory Date:	7 Memory Records

CAUTION

Should you encounter any problems with the unit (e.g. malfunctioning of a parameter, static electricity, interferences within the product or the need to re-set the device), please press four buttons at the same time to reset the unit (the unit should not connect with computer). All data previously input into the device will be erased and you can then/will need to re-set the unit all over again. Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment.

Then follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject in order to change without further notice. Due to printing limitation, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, lost-profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without the permission of the manufacturer.