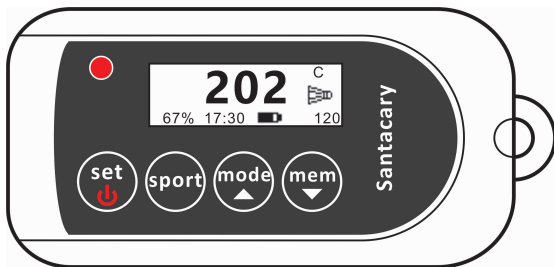


Santacary®

S2 Ball Games and Rope Skipping Calorie Estimating Meter User Manual



1. Introduction

Congratulations on your purchase of the Santacary S2 Ball Games and Rope Skipping Calorie Estimating Meter.

S2 is a portable ball games and rope skipping calorie estimating meter with pedometer. Inside S2 is a Tri-Axis (3D) Accelerometer. It knows exactly when you're moving. S2 measures the accelerations of horizontal, vertical and limbs movement of your body as you are taking sports thus measures the postures. **By knowing the movements of the postures in sporting, S2 can estimate the amount of calorie.** Currently, it supports the following sports: badminton, tennis, basketball, table tennis, and rope skipping. S2 can measure individual ball game which is displayed the calorie, calorie burn rate, and the max acceleration.

S2 can be switched to Pedometer (walk/jog) mode that displays steps taken, distance traveled, calories burned. The intensity of your walking is measured by S2 and the amount of calories is calculated.

You can use this unit everyday to monitor fitness achievements. Since S2 can measure the calorie of a few kinds of sport, it is very comprehensive to measure the entire calorie during one day. S2 is more useful than general pedometers which can only measure the steps, distance, and calories of walk/jog.

Your S2 Ball Games and Rope Skipping Calorie Estimating Meter comes with the following components:

- Main unit
- User Manual
- Li-ion Battery Charger
- Chrome plated steel clip attached to the rear

Please read these instructions carefully before use. This operation manual will provide you with all the necessary information for the correct use of your S2.

To keep your health and reduce chronic disease risk, we recommend you to take 300 Kcal (or C) sports or take 10,000 steps a day. For an effective weight loss, the total steps should be between 12,000 and 15,000 or take 360 to 450 Kcal sports. If you want to achieve a higher fitness level, you are suggested to take at least 30,000 steps or 900 Kcal sports per day.

2. Important Safety Information

Warning

Contact your doctor or healthcare provider before beginning a weight reduction or exercise program.

Cautions

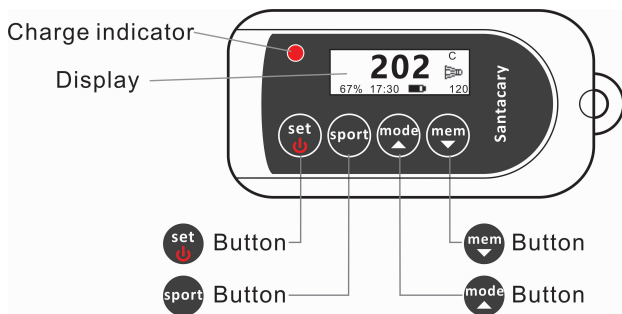
- Read all information in the instruction manual and any other literature included in the box before using the unit. Operate the unit only as instructed.
- Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
- Do not throw the unit into fire. The battery inside the unit may burn.

3. Features of the Product


- S2 has two work modes: Ball Games and Rope Skipping Calorie Estimating mode and Pedometer mode.
- S2 can estimates the amount of calorie by knowing the movements of the postures in the following sports: badminton, tennis, basketball, table tennis, rope skipping. S2 can measure individual ball game which is displayed the calorie, calorie burn rate, and the max acceleration.
- S2 can be switched to pedometer mode. It is more comprehensive and accurate than general pedometers since it can measure more sports in addition to walking and jogging.
- The memory function supports the review of daily and hourly walking, the total calorie in a day. Convenient memory function can show the data of one month's and one day's.
- S2 can work continuously for more than 15 days after fully charged.

4. Know Your Unit

4.1 Main Unit



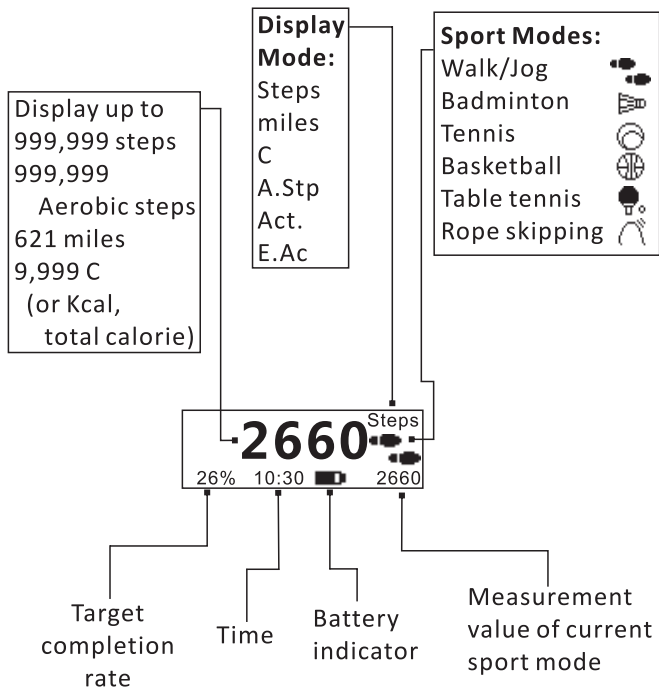
Turns on the unit:

When the monitor is turned off, press  to turn on the unit.

Note:

If no buttons are pressed for more than 5 minutes, the display will be turned off to save power.

4.2 Main Display




4.2.1 Display Modes

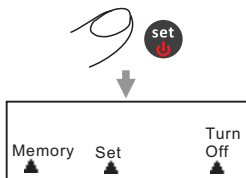
The Display Modes include steps, distance (miles), total calories (C, or Kcal), aerobic steps (A.stp), Activity (Act.), and End of Activity (E.Ac).


4.2.2 Sport Modes

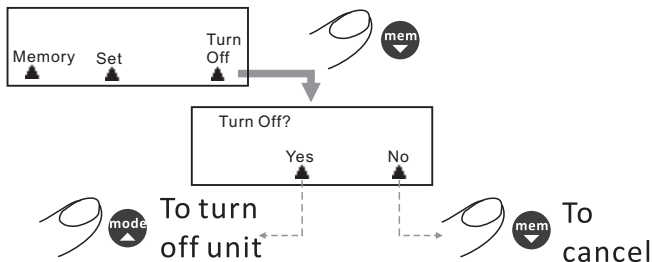
The Sport Modes include walk/jog, badminton, tennis, basketball, table tennis, and rope skipping. To use it as a **Pedometer**, switch to walk/jog mode. To use it as a **Ball Games and Rope Skipping Calorie Estimating Meter**, switch to other sport modes.

4.3 Menu Display

Press  to enter Menu Display. In Menu Display, there are three items: Memory, Set (for set up), and Turn Off (for turning off unit).

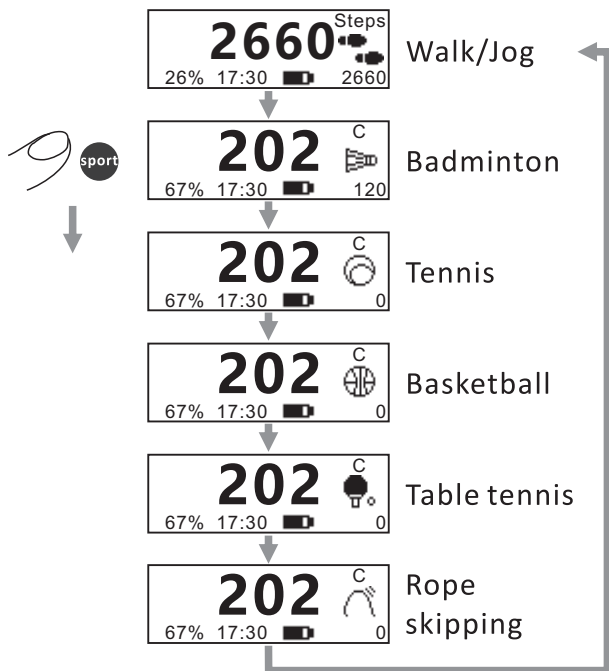


Press  to enter Turn Off page. For Set and Memory usage, please see the Settings and Memory Function sections respectively.




5. Operating

5.1 Switch Sport Modes



5.2 Switch Display of Pedometer

Press  to switch the display modes in Pedometer mode.



Steps



Distance



Total calorie burned

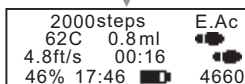
Calorie burned in walk/jog



Aerobic Step



Activity starts



End of Activity



Show Records List

C	steps	ml	ft/s	min
82	2660	1.2	4.8	21
62	2000	0.8	4.8	16

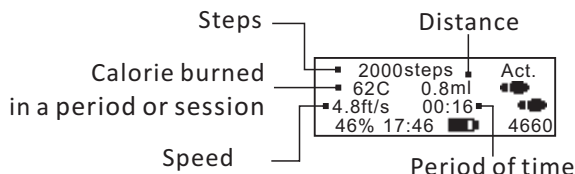
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5.2.1 Aerobic Steps

The unit displays the total number of aerobic steps in pedometer mode in a day. The aerobic steps should be satisfied the following condition: walking for more than 10 minutes continuously. Taking a rest for less than 10 minutes is considered as continuous walking.

5.2.2 Activity Mode of Walk/Jog

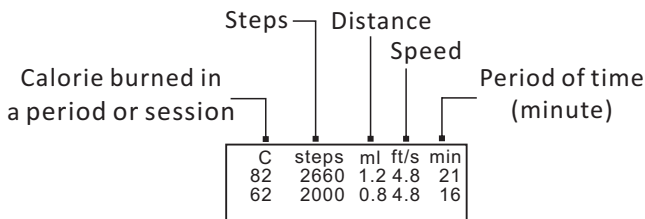
The activity mode records the measurement values for a specified walking period or session.




Press  to end the Activity mode. After ending, press  to enter the Activity Records list.

Note:

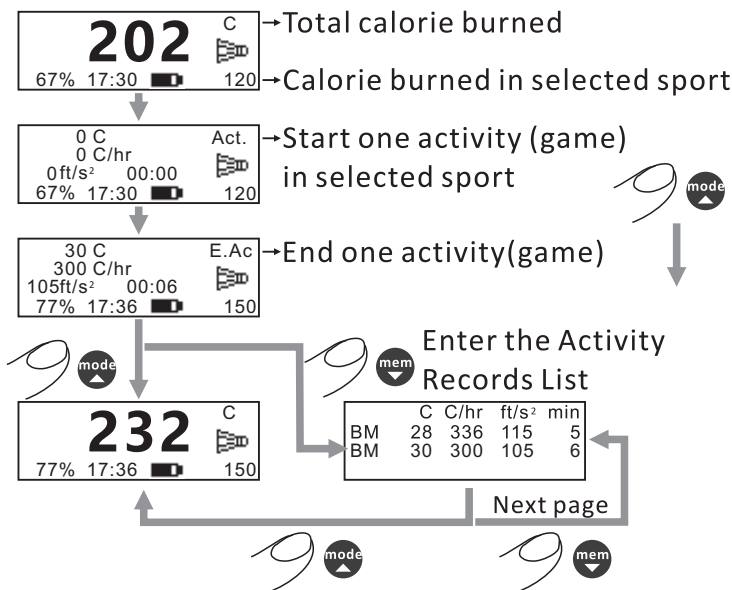
Only the today's Activity records list is stored.



5.3 Switch Display of Ball Games and Rope Skipping Mode

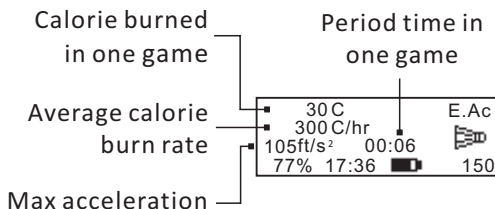
Press  to switch Display modes in Ball Games and Rope Skipping Calorie Estimating.



For example:



5.3.1 Activity Mode of Ball Games and Rope Skipping

The activity mode records the measurement values for one game.



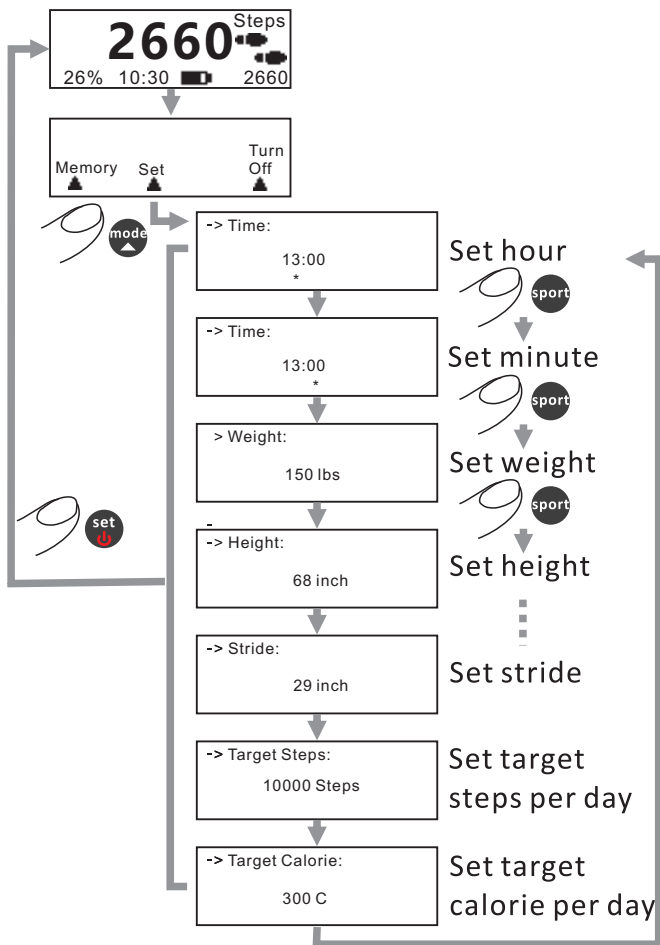
In Activity mode, the calorie, calorie burn rate, and the max acceleration in one game are recorded. Press  to end Activity mode. Then press  to enter the Activity Records list.

Note:

Only one day's Activity records list is stored.

		Average calorie burn rate		Max acceleration		Period time (minute)
Calorie burned in one game		C	C/hr	ft/s ²	min	
Sport type:	BM--Badminton	BM	28	336	115	5
		BM	30	300	105	6
TE--Tennis						
BA--Basketball						
TT--Table tennis						
RS--Rope skipping						

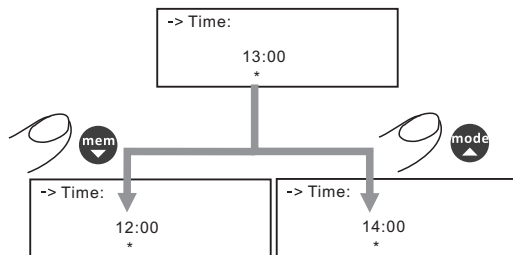
6. Settings



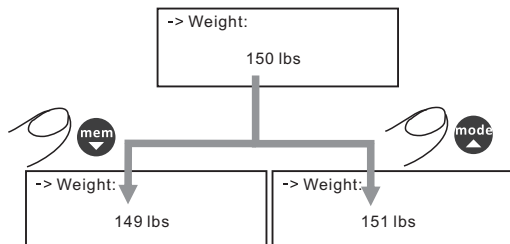
6.1 Setting the Value

Press **mode** or **mem** to select the desired value for a setting.

Press **sport** to switch to the next item to be set.



Repeat above steps to set the minute, weight, height, stride length, target steps per day, and target calories per day. For example:



Press **set** to finish setting in any setting steps.

Notes:

- In first time usage, set your time, weight, height, stride length, target steps per day, and target calories per day. Stride length only effect the measurement of walk/jog. Weight and height effect all sports.
- Set the actual stride length based on your own measurement.
- To measure the correct average stride length, divide the total length of ten steps you walked by the number of steps. E.g. 24'2" divided by 10 steps = 29".
- If no settings are made for more than 1 minute, the display will revert to the main display.

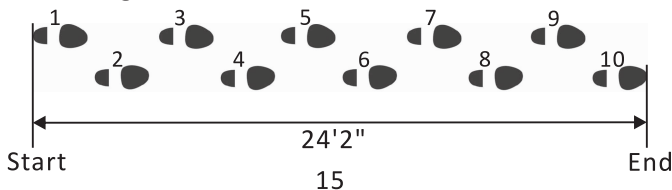
6.2 Measuring Stride Length

- ① Walk 10 steps with your normal stride.
- ③ Measure the distance from Start to End.
- ③ Calculate your stride by dividing the total distance by 10.

For example:

Total distance = 24'2"

Stride length = $24'2" / 10 = 29"$



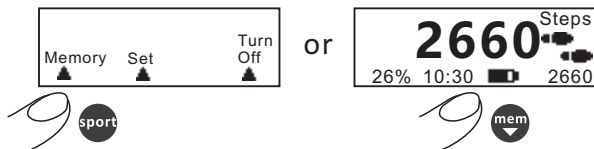
7. Memory Function

There are two types of memory: month's and day's memory. Two data types are stored: **total calorie** and **steps**.

Month's memory: The unit can store the data (steps and total calorie) of 30 days starting with the oldest day to the previous day. The day's data is automatically stored in memory when the time reaches 0:00AM. The display will return to 0.

Day's memory: The unit can also store the data (steps and total calorie) of 23 hour starting with the earliest hour to the previous hour in today. The current hour's data is automatically stored in memory when the time reaches N:00 which N is from 1~23.

To enter the **Memory Display**, press  on the main display or press  on the menu display.




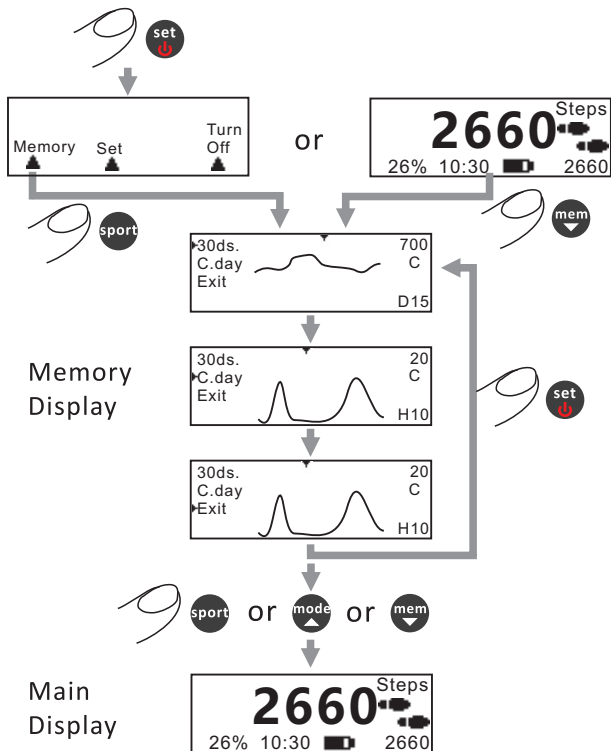
Note:


- The time must be correctly set in the unit.
- If no button is pressed for more than 1 minute, the display will return to main display.
- During the memory display, the number of steps


and calorie are not counted.


7.1 Recall Data

In Memory Display, press  to select the type of memory you want to see. The corresponding memory curve and data are displayed.



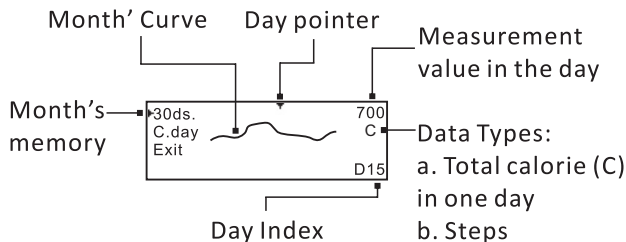
Press  to select the type of display you want to see.

Press  to move the day/time pointer left to view the older/earlier measurement result.

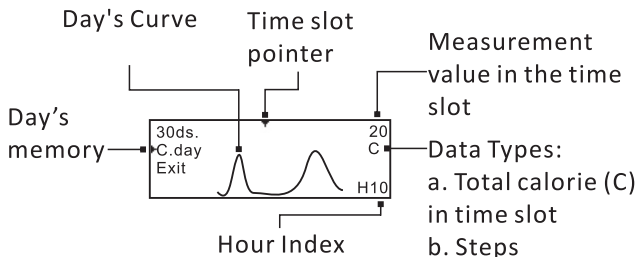
Press  to move the day/time pointer right to view the later measurement result.

The result include the curve and the value pointed.

The month' memory display:




The day's memory display:



8. Using the Unit

8.1 Using as a Pedometer

To use it as Pedometer, switch the unit to walk/jog sport mode. The unit will count the number of steps, aerobic steps, calorie, and distance accurately. The unit may be placed in the upper front pocket of your clothing, in the trousers pocket, in the front pocket of your pants, in a bag, in a belt, or in an armband. In order to start an Activity Mode, press  until the "Act." displayed.

Note:

In order to avoid counting steps that are not part of a walk/jog in pedometer mode, the unit's display will not change or display steps until after you have walked for more than 6 steps.


The unit may not count steps correctly in pedometer mode in the following conditions:

- The unit moves irregularly when the unit hangs from a bag.
- When the memory is being displayed, or the unit is being operated.
- Walking / jogging at an inconsistent pace.
- Walking extremely slowly or running fast.
- When you use the unit in the place where lots of up and down movements take place.

- Vibrations from a moving vehicle. Such as riding a bicycle, automobile, or bus.

8.2 Using as a Ball Games and Rope Skipping Calorie Estimating Meter

To use it as a Ball Games and Rope Skipping Calorie Estimating Meter, switch to sport modes except walk/jog(Pedometer). Measuring the body postures at the center of gravity is most accurate. The body's center of gravity is near the waist. Hence to estimate the ball games and rope skipping calorie accurately, **the unit should be placed on the waist with clip.**

To start the Activity Mode of one game, press  until the "Act." displayed.

The Main Display always display the total calorie of all sports for one day.

9. Maintenance and Storage

- Always keep the unit clean for use.
- To remove stubborn stains or marks, wipe the unit with a damp cloth moistened with water or mild detergent (e.g. soap).
- Do not use volatile liquids, such as benzine, thinner to clean on the unit.
- Do not immerse the unit in water. The whole unit is not waterproof.
- Avoid extreme shock and harsh treatment, because it can degrade the life of the unit.
- Do not subject the unit to extreme temperatures, humidity, moisture, or direct sunlight.
- Do not expose the device to strong chemicals such as gasoline, clean solvents, acetone, or insect repellents.
- Use of the unit must be consistent with the instructions provided in this manual.


Caution:

Do not disassemble or service your unit, it will void the warranty.

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10. Troubleshooting

Nothing is displayed

- Power saving mode active. Press any button to active.
- If nothing is displayed, press the  for more than 0.5 seconds and try again.
- Check that the unit has power.

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Displayed values are incorrect

- The unit is attached incorrectly. To estimate the ball games calorie accurately, the unit should be placed in the waist with clip.
- You are walking at inconsistent pace in Pedometer mode. Try to walk regularly.
- Settings are wrong. Change the settings.

11. Specifications

Measurement Range	Number of steps: 0 to 999,999 steps Number of aerobic steps: 0 to 999,999 steps Distance: 0 to 621.4 miles / 0 to 999.9 km Calorie: 0 to 9,999 C or Kcal Time: 0:00 to 23:59 (24-hour)
Memory	Number of steps: from 30 days ago to the previous day Calorie: from 30 days ago to the previous day
Setting Range	Time: 0 to 23:59 Weight: 66 to 400 lbs (in the unit of 1 lb)/ 30 to 181 kg (in increments of 1 kg) Height: 3'3" to 9'10" (in increments of 1") / 100 to 299 cm(in increments of 1 cm) Stride distance: 1'00" to 4'11" (in increments of 1")/ 30 to 150 cm (in increments of 1 cm)
Precision of Calorie Estimating	±15% in Ball Games and Rope Skipping Calorie Estimating mode; ±10% in Pedometer mode.
Precision of Step Counting	±5% in Pedometer mode

Storage	14°F to 140°F(-10°C ~ 60°C), <99% RH non-condensing
Power Supply	Li-ion battery(4.2V, 230mAh)
Dimensions	2.8x1.4x0.8" (71x35x20mm)
Weight	1.16oz. (33 grams)

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