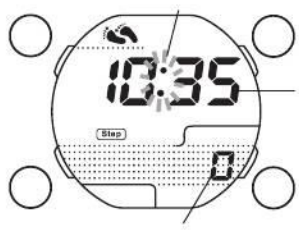
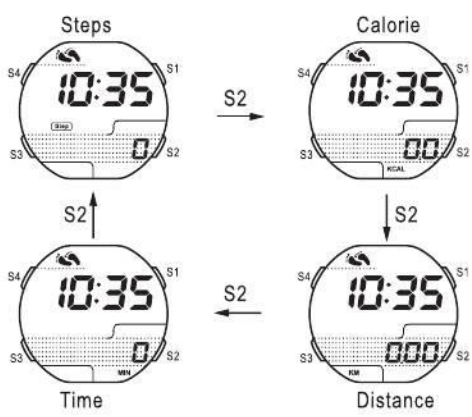
# Instruction Manual

LORUS



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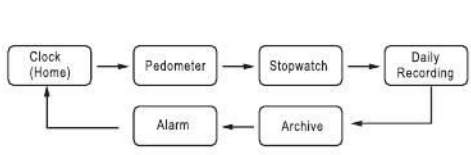


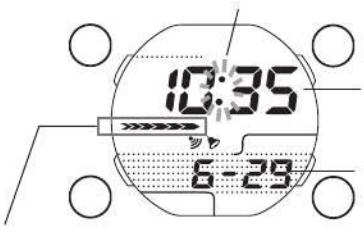


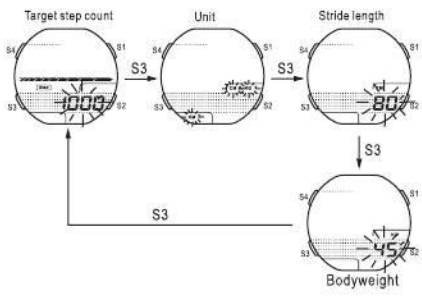


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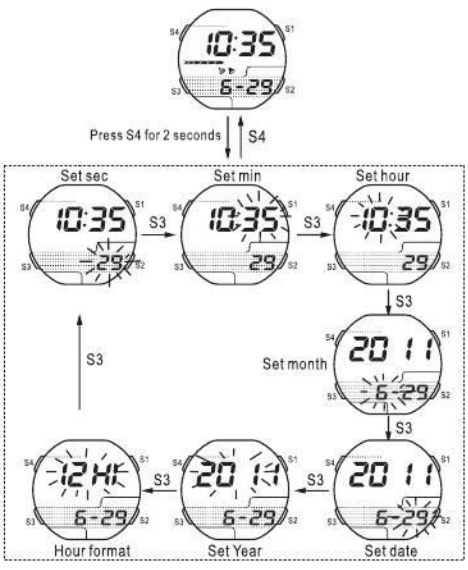
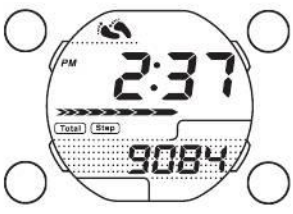
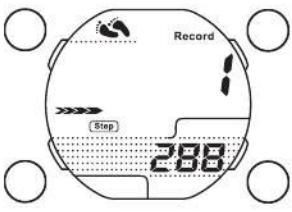
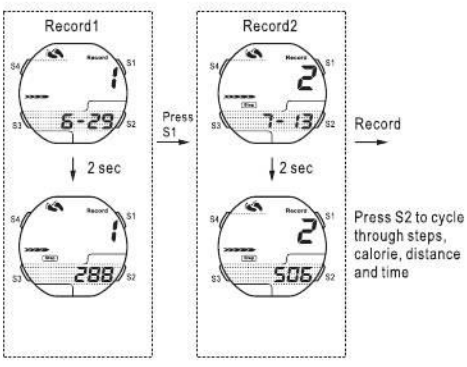



PM
2:37
Total
Step
9084


Record
1
Step
288


Record1
6-29
2 sec
288
Press S1
Record2
7-13
2 sec
506
Record
Press S2 to cycle through steps, calorie, distance and time

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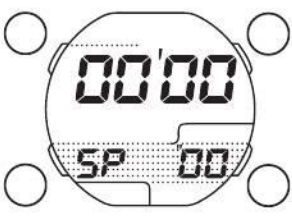
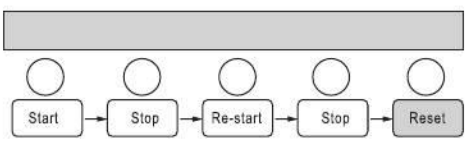
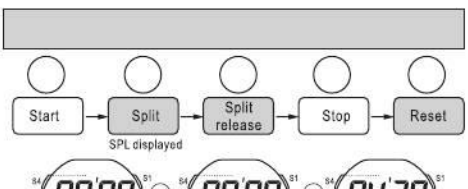
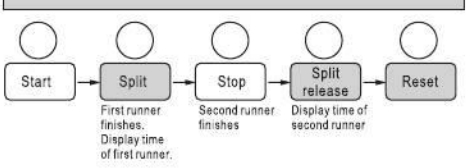
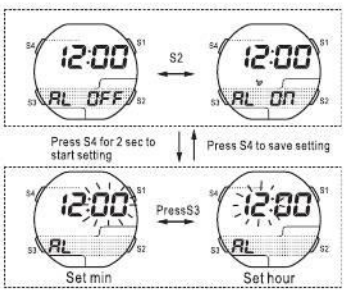

00'00
SP 00


Start
Stop
Re-start
Stop
Reset


Start
Split
Split release
Stop
Reset
SPL displayed
00'00
SP 00
00'08
SP 86
04'28
SPL 59
08'35
SP 24
08'35
SP 24
06'35
SP 24


Start
Split
Stop
Split release
Reset
First runner finishes. Display time of first runner.
Second runner finishes
Display time of second runner


12:00
AL OFF
S2
12:00
AL ON
Press S4 for 2 sec to start setting
Press S4 to save setting
12:00
AL
PressS3
12:00
AL
Set min
Set hour