

BIOTRAINER WEIGHT LOSS SYSTEM™

Patent #5,749,372

INSTRUCTIONS: READ THROUGH ENTIRE INSTRUCTIONS PRIOR TO USE

The BioTrainer™ is a sophisticated piece of technology - DO NOT DROP!

The **BioTrainer** is the first device of its kind to use unique, breakthrough, patented and Clinically-tested technology to:

- Measure your physical activity
- Calculate the calories you burn
- Measure how much time you are active each day.

Clock with a Smart Timer

- 9-Day Memory to track your progress
- Reversible flip-up display
- Weight entry in pounds or kilograms
- Lightweight enclosure
- Clip for easy attachment to clothing
- Low Battery Indicator Icon
- Button cell battery (included)

Tri-Axis Accelerometer Technology

The BioTrainer is not a pedometer. Unlike a pedometer; which attempts to calculate gross measurements of calories burned using steps counted over time, the BioTrainer accurately calculates calories burned, by using a state-of-the-art tri-axis accelerometer. This accelerometer measures physical activity based on the inertial movements of your body weight.

The BioTrainer Measures Daily Activity

- It is the only device currently on the market that can measure all of your physical activity including frequency, duration, and the intensity of your movements. It measures all types of exercise related activity* including walking, biking, dancing, treadmill workouts, golf, and any general physical activities.
- Additionally, the BioTrainer is so sensitive that it has the capability to detect even small, less vigorous body movements such as folding laundry, gardening or even general housekeeping.
- You will notice that when your unit is on and you are in CALORIE or ACTIVITY mode that 12 bars (or dots) will appear in the lower left hand corner of the display. Each one of these bars represents 50 calories burned. When the unit is in ACTIVITY mode a bar will disappear when 2000 activity units were used. 2000 activity units equates to 50 calories burned. In summation, as you go about your activities for the day, for every 50 calories burned, or 2000 activity units, used up (depending on the mode you are in), one of the bars will disappear.

**excludes swimming and weight or resistance training*

HOW IT WORKS:

The BioTrainer calculates motion; after entering only one piece of data, your weight, it records your body's overall physical activity and instantaneously and accurately converts it into calories burned, displaying the data in one of three ways.

- Activity Units – This is a method measuring your overall physical activity based on your body movements. Approximately 40 activity units equates to 1 calorie. Children can relate better to activity units.
- Calories – It will accurately calculate the calories burned as a result of your total physical activity.
- Time in Motion – It tells you how much time that you have been active.

GETTING STARTED and SETUP:

There are only two manual settings– Setting the Clock and Entering your weight.

1. Remove the plastic film on the face of your unit.
2. Open the back of the unit and remove the battery insulation tab from the battery compartment.

NOTE: Caution needs to be used. The front of the unit easily flips up to expose the battery cover and to reverse the display. If tension is experienced while attempting to gain access to the battery or reverse the display - STOP! You are not opening the front cover, but opening the spring belt clip function.

*****Opening the belt clip to over ninety degrees will cause breakage*****

When the tab is removed all segments of the display will be visible for 2 seconds and then it will go into Clock Mode.

TO SET THE CLOCK:

The Clock Feature MUST BE SET in order to keep accurate daily results. The BioTrainer will reset itself each day at 12:00 Midnight.

1. Press the SET button until the clock is displayed
2. Press and hold the SET button for 2 seconds until the clock digits start blinking.
3. Use the CALORIE button to adjust the minute value. Holding down the CALORIE button will enable the auto-advance feature to quicken the setting time.
4. Use the ACTIVITY button to adjust the hour value. Holding down the ACTIVITY button will enable the auto-advance feature to quicken the setting time.
5. The clock is in 12-hour format. A “P” will appear to indicate PM hours.
6. After 6 seconds the unit will return to the time if no other buttons are pressed.

TO INPUT YOUR WEIGHT (*Weight values range from 50 lb/20 kg to 400 lb/200 kg*):

Your weight needs to be inputted in order for the unit to calculate the activity units used or calories burned.

To do so:

1. Press the SET button once until the time appears.
2. Press and hold the SET button for 2 seconds until the clock digits start blinking.
3. Press SET again to enter the Weight Setting Mode. (If the clock stopped blinking prior to pressing SET the third time, you will need to start over.

NOTE: 'Lb' or 'kg' will flash when in Weight Setting Mode. It defaults to lbs. If you would like to change it to 'kg' press the ACTIVITY button once.

Once in the correct weight mode:

4. Hit SET once again and the weight will start blinking.
5. Press the CALORIE (*increase*) or ACTIVITY (*decrease*) Button to increase or decrease the weight value.

NOTE: Holding down either of these buttons will enable the auto-advance feature to quicken the setting time (weight increments of 5 lbs/kgs)

6. After 6 seconds, the unit will return to Clock Mode if no other button is pressed or you can press the SET Button when you finished adjusting the weight value.

NOTE: If you did not get to adjust the weight while it was still blinking, you will need to start from Step #1 to input your weight.

USING THE BIOTRAINER:

BUTTONS & FUNCTIONS:

CALORIE - Use this button for:

- Displaying calorie data
- Resetting values back to zero – You will need to HOLD the button down for a few seconds to set the unit back to zero.
- Increasing minutes when setting time
- Changing weight setting from lb to kg or vice versa
- Increasing body weight setting

ACTIVITY – You would use this button for:

- Displaying activity data
- Resetting data values back to zero - You will need to HOLD the button down for a few seconds to set the unit back to zero.
- Increase hours when setting time
- Change weight setting from lb to kg or vice versa
- Decreasing body weight setting

SET – This button is used for:

- Displaying the clock
- Displaying the timer
- Entering set mode to adjust the clock time
- Entering set mode to adjust your weight

REVERSIBLE DISPLAY – To make it easy for you to read the data on the display, the unit has a hinged cover panel that you can flip up without having to remove the unit from your belt. When you open the panel, the display will automatically reverse allowing you to simply look down and read the data.

NOTE: The panel must be securely fastened after opening it (listen for the click); otherwise it will not accurately track your movement.

MODES & OPERATION:

The BioTrainer automatically stores your daily Calorie, Activity, and Time-In-Motion data into 9 memory presets and resets the data fields at midnight in anticipation of your new day of physical activity. The data from memory preset 9 is dumped as data from presets 1 through 8 are pushed down a day. This trouble free operation prevents you from having to start and stop timers or from having to do any daily maintenance.

TIMER MODE:

1. From Clock Mode, briefly press the SET button to display the Timer. The Timer displays hours minutes and seconds.
2. Press the SET button again and the display will show the Time in Motion recorded the previous day. Memory Day 1 will appear on the display. By pressing the SET button again you can cycle through the 9 day memory for Time in Motion.

This is a SMART TIMER which means it will automatically start counting when it detects activity and it will stop timing when your activity stops. It will continue to accumulate data when your activity begins again.

CALORIES MODE:

1. Press the CALORIE Button once and the display will show the total number of calories burned during the current day or day 0.
2. In this mode the word 'CALORIES' will appear at the top of the display.
3. Day 0 indicates that the calorie value is for the current day's accumulation of calories burned (provided you have not cleared the day's previous calorie data).
4. If you want to have a new record for the day, press and hold CALORIE for 2 seconds to reset the data to zero including 'activity' and 'smart timer' data.
5. Press the CALORIE button again and the display will show the data of calories burned recorded the previous day. Memory Day 1 will appear on the display.

6. If you repeatedly press the CALORIE Button, you can see the data recorded in a day-by-day sequence. The unit retains 9 days of memory plus a reading for the current day for a total of 10 days of data.

NOTE: If no buttons are pressed after 5 seconds, the display will go back to Day 0.

ACTIVITY MODE:

1. Press the ACTIVITY Button to enter into Activity Mode.
2. 'ACTIVITY' will appear at the top of the display.
3. Day 0 indicates that the activity value is for the current day's accumulation of activity units used up (provided you have not cleared the day's previous activity data).
4. If you do want to have a new record for the day, press and hold ACTIVITY for 2 seconds to reset the data to zero including 'activity' and 'smart timer' data.
5. Press the ACTIVITY Button again and the display will show the data of activity units recorded the previous day. Memory Day 1 will appear on the display.
6. If you repeatedly press the ACTIVITY Button, you can see the data recorded in a day-by-day sequence. The unit retains 9 days of activity memory plus a reading for the current day for a total of 10 days.

NOTE: If no buttons are pressed after 5 seconds, the display will go back to Day 0.

HOW TO WEAR THE BIOTRAINER:

1. For best results, the unit should be attached to your belt or at the waistband of your pants or trousers by the crease line.
2. The unit should be in a horizontal position, parallel to the ground to ensure accurate readings.

TO REPLACE THE BATTERY:

1. A low battery indicator icon will appear on the upper left hand corner of the display to let you know it is time to replace the battery.
2. To change it, push up the 'Open' flap to reveal the battery compartment door on the back of the display.
3. Open the door and replace with one CR2032 3volt battery with the + polarity facing up.
4. Replace battery door.
5. You will need to re-enter your weight and the time after replacing the battery.

BATTERY NOTES:

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Different types of batteries must not be mixed
- New and used batteries not to be mixed
- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak

TROUBLESHOOTING THE UNIT:

- If your unit is not counting calories you may have to replace your battery.
- The reversible-display panel must be securely fastened after opening it (listen for the click); otherwise it will not accurately track your movement.
- The Clock Feature **MUST BE SET** in order to keep accurate daily results. The BioTrainer will reset itself at 12:00 Midnight.
- Please be gentle, the unit is sensitive.

Please visit www.BioTrainerUSA.com for more comprehensive information about the BioTrainer Weight Loss System. For more FAQ'S go to <http://www.biotrainer.net/learn.asp>