



# User's Manual

# Insert batteries



Insert 2 x AAA  
batteries

# On/off

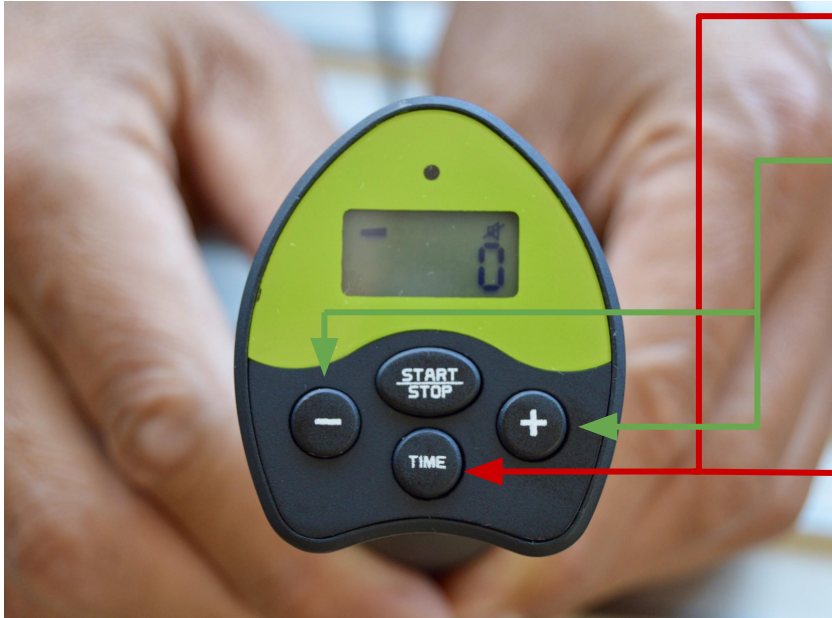


On/Off button:

Up = On

Down = Off

# Set exercise time



1. Press “TIME”

2. Press  
(+) to increase  
(-) to decrease  
--:-- = continuous

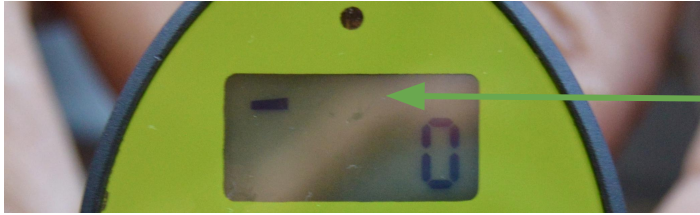
3. Press “TIME” to confirm  
& exit time mode

# Exercise & intensity

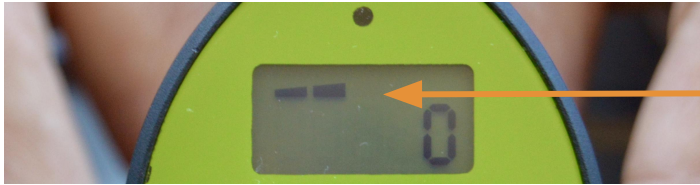
Press

(+) to increase

(-) to decrease



● Moderate



● Brisk



● Intense

Now you're ready  
to go!

# Sound



**Sound Off:**

Press (+) & (-) simultaneously.  
Hold until (🔊) appears.

**Sound On:**

Repeat all the steps above until  
the sound symbol disappears

# Pause during exercise



● Stop:  
Press (Start/Stop)

● Continue:  
Press (Start/Stop) again



# Reset counter



Reset:  
Press & hold (Start/Stop)  
button until “o” appears

To continue:  
Press (Stop/Start) button

When the screen is blinking the  
device is in pause mode.



# How to grip

## Fist Grip



## Thumbs Up Grip



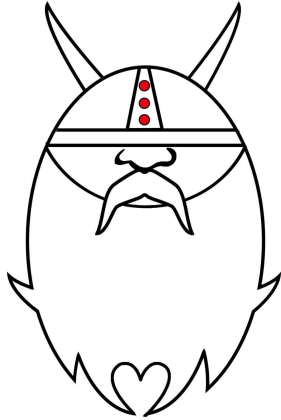
# Walk



## A FULL BODY WORKOUT

How does MY WALK work? A walk is vastly improved to burn more calories and engage more muscles by encouraging you to fully elevate the forward swinging arm to your chosen exercise intensity, Moderate, Brisk or Intense. This ensures that you exercise not only the lower body, but also engage the upper body torso, arms, back, neck, shoulders and hands. A normal walk uses around 40% of your muscles, with MY WALK you engage up to 90%, a Full Body Workout

# Info and Exercise Tips



Website



Video

[www.PappaStark.com](http://www.PappaStark.com)