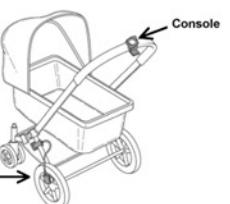


# strollometer®

Stroll back into shape.™

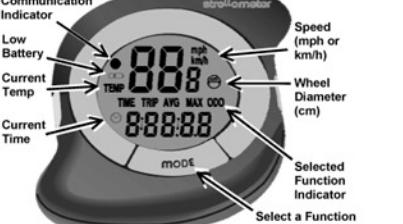
## User Guide



The Strollometer has two main parts:

- Console straps onto the handlebar. The console contains a screen that displays the following functions:
- Current Speed Trip Distance
- Average Speed Daily Distance
- Maximum Speed Current Time
- Trip Time Ambient Temperature

Communication Indicator



Sensor straps onto the rear stroller leg. As you stroll, the sensor measures the wheel rotations and sends information wirelessly to the console.



## Other Contents



- 1 Console handlebar strap with mounting bracket
- 2 Magnets with adhesive tape (1 for use, 2 back-ups)
- 3 CR2032 battery for console
- 4 Foam wedge for optional tightening of sensor strap
- 5 Alcohol pad for magnet prep
- 6 Carrying pouch

## Features

- Large dual LCD screen
- LED indicator for easy sensor positioning
- MPH or KM/H
- Fahrenheit / Celsius
- Wireless connectivity
- Fits plastic mag and spoked wheels
- Straps on, straps off
- Unique sensor ID
- Water resistant
- Fits vertical and horizontal handlebars
- Weak battery indicator

## Important Reminders

- Always keep your stroller under control.
- Only jog or run with a certified jogging stroller.
- Never interfere with your stroller's braking system.
- This is fitness equipment. IT IS NOT A TOY. Please keep out of reach of children.
- Avoid prolonged exposure to hot sunlight.

## Step 1 Install the Console

- Securely fasten console handlebar strap to vertical or horizontal handlebar.
- Use the alcohol pad to clean the spot on the wheel where the magnet will be attached. DO NOT SKIP THIS STEP.
- Let the cleaned surface dry for 60 seconds. Do not touch the clean spot.
- Gently peel adhesive strip off magnet. Do not touch adhesive.
- Place the magnet VERTICALLY on the clean spot of the wheel. PRESS FIRMLY for 40 seconds. Do not move the magnet once it is placed down.

Typical bond strength buildup: 75% after one hour. 90% after one day.

## Step 2 Plan the Sensor Location

- Look at the rear leg and wheel apparatus on the same side that you have attached the console.
- Hold the strap end of the flex bar next to the rear stroller leg. Decide whether to face the sensor over the inner or outer side of the rear wheel.

Both options will deliver identical results.

Most strollers have a crowded wheel apparatus. Because of this, the sensor should face the OUTSIDE of the wheel.

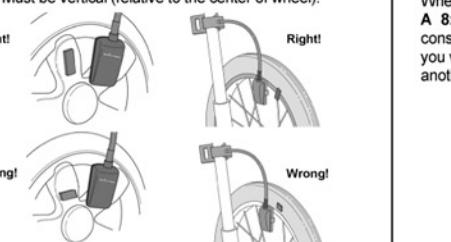
- Attach strap to stroller leg
- The bull's eye on the back of the sensor must face the magnet. It must be no farther than 1.5 cm from magnet.

Some larger-wheeled strollers have wheels set farther away from the stroller leg. In this case, bend the flex bar so that it curves to face the INNER surface of the wheel.

- Spin the wheel. The green LED light on the front of the sensor will flash when the sensor is positioned correctly. Make sure the light flashes once per rotation.

## Step 3 Attach the Magnet

- Find the optimal location for the magnet:
  - As close to the edge of the wheel as possible.
  - On a flat surface.
  - Not on the rubber part of the wheel (the metal rim of a bicycle-type wheel is okay).
  - Must be vertical (relative to the center of wheel).



- Use the alcohol pad to clean the spot on the wheel where the magnet will be attached. DO NOT SKIP THIS STEP.

Let the cleaned surface dry for 60 seconds. Do not touch the clean spot.

- Gently peel adhesive strip off magnet. Do not touch adhesive.
- Place the magnet VERTICALLY on the clean spot of the wheel. PRESS FIRMLY for 40 seconds. Do not move the magnet once it is placed down.

- Typical bond strength buildup: 75% after one hour. 90% after one day.
- Install battery in console.

- Locate the circular cover on the back of the console.
- Use a coin to twist the cover counter-clockwise until it is loose enough to remove.
- Insert CR2032 lithium battery positive (+) side up.
- Use a coin to twist the cover back on.
- Once the battery is installed, the screen will flash A:8:30.
- Slide console onto the mounting bracket until you hear a faint click.

Before you program the console, follow steps 2 - 4.

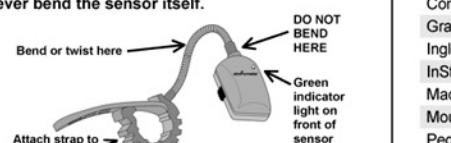
## Step 4 Strap On and Position Sensor

- Securely fasten sensor strap around rear stroller leg.
- Position the strap up or down the leg so that the sensor aligns with the magnet. Pull to the tightest notch possible. If the strap is too loose, insert the foam wedge under the strap and tighten it.

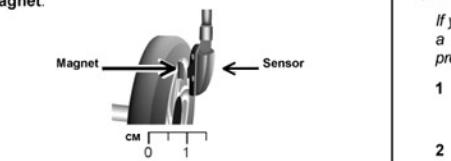
### Suggested Strap Positions:

Narrow Leg (Maclaren)	First opening
Medium Leg (Bugaboo)	Second opening
Wide Leg (Graco)	Last opening

- Align sensor with magnet. The flex bar adjusts the position of the sensor so that you can align it with the magnet. Bend and/or twist the middle of the flex bar. Never bend the sensor itself.



- The bull's eye on the back of the sensor must face the magnet. It must be no farther than 1.5 cm from magnet.



- Spin the wheel. The green LED light on the front of the sensor will flash when the sensor is positioned correctly. Make sure the light flashes once per rotation.

## Step 5 Program Your Strollometer

Program your Strollometer at least 12 feet (4 meters) away from other Strollometers to allow your console and sensor to establish a unique wireless connection. Once your console has been programmed, you may stroll alongside other Strollometers with the assurance that yours is tracking your own stroller's activity.

When the battery is in the console, the screen will flash A:8:30. The console is ready to be programmed. The console should only need to be programmed once, unless you want to change the options or install the Strollometer on another stroller.



There are three buttons on the Strollometer:

Mode	Toggle through programming options.
Select (right side)	Choose the displayed option.
Reset (left side)	Quick Press: Reset trip data to zero. Press and Hold: Restart programming.

Before programming, measure the diameter of the rear stroller wheel in centimeters (round up to the nearest whole centimeter). Measure from one outside edge of the rear wheel to the other outside edge. Use the ruler on this guide to help. (This measurement is needed for the last step of the programming cycle.)



Measure at the widest part of the wheel (in centimeters), from the left outer edge to the right outer edge.

### Wheel Diameter of Popular Strollers (as of July 2006)

Stroller Model	Wheel Diameter (cm)*
Baby Jogger - City Series	30 cm
BOB - Revolution	39 cm
Bugaboo	30 cm
Chicco - Cortina	19 cm
Combi - City Savvy Select	16 cm
Graco - MetroLite	21 cm
Inglesina - Zippy	19 cm
InStep - Alta	39 cm
Maclaren - Techno Classic	17 cm
Mountain Buggy - Urban	31 cm
Peg Perego - Pliko P3	16 cm
Phil & Ted	29 cm

\* Round up to the next whole centimeter.

### a. Begin Programming:

If you select the wrong setting or change your mind about a setting while programming your Strollometer, simply press and hold the **Reset** button to start over.

- Set current clock time AM or PM: Press **Mode** and toggle between A (for AM) and P (for PM). Display the correct setting and press **Select** to save it.
- Set the hour: Press **Mode** to display the current hour. Press **Select** to save hour.
- Set the minutes: Press **Mode** to display the current minutes. Press **Select** to save minutes.

- Set km/h or mph: Press **Mode** to choose between km/h and mph. Press **Select** to save the setting.
- Set Celsius (C) or Fahrenheit (F): Press **Mode** to choose between C and F. Press **Select** to save the setting.

- Set the diameter of the wheel (in centimeters): Press **Mode** to display the diameter of the rear stroller wheel you measured earlier. Press **Select** to save the setting.
- Calibration:

- A blinking black dot will appear on your screen.
- Push your stroller for at least 3 seconds until a solid black dot is displayed. If a solid black dot appears before you push the stroller, that's ok.

The solid black dot indicates that your console accepted a transmission from your sensor and a unique ID was recorded and stored.

If you do not see a solid black dot, check:

- That the sensor and magnet are aligned properly.
- That the green light flashes once for each rotation.

You have 5 minutes to complete the calibration.

You are finished! Your Strollometer is now ready to be used. You may also stroll alongside other Strollometers.

## Using Your Strollometer

Your Strollometer console has a large dual-LCD screen. The top half of the screen displays either your current speed or temperature. The bottom half displays the functions listed below.

When you begin strolling, press **Mode**. A read-out appears after 3 seconds of continued strolling. Press **Mode** again to display the following functions (in order):

- Current time (defaults to this setting when stationary for 9 seconds)
- Current speed/trip time
- Current speed/trip distance
- Current speed/average speed
- Current speed/maximum speed
- Current speed/daily distance (resets to zero at midnight)
- Ambient temperature and current time

## Resetting Trip Information

To track a new trip, press **Mode** to display any function. Then briefly press **Reset** (left side of console). All counters will be set to zero except for the wheel diameter and your daily distance (which continues to accumulate until midnight).

## Resetting All Information

You can reset ALL information on your console (to install your Strollometer on a different stroller), including current time, daily distance, and wheel diameter.

Press **Mode** to display any function. Then press and hold **Reset** for several seconds. A 8:30 will be displayed on the screen. Please reprogram your console now.

## Interference

Strong electromagnetic fields can interfere with your Strollometer. Common sources of interference include high voltage power lines, electric motors, railroad crossings, railway tracks, TV stations and radar bases. Move away from the source of interference and the Strollometer reading should return to normal.

## My speed is always zero for the first few seconds.

That is correct. The Strollometer counts the number of wheel rotations in 3-second intervals. Speed will not register or change any quicker than every 3 seconds.

## My Strollometer displays all zeroes.

The sensor is most likely not aligned properly. Make sure the bull's-eye icon on the back of the sensor is positioned no more than 1.5 cm from the magnet. Turn the wheel with the magnet. The green light on the sensor will flash every time the magnet passes the sensor. (Remember to bend the flex bar in the middle, not at the ends.)

## My speed is double the amount it should be.

A brisk walk ranges from 3.3 to 4.0 mph. If your console seems to be reading significantly higher, check to see if the sensor is flashing twice for each wheel rotation. Check the position of the magnet. It must be VERTICAL on the wheel, NOT horizontal.

## Cleaning and Caring for the Strollometer

When folding your stroller, you may remove the Strollometer console and sensor apparatus and store them in the carrying pouch. Gently press the tab at the top of the mounting bracket (behind the console) and slide console off the bracket. Unstrap the sensor apparatus. Place both in the carrying pouch.

To remove routine spills, wipe the console and sensor with a dry or slightly damp cloth.

Warning! Do not store the Strollometer where it will be exposed to extreme high or low temperatures. Extreme temperatures may result in inaccurate readings.

## Water Resistance

The Strollometer sensor is designed with a rubber seal to make it resistant to puddles and splashing. **HOWEVER, IT SHOULD NOT BE SUBMERGED UNDER WATER.**

If either the console or sensor is dropped in water, remove the battery and allow to air dry before using again.

## The display changes erratically when I stroll next to another Strollometer.

Your console may be reading someone else's sensor. Move your stroller and Strollometer at least 12 feet (4 meters) away from the other Strollometer. Then press and hold **Reset** for several seconds, and reprogram your Strollometer.

## My odometer is not accurate.

An incorrect odometer reading may result from entering the wrong wheel diameter or placing the magnet too far away from the edge of the wheel. Measure the rear wheel again to confirm the size. If the diameter is between numbers, round up to the next whole centimeter.

## My temperature reading is inaccurate or slow to change.

It may take several minutes for large temperature shifts to register. Direct sunlight will also affect the temperature reading.

## My display is faded or blank.

Your console battery is either weak or the battery contact is misaligned. Remove your console battery, reinsert it, and replace the cover. If the problem still occurs, replace the battery with a new CR2032 lithium battery.

## Technical Specifications and Warranty

Console and Sensor each contain one CR2032 lithium battery. Average life is 180 hours for the Console and 200 hours for the Sensor (1h/day, 7 days/week). Operating temperature ranges from 0°C – 40°C (32°F – 104°F). Materials are water-resistant, but wetness for an extended period should be avoided. 9 Months Up, 9 Months Down, LLC (9MUP) warrants to the original purchaser that this product will be free from defects in materials or workmanship for one year from the date of purchase. Please keep the receipt, which is your proof of purchase. Warranty does not cover battery consumption; damage due to misuse, abuse, accidents or non-compliance with the precautions; improper maintenance; commercial use; cracked or broken cases; and replacement of accessories. During the warranty period, the product will be either repaired or replaced by 9MUP free of charge, however the customer is responsible for shipping costs. Patents pending in the US and worldwide. 2008 9 Months Up, 9 Months Down, LLC. All rights reserved. Strollometer® is a registered trademark of 9MUP. Stroll back into shape™ is a trademark of 9MUP. The material in this guide is for informational purposes only. The product it describes is subject to change without prior notice due to the manufacturer's continuous development program. The device transmits a periodic wireless signal to update the speed and ensure the user operates at a safe speed.

## FCC Compliance

The Strollometer complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Important: Changes or modifications to this product not authorized by 9 Months Up, 9 Months Down, LLC, could void the FCC compliance and negate your authority to operate the product.

## Industry Canada Statement

This Class B device meets all requirements of the Canadian interference-causing equipment regulations.

## Contact Information

For the latest information on the Strollometer, go to [www.strollometer.com](http://www.strollometer.com) or contact us at:

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