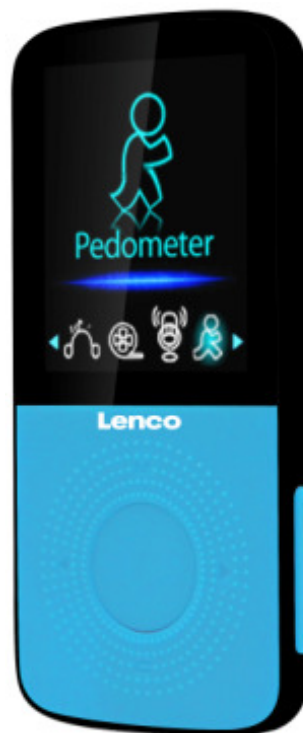


Lenco

USER'S MANUAL

PODO-153

Media Player with Pedometer



For more information: www.lenco.com

Cautions

- Do not place naked flames, such as lighted candles on or near the product.
- Do not place objects filled with liquids, such as vases on or near the product.
- Do not use or store this product in a place where it is subject to direct sunlight, heat, excessive dust or vibration.
- Do not use this product with wet hands.
- Do not clean this product with water or other liquids.
- Do not block or cover the slots and holes in the product.
- Do not push foreign objects into the slots or holes in the product.
- Do not attempt to open this product yourself. There are no user serviceable parts inside.
- Do not allow children access to plastic bags.

Safety Warnings

- Before using this product, read and follow all warnings and instructions.
- This product is not intended for use by young children. Young children should be properly supervised.
- This product is intended for household use only and not for commercial or industrial use.
- Do not expose to dripping or splashing.
- No naked flame sources, such as lighted candles, should be placed on the product.
- Ventilation should not be impeded by covering ventilation openings with items such as newspapers, table cloths, curtains and the like.
- Make sure the unit is adjusted to a stable position. Damage caused by using this product in an unstable position or by failure to follow any other warning or precaution contained within this user manual will not be covered by warranty.

Lenco suggest retaining the packaging in case for future transport of the product.

If at any time in the future you should need to dispose of this product please note that: All batteries and accumulators need to be removed from this product (Removal of Waste Batteries and Accumulators).

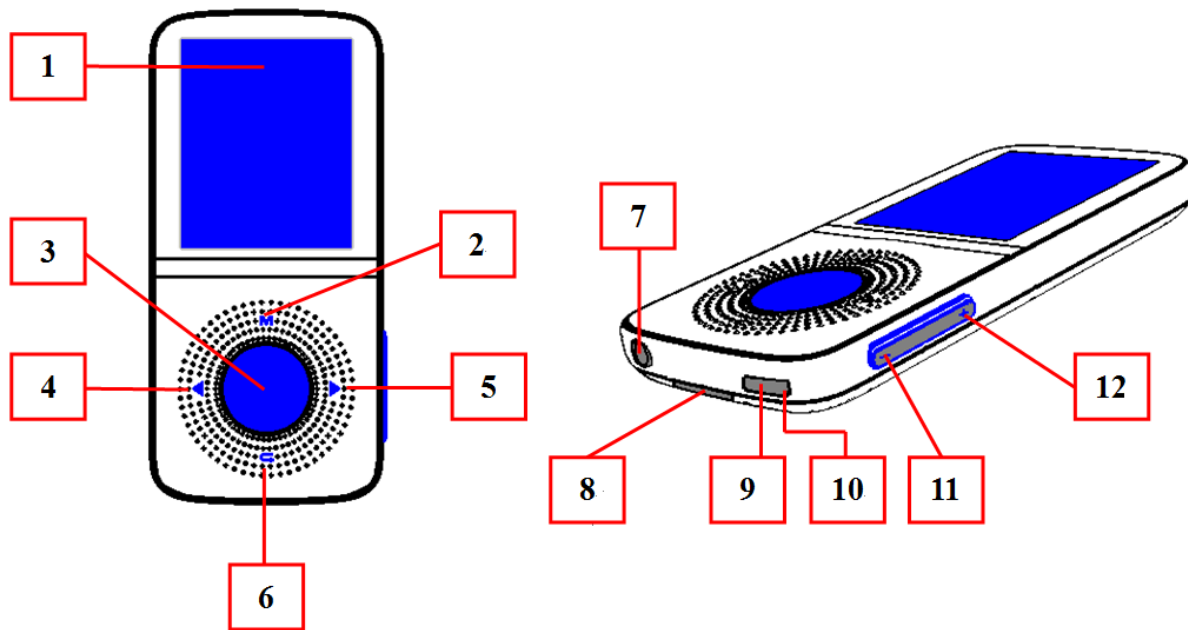


WARNING: When participating in the traffic listening to a personal music player can make the listener less aware of potential dangers such as approaching cars.



WARNING: To prevent possible hearing damage, do not listen at high volume levels for long periods.

1. Get to know the controls on Player



Item	Description
1	TFT LCD Display
2	M Button (Call Menu)
3	Center (▶) Button (On / Off, Play / Pause, Enter)
4	◀ Button (Previous / Fast-Rewind)
5	▶ Button (Next / Fast-Forward)
6	↶ Button (Previous Menu / Exit)
7	Earphone Output Jack (3.5mm Stereo)
8	Micro SD Memory Card Slot
9	Micro USB Port (PC Connection / Charge)
10	Microphone Position (mono, inside USB port)
11	VOL – Button (Volume Down)
12	VOL + Button (Volume Up)

2. About Player Battery

Player has an internal, non-user-replaceable battery. For best results, the first time you use player, let it charge for about **2 ~ 3 hours** or until the battery status icon in the “**Connect**” screen shows that the battery is in full.



Battery is in full

Note: Player may continue use battery power after it's been turned off. For maintain the battery life and performance, if unit isn't used for a while, the battery need to be recharged, recharging the battery at least once per month.

a. Charging the Battery:

You can charge the player battery in two ways:

- Connect player to your computer. Or,
- Use the USB power charger. (*not included*)

b. Connection and Charging:

- Once you have connected player with computer / power charger, then you will see the “**Connect**” screen appear on screen,
- The level bars are running in battery status icon at the “**Connect**” screen. The battery is in charging.

Connect Screen



In Charging



Important: The battery does not charge when your computer is in sleep. The USB port on most keyboards does not provide enough power to charge the player. Connect player to a USB 2.0 port on your computer only to prevent charge problem.

3. Connecting and Disconnecting Player

You can connect the player with your computer to transfer those media files and recorded voice memos when necessary, and to charge the battery.

a. To Connecting Player

- To connect player to your computer, plug the connector of USB Cable into a USB port on your computer, and connect the other end to player, then the “**Connect**” screen appear for view.
- Now the player is ready for media files transfer with your computer and the battery is charging.
- You can transfer the media files by using the computer mouse use drag and place, or copy and paste, in between the player and your computer. Disconnect it when you’re done.

b. To Disconnecting Player

It’s important not to disconnect player while it’s syncing or transferring files. Eject the player before disconnect it.

- To eject player, press and hold the **M** button for about 2 seconds, the “**Connect**” screen will switch to “**Main Menu**” screen. And now is safe to disconnect the player with your computer. Unplug the USB cable from

the player. Or,

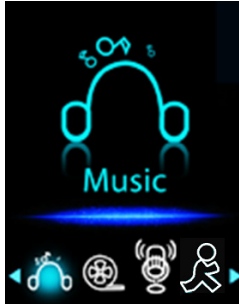

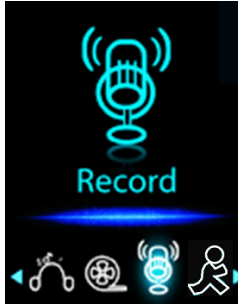

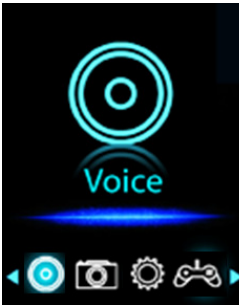
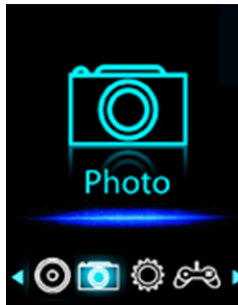
- If you're using a Windows PC, you can also eject player in My Computer or by clicking the **"Safely Remove Hardware"** icon in the Windows system tray, select the correspondence name of USB Device and choose **"Stop"** > choose **"Confirm"** > choose **"Confirm"** follow by the pop up windows you're your computer.
- If you're using a Mac, you can also eject player by dragging the player icon on the desktop to the Trash.
- Disconnect the USB cable from the player and computer, simply remove it.
- If you accidentally disconnect player without ejecting it, reconnect it to your computer and sync again. However, some media file may loss.

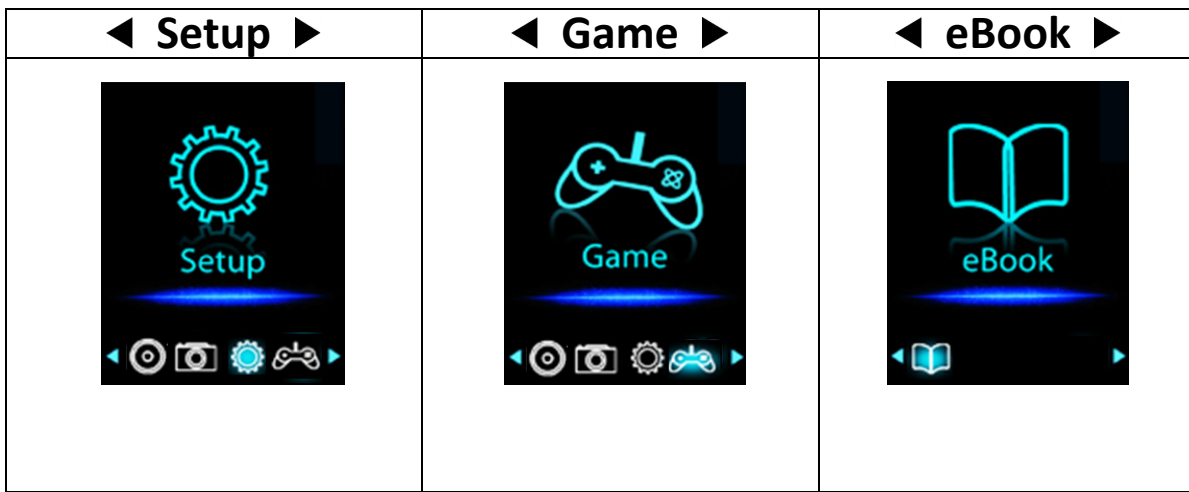
4. Getting Start the Player

Turn ON / OFF the player and use of Main Menu:

- To turn ON the player, press and hold the **Center (▶||)** button for 3 ~ 4 seconds, then you will see any one of the following shown Main Menu screen, **Music / Movie / Record / pedometer / Voice / Photo / Setup/ Games / eBook**, will appear on LCD after the Loading and Opening screen have displayed.
- To turn OFF the player, press and hold the **Center (▶||)** button for 3 ~ 4 seconds.

"Main Menu"

◀ Music ▶	◀ Movie ▶	◀ Record ▶
		
◀ Pedometer ▶	◀ Voice ▶	◀ Photo ▶
		

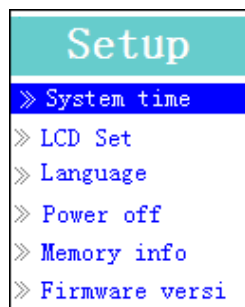


5. Use Setup Menu

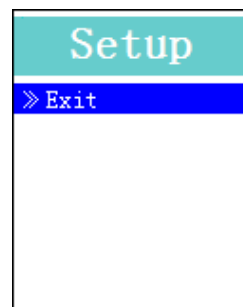
You might need to set date & time or change some default setting as you desired in setup menu before you start to use the player.

- To go into setup menu, from main menu, choose “**Setup**” by using ◀ / ▶ and **Center** (▶|) buttons, a “**Setup**” menu appears to use;
- For back to previous menu or main menu, press or pressing ↶ button during in setup menu and submenu.

Setup Menu



(Menu Page 1)



(Menu Page 2)

a. To Setup “**System time**” (Date & Time):

- Choose “**System time**” by using the ◀ / ▶ button and then press **Center** (▶|) button, a date & time setting screen appears to use.
- Press the **VOL +** button, the year is highlighted then adjusting to current year by pressing the ◀ / ▶ button. And repeating the adjusting methods by using the **VOL + / VOL -** and ◀ / ▶ button again for finished those items; Month, Date, Hour, Minute and seconds setting adjustment.
- Finally, you need to press the **Center** (▶|) button to confirm the adjustment and back to Setup menu, if not the date & time will not to memorize and you need to adjust them again.

Note: the set date & time will be losses if internal rechargeable battery is fully emptied in protection mode. Adjust the clock again if you want it to use.

b. To change “**LCD set**”

You can set the backlight to illuminate the screen for a certain amount of time as you desired or make the backlight to always ON when every time you turn ON the player.

- To change LCD backlight, choose “**LCD set**” > choose “**Dark mode**”, a level bar with number appear then chose “**0 (always On) / 5 / 10 / 15 / 20 / 25 / 30 / 35 / 40 / 45 / 50 seconds**” as you desired by using the **Center** (►|) and ◀ / ▶ buttons. Choose “**0**” to prevent the LCD backlight from turning to off. (choosing this option decrease battery performance)

c. **To Change “Language”**

This player can use difference OSD languages.

- To set the language, choose “**Language**”, and then choose which language as you desired by using the **Center** (►|) and ◀ / ▶ buttons.

d. **To Set “Power Off”**

The Power Off setting can extend the time between battery charges by turning OFF the player when you are not using the controls or no operation. Also, Sleep function provided for more choice.

- To set power off time, choose “**Power off**”, then choose “**Off time**”, a levels bar with number menu appear, then choose “**0 - 200 seconds**” as you want by using the **Center** (►|) and ◀ / ▶ buttons.
- To set sleep time, choose “**Power off**”, then choose “**Sleep time**”, a levels bar with number menu appear, choose “**0 / 10 / 20 / 30 / 40 / 50 / 60 / 70 / 80 / 90 / 100 / 110 / 120 minutes**” as you want by using the **Center** (►|) and ◀ / ▶ buttons.

e. **To View “Memory info”**

You can view about the memory status of player, such as the numbers of remaining memory space available and the percentage of memory have used.

- To view the status, choose “**Memory info**” by using the **Center** (►|) and ◀ / ▶ buttons. An information screen, remaining memory space available and percentage of memory used, appear for view.
- To return to setup menu or main menu press the ↵ button or press and hold the ↵ button

f. **To View “Firmware Version”**

You might need to view the details about firmware information inside the Player.

- Choose “**Firmware version**” by using **Center** (►|) and ◀ / ▶ buttons, an information screen appear for view.
- To return to setup menu or main menu press the ↵ button or press and hold the ↵ button

g. **To “Exit”**

- Select **Exit** to back to main menu. Or, press and hole the ↵ button.

6. **Use Music Menu**

You can use music player to playback with supported music file format of audio coding; WMA and MP3 are supported by the player. To open the music player in Main Menu:

- From main menu, choose “**Music**” by using the ◀ / ▶ and **Center** (▶|) button, a “Music Now Playing” screen appears to use.

Music Now Playing



a. To Play Music

- In Music Now Playing screen, press the **Center** (▶|) button to start the play.
- Press the **Center** (▶|) button to pause the playing music.
- Press it again to resume.

b. Play Previous or Next Music

- Press the ▶ button to play next music.
- Press the ◀ button to play previous music.



c. Use Fast-Forward or Fast-Backward

- Press and hold the ▶ button to use fast-forward
- Press and hold the ◀ button to use fast-backward.

d. Adjust volume level

- Press the **VOL+** / **VOL-** button to adjust volume levels to up / down and a volume control screen appears to viewing;
- Wait for 6 ~ 8 seconds or press the ↶ / **Center** (▶|) button to return to music now playing screen.
- **For hearing protection;** a beep warning will be heard from earphone, or display warning pop-up on TFT screen, when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Press the **M** button to accept the warning and enter into the volume control for increase the level and until to maximum level.

e. Use Lyric Display

This player supports “*.LRC” lyric files and lyrics can synchronous displayed while playing music if you music has lyric included. How to know whether the lyrics exist? If the current song has matching lyric files, the color dot beside the Lyric Message icon will be turned to green color  from red  in Music Now Playing screen.

- Playing the music with lyrics, and then press and hold the **M** button to enter the lyric display mode and the lyrics is displaying and moving up accordingly with the playing music.
- Press the **M** button to cancel the lyrics display and go back to Music Now Play screen if you want.

7. Use Music Submenu in Music Stop Mode

You might need to selecting folders for music play and delete music files. To do this:

- In Music Now Playing screen, press the **Center** (▶||) button to stop the playing music if player is in playing. Then,
- Press the **M** button to pop-up the Music Submenu.

a. Local Folder

- In Music Submenu screen, choose “**Local folder**” a list menu appear, and then select folder and / or choose a music file by using the ◀ / ▶ and **Center** (▶||) button.
- It will go back to music now playing screen once a music file is selected. Then press **Center** (▶||) button to play.

b. Artists

- Choose “**Artists**” to enter folder(s) list menu grouping by Artist name, then choose who name of Artist folder > choose a song file in list where start the play.

c. Album

- Choose “**Album**” to enter folder(s) list menu grouping by Album name, then choose who name of Album folder > choose a song file in list where start the play.

d. Genre

- Choose “**Genre**” to enter folder(s) list menu grouping by Genres name, then choose who name of Genres folder > choose a song file in list where start the play.

e. Update playlist

- Choose “**Update playlist**” to update the playlist when you found it show incorrect; actually, it is normal due to some media files could be manual deleted in player’s memory by user in some case. However, update the playlist when necessary.

f. Delete file

- Choose “**Delete file**”, a list menu appear, and then choose which music file that you want to delete by using the ◀ / ▶ and **Center** (▶||) buttons.
- Once file is selected, press the **Center** (▶||) button and choose **Yes** to confirm or **No** to cancel.

g. Delete All

- Choose “**Delete all**”, a dialog appear to choose, then selects “Yes / No” by using the ◀ / ▶ and **Center** (▶||) buttons.
- Once “YES” or “NO” appear then press the **Center** (▶||) button to confirm.
- All music files will be deleted once YES is selected and confirmed, a “Deleting” screen appear for a while and deleting process is in progress, then “Empty disk!” message will shown on screen for few seconds.

h. Exit

- Select **Exit** to back to music now playing screen.

8. Use Music Submenu in Music Playing Mode

You might need to do some changes for music playing, such as repeat, EQ settings for music files... etc. To change setting:

- In music playing mode, press the **M** button, a Music Submenu appear to choose;

a. To Set Repeat

- Choose “**Repeat**” > then choose “**Normal / Repeat one / Repeat All / Repeat folder / Random All / Random Folder**” as you desired by using the ◀ / ▶ and **Center (▶||)** buttons.

b. To Change Equalizer

- Choose “**Equalizer**” > then choose “**Natural / Rock / Pop / Classic / Soft / Jazz / DBB**” as you desired by using the ◀ / ▶ and **Center (▶||)** buttons.

c. Exit

- Select **Exit** to back to music now playing screen.

9. Use Movie Menu

a. To Play Movie

- From Main Menu, choose “**Movie**” by using the ◀ / ▶ and **Center (▶||)** button, a “**Movie Now Playing**” screen appears to use.
- In Movie Now Playing screen, press the **Center (▶||)** key to start the play.
- Press the **Center (▶||)** button to pause and to back to Movie Now Playing screen. Press it again, the video will play continue.

b. To Play Previous or Next Video

- Press the ▶ button to play next movie file.
- Press the ◀ button to play previous movie file.

c. Use Fast-Forward or Fast-Backward

- Press and hold the ▶ button to play fast-forward.
- Press and hold the ◀ button to play fast-backward.

d. Adjust Volume Level

- Press the **VOL+ / VOL-** button to adjust volume levels to up / down. Or,
- To preset the volume level at movie stop mode in Movie Now Playing screen, press the **VOL+ / VOL-** button to adjust volume levels to up / down and a volume control screen appears to view. Then, press the **Center (▶||)** button to confirm and exit from volume control screen.
- **For hearing protection;** a beep warning will be heard from earphone, or display warning pop-up on TFT screen, when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Press the **M** button to accept the warning and enter into the volume control for increase the level and until to maximum level.

10. Use Movie Submenu in Movie Stop Mode

You might need to selecting folders, delete movie files and set repeat for movie play. To do this:

- Press the **Center** (▶||) / ↶ button to stop the playing movie and return to Movie Now Playing screen; Then,
- Press the **M** button, a movie submenu appear, then choose “**Local / Delete file / Delete all / Repeat / Exit**” as you desired by using the ◀ / ▶ and **Center** (▶||) buttons.

a. Local Folder

- In movie submenu screen, choose “**Local Folder**”, a file list menu appear, and then select folder and / or choose a desired movie file to play by using the ◀ / ▶ and **Center** (▶||) button.
- It will go back to movie now playing screen once a movie file is selected. Then press the **Center** (▶||) button to play.

b. Delete File

- Choose “**Delete file**”, a file list menu appear, and then choose which movie file that you want to delete by using the ◀ / ▶ buttons.
- Once file is selected press the **Center** (▶||) button and choose “**Yes**” to confirm or “**No**” to cancel.

c. Delete All

- Choose “**Delete all**”, a dialog appear to choose, then selects “**Yes / No**” by using the ◀ / ▶ button.
- Once “**YES**” or “**NO**” appear then press the **Center** (▶||) button to confirm.
- All movie files will be deleted once “**YES**” is selected and confirmed, a “**Deleting**” screen appear for a while and deleting process is in progress, then “**Empty disk!**” message will shown on screen for few seconds.

d. Repeat

- Choose “**Repeat**”, then choose “**Normal / Repeat one / Repeat All / Repeat folder / Random All / Random Folder**” as you desired by using the ◀ / ▶ and **Center** (▶||) buttons.

e. Exit

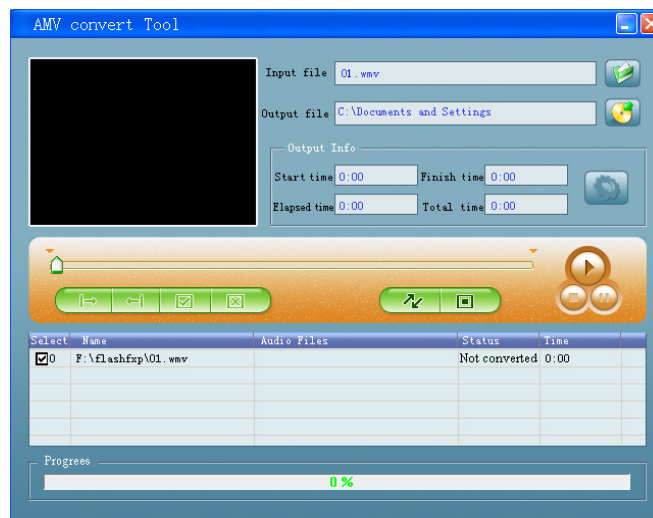
- Select **Exit** to back to music now playing screen.

11. Convert Video files into AMV

Important: For Video Converter, please make sure you have installed Microsoft DirectX 9.0 or above in your computer. When to convert Real Media, QuickTime, MPEG format video files, please install related DirectShow filter at first. Otherwise, AMV Converter cannot work normally. For Media Manager in Windows XP, please make sure you have installed Microsoft Media Player 10.0 or above, and Microsoft .NET framework 3.0.

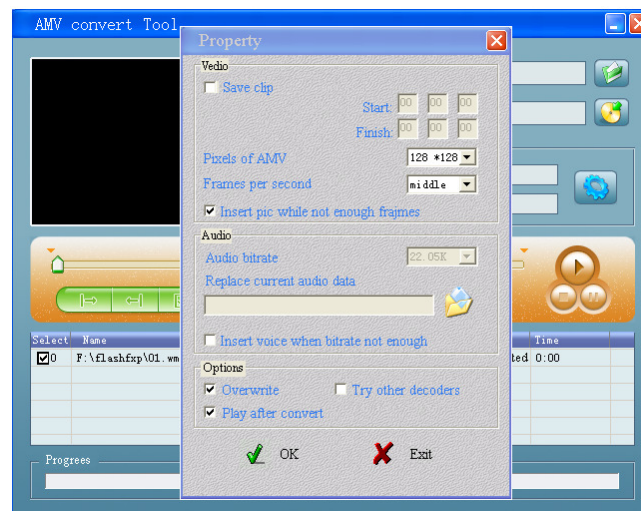
If your video file is different or you found format error, convert it to the correct format through the included “AMV Video converter” as follows. This tool can be used to transform those video files into AMV format files on the computer before upload them to your player. Recommended use AMV for avoids video codec issues on your computer.

- To install this video convert tool to your computer, click “**VIDEO CONVERSION SOFTWARE**” which stored in your player. (or stored in provided CD)
- Select “**Setup**” to start the install program, the software will automatically install to you computer.
- After installation is done, open AMV converter tool on your PC.



Noted: This program is used to convert video files into AMV format, currently only AMV format is supported.

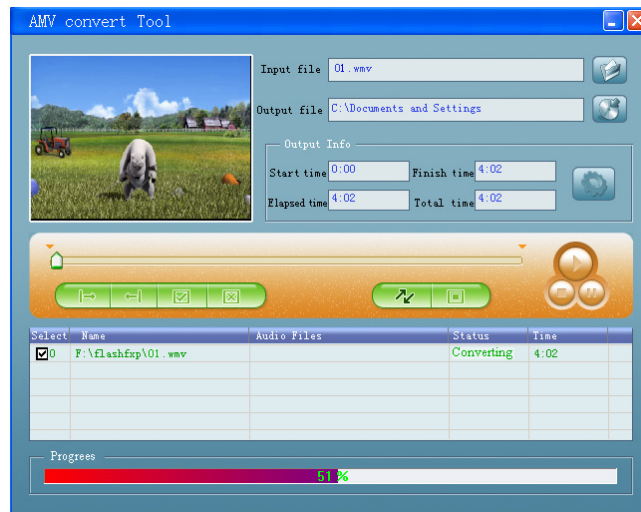
- Run “AMV Convert Tools”, click to choose the folder where to save the AMV files, and then click to select the folder where the original files are. The original file will show in the file window once selected.
- Select with highlight the unprocessed AMV files in the file window, the icon will be highlighted into . And then click icon and a dialog box will be shown.



- Choosing pixels of AMV to “**160x128**” and Frames per second to “middle”,

then click OK to confirm.

- Click  to start converting.



- After conversion, the AMV files will play automatically for preview.
- And now the converted AMV file is ready to transfer, you can simply copy and place those converted AMV files to the media player.

Note: Only pixels in **160x128** can be supported.

12. Use Record Menu

You can use the player as a Voice Recorder and recording voice memos using the built-in microphone.

a. To Start Recording Voice Memo

- From main menu, choose “**Record**” by using the ◀ / ▶ and **Center** (▶||) buttons, a “**Now Recording**” screen appear to use;

Now Recording



b. To Start / Pause Recording

- Press the **Center** (▶||) button to start the recording and the recording time is running. It is in recording.
- Press the **Center** (▶||) button to pause the recording and recording time will stop and flashing. Press it again to resume the recording.

c. To Save and Stop Recording File

- Press and hold the **Center** (▶||) button, the recorded file will save into memory and ready for new recording. Press the **Center** (▶||) button can start the new recording immediately.
- Press and hold the ↵ button to save the recording file and exit to main menu from now recording screen.

13. Use Record Submenu (in Stop Mode)

You might need to change the folder locations which want to store the record file and / or change record quality to better compression values.

- In Now Recording screen at stop mode, press the **M** button to pop-up a the “Record Submenu” to choose;

a. Local folder

- In record submenu, choose “**Local folder**” > chooses “ \ “ until to “Root” directory with other folders are appearing to choose from defaulted folder location by using the **Center** (▶||), ↶ and ◀ / ▶ buttons; (Default folder path is “\RECORD”)
- And then, choose the folder name which you want to save the record file by using the ◀ / ▶ and **Center** (▶||) buttons. Once folder name selected, press and hold the ↶ button to confirm, then the folder location is changed and go back to Now Recording screen.
- And now you can see the folder name is changed at the Record Folder icon in “Now Recording” screen.

b. REC Type

- Choose “**REC type**”, then choose “**32K BPS / 64K BPS / 128K BPS / 256K BPS**” values as you desired by using the ◀ / ▶ and **Center** (▶||) buttons.

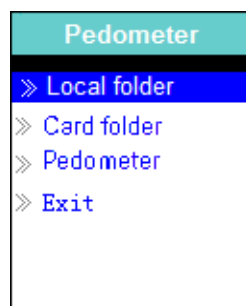
c. Exit

- Select **Exit** to back to music now playing screen.

14. Use Pedometer

- From main menu choose “**Pedometer**” by using the ◀ / ▶ and **Center** (▶||) buttons. A pedometer menu appears to use;

Pedometer Menu



a. Setup your pedometer before start

Before you start to use the pedometer function, you need to input your personal information and calibrates the player’s pedometer sensor to personalize it. To do this:

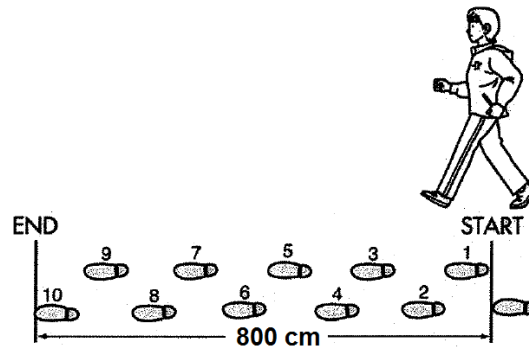
- From pedometer menu, choose “**Pedometer**”, then choose “**Setting**” by using the ◀ / ▶ and **Center** (▶||) buttons. A submenu list appears to use;
- Choose “**Women / Man**”, then choose stride “**Walking / Jogging /**

Running”, a level bar with number appear to choose;

- Input your average stride length, for example 80 (cm) by using the ◀ / ▶ and **Center** (▶|) buttons. (Refer to **“Stride Length Measurement”** mentioned as below.)
- Once average stride length is set, it will return to pedometer menu. (Adjustment range can be set from 10 ~ 200 (cm) by increase / decrease 1 cm step)
- Choose **“Exit”** to return to main menu.

Stride length measurement

- Walk / Jog / Run 10 steps with your normal stride as illustrated below.

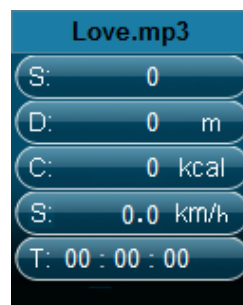


- Measure the distance from **START** to **END** in centimeter (cm). Then calculate your stride length by dividing the total distance by 10. Example:
- Total distance = 800 cm
- $800 \text{ cm} \div 10 \text{ steps} = 80 \text{ cm}$

b. Start / Exit pedometer counts

- Choose **“Start”** to enter and start pedometer counts function when settings are completed, the pedometer counts display is appearing and time is start running, from **“00:00:00”**. At same time pedometer sensor is starting to counts your move. Now you can start walking, jogging or running as preferred in setting.
- Those wanted information; such as: Steps, distance, calorie burned and Speed, are showing on pedometer counts display screen for view.

Pedometer Counts Display



- The pedometer data will only be shown on the screen after the first +/- 12 steps because the software needs some data to analyze the steps and then show the results on the screen.

- To exit pedometer counts function and Save the personal counts record, press the **M** button, a confirm screen appear, then choose **“Yes”** to confirm and the screen will return to main menu. The record is saved. Or,
- Choose **“No”** to cancel and continue the pedometer counts.

c. **Look Up record**

- In pedometer menu, choose **“Look up”** to view the personal counts record. The player is allowed storing maximum 2 personal counts record **“Record 1 / Record 2”**. Moreover, the new records will overwrite the old Record 1 and Record 2.
- Press the **M** button to exit from personal counts record display and back to main menu.

Personal Counts Record

Record 1	
S:	1 0 0
D:	8 0 m
C:	2 kcal
S:	1.0 km/h
T:	00 : 01 : 40

d. **Play Music in Pedometer Function**

- From pedometer menu, choose **“Local folder / Card folder”** by using the ◀ / ▶ and **Center** (▶||) buttons. A list menu with folders / files appears to choose.
- Choose a folder and file, which music as the first music to play, when you start to play song in pedometer counts display mode. The screen will return to pedometer menu. Then,
- Choose **“Start”** to enter the pedometer counts display mode. Press **“Center”** (▶||) button to start the music play music with the pedometer counts function if you wish. And,
- You can pause / stop the playing music by press the **“Center”** (▶||) button, press it again to resume. Or, just only using the pedometer counts function as you want it.

e. **Music controls in pedometer (same as music mode)**

In pedometer counts mode

- Press the **Center** (▶||) button to start the play. Press it again to pause.
- Press the ▶ button to play next music.
- Press the ◀ button to play previous music.
- Press and hold the ▶ button to use fast-forward
- Press and hold the ◀ button to use fast-backward.
- Press the **VOL+ / VOL-** button to adjust volume levels to up / down and a volume control screen appears to view;
- Wait for 6 ~ 8 seconds or press the **Center** (▶||) button to return to music now playing screen.

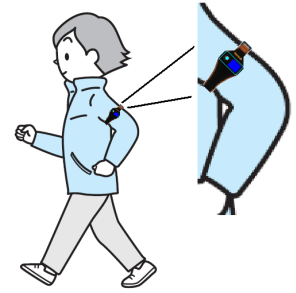
- **For hearing protection;** a beep warning will be heard from earphone, or display warning pop-up on TFT screen, when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Press the **M** button to accept the warning and enter into the volume control for increase the level and until to maximum level.

Note: In pedometer mode, some music settings are defaulted and cannot be changed. Such as Repeat All (Cycling), In Order Play.

f. Attaching the player for pedometer

Place the unit on Armband (If provided)

- Put the unit onto the armband, and then place it to your upper arm, adjust the length of the armband to suits your arm size and comfortable.



Place the unit in your pocket

- Do not place the unit in the back pocket of your pants, to prevent sitting on it.
- Close the zipper / button of your pocket (if available) to prevent the unit from dropping.



Place the unit in your bag

- Place the unit in a secure section or partition of your bag.
- Make sure the unit is placed horizontal or vertical in a pocket in the bag.



Hanging the unit from your neck

- Attach a secure lanyard or string to the unit. (not provided)
- Place the lanyard around your neck and hang the unit as illustrated.

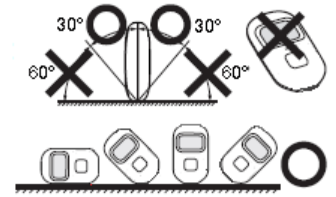
NOTE: Make sure the lanyard / string is correctly sized to easily remove the unit from around your neck. If used hanging around neck, the lanyard / string can cause strangulation. Do not place the unit with lanyard / string around a child's neck.



g. The unit may not count steps correctly in the following conditions:

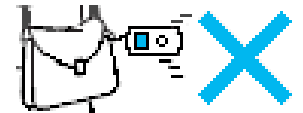
The unit is not positioned correctly.

- When the front of the main unit is placed in the angle of less than 60° or horizontal to the ground.
- NOTE:** The unit can count steps even if it is slanted or placed upside-down, or if the main unit is perpendicular to the ground.



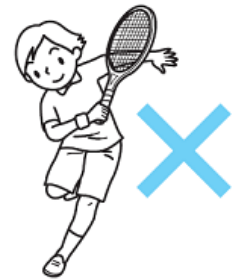
The unit moves loosely.

- When the unit is loose or flat in your pocket or bag (not in a horizontal or vertical position).
- When the unit swings from your belt, the top of your pants or a bag.



Up and down movement.

- Standing up and/or sitting down movement.
- Playing sports other than walking.
- Ascending or descending movement at stairs or in a steep slope.



Walking at an inconsistent stride.

- When you shuffle or wear sandals.
- Starting and stopping or other forms of inconsistent walking.
- Walking extremely slowly.

Vibrations from a moving vehicle.

- Such as riding a bicycle, automobile, train or bus.

Other.

- The pedometer data will only be shown on the screen after the first +/- 12 steps because the software needs some data to analyze the steps and then show the results on the screen”

15. Use Voice Menu

For playback and manage the recorded voice file(s).

- From main menu, choose “**Voice**” menu by using the ◀ / ▶ and **Center** (▶||) buttons, a “Voice Now Playing” screen appear to use;

Voice Now Playing



a. To Play and Pause Recorded Voice files

- In Voice Now Playing screen;
- Press the **Center** (▶||) button to start play the recorded file.
- Press the **Center** (▶||) button to pause
- Press it again to resume.

b. To Play Previous or Next File

- Press the ▶ button to play next file.
- Press the ◀ button to play previous file.

c. To Fast-Forward or Fast-Backward

- Press and hold the ▶ buttons to use fast-forward.
- Press and hold the ◀ button to use fast-backward.

d. Adjust volume level

- Press the **VOL+ / VOL-** button to adjust volume levels to up / down and a volume control screen appears to view;
- Wait for 6 ~ 8 seconds or press the **Center** (▶||) button to return to music now playing screen.
- **For hearing protection;** a beep warning will be heard from earphone, or display warning pop-up on TFT screen, when every time you increase the volume level and reach to the default setting level which may exceed 85dB. Press the **M** button to accept the warning and enter into the volume control for increase the level and until to maximum level.

16. Use Voice Submenu in Stop Mode

You might need to change some setting as you desired for playing Voice file, you can make change during in the playing mode at Voice Now Playing screen.

- In Voice Now Playing screen, press **Center** (▶||) button to pause / stop the playing file, if it in playing mode. Then,
- Press the **M** button, a voice submenu appear, then choose “**Local / Delete file / Delete all / Exit**” as you desired by using the ◀ / ▶ and **Center** (▶||) buttons;

a. Local Folder

- Choose “**Local folder**”, a list menu appear, and then select folder and / or choose a voice file by using the ◀ / ▶, ↶ and **Center** (▶||) button.
- It will go back to voice now playing screen once a voice file is selected.

Then press the **Center** (►||) button to play.

b. Delete File

- Choose “**Delete file**” a list menu appear, and then choose which voice file that you want to delete by using the ◀ / ▶ and **Center** (►||) buttons;
- Once file is selected, press the **Center** (►||) button and choose **Yes** to confirm or **No** to cancel.

c. Delete All

- Choose “**Delete all**” then selects “**Yes / No**” by using the ◀ / ▶ button. Once “**YES**” or “**NO**” appear then press the **Center** (►||) button to confirm;
- All voice files will be deleted once “**YES**” is selected and confirmed, a “Deleting” screen appear for a while and deleting process is in progress, then “Empty disk!” message will shown on screen for few seconds.

d. Exit

- Select **Exit** to back to voice now playing screen.

17. Use Voice Submenu in Playing Mode

You might need to do some changes during in voice playing, such as repeat, EQ settings for music files... etc. To change setting:

- In voice playing, press the **M** button, a voice submenu appear, then choose “**Repeat / Exit**” as you desired by using the ◀ / ▶ and **Center** (►||) buttons;

a. Repeat

- Choose “**Repeat**” > choose “**Normal / Repeat one / Repeat all / Repeat folder / Random all / Random folder**” as you desired by using the ◀ / ▶ and **Center** (►||) buttons.

b. Exit

- Select **Exit** to back to voice now playing screen.

18. Use Photo Menu

You can use the player as picture / photo viewer. To do this:

- From main menu, choose “**Photo**” by using the ◀ / ▶ and **Center** (►||) button, a list menu appear to choose. Choose a desired photo file to start the play.
- Press the ◀ / ▶ button to play next / previous photo file.
- Press the ↶ / **Center** (►||) button to stop play and go back to the list menu for other file selection.
- Press and hold the ↶ button to back to main menu.

19. Use Photo Submenu in List Menu Screen

You might need to change some setting for photo browse. To change setting:

- In list menu, press the **M** button to pop-up the photo submenu to

choose;

a. **Local Folder**

- Choose “**Local folder**” a list menu appear, and then choose your desired folder and file by using the ◀ / ▶ and **Center** (▶||) button.
- Once photo file is selected, press the ▶|| button again to play.

b. **Playback Set**

Manual Play

- Choose “**Playback set**” > choose “**Manual play**” by using the ◀ / ▶ and **Center** (▶||) button, a list menu appear; choose a desired file to play. The manual play setup is in used. (Choose this option will deactivated the Auto Play function)

Auto Play

- Choose “**Playback set**” > choose “**Auto play**” > choose “**2 / 3 / 4 / 5 / 5 / 6 / 7 / 8 / 9 / 10 second(s)**” as you desired by using the ◀ / ▶ and **Center** (▶||) buttons. The slide show function is activated as your selected time gap to playing the photo files one by one automatically.

c. **Delete file**

- Choose “**Delete file**”, a list menu appear, and then choose which photo file that you want to delete by using the ◀ / ▶ button. Once file is selected, press the **Center** (▶||) button;
- Then choose **Yes** to confirm or **No** to cancel by using the ◀ / ▶ and **Center** (▶||) button.

d. **Delete All**

- Choose “**Delete all**” then selects “**Yes / No**” by using the ◀ / ▶ button. One “**YES**” or “**NO**” appear then press the **Center** (▶||) button to confirm;
- All photo files will be deleted once “**YES**” is selected and confirmed, a “**Deleting**” screen appear for a while and deleting process is in progress, then “**Empty disk!**” message will shown on screen for few seconds.

e. **Exit**

- Select **Exit** for back to photo browse list menu screen.

20. **Use Game Menu**

There have a game name “**Snake**”. Control the snake move up, down, left and right to eat the food (dot) which will exist somewhere on TFT screen. The snake’s body will get longer at every eats for food, but don’t let the snake hit the walls and hit the snake body.

- To play game, from Main menu, choose “**Game**” menu, then choose a game to play.
- Control KEY instruction; Press: ◀ : left, ▶ : right, **M** : Up, ↻ : down, **Center** (▶||) : Pause.
- Press and hold the ↻ button to exit the game.

21. Use eBook Menu

You can use the player as a text reader with supported file format (.TXT).

a. To open eBook

- From main menu, choose “**eBook**” by using the ◀ / ▶ and **Center** (▶||) buttons, a list menu appears to use;
- Choose a file which you want to read by using the ◀ / ▶ button, and then press the **Center** (▶||) button to play. The eBook Now Playing to show;
- Press the ▶ button to view next page,
- Press the ◀ button to view previous page,
- To back to list menu screen, press the ↶ / **Center** (▶||) button.
- Press and hold the ↶ button to back to main menu.

22. Use eBook Submenu in list menu screen

You might need to change some setting for eBook reading. To change setting:

- In list menu, press the **M** button to pop-up the eBook submenu to choose;

a. Local Folder

- In eBook submenu, choose “**Local folder**” a list menu appear, and then choose your desired folder and file by using the ◀ / ▶ and **Center** (▶||) button.
- Once file is selected, press the ▶|| button again to play.

b. Playback Set

Manual Play

- Choose “**Playback set**” > choose “**Manual play**” by using the ◀ / ▶ and **Center** (▶||) button, a list menu appear; choose a desired file to play. The manual play setup is in used. (Choose this option will deactivated the Auto Play function)

Auto Play

- Choose “**Playback set**” > choose “**Auto play**” > choose “**1 / 2 / 3 / 4 / 5 / 6 / 7 / 8 / 9 / 10 second(s)**” as you desired by using the ◀ / ▶ and **Center** (▶||) buttons. The page flip function is activated as your selected time gap to playing.

c. Delete file

- Choose “**Delete file**”, a list menu appear, and then choose which eBook file that you want to delete by using the ◀ / ▶ button. Once file is selected, press the **Center** (▶||) button;
- Then choose **Yes** to confirm or **No** to cancel by using the ◀ / ▶ and **Center** (▶||) button.

d. Delete All

- Choose “**Delete all**” then selects “**Yes / No**” by using the ◀ / ▶ button. One “**YES**” or “**NO**” appear then press the **Center** (▶||) button to

confirm;

- All eBook files will be deleted once “**YES**” is selected and confirmed, a “Deleting” screen appear for a while and deleting process is in progress, then “**Empty disk!**” message will show on screen for few seconds.

e. Exit

- Select **Exit** for back to eBook list menu screen.

23. Use eBook Submenu in Playing Mode

You might need to add, select and delete some bookmark when you reading, to do this:

- In eBook now playing mode, press the **M** button to pop-up the eBook Submenu to choose;

a. Bookmark Select

- Choose “**Bookmark select**” by using the ◀ / ▶ and **Center** (▶||) button, a stored bookmarks list appear to choose; *(make sure that you have created bookmark(s) before use this function)*
- Choose a bookmark which you want to call and then press the **Center** (▶||) button to play.

b. Bookmark Delete

- Choose “**Bookmark delete**”, a list menu appears, and then choose which saved bookmark you want to delete by using the ◀ / ▶ button.
- Once bookmark is selected, press the **Center** (▶||) button to confirm. The bookmark deleted, and the screen switches back to current reading page from list.

c. Bookmark Add

- In eBook now playing mode, select the reading page where you want to bookmark by using the ◀ / ▶ and **Center** (▶||) button. And then press the **M** button to pop-up the eBook submenu;
- Choose “**Bookmark Add**” by using the ◀ / ▶ and **Center** (▶||) button, the pages saved into bookmark list and the screen switches back to current reading page automatically.

d. Exit

- Select **Exit** for back to eBook list menu screen.

24. Use Memory Card Slot

This player allows you to play those support media files from your Micro SD memory card (T-Flash). Also it will increase the mobile hard disk memory capacity of the player if you use this option.

- Turn Off the player. Now insert your Micro SD memory card into the memory card slot on bottom of player.
- Turn On the player and now the Micro SD memory card, T-Flash, is ready to use.
- When Micro SD Card has been inserted, then the “**Card Folder**” item will

be existed for choose.

- Go into the card folder and choose you desired folder(s) and file(s) to play.
- To take out the Micro SD memory card, please turn Off the player before you do so.

25. Reset the Device

- In some circumstances, the device may encounter dead halt during use.
- In case the player is in hanging, press and hold the **Center** (►|) button for about 8 ~ 10 seconds, the player should be reset and restarted.

Important: Do not reset the device if it is proper working.

26. Trouble Shooting

Unit cannot turn ON	<ul style="list-style-type: none"> • Check battery is it charged with enough energy.
No sound is heard from headphone.	<ul style="list-style-type: none"> • Check whether Volume is set “0” and connect the headphone plugs firmly. • Check whether the headphone plug is dirty. • Corrupted MP3 may make a static noise and the sound may cut off. Make sure that the music files are not corrupted.
Characters in LCD are corrupted	<ul style="list-style-type: none"> • Check whether the right language has been selected.
Download of music files fails.	<ul style="list-style-type: none"> • Check whether USB cable is damaged and is connected properly. • Check whether driver is installed correctly. • Check whether the player’s memory is in full.

27. Specification

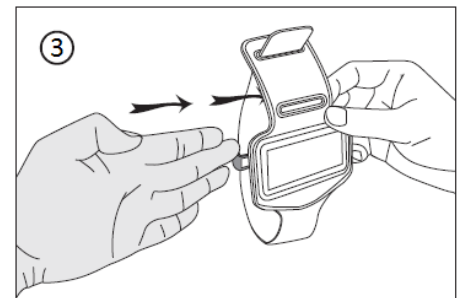
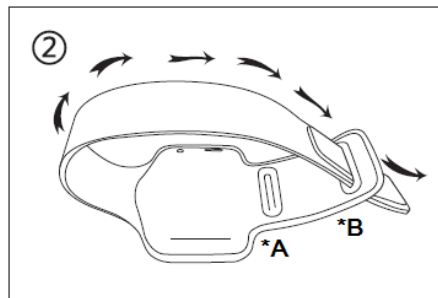
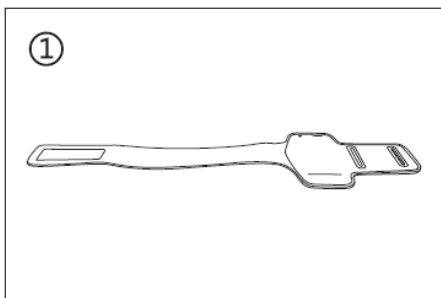
Dimension	83 mm (H) x 40.3 mm (W) x 9.2mm (D)	
Weight	26.5g	
LCD	1.8 Inches, Resolution (RGB)128 x 160	
PC connection	USB 2.0	
Earphone Impedance	32 Ohm	
Internal Memory	See carton or giftbox	
External Memory Card Slot	Micro SD Card (support up to 16GB and possible for 32GB)	
Battery	Lithium 3.7V, 170mAh	
	Playing Time: 8 - 10 Hours (for MP3 music with power saving mode)	
Audio	Earphone Output	2mW x 2 Ch. at 32 Ohm

	Freq. Responses	20Hz to 20000Hz
	SNR	> 60dB
Music Format	MP3 / WMA	32Kbps – 320kbps
Movie Format	AMV	160x128 (max.)
Recorder Coding	WAV	32 / 64 / 128 / 256kbps
Picture Format	JPEG / BMP	
eBook Format	TXT	
Pedometer	Sensor	3 Axis Accelerometer
	Display	Steps Record, Distance, Speed, Calories Burned and Time used (by calculation)
Operating Temperature	0 to 40°C	
Operating System	Window 2000/XP/Vista/Win7/Win8/Win10; Mac 9.2 or Higher	

28. Use Provided Armband

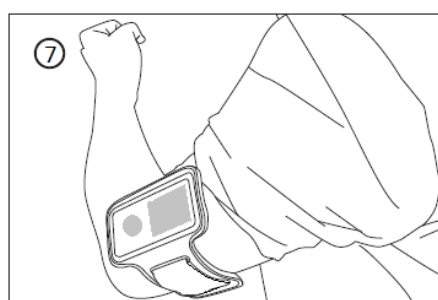
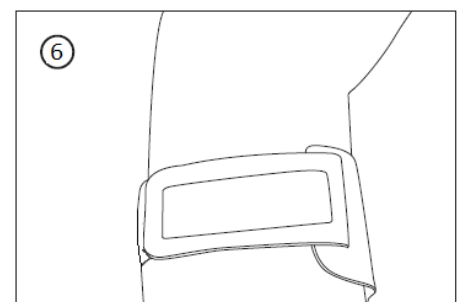
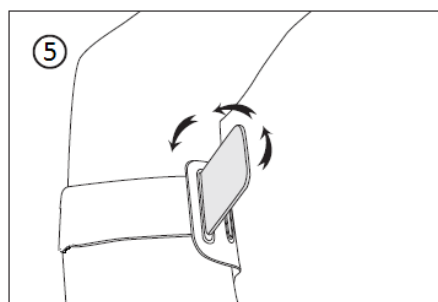
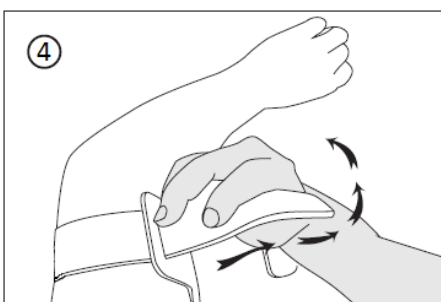
Wear the armband:

- After put the PODO-153 onto the armband, and then place it to your upper arm, adjust the length of the armband to suits your arm size and comfortable. See pictures illustrate show as below for reference:



*A: use this hole for thin arm.

*B: use this hole for large arm.



29. Use Provided LED Blinker Clip

Turn On and Off the LED Blinker clip:

- To power on the LED Blinker Clip, right rotate the body of it until the LED is blinking.



- To power off, left rotate it until the blinking LED to stop.



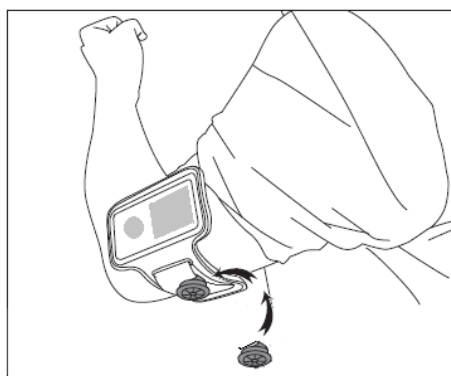
To replace new battery of LED Blinker clip:

- Left rotate fully the body of LED Blinker Clip, its front body and back clip will unlock and separate;
- Then, take out the battery from the back clip and then replace with a new button cell battery;
- Put its front body and back clip together and then right rotate it will lock.

Note: Make sure that the same type of battery is used. (Type of Button Cell Battery: CR927, DC 3V)

Wear LED Blinker Clip

- You can wear the LED Blinker Clip on your shirt, jacket, or whatever the location as you desired;
- However, wearing it on our provided armband will be highly recommended. See the picture illustrating as below for reference:



30. Guarantee

Lenco offers service and warranty in accordance with the European law, which means that in case of repairs (both during and after the warranty period) you should contact your local dealer.

Important note: It is not possible to send products that need repairs to Lenco directly.

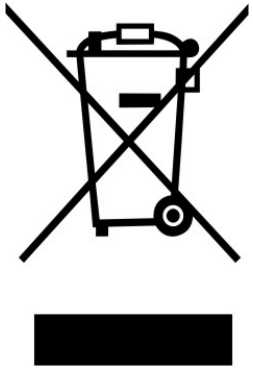
Important note: If this unit is opened or accessed by a non-official service center in any way, the warranty expires.

This device is not suitable for professional use. In case of professional use, all warranty obligations of the manufacturer will be voided.

31. Disclaimer

Updates to Firmware and/or hardware components are made regularly. Therefore some of the instruction, specifications and pictures in this documentation may differ slightly from your particular situation. All items described in this guide for illustration purposes only and may not apply to particular situation. No legal right or entitlements may be obtained from the description made in this manual.

32. Disposal of the Old Device



This symbol indicates that the relevant electrical product or battery should not be disposed of as general household waste in Europe. To ensure the correct waste treatment of the product and battery, please dispose them in accordance to any applicable local laws of requirement for disposal of electrical equipment or batteries. In so doing, you will help to conserve natural resources and improve standards of environmental protection in treatment and disposal of electrical waste (Waste Electrical and Electronic Equipment Directive).

33. CE Marking



Products with the CE marking comply with the EMC Directive (2014/30/EU) and the Low Voltage Directive (2014/35/EU) issued by the Commission of the European Community.

Hereby, Lenco Benelux BV, Thermiekstraat 1a, 6361 HB Nuth, The Netherlands, declares that this product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

The declaration of conformity may be consulted via techdoc@lenco.com

34. Service

For more information and helpdesk support, please visit www.lenco.com
Lenco Benelux BV, Thermiekstraat 1a, 6361 HB, The Netherlands.