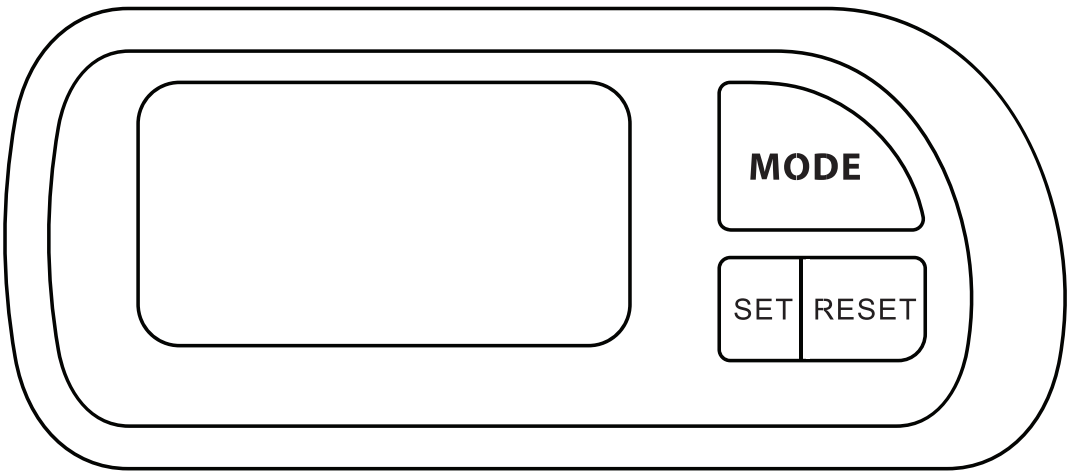
3D motion sensor Pedometer with 7days memory

P084C



Introduction

This digital pedometer features with step counter, distance, calories consumption, exercise timer and 7days workout memeory. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for future reference.

NUMBER OF STEP WE NEED TO DO PER DAY

To keep you health and reduced chronic disease risk, we recommended you to do 10,000 steps a day. For an effective weight loss, this should be between 12,000 and 15,000 steps. If you want to have high level of fitness, you should make at least 3000 or more steady steps per day.

NOTE: *In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment. See page 11 Battery Replacement for details*

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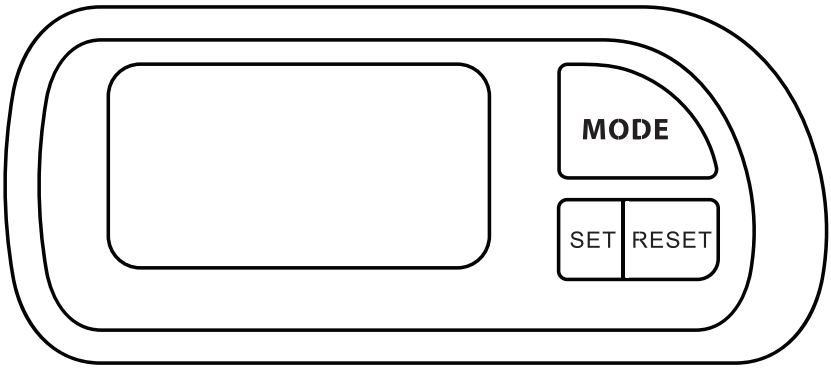
Basic operaion of buttons

KEY CONFIGRUATION:



MODE KEY

-Scroll through operating modes

-Advance to next setting in programming sequence

SET KEY

-Press and hold to accesses programming sequence in Time and Step modes

-Toggle system unit display in Distance,Speed mode.

-Scroll data in Memory mode

RESET KEY

-Press and hold to clears data in Step, Distance, Calories, Speed, Timer mode and Memory mode

-Increase values being set during a programming sequence

-Scroll through pass 7days memory

MASTER RESET BUTTON (AT BACK)

-Hard reset for device(will clear all data & memeory)

The pedometer have 6 operational modes and are in this sequence:

-Press Mode button to scroll.

Step mode
-Display number of steps taken.

Distance mode
-Display distance traveled.

Calories mode
-Display calories consumed.

Exercise Time mode
-Display total exercise time you did.

Daily Memory mode
-Can browse your past 7days walking workout.

Total Memory mode
-Can browse your total walking workout since last data reset.

Setting your pedometer

SETUP MODE

-Press and hold the SET button 2 second to enter SETUP mode,

-You can see the icon “Setup” on the display,

-Enter the values in the following order: 12-24 Hour Format / Hours / Minutes / Measurement Units / Stride / Weight / Target Steps.

-Press RESET to increase the value, while Press MODE to decrease; pressing and holding the button will change the number rapidly.

-When the value is correct, press SET to move to the next value. Continue to press SET and change values as required until the pedometer returns to STEP MODE.

-If you have established a STEP TARGET, a ten-segment bar display on the left side of the pedometer shows your progress towards your goal. When you reach your goal, all ten segments will flash and an alarm will sound for 30 seconds. The default goal is 5000 steps.

NOTE : The display will automatically back to Time mode if don’t have any input for 10 seconds.

HOW TO MEASURE STRIDE LENGTH

Correct stride distance is defined from a tip of your foot to another one. To measure the correct average stride distance, divide the total distance of ten steps you walked / run by the number of step (10). Calculate the stride distance in the following way:

You walk 6.2 meters, 6.2m (total distance) / 10 (number of steps) = 0.62m (**62cm**).

NOTE : Unlike the conventional pedometer, this pedometer using a 3D motion sensor that can detect fine body step movement without mechanical sensor, so no rattle sound will create.

NOTE : To avoid wrong counting, the display of the pedometer will start showing the number of steps taken after read 5 seconds continuous steps. This means that the display don't have reading for first 5 seconds after you start walking. All the steps taken will be counted and displayed afterward.

Operating the pedometer

STEP MODE

The default mode for the device is STEP MODE
“Step” is displayed at the top of the device.
-In STEP MODE mode, the top number represents the total number of steps accumulated since midnight.
-Step data is saved to memory. The daily count will be cleared automatically to zero at midnight, but accumulated daily history is saved for 30 days.

DISTANCE MODE

-Press MODE to enter into DISTANCE MODE . “Km” or “Mile” is displayed at the top of the device
-In DISTANCE MODE, the top number represents the total distance traveled since midnight

CALORIES MODE

-Press MODE to enter into CALORIES MODE.
“Kcal” is displayed at the top of the device.
-In CALORIES MODE, the top number represents the total number of calories burned since midnight

EXERCISE TIME MODE

-Press MODE to enter into EXERCISE TIME MODE.
“Min” is displayed at the top of the device
-In this MODE, the top number represents the total

number of minutes spent walking/running since midnight.

DAILY MEMORY MODE

-Press MODE to enter into DAILY MEMORY MODE. “Step” is again displayed at the top of the device

-In DAILY MEMORY MODE, the top number represents data for the selected day. The bottom number represents the number of days previous to the current day.

-Press SET to recall daily data as follows: Step / Distance / Calories / Step Time

-Press RESET to change the DAY RECORD

TOTAL MEMORY MODE

-Press MODE to enter into TOTAL MEMORY MODE. “Total Step” is displayed at the top of the device.

-In this MODE, the top number represents the total accumulated data since the most recent full reset.

-Press SET to recall total accumulated data as follows: Step / Distance / Calories / Step Time

RESETTING THE PEDOMETER

There are two different ways to RESET your pedometer: DAILY RESET and FULL RESET

-To perform a DAILY RESET, Press & Hold RES for two seconds WHILE IN STEP, DISTANCE, CALORIES OR EXERCISE TIME MODE. The data for the current day is erased.

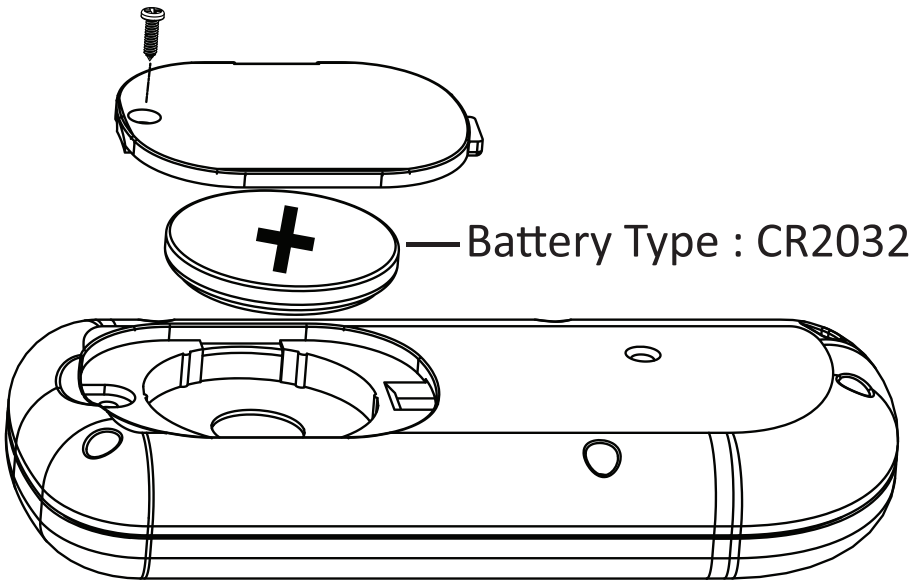
-To perform a FULL RESET, Press & Hold RES for two seconds WHILE IN TOTAL MEMORY MODE to erase all accumulated data and reset the pedometer to factory fresh condition.

NOTE: Reset either step, distance, calories burned, exercise timer data will result to clearing all above menioned data for current day.

NOTE: Even you did not do any exercise in any one of those day(s), the display will keep the record as “ZERO”. However, you cannot select and erase the record of one individual day.

BATTERY REPLACEMENT

WE STRONGLY RECOMMEND TAKING YOUR PEDOMETER TO A LOCAL JEWELER TO HAVE BATTERY REPLACED TO AVOID POSSIBILITY OF PERMANENTLY DAMAGING OF THE PEDOMETER.



-Unscrew the battery compartment cover on the backside of the unit using a small Phillips screwdriver and remove the cover.
-Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery is visible, facing toward the battery compartment cover).
-Replace the battery compartment cover on the battery compartment and fasten the screw.

CAUTION: do not over tighten.

CARE AND MAINTENANCE

-Never attempt to disassemble or service your unit it will void the warranty.
-Protect the unit from extreme heat, shocks and exposure to direct sunlight long time.
-Unit can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks.
-Do not expose the unit to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
-Store the unit in a dry place when you are not using it.
-Keep the pedometer out of reach of young children
-The operation environment of the pedometer must be free from shocks, magnetic fields, electrical noise and strong vibration.
-Do not swing the pedometer.
-Do not hang the pedometer from your neck during jogging.
-Do not drop or step on the pedometer.
-Do not put the pedometer in the back pocket of your short or pants.
-Do not wash the pedometer or touch it with wet.