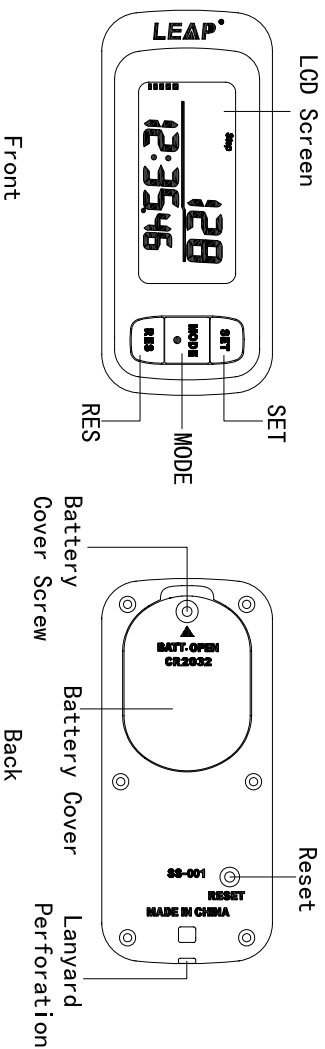


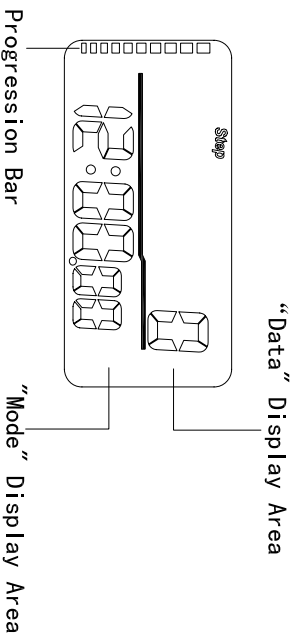
3D Pedometer Manual

1、Part



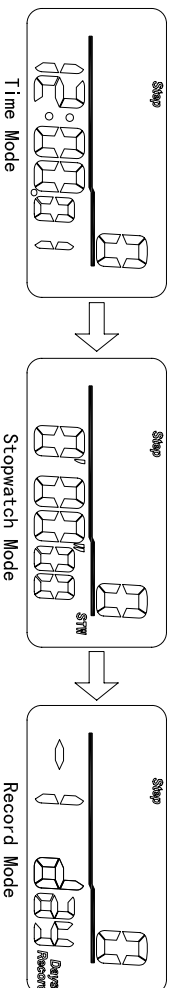
2、Display

2.1、Screen



2.2、Mode screen

Press MODE once to enter Time Mode – Stopwatch mode

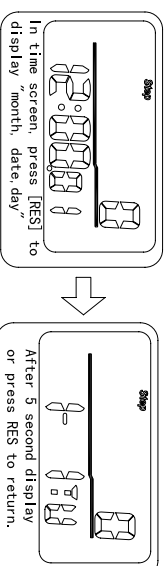


3、Instructions

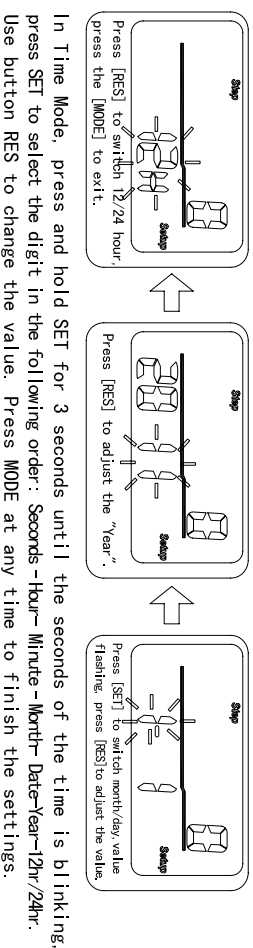
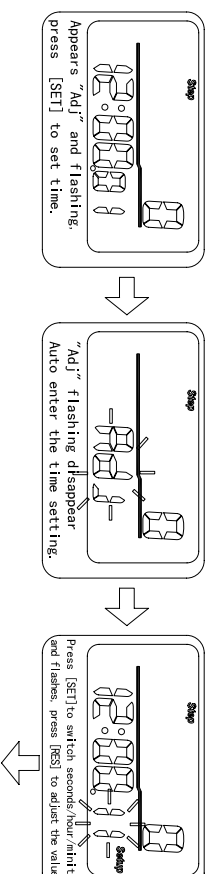
Display initialized to: 12:00.00 for 2 seconds after power on.
Press RESET at the back to restore the factory settings.

3.1、Time setting:

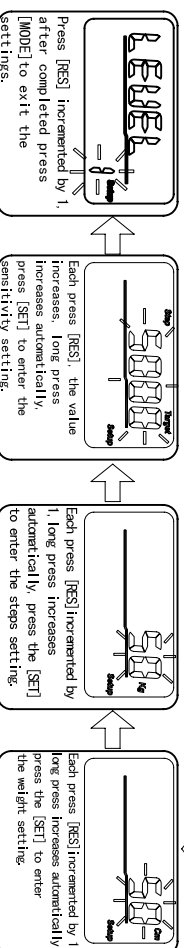
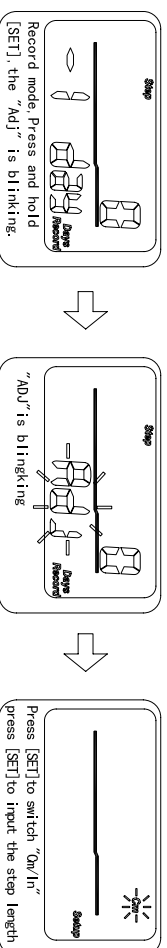
a: Date and Day Display



b: Time and calendar settings:



3.2、Cm/inch, step, weight, number of steps, sensitivity settings:



In Record Mode, press and hold SET for 3 seconds until CM is blinking, press SET to select the digit in the following sequence: CM/INCH - Step Length-Weight-Target-Sensitivity. Use button RES to change the value. Press MODE at any time to finish the settings.

Step Length:
Please refer to step length measurement

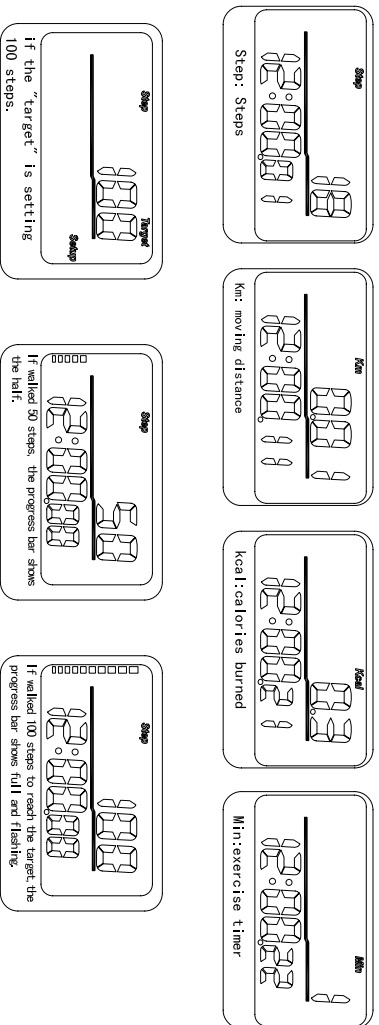
Height (cm)	Step Length
100 - 109	30
110 - 119	30
120 - 129	32
130 - 139	36
140 - 149	40
150 - 159	44
160 - 169	48
170 - 179	52
180 - 189	60
190 - 199	80

Sensitivity:
 0-Short Run,
 1-Long Run
 2-Fast Walk
 3-Walk

Target: Number of Steps you want to achieve. Press and hold RES to increase in the value in a faster speed. The value cannot be decreased.

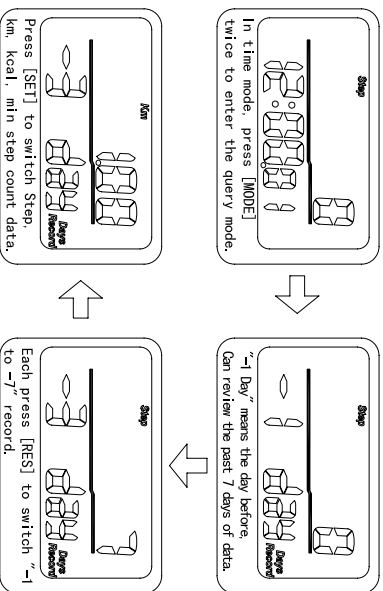
3.3. Start pedometer

a: Review the current walking data



In the Time Mode, the pedometer starts counting the steps 10 seconds after you begin to exercise. Press SET to view in the following sequence: Number of steps - Distance you have walked - Calories burned - Exercise Time. If you have set the TARGET, the Progression Bar will show the percentage you have achieved. Full achievement will show a ten square progression bar.

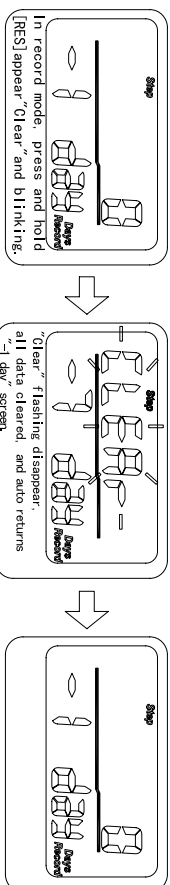
b: Recall The Data



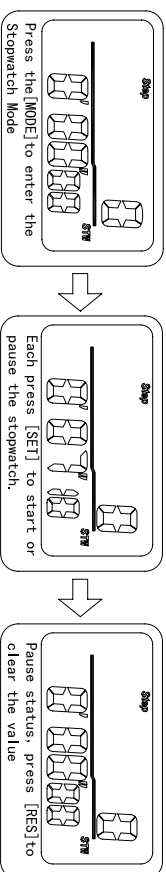
In the Record Mode, press RES to recall the data for the last 7 days. Press SET to view the Number of steps - Distance you have walked - Calories burned - Exercise Time.

3

c: Clear Record



In Record Mode, press and hold RES for 3 seconds to clear all the data saved.
 d: Stopwatch mode



In the Stopwatch Mode, press SET to start/pause the timing, press RES to clear.

e: Power saving function

No operation within 3 minutes, the LCD display will be turn off automatically. Press any key to wake up the LCD display.

f: Battery Replacement:

When the display shows weaken, you need to replace the battery timely. unscrew the back cover screws first, and remove the back cover, then replace the new CR2032 lithium battery. Retighten the bottom.

4. Specification

Product Name: 3D Pedometer
 Type: PC311
 Working voltage: DC3V (1 lithium battery CR2032)
 Display: Steps 0~999999
 Walking distance 0.00~9999.99km
 Calories 0.0~99999.9kcal
 Exercise time 0~999999min
 Step distance 30~213cm
 Weight 20~226kg
 Total number of steps 0~990000
 Sensitivity: 0~3
 Memory function: Stores digits of steps, calories, distance, exercise duration of the latest 7 days automatically.
 Power saving function: No operation within 3 minutes, the LCD display will be turn off automatically, then press any key to wake up the LCD display.
 Working temperature and humidity: -10°C~+40°C • 30%~85%RH
 Storage temperature and humidity: -20°C~+60°C • 30%~95%RH
 Battery life: About 6 months
 Size: 75*33*12mm N.W.: 28g (including battery)

5. Note:

- * Keep away from corrosive liquid, sharp hard object impact.
- * Keep away from hot sun or high/low temperature.
- * Keep away from young children.
- * The warranty period is one year, the battery and physical damage is excluded.

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