

## 3D Pedometer Manual

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Thank you for choosing our 3D pedometer. This pedometer can easily track your walking or running. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for future reference.

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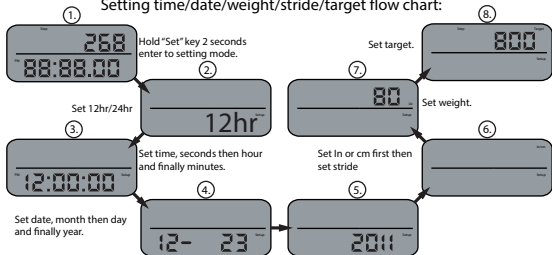
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## A. Features

- Step range: up to 999,999 steps
- Distance range: up to 999,999 KM or miles
- Calories range: up to 99,999.9 kcal
- 12/24 hour display
- 30 day memory
- Target step
- Auto sleep function

## B. Time/Weight/Stride/Target Setting Mode

Setting time/date/weight/stride/target flow chart:



- Press Mode until you enter Step Mode ("step" and the time will show)
- Press and hold "Set" for 2 Seconds to enter into the setting as follows:  
12/24 hour format-Hour-Minute-Stride-Weight-Target
- Press Rest to increase the setting number; pressing and holding reset will change the setting number rapidly
- There are 10 icons which show the percentage of your step to the target steps on the left side LCD screen. When you reach target steps (100%), there will be full of 10 icons and will flash. The default steps is 5000, you can change your target steps to reflect your fitness goals.

## C. Total Step Mode



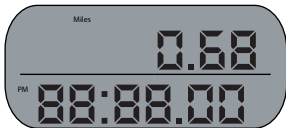
- Use to calculate all total steps, distance, calories, and time.
- Press "Set" to cycle through all "total" values.

## D. Step Mode (Step mode will have time displayed)



- Use to count individual sessions
- Press and hold "Set" for 2 seconds to enter into Time/Weights/Strides/Target Setting Mode
- Press and hold "Res" for 2 seconds to clear the data
- All step data for the day will be saved to Memory Mode and clear to zero at midnight automatically

## E. Distance Mode



- Press Mode to enter into Distance Mode
- Press and hold "Res" for 2 seconds to clear the data

## F. Calories Mode



- Press Mode to enter into Calories Mode
- Press and hold "Res" for 2 seconds to clear the data

## G. Active Mode



- Counts Minutes only when user is active
- Press Mode to enter into Step Time Mode
- Press and hold "Res" for 2 seconds to clear the data

## H. Memory Mode (Days recorded will show)



- Press Mode to enter into Memory Mode
- Press Set to recall the data as follows: Step-Distance-Calories-Step time
- Press Reset to change the day
- Press and hold "Res" for 2 seconds to clear the data

## I. Care Of Your Pedometer

- Never attempt to disassemble or service your pedometer
- Protect your pedometer from extreme heat, shocks and prolonged to direct sunlight.
- Pedometer can be wiped clean with a lightly moistened cloth. Use only a mild soap when needed. Do not expose your pedometer to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the units seal, case and finish.
- Store your pedometer in a cool dry place when you are not using it.
- Avoid allowing the pedometer to come into direct contact with hair liquids, colognes, sun block creams, and other liquids, which can cause deterioration of the plastic parts of the pedometer. Whenever the pedometer comes into contact with these or other chemicals, wipe it off immediately with a dry, soft cloth.

