3D FIT PRO
3D Pedometer

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8:47.08

RESET | MODE | SET

Additional Resources:

Large Print PDF Instructions:

www.championsports.com/product-instructions

For Extensive Product Information:

www.championsports.com

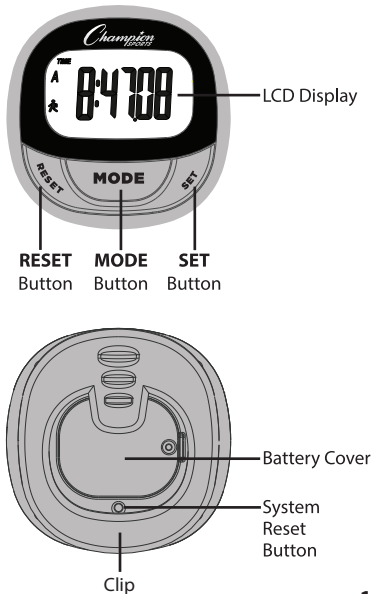## WELCOME

Thank you for choosing the 3D Fit Pro Pedometer.

PLEASE READ MANUAL CAREFULLY BEFORE OPERATING.

The pedometer will be activated/on when you receive it. Please see STANDBY MODE on Page 8 for more information.

FEATURES

- 3D Motion Sensor.
- **Multiple carry options: Clip to waist, pocket or place in a bag.**
- Step Mode up to 999,999 steps.
- Distance Mode up to 9999.99 Km/Miles.
- Calories Mode up to 99999.9 Kcal. (kilocalorie)
- Speed Mode.
- Exercise Time Mode.
- 7 Day Memory Mode.
- Pause feature.
- Automatic midnight reset.
- 15 step error prevention feature.
- Clock: 12 or 24 hour format.
- Metric or Imperial Unit setting.
- Standby mode.
- Low Battery Indicator.

LAYOUT

LCD Display

RESET Button

MODE Button

SET Button

Battery Cover

System Reset Button

Clip

PRE-SETUP GUIDE

BEFORE you start setup, please prepare and note your information/selections required for each of the 5 setup steps below:

1. Time: The 'A' icon is displayed for AM time and the 'P' icon is displayed for PM time (on the left of the time display).

2. Time format: Choice of 12Hr or 24Hr.

3. Units of Measurement: Choose 'Km' to program the pedometer to display all units of measurement as Metric/Kilometre/Kg/Cm OR choose 'Mile' to program the pedometer to display all units of measurement as Imperial/Miles/Lb/Inch units.

4. Weight: Your current weight.

5. Stride length: Measure your personal stride length to ensure accurate distance record.

How to calculate your average stride length:
Walk 10 steps with your normal stride, marking your starting step (toe end) and your last step (toe end) on the ground. Measure the distance from your start to end mark and divide it by 10.

Example:
Total distance = 260"
260" divided by 10 = 26"
Stride length = 26"

Alternatively, enter an average stride length:
Men: 30"/76cm
Women: 26"/66cm

Need Additional Setup Help?
visit us online: www.championsports.com

GETTING STARTED

PLEASE NOTE: The device will exit Setup mode if no buttons are pressed within 30 seconds.

You will first set up the **time** and **time format**, once these are set, you will set up your personal settings (**Units of Measurement**, **Weight** and **Stride Length**).
The time and time format setup can only be accessed from the TIME display screen (Press MODE until you see the 'TIME' icon on the top left of the screen and the default time displayed below). Your personal setup (Units of Measurement, Weight and Stride Length) can only be accessed from STEP Mode (Press MODE until you see the 'Step' icon on the bottom right of the screen). Any completed settings will remain saved if device exits setup.

BUTTONS USED IN SETUP MODE
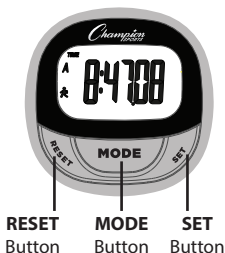
RESET Button: **To browse/increase values**

MODE Button: **To confirm/advance to next setting**

SET Button: **To exit setup**

RESET
Button

MODE
Button

SET
Button

SETUP STEPS

ACCESS TIME SETUP	Press **MODE** until you see the default time on the screen, then press and hold **SET** for 3 seconds until you see the hour flashing.
1. Set Time	• Press **RESET** to select the hour then press **MODE** to confirm and proceed to Minute setting. • Press **RESET** to select the minute then press **MODE** to confirm and proceed to Seconds setting. • Press **RESET** to restart the seconds to .00 then press **MODE** to confirm and proceed to Time Format setting.
2. Set Time Format	• Press **RESET** to alternate between '12' or '24' hour (your selection will be flashing) then press **SET** to confirm. You have completed Time and Time Format setup and you will now see your set time on the screen.
ACCESS PERSONAL SETUP	Press **MODE** until you see the 'Step' icon on the bottom right of the screen, press and hold **SET** for 3 seconds until you see 'UNIT' on the screen and 'Km' or 'Mile' flashing on the right.
3. Set Units of Measurement	• Press **RESET** to alternate between 'Km' or 'Mile' (your selection will be flashing) then press **MODE** to confirm and proceed to Weight setting.
4. Set Weight	• Press **RESET** to select your weight then press **MODE** to confirm and proceed to Stride Length setting.
5. Set Stride Length	• Press **RESET** to select your stride length then press **SET** to confirm. Your 3D **Fit Pro** Pedometer is now set up.

OPERATING MODES AND ICONS

Your 3D Fit Pro Pedometer has 7 Modes. Press the **MODE** button to browse through each Mode (Time, Step, Distance, Calories, Speed, Timer and 7 Day Memory Mode).

Time Mode
'TIME' icon
• Displays the current time.

Time Mode display

Step Mode
'Step' icon
• Displays your total steps taken since midnight.

Step Mode display

Distance Mode
'Km' or 'Mile' icon
• Displays your total distance walked/run since midnight.

Distance Mode display (Km)   OR   Distance Mode display (Mile)

Calories Mode
'Kcal' icon
• Displays your total number of calories burned since midnight.

Calories Mode display

Speed Mode
'SPEED' icon
• Displays your current walking speed (while you are walking).

Speed Mode display (Km)   OR   Speed Mode display (Mile)

Timer Mode
'TIMER' icon
• Displays your total time spent walking/running since midnight.

Timer Mode display

7 Day Memory Mode
'DAY 1' and 'STEP' icon on the right of the screen
• Displays your saved records for up to 7 days ago.
• Press the RESET button to browse through each previous day up to 7 days ago (DAY 1 to DAY 7).
• Press **SET** to browse through your records for each mode for the selected day.

7 Day Memory Mode display

15 STEP ERROR PREVENTION FEATURE

Your 3D Fit Pro Pedometer has a 15-step error prevention feature. It will begin recording your steps once it detects motion resembling approximately 15 continuous steps.
This feature prevents random non-walking movements from being recorded in error as steps (as pedometers record resembled movement of steps). All steps taken before it begins recording will be added as long as continuous movement is detected.

PAUSE FEATURE

You can pause your activity tracking at any time, should you choose to not record a portion of your day (**PLEASE NOTE that this can only be done whilst in Step Mode**). To pause your 3D Fit Pro Pedometer simply press and hold the MODE button (whilst in **Step Mode**) until the '🚶' icon (on the left of the screen) disappears. To resume, make sure that you are in Step Mode, then press and hold the MODE button again until the '🚶' icon re-appears (flashing).

CHANGING UNITS OF MEASUREMENT

You can change your view of the units of measurement (km or mile) whenever you wish by pressing SET whilst in Distance Mode and Speed Mode (this cannot be done in 7 Day Memory Mode).

AUTOMATIC MIDNIGHT RESET

Your daily records for Step Mode, Distance Mode, Calories Mode, Speed Mode and Timer Mode will automatically reset to zero at midnight every day, ready to track for a new day. All accumulated daily records are saved in 7 Day Memory Mode for 7 days.

RESETTING YOUR 3D PEDOMETER

To reset your 3D Fit Pro Pedometer **without** effecting your setup settings.
- To erase your current Step, Distance, Calorie, Speed and Timer records for the **current day**:
  Press and hold the **RESET** button whilst in Step, Distance, Calories, Speed or Timer mode.
- To erase **all** your records saved in 7 Day Memory Mode:
  Press and hold the **RESET** button whilst in 7 Day Memory Mode.
Alternatively, to reset the pedometer to its factory settings, insert a pin into the reset hole on the back of the device (**All** your setup settings and records will be erased).

STANDBY MODE

Your 3D Fit Pro Pedometer does not turn off, it simply goes into standby mode when no motion is detected after 3 minutes. You will know your pedometer is on standby mode when you see the '🚶' icon continuously displayed on the left of the screen. The '🚶' icon will continue flashing once motion is detected (Please note that the display screen uses minimal battery power, the battery power is used most when the pedometer is in use and the sensor is active).

LOW BATTERY INDICATOR

A low battery indicator icon will be displayed on the right side of the screen when the battery power level is low. Replace the old battery with a new battery.

BATTERY REPLACEMENT

The 3D Fit Pro Pedometer uses 1 x CR-2032 button cell battery.
- Unscrew (anti-clockwise) and remove the battery cover on the back of the device using a small phillips screwdriver. Remove the old battery from the device and insert the new battery (be sure to place the positive (+) side of the battery facing upwards). Replace the battery compartment cover and turn the screw (clock-wise) to fasten.

· My 3D Fit Pro Pedometer is resetting to zero during the day?
The 3D Pedometer's daily records should reset to zero at midnight ready to track for a new day. Make sure that the correct time is set to avoid unexpected reset.

To amend or check your Time setting, follow the Pre-Setup Guide and Setup Steps on pages 2 to 4, you will be able to amend/check your time settings in setup step 1 and step 2.

· How do I set my 3D Fit Pro Pedometer to record distance in miles?
To set your distance measurement units to miles you will need to select '**Mile**' as your units of measurement in setup mode, this will program the pedometer to display all units of measurement as Imperial/Miles/Lb/Inch.

To amend your Units of Measurement setting, follow the Pre-Setup Guide and Setup Steps on pages 2 to 4, you will be able to amend/check your units of measurement setting once you reach setup step 3.

· My distance record is higher/lower than expected?
To ensure that your distance measurement is accurate, make sure that you have set your correct stride length in setup mode as the device relies on your stride length to calculate your distance traveled.

To amend or check your Stride Length setting, follow the Pre-Setup Guide and Setup Steps on pages 2 to 4, you will be able to amend/check your stride length setting once you reach setup step 5.