

1 // TRI-AXIS (3D MOTION) PEDOMETER BY OZERI™

Congratulations on your purchase of the 4x3motion Pedometer, by Ozeri. This pedometer is a great exercise tool that tracks the total number of steps you take and the total time you spend walking, along with the distance you walk and calories you burn. This pedometer's motion sensor is optimized to detect steps while walking. The data is tracked daily and the daily memory is automatically reset at midnight. Even though daily memory is reset at midnight, this pedometer will still add each day's data to the total memory, accumulating data for up to 7 days.

This pedometer uses a Lithium battery (CR2032 installed). It automatically powers off after 30 seconds of inactivity to preserve battery life. To change the battery all you will need a standard mini-screwdriver, similar to the type used on eye glasses.

When setting up your pedometer for the first time, you will need to enter your walking stride [the distance between your steps]. To measure your stride, it is recommended that you calculate an average in the following way: Walk 10 steps notating your starting position and ending position. Measure the distance between your starting and ending position. Divide this total distance by 10 to get your average stride. For example, if the total distance you walked over 10 steps is 330 inches, your average stride would be 33 inches (or 2 feet 9 inches). **Note:** To ensure accuracy, this pedometer will not begin counting steps until it detects motion resembling approximately 13 continuous steps. This pedometer may not accurately count steps in the following conditions:

- When the unit moves irregularly. This can occur when the pedometer is changing its orientation, such as when loose in a purse or bag, or if hanging from a belt.
- When walking at an inconsistent pace. This can occur when wearing shuffles or sandals, or when you are constantly stopping such as in a crowded place.
- During Up and Down movement. This can occur when exercising in ways other than walking, or when ascending or descending on a steep staircase.
- When placed in close proximity to a cell phone.

Note: It is recommended that the pedometer be set in your desired unit of measurement before first use. To change the unit of measurement, press and hold MODE for 5 seconds to switch from the Metric units [KM/H] to the Imperial units [MILE/HOUR]. Changing the unit of measurement will erase all stored data.

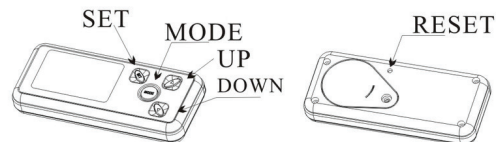
2 // WARNINGS

PLEASE READ FIRST AND KEEP THIS MANUAL FOR FUTURE USE

- This pedometer is not a toy. Keep this pedometer away from children. The pedometer contains small pieces that can be swallowed. The pedometer's lanyard can cause strangulation.
- Always contact your healthcare provider before undertaking a weight loss or exercise regimen.
- Operate this unit only as intended.
- Do not swing the pedometer by the lanyard. Doing so may cause injury.
- Be careful when placing the pedometer in your shorts or trousers not to sit on it while it is still in your pocket. This may damage the pedometer.
- When replacing the batteries, please ensure that the batteries are correctly aligned by polarity (+/-).
- It is recommended that the battery be removed if this device will not be used for an extended period of time.
- Do not dispose of battery in a fire. This may cause an explosion. Dispose of battery at your local recycling center to avoid pollution and unlawful disposal.
- Do not expose this product to rain or extreme conditions.
- Do not attempt to disassemble this product. It has no serviceable parts.
- This product is battery operated. Improper use of this product may cause battery to leak or explode, which may cause personal injury. If contact is made with a leaking battery, immediately flush affected area with running water and contact your local poison control center or seek medical attention. You may also call the National Button Battery Hotline at 202 625-3333.

3 // PROGRAMMING THE PEDOMETER

To program the pedometer with your personal data (weight and stride) and to set the calendar, first switch to the CALENDAR screen (from the TODAY STEP screen, press SET 3 times to get to the CALENDAR screen). From the CALENDAR screen press and hold SET for 2 seconds. This will switch the pedometer into SETUP mode. The following is the sequence of screens to program:



Weight > Stride > Year > Month > Day > Hour > Min > 12/24 Hour

Start by entering your WEIGHT (indicated by "W"), followed by your STRIDE (indicated by "S"), followed by the CALENDAR date and time functions. Use the ▲ / ▼ buttons to make adjustments. When finished, press SET briefly.



After all screens have been programmed, the pedometer will exit SETUP mode and the LCD will switch to TODAY mode.

The following are the data ranges for the main programmable functions:

- Weight range: 20-150kg/40-350lb
- Stride range: 30-120cm/10-50in
- Year range: 2000-2099

4x³motion
DIGITAL PEDOMETER

USER MANUAL

Unfold booklet
completely to use.

4 // MAIN BUTTON FUNCTIONS

- **MODE key:** Scrolls through the pedometer's various modes (STEPS / KCAL / DISTANCE / TIME EXERCISED / AVERAGE SPEED). Please note that the MODE key is disabled when the LCD is displaying the CALENDAR). **Note:** It is recommended that the pedometer be set in your desired unit of measurement before first use. To change the unit of measurement, press and hold MODE for 5 seconds to switch from the Metric units [KM/H] to the Imperial units [MILE/H]. Changing the unit of measurement will erase all stored data.
- **SET key:** Press SET KEY to scroll between TOTAL STEPS / SPLIT STEPS / CALENDAR MODE / TODAY'S STEPS. In TODAY MODE (TODAY'S STEPS), press and hold SET KEY for 2 seconds to turn on EL Blue Back light (light will last 8 seconds) In SPLIT MODE press and hold SET KEY 2 seconds to erase the SPLIT memory. **Note:** the data stored TOTAL and TODAY modes will not be erased. In CALENDAR MODE press and hold SET 2 second to enter SETUP mode.
- **UP / DOWN keys:** In TODAY MODE press ▲ / ▼ to display the last 7 days of STEP memory. The date on the bottom right window of LCD will scroll through 7 days of history. In SPLIT MODE press ▲ / ▼ to change the Interval from 1, 2, or 3. In SPLIT mode the intervals can be reset to count the number of steps at a given time. This can be helpful for counting the steps for an event or for determining the number of steps taken between any 2 points.

5 // USING THE Pedometer

The default screen of the pedometer is the TODAY screen. From the TODAY screen, press the MODE key to cycle between the STEP, KCAL, DISTANCE, TIME, and SPEED displays. Each will display a respective total for a given day, as indicated by the CALENDAR on the bottom of the screen. **Note:** the daily (TODAY) memory is reset at midnight. The TOTAL memory is automatically calculated by the pedometer by adding each day's data to the TOTAL, up to 7 days. To erase the pedometer's data for TODAY and TOTAL, a system reset must be performed (see SYSTEM RESET in manual).



DISPLAY SEQUENCE

- Step > Kcal > Mile > Min > Mile/H
- Kcal range: 0-99,999.9
- Minute range: 0-99,999 min (Time spent walking)
- Step range: 0-999,999
- Distance range: 0.00-999.99km (624 miles)
- Mile/H range: 0.00-62.07mile/H (Speed)

CHECKING HISTORICAL DATA (LAST 7 DAYS)

FROM TODAY STEP SCREEN: From the STEP screen, press \blacktriangle / \blacktriangledown to cycle through the last 7 days of STEP.



FROM THE KCAL SCREEN: From the KCAL screen, press \blacktriangle / \blacktriangledown to cycle through the last 7 days of KCAL MEMORY.



FROM THE DISTANCE SCREEN: From the DISTANCE screen, press \blacktriangle / \blacktriangledown to cycle through the last 7 days of DISTANCE MEMORY.



FROM THE STOPWATCH (MINUTES) SCREEN: From the STOPWATCH screen, press \blacktriangle / \blacktriangledown to cycle through the last 7 days of TIME MEMORY (time spent walking).



FROM THE MILE/H SCREEN (AVERAGE SPEED): From the AVERAGE SPEED screen, press \blacktriangle / \blacktriangledown to cycle through the last 7 days of AVERAGE SPEED MEMORY.



REVIEWING 7 DAY HISTORICAL DATA

From the TODAY STEP screen, press SET to enter into 7 day TOTAL MEMORY mode (indicated by TOTAL appearing on the top left of the screen). Press MODE once respectively to cycle from TOTAL STEP, TOTAL KCAL, TOTAL DISTANCE, TOTAL TIME (MINUTES), and TOTAL AVERAGE SPEED (average calculated over 7 days).

Note: The data stored in TOTAL memory can only be erased via a system reset (see SYSTEM RESET in manual). After 10 seconds of inactivity, the pedometer will default back to the TODAY STEP screen.

USING SPLIT MODE

In SPLIT mode the intervals can be reset to count the number of steps at a given time. This can be helpful for counting the steps for an event, or for determining the number of steps taken between 2 points. From the default TODAY STEP screen, press the SET key twice to access the SPLIT MODE (indicated by SPLIT appearing on top left of screen).



5 // (CONTINUED)

USING SPLIT MODE (continued)

From the SPLIT screen, press MODE key to cycle between the SPLIT STEPS, SPLIT KCAL, SPLIT DISTANCE, SPLIT TIME and SPLIT AVERAGE SPEED. Press the \blacktriangle / \blacktriangledown keys cycle between the SPLIT 1 > 2 > 3 intervals.

Note: The SPLIT data can be erased without a system reset. From the SPLIT screen, press and hold the SET key for 3 seconds to clear the SPLIT data. After 10 seconds of inactivity, the pedometer will default back to the TODAY STEP screen. To erase all data stored in TODAY and TOTAL MODE, a system reset is required (see SYSTEM RESET in manual).



SYSTEM RESET FUNCTION

To delete all recorded data including programmed user data (stride, weight, calendar, & time), press into the reset hole located on the back of the pedometer. Be careful not to use a sharp object as this may puncture the pedometer.

ACTIVATING THE BLUE EL BACKLIGHT

In TODAY MODE, press and hold SET button for 2 seconds to turn on the EL Back light. The backlight will remain active for 8 seconds.

SLEEP MODE

To prolong battery life, the pedometer will automatically enter into SLEEP mode after 30 seconds of no movement.

CHANGING METRIC (EUROPE) / IMPERIAL (USA) UNITS

Note: Changing the unit of measurement will erase all stored data. To change the unit of measurements, press and hold MODE key for 5 seconds while in TODAY mode. LCD will activate a FULL-SCREEN display for 2 seconds, and then switch to SETUP mode. In SETUP mode you will have to re-program in your weight, stride, and calendar settings (see below for SETUP mode).



ATTACHING (WEARING) THE Pedometer

This pedometer will accurately measure steps taken while in a pocket, bag, purse or attached to a belt. The 3D sensor in this pedometer requires no vvertical orientation. The pedometer can rest flat, upwards, on its side, or at any other angle. The pedometer can hang on your neck via the included lanyard. When placed in a container, such as a bag or purse, it is recommended that the pedometer sit tight to prevent it from bouncing, as this can cause inaccuracy and/or damage if it bounces against a hard object. **Note:** This pedometer is not a toy. Keep this pedometer away from children. The pedometer's lanyard can cause strangulation.

REPLACING THE BATTERY

Replace the battery when the low battery indicator appears on the screen, or if the LCD fails to turn on. To open the battery compartment, use a standard mini Philips screwdriver. Replace the old battery with a new Lithium CR2032 battery, being careful to align the new battery according to the correct +/- polarity. Close the battery door, attach and tighten screw.



OZERI CUSTOMER SERVICE

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(Ozeri™ and its subsidiaries assume no liability for damage caused by the use of the Pedometer other than for its intended use or as instructed above and in the User Manual.)