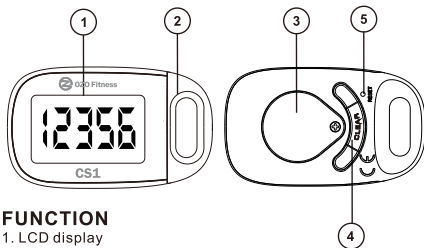


## CS1 OPERATION MANUAL

PLEASE READ MANUAL CAREFULLY  
BEFORE OPERATING



### FUNCTION

1. LCD display
2. Lanyard Hook
3. Battery Cover
4. CLEAR Button
5. System RESET Hole

### FEATURES

- Silent 3D Tri-Axis Sensor
- Step count up to 99,999 Steps
- Large CLEAR button on back of pedometer for easy resetting
- 10 Step False Start Monitor
- Extra large LCD digits
- Auto-dimming screen to conserve battery power

#### GETTING STARTED/ FIRST TIME USE

- Remove battery insulator to activate the CS1 pedometer.
- If screen is showing abnormal characters or the screen freezes and/or steps aren't being counted please perform a 'SYSTEM RESET', SEE SECTION: PERFORMING A SYSTEM RESET
- The screen may have faint background digits at the start. This is normal and will disappear after a few uses.

### STEP COUNT FUNCTION

The 3D Tri-Axis sensor counts steps when worn in any position, including inside a pocket.

The step counter will begin once motion is detected

### 10 STEP FALSE START MONITOR

To prevent accidental movements being counted as steps, the CS1 pedometer will start counting after 10 consecutive steps have been taken. Starting the count at 11 onwards. It is recommended to walk 15-20 steps before checking.

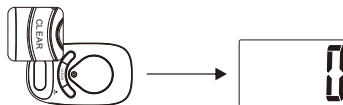
### IMPROPER STEP COUNTING

The pedometer may not count steps correctly in the following conditions:

- Irregular motion such as swinging or vibration
- Inconsistent walking pace

### RESETTING THE PEDOMETER

To reset the CS1 pedometer to zero, simply press and hold the CLEAR button on the back of the unit for 3-4 seconds. All digits will reset to zero once the button is released.



### CHANGING THE BATTERY

The CS1 Pedometer takes 1 CR2032 button cell battery.

- Unscrew and remove the battery cover
- Take out the old button cell battery
- Replace with fresh battery. Make sure the battery is inserted in its correct polarity position.
- Screw the battery door back into place

### PERFORMING A SYSTEM RESET

Perform a SYSTEM RESET action in the following situations:

- When battery is being replaced (if required)
- When the LCD digits become unrecognizable or dim
- When pressing the CLEAR button has no effect

Gently insert the end of a paper clip or pin into the hole on the back of the CS1.

### SPECIFICATIONS

Battery: CR-2032 x 1 piece (included)  
Step Count: up to 99,999 steps.

Lanyard cord included

#### Questions?

Email : [help@ozofitness.com](mailto:help@ozofitness.com)  
Online help : [www.ozofitness.com/CS1](http://www.ozofitness.com/CS1)