FUNCTIONS

1. SET button
2. Step target LED
3. RESET button
4. LCD Display
5. Memory button
6. MODE button
7. Chime
8. Lanyard loop
9. Detachable clip
10. System reset hole
11. Battery cover screw
12. Battery cover

FEATURES

- 3D silent sensor
- Up to 99,999 Steps
- Up to 999.99 KM / Miles
- Up to 9999.9 calories
- Imperial or Metric
- 10 Step false start

- Daily step target
- 12 / 24 clock format
- Activity timer
- 7 Day memory log
- Low battery indicator

GETTING STARTED / FIRST TIME USE

- Pull battery insulator to activate the pedometer.

- The LCD may show faint background digits.

This is normal because of the fresh battery. This will disappear when the battery drops to its normal operating voltage.

- If LCD is showing abnormal characters or the screen freezes and/or step digits not counting, please do a reset.

SEE: PERFORMING A SYSTEM RESET

10 STEP ERROR CORRECTION

To eliminate phantom steps, the pedometer will start counting after 10 consecutive steps or more are detected.

IMPROPER STEP COUNTING

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

- Irregular motion such as swinging and vibrating

- Inconsistent walking pace

PROGRAMMING TIPS

The pedometer will exit programming mode **after 10 seconds without a button press.** Make a mistake? Restart programming to correct it. **Calculate Stride Length** before starting Set Up**: www.ozofitness.com/stride**

Online Help: **www.ozofitness.com/C3D**

C3D PEDOMETER SET UP

Press **MODE** until you see ' ᵛ ' on the top of screen

PRESS & HOLD **SET** until the display shows the icon SETUP and the digits start to blink.
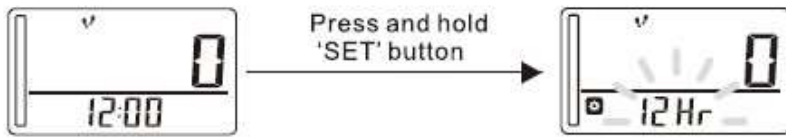

Fig. 1: Setup screen

• PRESS **RESET** to toggle **12H** (PM) or **24H** (13:00)

• PRESS **SET** to save clock format and enter clock setting mode

• PRESS **MODE** or **RESET** to adjust HOUR

• PRESS **SET** to save hour and adjust minutes

• PRESS **MODE** or **RESET** to adjust MINUTES

• PRESS **SET** to save minutes and choose unit of measurement

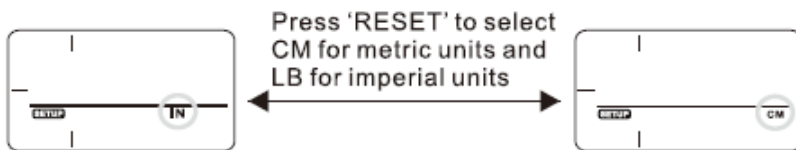• PRESS **RESET** to toggle between IN (Imperial) or KG (Metric) units [see fig. 2a]

Fig. 2a: Under Setup mode: selecting metric or imperial units

• PRESS **SET** to save units and enter stride setting mode

• PRESS **MODE / RESET** to adjust STRIDE LENGTH

• PRESS **SET** to save stride and enter weight setting mode

• PRESS **MODE / RESET** to adjust your body weight

• PRESS **SET** to save weight and enter step target mode

• PRESS **MODE / RESET** to set your daily step target in intervals of 1,000 steps. Steps less than 1,000 will be in intervals of 100s.

• PRESS **SET** to save daily step target.

Fig 2b: Target Steps Setting Mode

Congratulations your C3D pedometer is ready to go!

USING AND UNDERSTANDING YOUR C3D PEDOMETER

1. CLOCK FORMAT – 12H format displays PM only.

2. PEDOMETER FUNCTIONS

A. TOTAL STEP

PRESS **MODE** until the word TOTAL is shown at the top of the screen. This shows all time totals since the pedometer was activated.

PRESS **SET** to view total distance

PRESS **SET** to view total calories

PRESS **SET** to view total distance

PRESS **SET** to view total time

To clear, PRESS & HOLD **RESET** until the digits revert to 0.

Warning: All pedometer data including memory will be erased.

B. STEP COUNTS

The 3D sensor counts steps when worn in any position, including inside a pocket. The counter begins when motion is detected.

Press **MODE** until you see '' V '' on the top of screen. This shows the number of steps walked during the current day.

To erase steps, PRESS & HOLD **RESET** until digits revert to 0. ***Warning***: Pedometer data for the day will also be reset to 0.

C. DISTANCE TRAVELED

Press **MODE** until you see 'ＰK ＰM' on the top of screen.

Distance inaccurate? Adjust pedometer stride length by 3-5" to increase the distance or decrease by 3-5" to decrease distance. After a couple of adjustments it will be very accurate.

To erase distance, PRESS & HOLD **RESET** until digits revert to 0. ***Warning***: Pedometer data for the day will also be reset to 0.

D. CALORIES BURNED

Press **MODE** until you see ' 🔥' on the top of screen.

To erase calories, PRESS & HOLD **RESET** until digits revert to 0. ***Warning***: Pedometer data for the day will also be reset to 0.

E. ACTIVITY TIME

Records the total time walked during the day

Press **MODE** until you see ' ⏱ ' on the top of screen.

To erase Activity time, PRESS & HOLD **RESET** until digits revert to 0. ***Warning***: Pedometer data for the day will also be reset to 0.

3. USING THE MEMORY FUNCTION

The C3D stores up to 7 days data.

The data for the day is automatically stored in memory when the clock time reaches 12am midnight. The display will reset to 0 for the new day. **Warning:** Changing clock time may affect data stored in memory.

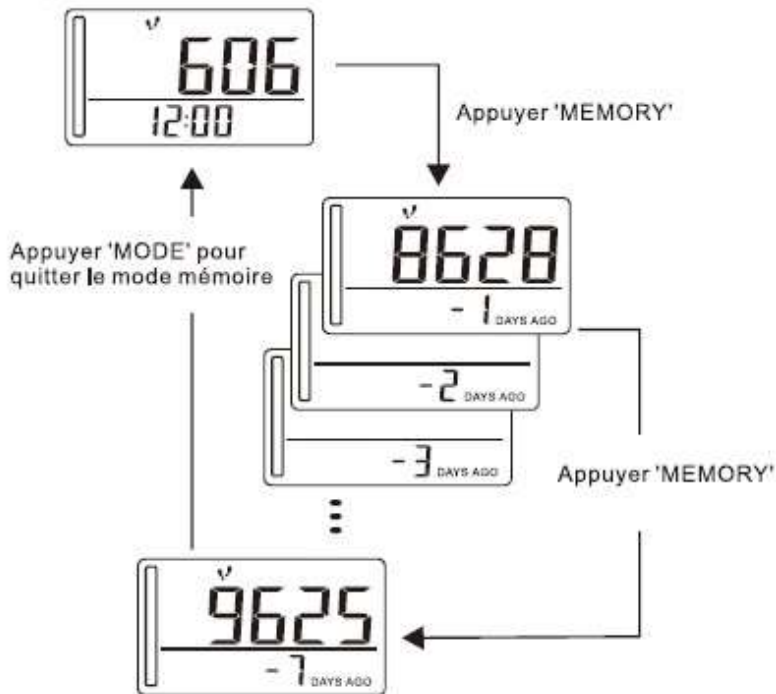PRESS **MEMORY** to display memory log.

PRESS **SET** repeatedly to display each category: Steps, Distance, Calories or Activity time.

PRESS **MEMORY** repeatedly to scroll back up to 7 Days; with [-7 DAYS BEFORE / AGO] being the last set of stored data.

Erase memory log: PRESS **MODE** until the word TOTAL is shown at the top of the screen

PRESS & HOLD **RESET** until digits revert to 0. ***Warning***: All pedometer data including memory will be erased.

Exemple pour visualiser les données stockées en mémoire

Appuyer 'MEMORY'

Appuyer 'MODE' pour quitter le mode mémoire

Appuyer 'MEMORY'

Remarque: la ligne d'horloge n'est pas affichée en mode mémoire.
Appuyez sur MODE pour quitter le mode mémoire.

4. STEP TARGET

The step target is the goal you are trying to achieve each day. The Step target is configured under the Pedometer Set Up.

Understanding the target progress bar. For example 5000 steps.

Par exemple 5000 étapes.

Au début...

Après 500 étapes (objectif de 10%)
- Afficher la progression d'un segment, indiquant que 10% de l'objectif est atteint.

Après 5000 étapes (objectif 100%)
-Afficher la barre de progression qui clignote et émet un bip pendant 30 secondes indiquant que 100% du STEP TARGET a été atteint.

When the step target is achieved, the progress bar on the LCD display flashes and beep for 30 seconds.

5. LOW BATTERY INDICATOR

Replace the battery when the low battery indicator is shown.

6. SLEEP MODE

When the C3D is left idle for 30 seconds, the LCD will shut off automatically to conserve battery power. The pedometer will wake up and begin counting once it detects movement.

7. PERFORMING A SYSTEM RESET

Perform a SYSTEM RESET in the following situations:

- When battery is being replaced (if required)

- When the LCD digits become unrecognizable or dim

- When pressing the RESET key has no effect

Gently insert the end of a paperclip into the hole (5) on the back of the unit. The LCD display will clear the current data and reset it back to "0". You will need to Set Up the pedometer again.

8. REPLACING THE BATTERY

The pedometer uses a CR-2032 button cell battery.

- Remove the screw and battery cover with small Phillips screwdriver

- Remove old button cell battery

- Replace with fresh battery. Make sure the battery is inserted in its correct polarity position.

- Screw the battery door back in place

SPECIFICATIONS

Battery: CR2032 x 1 (included)

Step counter: up to 99,999 steps

Safety lanyard (included)

Belt clip (included)

OZO Fitness
Questions

eMail   : **help@ozofitness.com**

Online   : www.ozofitness.com/C3D