CSX
COMPETITIVE SPORT XTREME
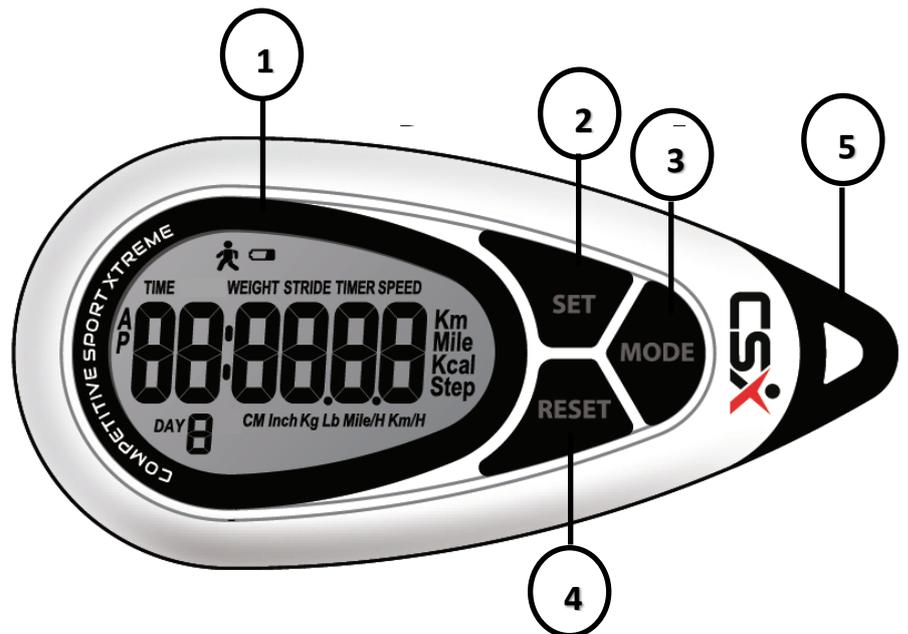
INSTRUCTION MANUAL

P315A 3D Pedometer

LARGE PRINT PDF INSTRUCTIONS AND VIDEO: www.csxpro.com/p315a

BONUS - "Walk Yourself Fitter!"
A PDF book to help you get the most from walking: **www.csxpro.com/fitter**

LAYOUT

1. LCD Display
2. SET Button
3. MODE Button
4. RESET Button
5. Lanyard Hole

FEATURES

PEDOMETER
3D Silent Pedometer Sensor
Step counter up to 999,999 steps
Distance walked up to 9999.99 Km/9999.99 Miles
Calories burned up to 99,999.9 Kcal
Speed in Kmh / Mph
Pause Feature
15 Step Count Active System

CLOCK
Display format 12/24 hours

ACTIVITY TIMER
Record your daily activity time
during walking

7 DAY MEMORY

Record your pedometer activities up to 7 days: Steps, distance, calories, speed and exercise time

LOW BATTERY INDICATOR 🔋

Battery icon appears when battery power is low

STEP COUNTING SYMBOL

The symbol blinks when the step counting function is enabled; it stops blinking when the pedometer enters sleep mode. The symbol is not displayed when the step counting function is paused. Refer to the Steps Mode section and FAQ for how to pause and enable step counting.

I.   QUICK START GUIDE

The P315A pedometer can be setup using the default values, so for a quick setup all you need to do is set the clock. This will provide you with average estimates for your calories burnt and distance walked.

SETTING THE CLOCK

Time mode

1) Pull battery insulator tab to activate the pedometer
2) Press the MODE button consecutively until the Clock is displayed (if you are on a different view).

3) Press and hold SET for 3 seconds, "ADJ" will flash
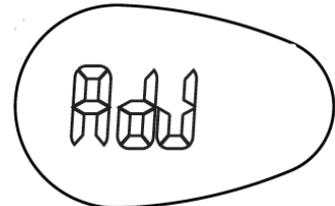
4) Hour will flash. Press RESET button to gradually increase the numbers
   NOTE: If the current time is in the afternoon (PM) make sure you increase the hour number until P is displayed.
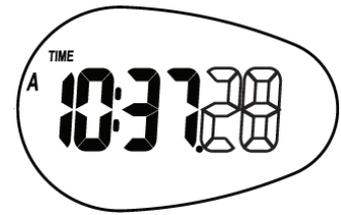
5) Press MODE button, minutes will flash

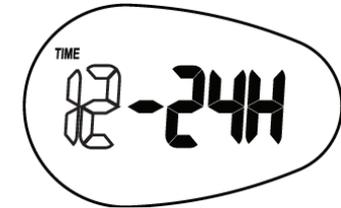6) Press RESET button to gradually increase the numbers
7) Press MODE button, seconds will flash

8) Press RESET button to zero the seconds

9) Press MODE button, 12hr will flash. This is for selecting 12 Hour (am / pm) or 24 Hour (military time)
10) Press RESET button consecutively to choose 12 or 24Hr

11) Press MODE button, hour will flash, press SET button to exit

NOTE: If you do not press a button for 30 seconds the pedometer will save the settings and exit setup mode.

II.   FULL SETUP

If you would like more accurate readings you will need to know in advance:

        a) Your Stride Length (centimeters or inches) _____

        b) Your Weight (kilograms or pounds) _____

Note: If you choose the units as imperial (miles) you will need to record your stride length in inches and weight in pounds. If you choose the units as metric (kilometres) you will need to record your stride length in centimeters and weight in kilograms.

MEASURING YOUR STRIDE LENGTH
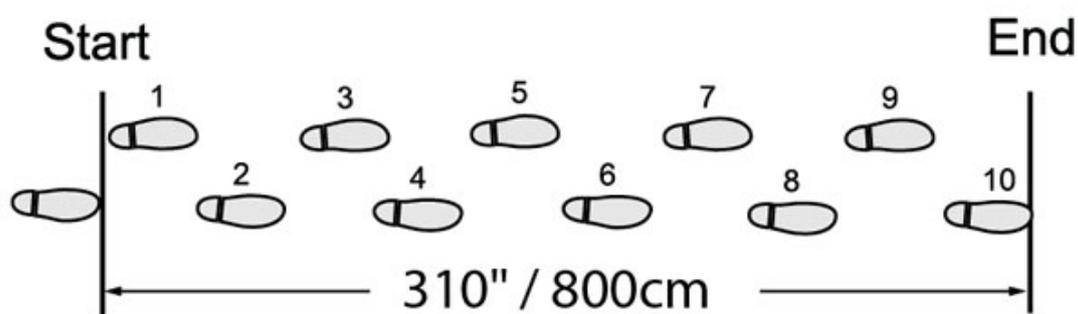
a) As above illustration, walk 10 steps with your normal stride
b) Measure the distance from start to end
c) Calculate your stride by dividing the total distance by 10

Example:

Total Distance = 310". Therefore, stride = 310" / 10 paces = 31"

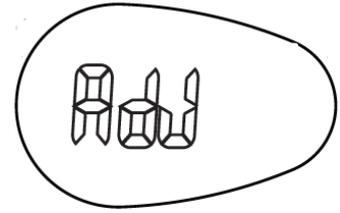Total Distance = 800cm. Therefore, stride = 800cm / 10 paces = 80cm

Once you know your stride length and weight, please follow the numbers 1 to 10 in the Quick Start Guide above and then continue with step 12 below:

12) Press the MODE button consecutively until STEP is displayed.
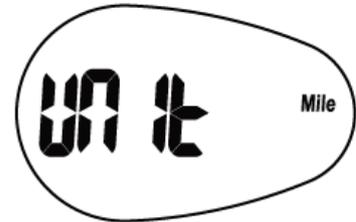

Steps mode

13) Press and hold SET for 3 seconds, "ADJ" will flash

14) "Unit" will display and Km will flash. Choose your preferred units for the distance walked

15) Press RESET button consecutively to choose Km or Mile (Kilometers or Miles) for distance walked

16) Press MODE button, Weight will flash

17) Press RESET button to gradually increase the numbers, or press and hold the RESET button to quickly increase the numbers
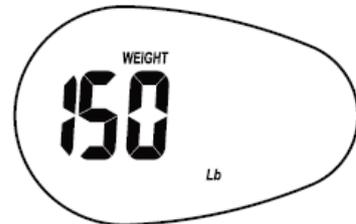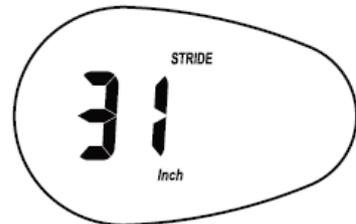
18) Press MODE button, Stride Length will flash

19) Press RESET button to gradually increase the numbers, or press and hold the RESET button to quickly increase the numbers

20) Press MODE button, "Unit" will flash, press the SET button, the pedometer will exit setup

NOTE: If you do not press a button for 30 seconds the pedometer will save the settings and exit setup mode.

III. PEDOMETER FUNCTIONS

Steps are recorded when you are wearing the pedometer and motion is detected. You can place the pedometer inside your pocket, handbag / backpack or attach it using the strap. **TIP:** If you hang the pedometer around your neck, place it under your clothes to prevent the pedometer bouncing as this may cause the pedometer to count extra steps.

FIFTEEN STEPS ERROR CORRECTION

To avoid counting accidental movement as steps and also to record "active" steps that will improve your fitness, the counter will wait until you walk 15 continuous steps before it begins recording the steps at 15, 16, 17 etc.

IMPROPER STEP COUNTING

All 3D pedometers count "movement" as a step. The pedometer may not count steps correctly in the following conditions:
- Irregular motion such as swinging and vibrating
- Inconsistent walking pace
- Standing up / sitting down movement
- Vertical or horizontal vibration in a moving vehicle such as bicycle, car, train or bus

CHANGING THE DISPLAY

Press the MODE button to change the display.
Each time you press the MODE button, the display will change:

Time mode   Steps mode   Distance display mode   Calorie display mode

Memory mode   Exercise time display mode   Speed display mode
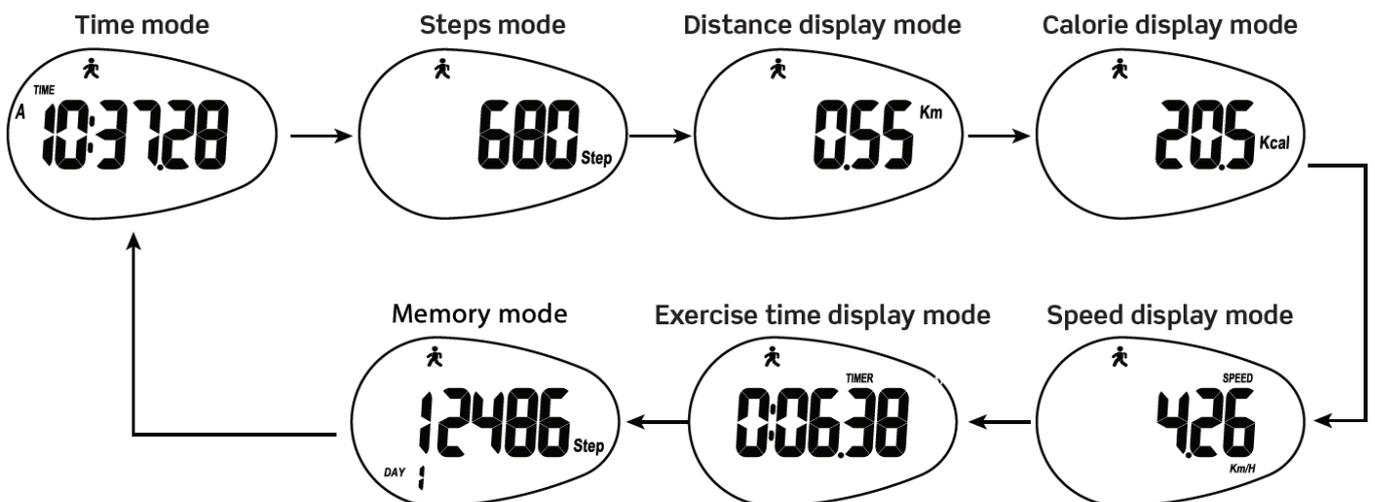
STEPS MODE

Press the MODE button until the display shows STEP mode. This shows the number of steps walked during the day.

Steps mode
680 Step

Reset the day step counter: Press and hold the RESET button until the digits revert back to zero.

WARNING: The pedometer data for the day will be reset to '0', including steps, distance, calories, speed and exercise time. (This however will not erase the memory.)
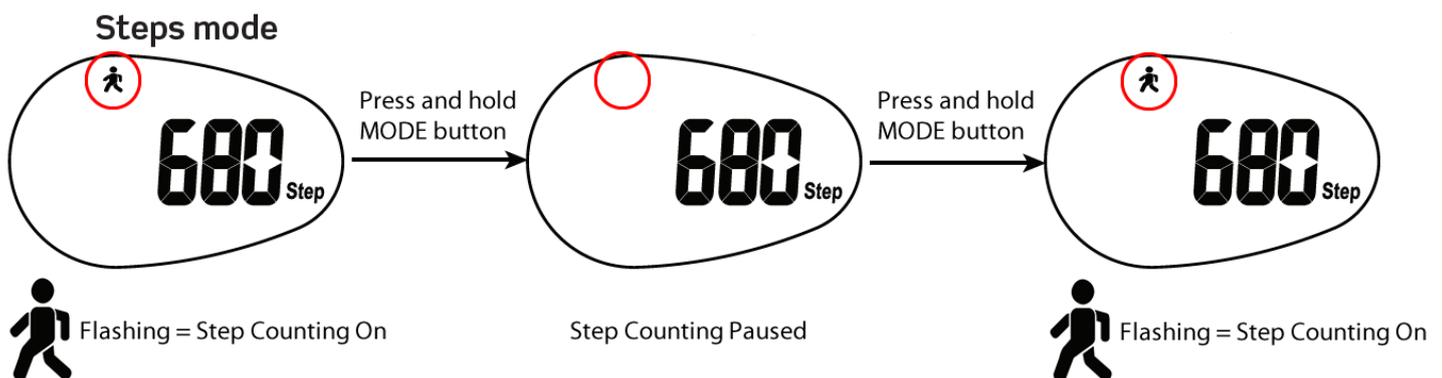

PAUSE FUNCTION
You can pause the step counting function. This is useful if you are traveling in a car and do not wish the car journey to be counted as steps.

To Pause:
While in STEP mode press and hold the MODE button for 3 seconds.
The Step counting symbol is no longer displayed

To Resume:
While in STEP mode press and hold the MODE button for 3 seconds.
The Step counting symbol will begin flashing

Steps mode

680 Step → Press and hold MODE button → 680 Step → Press and hold MODE button → 680 Step

Flashing = Step Counting On   Step Counting Paused   Flashing = Step Counting On

DISTANCE MODE

Press the MODE button until the display shows DISTANCE mode (Km or Mile). This shows the distance walked during the day.

Press the SET button to change the distance from Km / Miles.

CALORIE MODE

Press the MODE button until the display shows CALORIE mode (Kcal). This shows the calories burned during the day.

SPEED MODE

Press the MODE button until the display shows SPEED mode. This shows the instant speed of your walking. When you stop walking, it will first display the instant speed, and will display the average speed of the current day 10 seconds later.

Press the SET button to change the speed from Km/H to Miles/H.

EXERCISE TIME MODE

Press the MODE button until the display shows TIMER mode. This shows the time spent walking during the day.
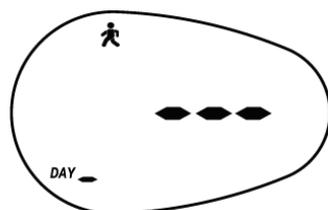
MEMORY

The pedometer can store up to seven days of data for the steps, distance, calories, average speed and exercise time.

The current day data is automatically stored in memory when the clock time reaches 12:00am midnight. The display will reset to '0' for the new day.
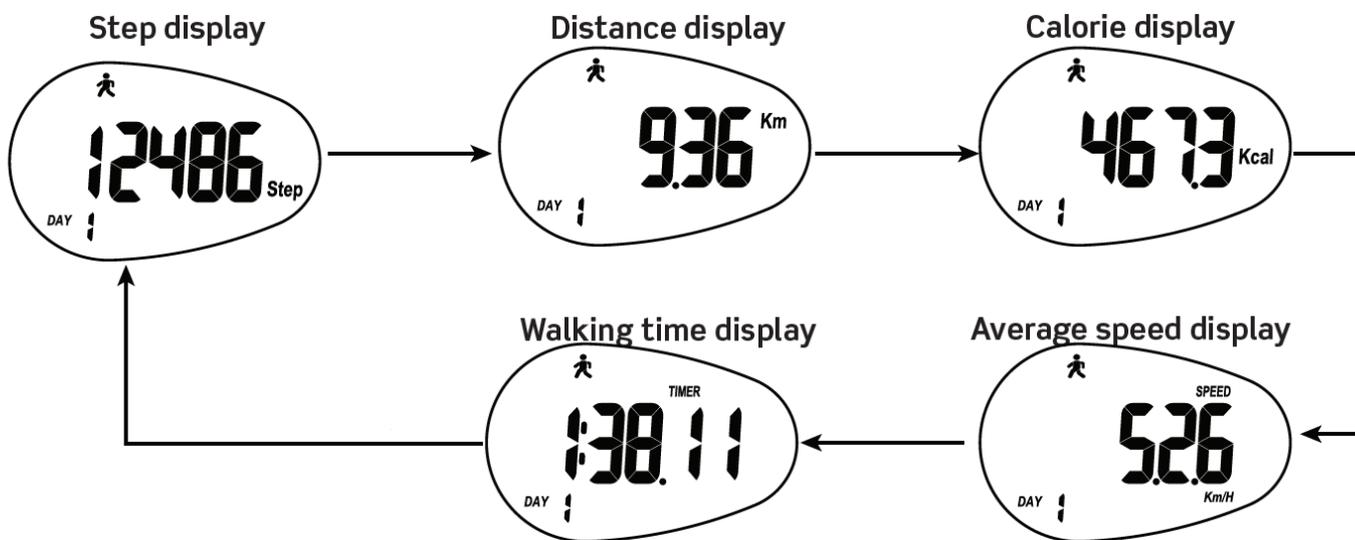
Press the MODE button until the display shows STEP / DAY 1.

If there is currently no data "---" will be displayed.

VIEWING DATA

To view the steps, distance, calories, average speed and exercise time for the day press the SET button consecutively:

Step display	Distance display	Calorie display
12486 Step	9.36 Km	4673 Kcal

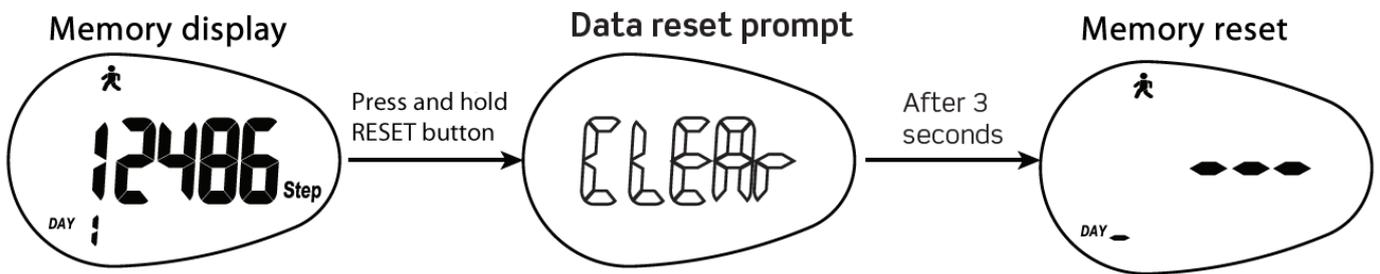| Walking time display	Average speed display
1:38.11 TIMER	5.2.6 SPEED Km/H

TO CHANGE DAY

Press the RESET button, the Day Number will increase. You can now press the SET button to view the data for that day.

TO CLEAR DATA

Press and hold the RESET button for 3 seconds "CLEAR" will display

Memory display	Data reset prompt	Memory reset

SLEEP FUNCTION

To conserve battery power, the step counting function automatically enters the sleep state when no motion is detected for 3 minutes and the " 🚶 " symbol stops flashing. Once motion is detected or a button is pressed, the pedometer will automatically turn on and resume counting steps.

CHANGING THE BATTERIES

The pedometer uses 1 x CR-2032 button cell battery:

- Twist and unscrew the battery door using a coin
- Take out the old battery
- Replace with a fresh battery. Make sure it is inserted in the correct polarity position
- Screw the battery door back into place

PERFORMING A SYSTEM RESET

Perform a system reset:

- When the characters on the display become unrecognizable.
- When pressing a button has no action.

To reset the system, take the battery out for 30 seconds, and re-insert it.

If this fails, try replacing the battery.

Note: All personal data, clock time and pedometer data will be erased.

Battery disposal EC Directive 2006/66/EC
Batteries are not a part of your regular household waste. You must return batteries to your municipality's public collection or wherever batteries of the respective type are being sold.

Disposal of electric and electronic devices EC Directive 2012/19/EU
This product is not to be treated as regular household waste but must be returned to a collection point for recycling electric and electronic devices. Further information is available from your municipality, your municipality's waste disposal services, or the retailer where you purchased your product.

SAFETY – PLEASE READ BEFORE EXERCISING

IMPORTANT - Before starting any form of exercise program, consult your doctor or therapist. If at any time during your exercise you experience discomfort or pain, stop the exercise immediately and consult your doctor. Always Warm up - Cool down and stretch before and after exercising. This will help prevent straining muscles.

TECHNICAL DETAILS

1. Maximum number of steps: 999,999
2. Step distance: 30-180 cm (12-71 Inch)
3. Weight: 20-200 Kg (44-441 lb)
4. Distance: 0-9999.99 km / Miles
5. Calories: 0.0-99999.9 Kcal
6. Exercise time display: 0:00.00-23:59.59

DEFAULT SETTINGS

1. Weight: 50Kg (110 lb)
2. Step distance: 50cm (20 Inch)
3. Step counting: enabled
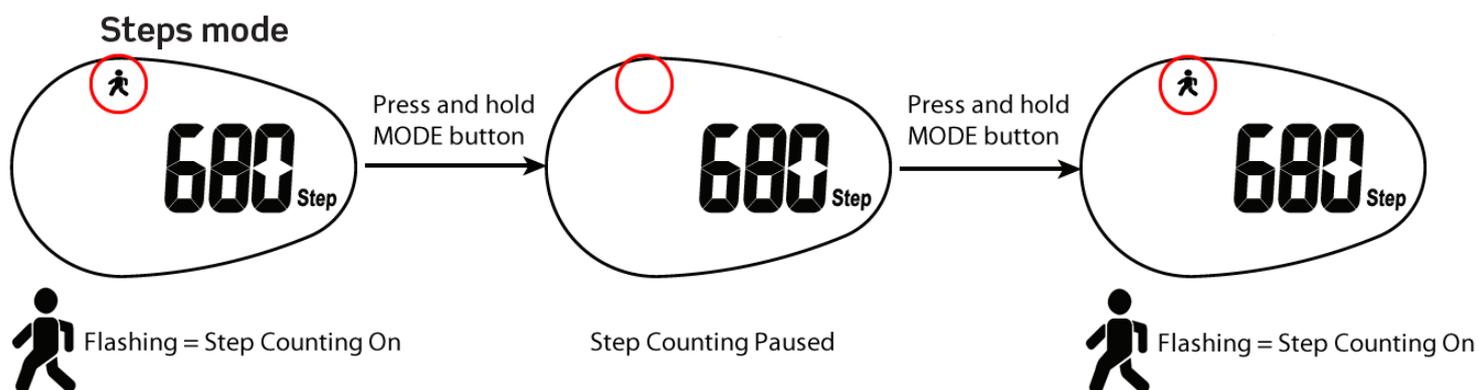
FAQ

The Pedometer is Not Counting Steps?

The Pedometer has a pause function, check if the Step Counting Symbol is flashing. When it is flashing the pedometer will count steps. If the Step Counting Symbol is not displayed the pedometer is paused:

To Pause:

While in STEP mode press and hold the MODE button for 3 seconds.
The Step counting symbol is no longer displayed

To Resume:

While in STEP mode press and hold the MODE button for 3 seconds.
The Step counting symbol will begin flashing

Steps mode

Press and hold MODE button → Press and hold MODE button →

Flashing = Step Counting On   Step Counting Paused   Flashing = Step Counting On

How Do You Change Distance Walked from Km / Miles?

You can quickly change the view from Km to Miles and vice versa:

Press the MODE button until the display shows DISTANCE mode (Km or Mile). This shows the distance walked during the day.

Press the SET button to change the distance from Km / Miles.

CONTACT CSX

To contact CSX – Competitive Sport Xtreme, please email or send a support ticket to: support@csxpro.com or www.csxprosupport.com

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