CSX
COMPETITIVE SPORT XTREME

INSTRUCTION MANUAL

P375 3D Pedometer

LARGE PRINT PDF INSTRUCTIONS AND VIDEO: www.csxpro.com/p375

**BONUS** - "Walk Yourself Fitter!"

A PDF book to help you get the most from walking: **www.csxpro.com/fitter**
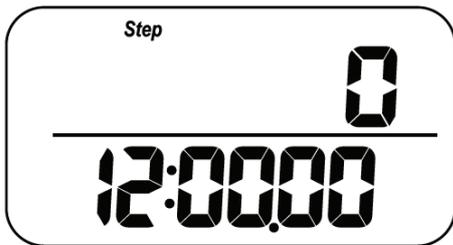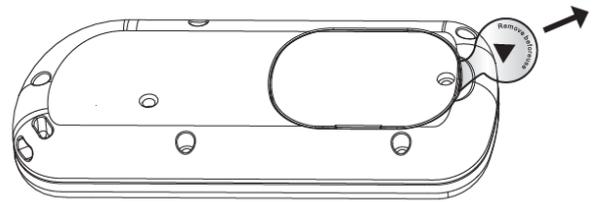
QUICK START GUIDE

The P375 pedometer can be setup using the default values, so for a quick setup all you need to do is set the clock and date. This will provide you with average estimates for your calories burnt and distance walked.

1. REMOVE THE BATTERY INSULATOR TAB

A. Remove the pedometer from the clip.
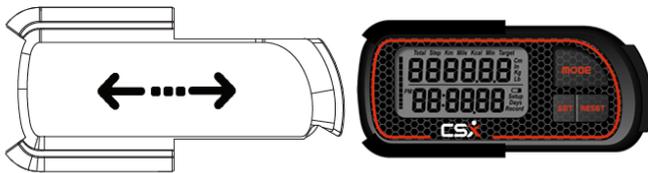
B. Remove battery insulator

C. The pedometer will turn on and display Step Mode

2. ENTER SETUP MODE

- CAN ONLY ENTER FROM STEP MODE

Make sure the pedometer is in STEP mode as on previous page – NOT Memory mode and NOT Total Step mode.
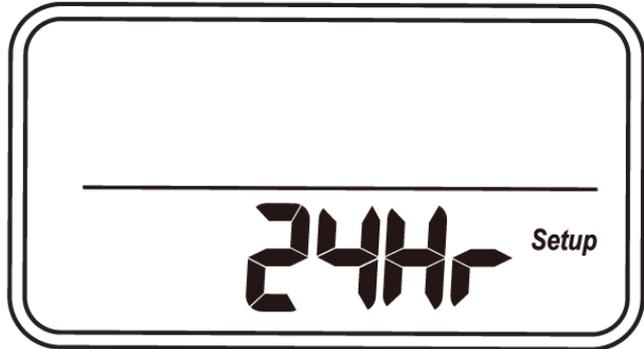
Press the MODE button consecutively until Step Mode is displayed (if you are on a different view).

Press and hold SET button for 3 seconds, "ADJ" will flash and then "12Hr" will flash.

3. CHOOSE TIME FORMAT

Press MODE or RESET button
to select 12 Hour (am / pm) or
24 Hour (military time).

Press SET to store and move
on.

24Hr Setup

TIME FORMAT

NOTE: The pedometer will exit setup if no buttons are pressed for 10 seconds.

4. SET TIME – SECONDS, MINUTES & HOURS

NOTE: For 12Hr time format, "PM" displays, but "AM" does not.

Press MODE ↓ & RESET ↑ buttons to
adjust seconds (if you wish). Then
press SET to store & move on.

Adjust hours similarly. Then press SET
to store & move on.

12:01 00 Setup

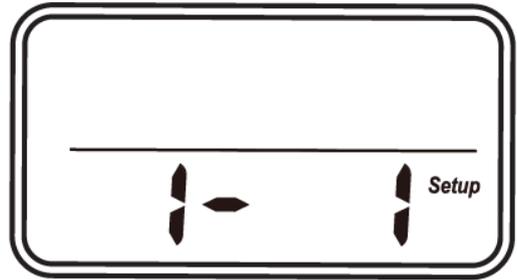Adjust minutes similarly. Then press
SET to store & move on.

TIME SETTING

5. SET DATE – MONTH, DAY & YEAR

Press MODE ↓ & RESET ↑ buttons to adjust month. Then press SET to store & move on.

Adjust day similarly. Then press SET to store & move on.

Adjust year similarly. Then press SET to store & move on.

DAY SETTING

YEAR SETTING

If you only want to set the time and use the default values for weight and stride length do not press any more buttons and after 10 seconds the pedometer will exit setup mode.

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 wish the pedometer to display the distance walked in miles you will need to record your stride length in inches and weight in pounds. If you wish the pedometer to display the distance walked in kilometers you will need to record your stride length in centimeters and weight in kilograms.

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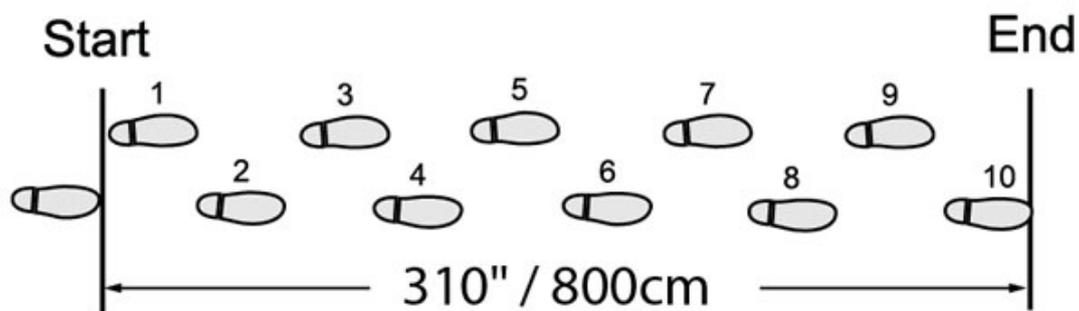
a) As above illustration, walk 10 steps with your normal stride
b) Measure the distance from start to end
c) Calculate your stride by dividing the total distance by 10

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 5 in the Quick Start Guide above and then continue with step 6 below:
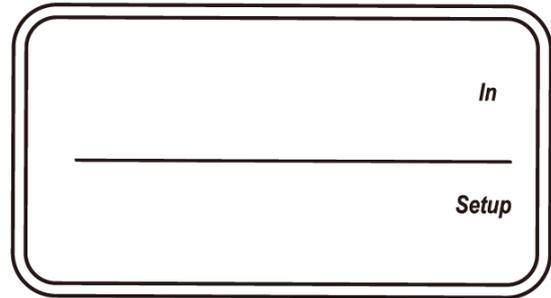
6. CHOOSE UNITS OF MEASURE

Press MODE or RESET button to select:
"in" (inches/miles/lb) or
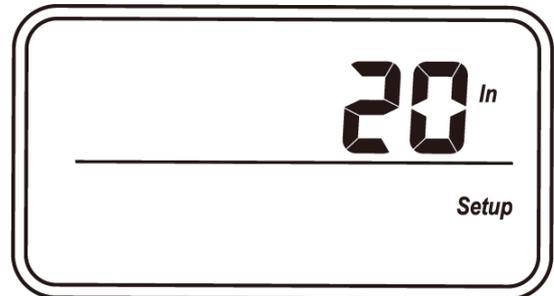"cm" (cm/km/kg)

Then press SET to store & move on.

"IN" & "CM"SETTING

7. SET STRIDE LENGTH

Press MODE ↓ & RESET ↑ buttons to adjust stride length. Then press SET to store & move on.

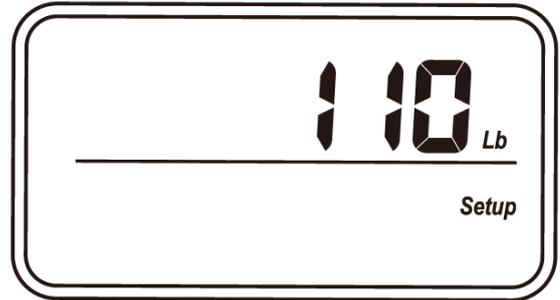Average stride length for kids (20"), women (26"), men (30")

STRIDE SETTING

8. SET WEIGHT

NOTE: Weight is only used to calculate kcal burned.

Press MODE ↓ & RESET ↑ buttons to adjust weight.

Then press SET to store & move on.

110 Lb
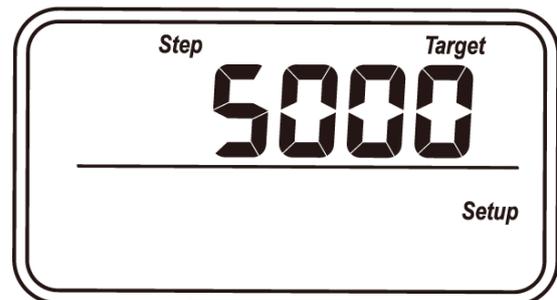
Setup

WEIGHT SETTING

9. SET DAILY TARGET STEPS

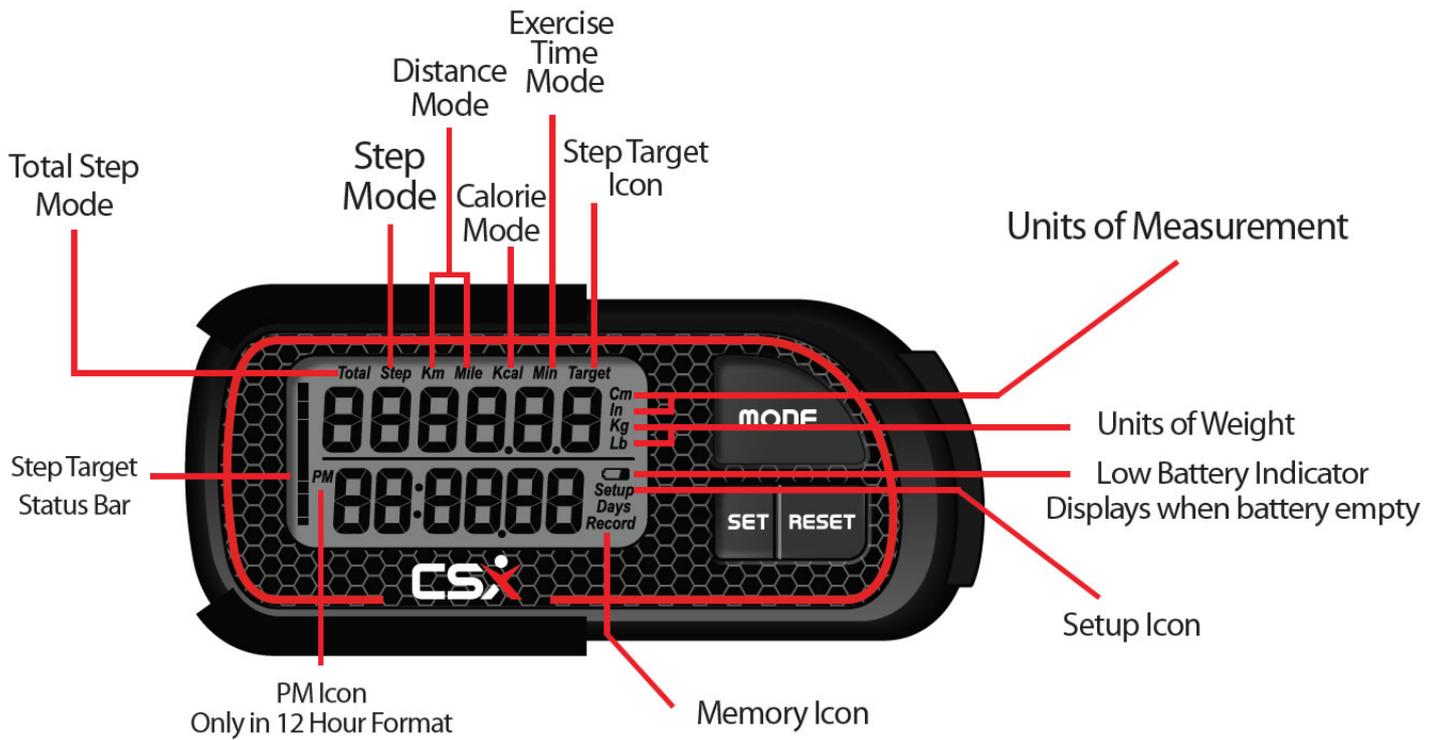Press MODE ↓ & RESET ↑ buttons to adjust daily target steps.

Then press SET to store & exit setup mode.

Step   Target

5000

Setup

DAILY TARGET SETTING

Setup is now complete.

SUMMARY OF DISPLAY SYMBOLS

PEDOMETER FUNCTIONS

Press MODE button consecutively to change the display:

1. Step Mode
2. Distance Mode
3. Calories Burned Mode

4. Exercise Time Mode
5. Memory Mode
6. Total Step Mode

8 Step Buffer – Only "exercise steps" are counted. The counter will wait until you walk 8 continuous steps before it begins counting 8,9,10.

The pedometer automatically stores the data in memory and resets to 0 at midnight.

1. STEP MODE

STEP MODE

Press the MODE button until the display shows STEP mode. This shows the number of steps walked since midnight and the clock time.

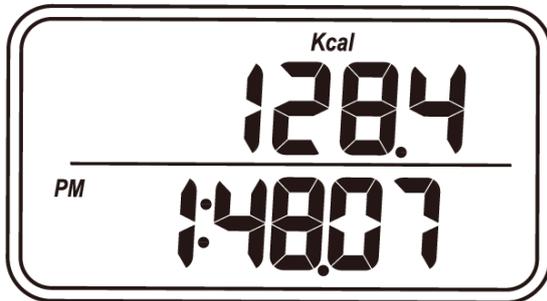NOTE: The pedometer automatically sleeps if idle for 3 minutes.

2. DISTANCE MODE

DISTANCE MODE

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

3. CALORIES BURNED MODE
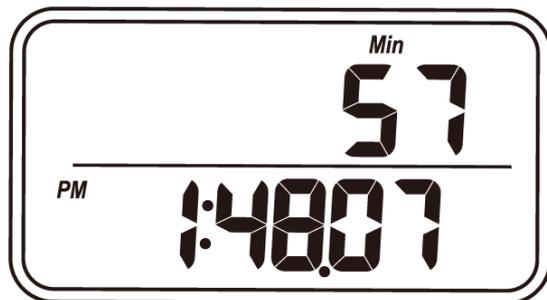
Kcal

128.4

PM 1:48.07

KCAL MODE

Press the MODE button until the display shows Kcal. This shows the kilocalories burned during the day.
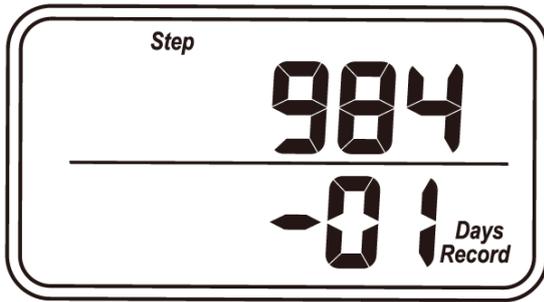
4. EXERCISE TIME MODE

Min

57

PM 1:48.07

EXERCISE TIME MODE

Press the MODE button until the display shows EXERCISE TIME mode (Min). This shows the time spent walking during the day.

5. MEMORY MODE

The pedometer stores 30 days of data for the Steps, Distance, Kcal Burned, Exercise Time.

Press the MODE button until the display shows STEP / DAY -01.

Press SET button to toggle through data for any day.

Press RESET button to browse backwards to preceding day.

-01 indicates yesterday, -02 indicates 2 days ago, etc.

6. TOTAL STEP MODE

Displays total stored data since last Full Reset for the Steps, Distance, Kcal Burned, Exercise Time.
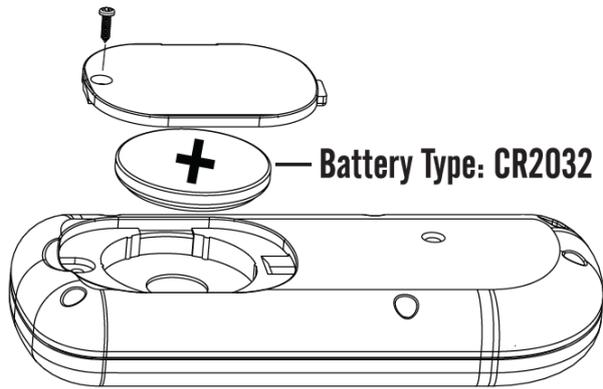
Press the MODE button until the display shows TOTAL STEP.

Press SET button to toggle through data.

Full Reset: While in TOTAL STEP MODE, press and hold RESET button for 3 seconds to erase all data.

BATTERY REPLACEMENT

Use a small Phillips screwdriver to remove the battery cover when low battery indicator is displayed.

— Battery Type: CR2032

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.

CONTACT CSX

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

Made in China   CE

WARNING: Not suitable for children under 36 months due to potential small parts. Choking hazard.