



# INSTRUCTION MANUAL

## 3D Multi Function Pedometer



## Contents

INTRODUCTION.....	4
SAFETY – PLEASE READ BEFORE EXERCISING .....	6
KNOW YOUR PEDOMETER.....	7
BEFORE SETTING UP YOUR PEDOMETER .....	10
MEASURING YOUR STRIDE LENGTH .....	10
GETTING STARTED / FIRST TIME USE .....	11
QUICK TIPS FOR SETUP AND ENTERING DATA .....	11
THE SETUP SEQUENCE .....	11
SETTING THE CLOCK FORMAT AND TIME.....	12
SETTING THE UNITS OF MEASUREMENT .....	13
SETTING THE STRIDE LENGTH.....	13
SETTING THE WEIGHT .....	14
SETTING THE DAILY STEPS TARGET .....	14
TO EDIT THE SETTINGS AFTER SETUP .....	15
PEDOMETER FUNCTION .....	16
10 STEPS ERROR CORRECTION .....	16
CHANGING THE DISPLAY .....	16
STEP FUNCTION .....	17
DISTANCE TRAVELLED FUNCTION .....	17
CALORIES BURNED FUNCTION .....	18
ACTIVITY TIME FUNCTION .....	18
TOTAL STEP FUNCTION.....	19
MEMORY FUNCTION .....	20
VIEW MEMORY DATA FOR EACH DAY .....	21
RESETTING THE MEMORY DATA .....	22
TARGET STEP FUNCTION .....	23
SYSTEM RESET.....	24
CHANGING THE BATTERIES .....	25
CARE AND MAINTENANCE.....	26

TROUBLESHOOTING TIPS AND FAQ.....27  
CONTACT CSX.....28

## **INTRODUCTION**

The CSX 3D pedometer is the perfect tool for tracking your activity throughout the day and keeping you motivated to reach your own personal goals.

### **Track Your Activity Accurately Everywhere You Go**

Unlike pedometers that use a pendulum design, this pedometer uses 3D walk sensor technology so it won't miscount steps and you can position your pedometer anywhere comfortable – clip to your hip, inside a pocket, bag or purse using the detachable strong clip and security strap so you can forget about it while it accurately monitors your daily activity.

### **Walk Sensor Technology**

To avoid counting sudden movements as steps, the counter will not count any movement less than 10 consecutive steps.

### **Monitor Everything**

Measure the daily steps taken, count calories burned, track distance walked in miles or kilometres. Units can be imperial (mile, inch, lb) or metric (km, cm, kg) – input your stride length and weight for accurate personal readings. Plus Activity Time shows your daily active time while walking.

### **Reach Your Goals**

Set your daily step target and the pedometer displays a progress bar for easy viewing to show how many steps you have done so far in comparison to your daily step target. This makes it easier for you to make more informed decisions throughout the day and find ways to walk more steps and achieve your goal at the end of the day. When you reach your daily target the pedometer will inform you with a flashing LED and beep indicator.

### **7-Day Memory**

Includes an automatic 7 day memory so you can keep motivated and track your progress. The pedometer also automatically resets at midnight so you can easily track your daily steps, distance and activity.

## **What's in the Box**

CSX 3D Walking Pedometer

Detachable clip

Security strap

Battery 1x CR-2032

Instruction Manual

## **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.

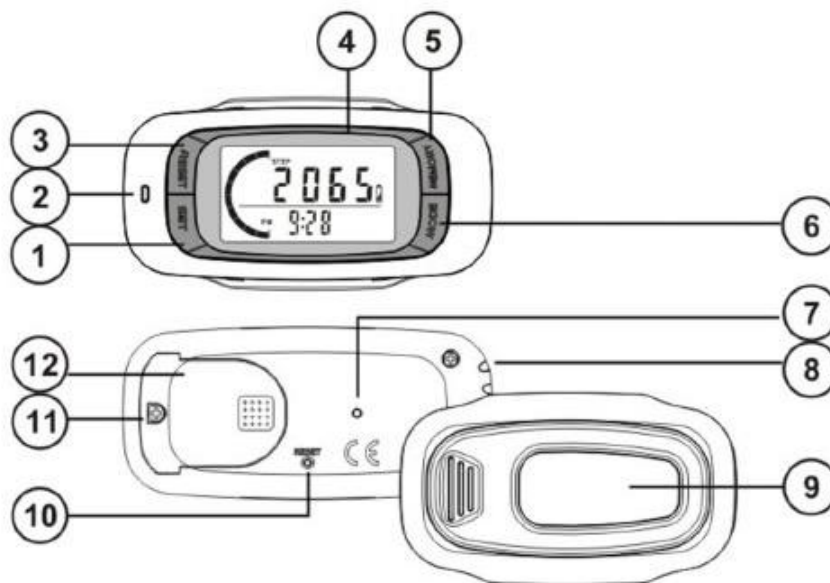
Always Warm up - Cool down and stretch before and after exercising. This will help prevent straining muscles.

- Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
- Read all information in the instruction manual and any other literature included before using the unit.
- Operate the unit only as intended. Do not use for any other purpose.
- Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.
- Do not throw the battery into fire. The battery may explode.
- Do not swing the pedometer by the strap. Swinging the pedometer while holding the strap may cause an injury.

### **CARE AND MAINTENANCE**

- Do not disassemble or modify the unit. Changes or modifications not approved by CSX – Competitive Sport Xtreme will void the user warranty.
- Do not subject the unit to strong shocks, such as dropping the unit on the floor.
- Do not submerge the unit or any of the components in water.

# KNOW YOUR PEDOMETER



## FUNCTION:

- |                         |                                |
|-------------------------|--------------------------------|
| 1. SET Button           | 7. Buzzer hole                 |
| 2. TARGET LED indicator | 8. Lanyard hole                |
| 3. RESET Button         | 9. Detachable holder with clip |
| 4. LCD display          | 10. SYSTEM RESET Hole          |
| 5. MEMORY Button        | 11. Screw                      |
| 6. MODE Button          | 12. Battery Cover              |

## FEATURES:

### PEDOMETER

- 3D Silent Pedometer Sensor
- Step counter up to 99999 steps
- Distance travelled indication up to 999.99 KM / 999.99 Miles
- Calories burnt indication up to 9999.9 Kcal
- Metric and Imperial system selection
- 10 Steps Error Correction

### TARGET

- Set your daily walking steps target

### CLOCK

- 12/24 Hours Format

### ACTIVITY TIME

- Record your daily activity time during walking

### 7 DAY MEMORY

- Record your pedometer activities up to 7 days

### LOW BATTERY INDICATOR

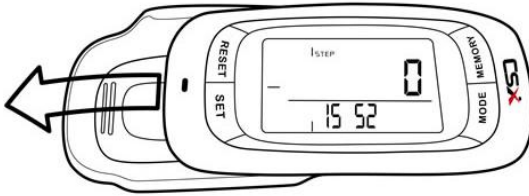
- When battery is low, low battery icon will show up on the display

## Components

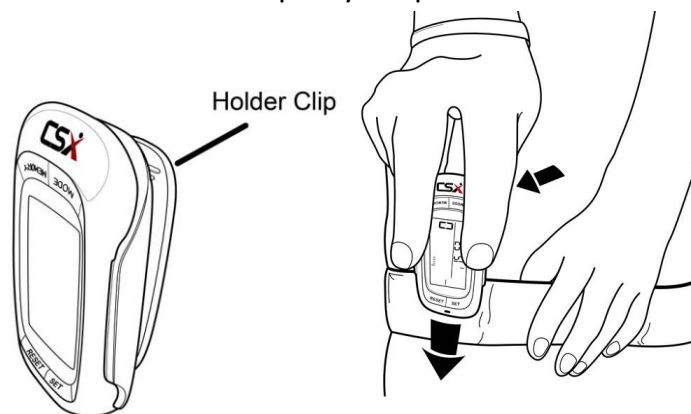
### Holder

Use the detachable holder with clip when attaching the pedometer to your belt, top of your pants, or even clip inside your pocket.

- 1) Attach the pedometer to the holder.

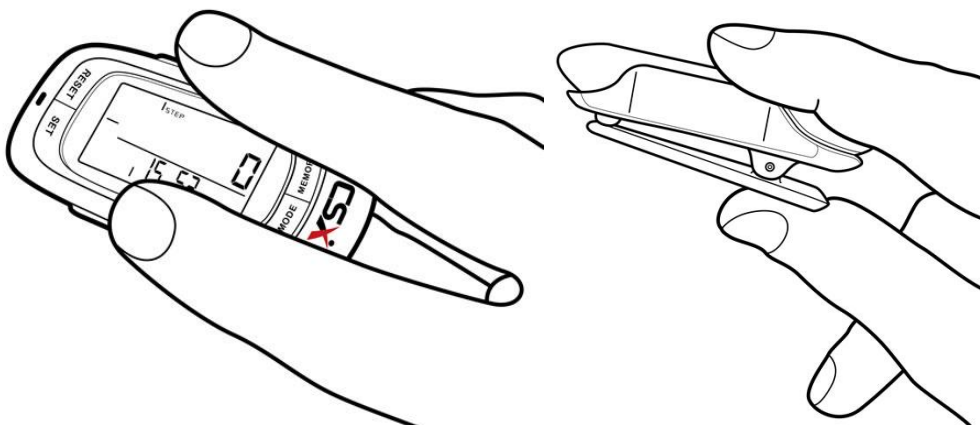


- 2) Fasten the holder clip to your pants.



- 3) **Tip**

When attaching the pedometer using the clip, put your index finger on the bottom side of the LCD screen and your second finger on the top side of the LCD screen and press the clip with your thumb.



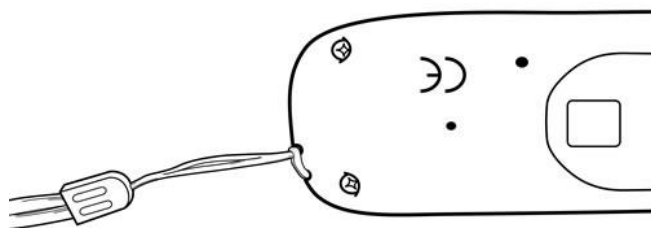
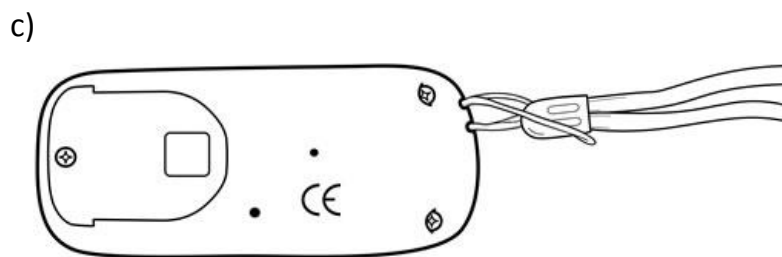
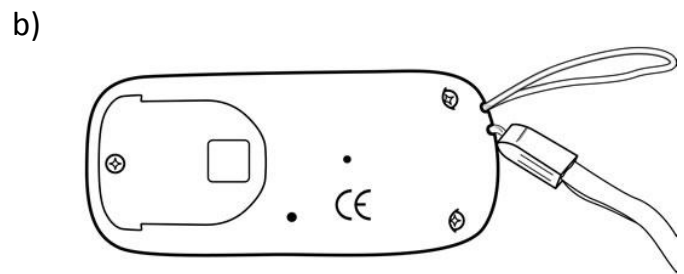
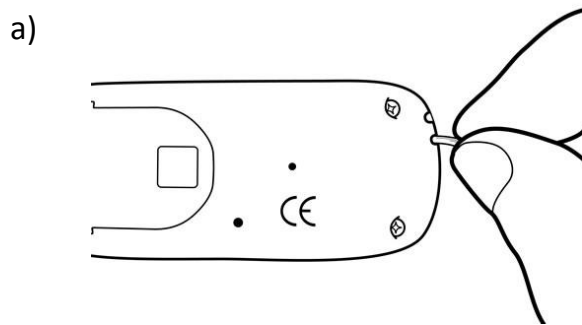
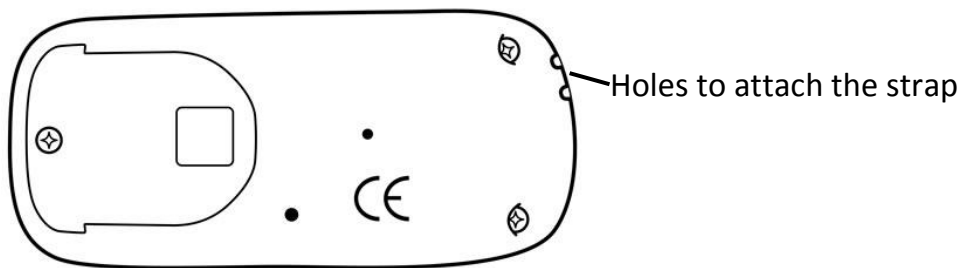


## Security Strap

A short security strap is also included with the pedometer. The strap can be used to loop through your belt as extra security when using the holder or it can be used to tie the pedometer to a bag etc.

How to attach the strap to the pedometer:

- a) Hold the lanyard strap close to the end and push the strap into one of the holes in the pedometer.
- b) The strap will naturally loop through and come out of the second strap hole.
- c) Feed the thick part of the strap through the loop and pull.

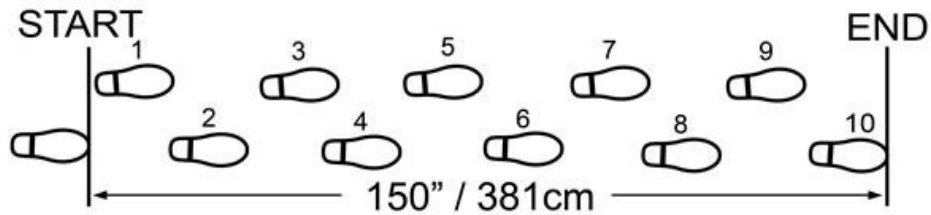


## BEFORE SETTING UP YOUR PEDOMETER

Before you setup your pedometer you need the following information:

- Stride Length (centimetres or inches)
- Weight (kilograms or pounds)

## 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 = 150". Therefore, stride =  $150" / 10 \text{ paces} = 15"$

Total Distance = 381cm. Therefore, stride =  $381\text{cm} / 10 \text{ paces} = 38\text{cm}^{**}$

\*\* (rounded off to the nearest unit)

### Note:

Stride setting range

- Metric: Range from 30cm ~ 150cm; with setting at 1cm interval
- Imperial: Range from 12inch ~ 60inch; with setting at 1inch interval
- Default Stride: 30inch / 80cm

## GETTING STARTED / FIRST TIME USE

- Pull battery insulator to activate the pedometer.
- If LCD display is not functioning normal and showing abnormal characters, please perform a "SYSTEM RESET."  
SEE [USING THE SYSTEM RESET](#) section.
- The LCD may show some faint background digits. This is normal because of a fresh battery. This will disappear when the battery drops to normal operating voltage.

## QUICK TIPS FOR SETUP AND ENTERING DATA

- 1) To enter "SETUP" press the MODE button until the display shows "STEP" mode.
- 2) Press and hold the SET button for at least 4 seconds
- 3) The display will start to Flash

### In general

- Press the SET button to move through the options
- Press the RESET button to increase a value
- Press the MODE button to decrease a value
- Holding down either the RESET or MODE buttons increases / decreases the numbers rapidly

### To exit setup mode

Do not press any buttons, after 3 seconds the pedometer will exit setup mode and store the information you entered.

## THE SETUP SEQUENCE

When you enter "EDIT" mode you will be asked to enter the following:

- 1) 12 or 24 hours clock format
- 2) Clock Time
- 3) Units - Metric / KM or Imperial / Miles
- 4) Stride Length
- 5) Weight
- 6) Daily Target Number of Steps

# SETTING THE CLOCK FORMAT AND TIME

**Setting range: 12hr or 24hr**

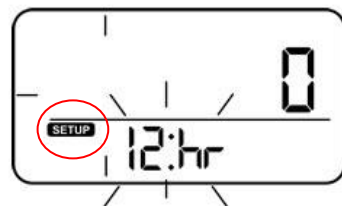
**Default: 12hr**

The clock can display the time in 12hr or 24hr format. In 12hr format, the PM icon will show for noon time.

1. Pull battery insulator to activate the pedometer
2. The display should show "STEP" mode – if it doesn't, press the MODE button until "STEP" mode is displayed



3. Press and hold SET button until the display shows the icon "SETUP" and the digits start to blink



4. Press the RESET button to toggle between "12HR" and "24HR" to choose 12 or 24 hours clock display format



**Setting range: 12:00AM – 11:59PM or 12:00AM – 23:59PM**

5. Press SET button to enter clock setting mode
6. Press MODE or RESET button to set desired Hour



Press and hold the MODE or RESET buttons to increase or decrease the numbers rapidly

7. Press SET button to enter Minutes setting
8. Press MODE or RESET button to set desired Minutes



Press and hold the MODE or RESET buttons to increase or decrease the numbers rapidly

## SETTING THE UNITS OF MEASUREMENT

The units of measurement can be in metric (CM) or imperial (IN).

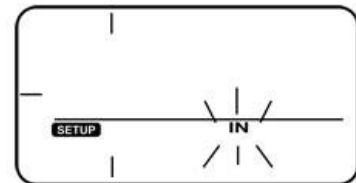
If the units are in metric (CM), distance travelled will be displayed in Kilometres and you will have to enter your weight in kilograms and your stride length in centimetres.

If the units are in imperial (IN), distance travelled will be displayed in Miles and you will have to enter your weight in pounds and your stride length in inches.

**Setting range: CM or IN**

**Default: CM**

9. Press SET button to enter Units of Measurement setting mode



10. Press RESET to select "CM" for Metric (Kilometres / kg / cm) OR "IN" for Imperial (Miles / lb / inch)

## SETTING THE STRIDE LENGTH

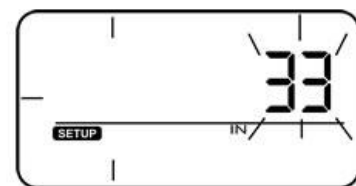
**Setting range (metric): 30cm – 213cm; with stride setting at 1cm interval**

**Setting range (imperial): 12inch – 84inch; with stride setting at 1inch interval**

**Default stride: 30inch / 80cm**

11. Press SET button to enter Stride Length setting mode

12. Press MODE or RESET button to set desired stride length value



Press and hold the MODE or RESET buttons to increase or decrease the numbers rapidly

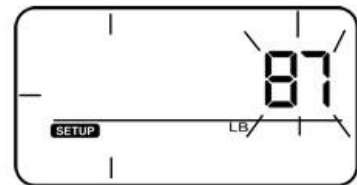
NOTE: to set the stride distance correctly, please read the section on [MEASURING YOUR STRIDE LENGTH](#)

## SETTING THE WEIGHT

Setting range: 20 – 227Kg or 50 – 500Lb

Default: 45Kg or 100Lb

13. Press the SET button to enter Weight setting mode
14. Press MODE or RESET button to set your body weight



Press and hold the MODE or RESET buttons to increase or decrease the numbers rapidly

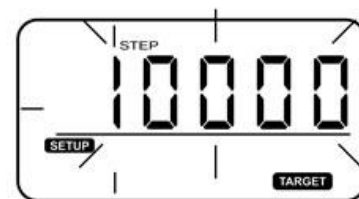
## SETTING THE DAILY STEPS TARGET

Setting range: 100 – 99000 Steps

Default: 5000 steps

For an active lifestyle it is recommended to aim for an average of 10,000 steps a day, here you can set the number of steps you are aiming to achieve each day. If you are new to walking you may want to start with 5000 steps and then slowly increase the number of steps target as your fitness levels increase.

15. Press the SET button to enter Steps Target setting mode
16. Press MODE or RESET button to set your daily walking steps target in intervals of 1000 steps. A steps target less than 1000 steps will be in intervals of 100s



Press and hold the MODE or RESET buttons to increase or decrease the numbers rapidly

17. Press SET or do not press a button for approximately 3 seconds and the pedometer will exit Setup mode and store the settings

## TO EDIT THE SETTINGS AFTER SETUP

If you need to change the clock format, time, units of measurement, stride length, weight, or daily steps target after the setting is completed:

1. Select "STEP" mode – press the MODE button until "STEP" mode is displayed



2. Press and hold SET button until the display shows the icon "SETUP" and the digits start to blink



3. Change the settings using the RESET button to increase a value or the MODE button to decrease a value.

Holding down either the RESET or MODE buttons increases / decreases the numbers rapidly

4. **NOTE:** If the setting does not need to be changed, press the set button to advance to the next setting.

5. **To exit setup mode**

Do not press any buttons, after 3 seconds the pedometer will exit setup mode and store the information you entered.

## PEDOMETER FUNCTION

Your steps are detected via the walking movement. You can place the unit inside your pocket, inside your handbag / backpack or attach it using the clip and security strap.

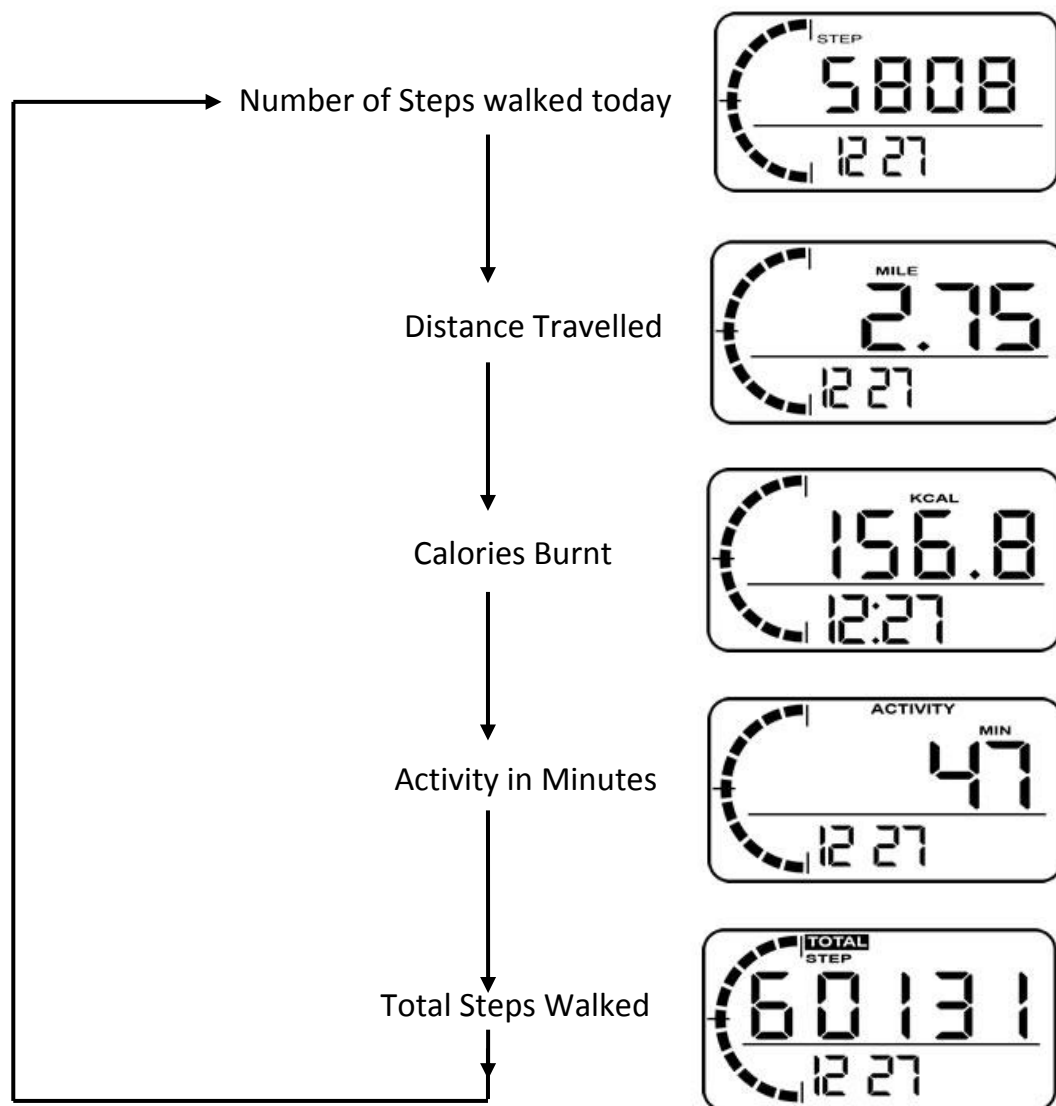
### 10 STEPS ERROR CORRECTION

To avoid counting sudden movements as steps, the counter will not count any movement less than 10 consecutive steps. Once you have walked 10 consecutive steps the pedometer will then begin counting 11, 12, 13 etc.

## CHANGING THE DISPLAY

Press the MODE button to change the display.

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





## STEP FUNCTION

### Step counter up to 99,999 steps

- Press MODE button until the top of the display shows the word "STEP". This shows the number of steps walked during the day.



- To 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'. (This however will not erase the memory or total steps, as described in the [TOTAL STEP FUNCTION](#) section.)

## DISTANCE TRAVELLED FUNCTION

### Distance travelled indication up to 999.99 KM / 999.99 Miles

- Press MODE button until the display shows the word "KM" if you selected Metric units Or "MILE" if you selected Imperial when setting up the pedometer.



- The distance travelled counter will start counting once motion is detected.
- To reset the distance, 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'.

## CALORIES BURNED FUNCTION

Calories burnt indication up to 9999.9 Kcal

- Press MODE button until the display shows "KCAL"



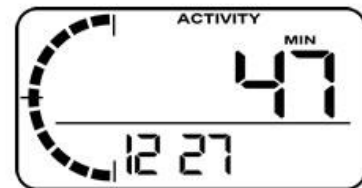
- The calorie counter will start counting once motion is detected.
- To reset the calorie counter, press and hold the RESET button until the digits revert back to zero.

**WARNING:** The pedometer data for the day will be reset to '0'.

## ACTIVITY TIME FUNCTION

Record the accumulated time walked during the day in minutes

- Press MODE button until the display shows "ACTIVITY"



- The activity time will start counting once motion is detected.
- To reset the activity time, 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'.

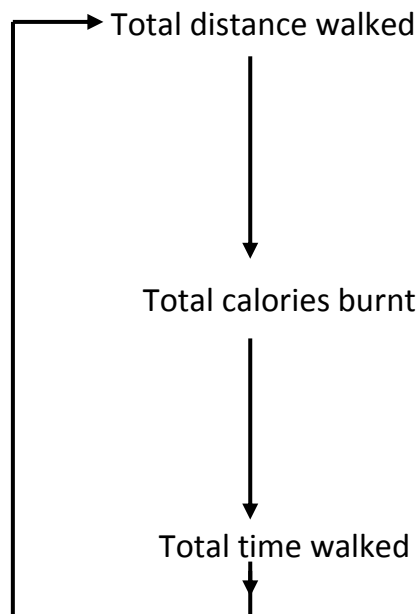
# TOTAL STEP FUNCTION

## Step counter up to 99,999 steps

- Press MODE button until the top of the display shows the words "TOTAL STEP". This shows the total number of steps accumulated since the last reset of the pedometer. This is the total number of steps walked over a period of time.



- While in "TOTAL STEP" mode press the SET button repeatedly to view:



## Reset the Counter:

- While in "TOTAL STEP" mode press and hold the RESET button until the digits revert back to zero.

**WARNING:** All pedometer step data including memory will also be reset to '0'.

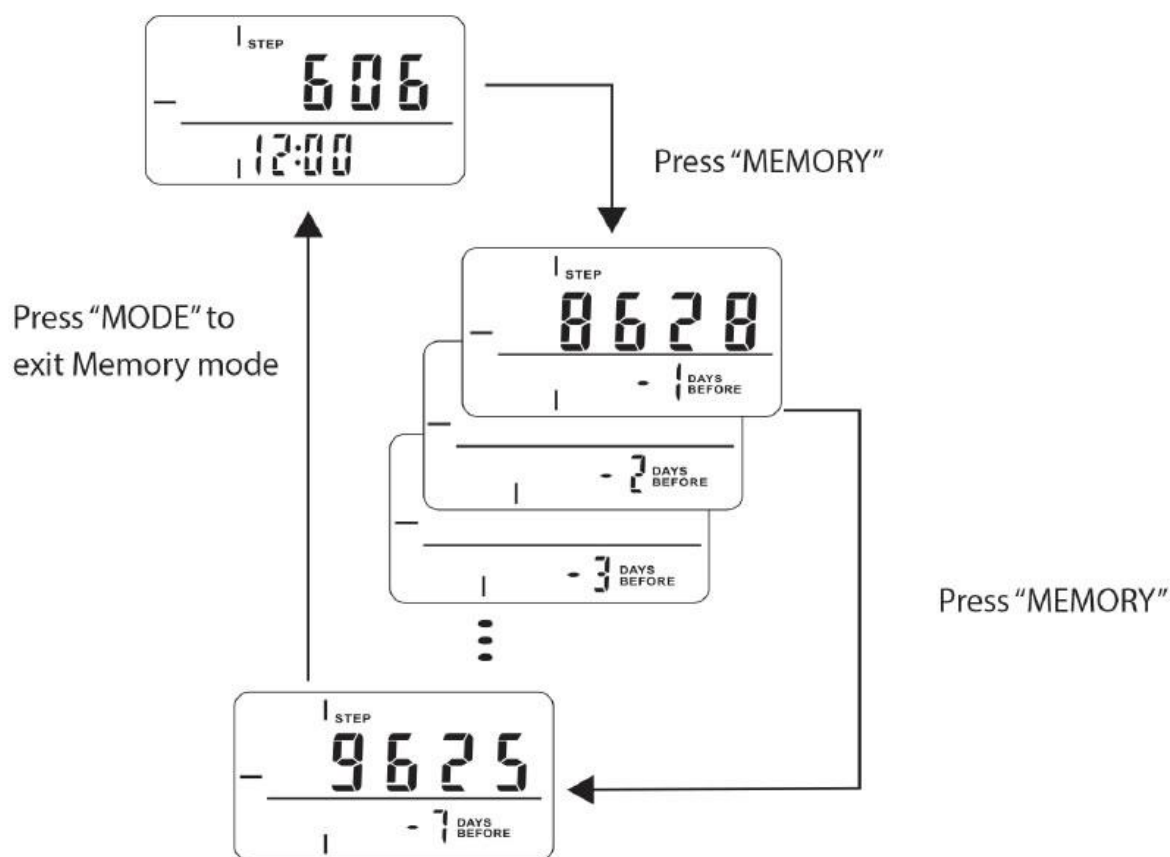
## MEMORY FUNCTION

The pedometer can store up to seven days of data for the number of steps walked.

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.

**WARNING:** Changing the clock time may affect the data stored in the pedometer memory.

- Press the MEMORY button
- The step data from yesterday is displayed: "-1 DAYS AGO" is displayed
- Continue pressing the MEMORY button for "-2, -3, -4, -5, -6, -7 DAYS
- Until all seven days of stored data is displayed: "-7 DAYS AGO" being the last set of data



NOTE: The clock time is not displayed when using the memory mode.

- To exit memory mode, press the MODE button to return to the current day data.

## VIEW MEMORY DATA FOR EACH DAY

While viewing a memory day you can also view the:

**Step Count → Distance Walked → Calories Burnt → Time Walked**

Press the SET button repeatedly to view the data for each day in memory mode.

Here is an example to view the data from 6 Days Ago:

- Press the MEMORY button
- Press the MEMORY button
- Press the MEMORY button
- Press the MEMORY button
- Press the MEMORY button
- Press the MEMORY button

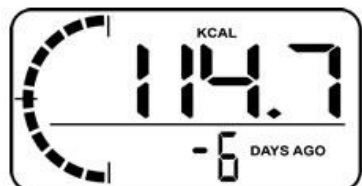
- The step data from 6 Days ago is displayed: “-6 DAYS AGO” is displayed



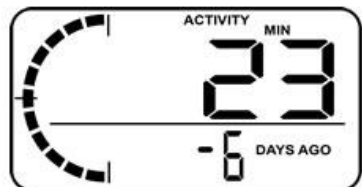
Press the SET button to view Distance Walked from 6 Days ago



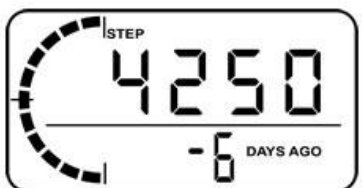
- Press the SET button to view Calories Burnt from 6 Days ago



- Press the SET button to view Time Walked from 6 Days ago



- Press the SET button to return to the Steps walked from 6 Days ago



- If you now press the MEMORY button, this will show “-7 DAYS AGO” data

## RESETTING THE MEMORY DATA

To reset all of the Memory data to '0'

- Press the MODE button until in "TOTAL STEP" mode
- Press and hold "RESET" button until the digits reset to '0'



**Note:** ALL PEDOMETER DATA INCLUDING MEMORY DATA WILL BE CLEARED!

# TARGET STEP FUNCTION

The pedometer displays a Target Step progress bar to show how many steps you have walked so far in comparison to your daily step target. This makes it easier for you to make more informed decisions throughout the day and find ways to walk more steps and achieve your goal at the end of the day. When you reach your daily target the pedometer will inform you with a flashing LED and beep indicator for 30 seconds.

To set your number of target steps refer to [SETTING THE DAILY STEPS TARGET](#).

## Understanding the “TARGET” progress bar:

For example 5000 steps

At the beginning



After 500 steps (10% target)

- a progress of 1 bar is shown indicating 10% of target is reached




After 5000 steps (100% target)

- all progress bars displayed with flashes and beep for 30 seconds indicating 100% of target is reached



## LOW BATTERY INDICATOR

When the battery power has dropped to a certain level, the low battery indicator icon  will show up on the display. It is time to replace with a fresh battery.



## SLEEP MODE

If the pedometer is left idle for 3 minutes, the LCD display will shut off automatically. If any movements are detected, the pedometer will wake up from sleep mode.



Sleep mode: LCD display automatically shut off

## SYSTEM RESET

Use the SYSTEM RESET function in the following situations:

- When the batteries are being replaced
- When the display becomes unrecognizable
- When pressing any keys have no actions
  
- Press the SYSTEM RESET button on the back of the unit with a paper clip. The display will revert to its default settings

**WARNING:** all data stored in MEMORY and the set data (time, weight, and stride length) will be erased.

- You will need to set the time, weight and stride length again



## CHANGING THE BATTERIES

The pedometer uses 1 x CR-2032 button cell battery

- Remove the screw and also the battery cover
- Take out the old battery
- Put a fresh battery into the compartment. Make sure it is inserted in the correct polarity position.
- Place the battery cover onto the compartment and secure it with the screw

### **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.

## CARE AND MAINTENANCE

To keep your pedometer in the best condition and protect the unit from damage follow the directions below:

**Clean the unit with a soft dry cloth.** Do not use any abrasive or volatile cleaners

**Do not immerse the unit or any of the components in water.** The unit is not waterproof. Do not wash it or touch it with wet hands. Be careful that water does not get into the unit.

**Store the unit in a safe dry location.** Avoid subjecting the unit to direct sunlight, high temperatures, high humidity, water and/or dust.

**Do not subject the unit to strong shocks,** such as dropping the unit on the floor or stepping on the unit.

**Remove the battery** if the unit will not be used for three months or longer. Always replace the battery with a new one.

**Use the unit consistent with the instructions provided in this manual.**

**CAUTION:** Changes or modification not approved by CSX – Competitive Sport Xtreme will void the user warranty.

# TROUBLESHOOTING TIPS AND FAQ

For further help, tips and FAQ visit:

[http://www.csxprosupport.com/kb/c3/a\\_en-csx-3d-walking-pedometer.aspx](http://www.csxprosupport.com/kb/c3/a_en-csx-3d-walking-pedometer.aspx)

CSX 3D Walking Pedometer > Troubleshooting

- [Can I change the Settings without doing a Full Reset?](#)
- [Is it normal for the battery to run really low in two days? Do the 2 blocks at the bottom of the semi circle mean a low battery?](#)
- [LCD screen display is showing abnormal strange characters / not displaying correctly](#)
- [The Pedometer is Beeping and Flashing What Does That Mean?](#)
- [The pedometer is counting more steps than I walk? - Accuracy and Error Correction](#)
- [The pedometer is not calculating the correct distance walked](#)
- [The pedometer randomly resets to zero in the middle of the day](#)

CSX 3D Walking Pedometer > How to

- [Can I reset the data after a warm-up phase, so it just records the actual walk?](#)
- [Can you reset to zero at any time the pedometer step data, without wiping out the basic standard info?](#)
- [How do you attach the lanyard / strap to the pedometer?](#)
- [How do you change the distance measured from Kilometers to Miles and vice versa?](#)
- [How do you view the distance travelled each day?](#)
- [How long does the pedometer battery last before it needs replacing?](#)
- [How to change time on pedometer? Have set it to 24 / 12 hour](#)
- [How to reduce the step length, I need to set it to 60cm but it starts at 80cm](#)

CSX 3D Walking Pedometer > Reference

- [CSX 3D Pedometer Setup Video Instructions](#)
- [CSX 3D Pedometer Warranty](#)
- [Where can I download the "Walk Yourself Fitter!" eBook Bonus?](#)
- [Where can I download the Large Print CSX 3D Pedometer Instructions?](#)

## CONTACT CSX

To contact CSX – Competitive Sport Xtreme, please email or send a support ticket to:  
[support@csxpro.com](mailto:support@csxpro.com) or [www.csxprosupport.com](http://www.csxprosupport.com)

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Patent Pending



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