39 mm

1 2 3 4 5 6 7 8 9 10 11 12

INSTRUCTION FOR 3D STEP COUNTER WATCH

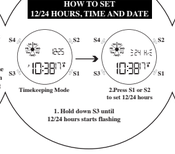
RESET (S1) - Reset Button

START (S2) - Start Button

MODE (S3) - Mode Button

LIGHT (S4) - Light Button

HOW TO SET 12/24 HOURS, TIME AND DATE



Timekeeping Mode

2.Press S1 or S2 to set 12/24 hours

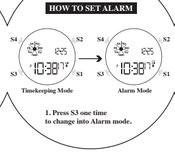
1. Hold down S3 until 12/24 hours starts flashing

Continue the sequence, press S3 once, followed by S1 or S2 to set the following.

3. Hour 6. Year
4. Minute 7. Month
5. Seconds 8. Day

Once set, leave for 10 seconds to exit back to timekeeping screen.

HOW TO SET ALARM



Timekeeping Mode

Alarm Mode

1. Press S3 one time to change into Alarm mode.

2. In the alarm mode, hold down S3 until hour start to flash, then press S1 or S2 to set alarm hour.

3. Press S3 again then the minutes start to flash, press S1 or S2 to set the minute, at last press S3 about 3 seconds to go back to original alarm mode.

4. In the original alarm mode press S2 to open or close the alarm.

5. In the original alarm mode press S1 to open or close the hourly chime.

6. After finish the alarm set up, press S3 to exit and save the setting then back to the time keeping mode.

HOW TO USE STOPWATCH (1/100 second)

Timekeeping Mode

Stopwatch is ready

- When the stop watch is ready, press S2 to begin measuring the elapsed time, the display range of the stopwatch is 99 minutes and 59.99 seconds.

- Whenever pressing S3 you can back to timekeeping mode, but the stopwatch continues to run.

The stopwatch will restart from zero after it reaches its limit, until stopped.

- To measure the elapsed time with the stopwatch

S2 start → S2 stop → S2 Re-start → S2 stop → S1 clear

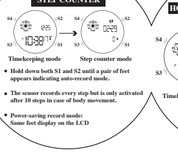
HOW TO USE WATCH BACKLIGHT

Press S4 one time

The backlight will glow for about 3 seconds

- Warning: please don't frequently use backlight for power saving.

HOW TO USE STEP COUNTER



Timekeeping mode

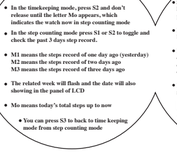
Step counter mode

- Hold down both S1 and S2 until a pair of feet appears indicating auto-record mode.

- The sensor records every step but is only activated after 10 steps in case of body movement.

- Power-saving record mode: Same feet display on the LCD

HOW TO CHECK STEPS RECORD



Timekeeping Mode

Step check mode

- Hold down S2 until watch enters step check mode

- In the timekeeping mode, press S2 and don't release until the letter Mo appears, which indicates the watch now in step counting mode

- In the step counting mode press S1 or S2 to toggle and check the past 3 days step record.

- M1 means the steps record of one day ago (yesterday)
M2 means the steps record of two days ago
M3 means the steps record of three days ago

- The related week will flash and the date will also showing in the panel of LCD

- Mo means today's total steps up to now

- You can press S3 to back to time keeping mode from step counting mode

BATTERY WARNING

- Swallowing may lead to serious injury or death in as little as 2 hours due to chemical burns and potential perforation of the oesophagus.

- Dispose of used batteries immediately and safely. Flat batteries can still be dangerous.

- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure

- If the button cell battery is swallowed or inserted seek medical assistance immediately.

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