

# 3DTriFit

3D Pedometer

By Realalt

## BEFORE YOU START

Press the **RESET** button on the back of the pedometer using the included **pin** to prepare your pedometer for setup.



## PLEASE NOTE

This pedometer has a **PAUSE FEATURE**.

**If your pedometer is not recording steps,**

then your Pause feature may be activated. **See Page 6** to learn how to simply control the Pause Feature.

Flashing 'A' icon = **Active** Pedometer.

## Online Support:

Support Center and FAQ's:  
[www.realalt.com/support](http://www.realalt.com/support)

Watch Setup and How to Operate Videos:  
[www.realalt.com/setup](http://www.realalt.com/setup)

Bonus eBook Download Link:  
[www.realalt.com/walkfit](http://www.realalt.com/walkfit)

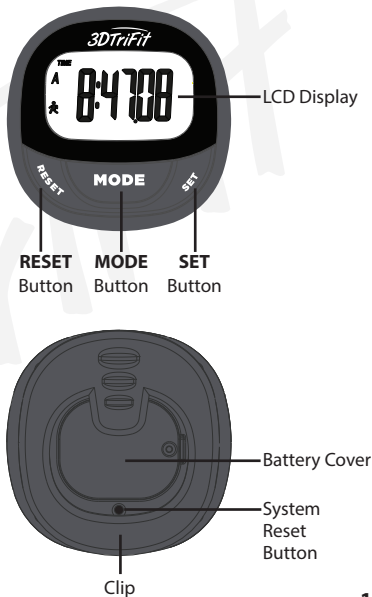
**PLEASE READ MANUAL CAREFULLY  
BEFORE OPERATING.**

**The pedometer will be activated/on when  
you receive it. Please see STANDBY MODE  
on Page 7 for more information.**

## FEATURES

- 3D Motion Sensor.
- **Multiple carry options: Clip to waist, pocket or place in a bag.**
- Step Mode up to 999,999 steps.
- Distance Mode up to 9999.99 Km/Miles.
- Calories Mode up to 99999.9 Kcal.
- Speed Mode.
- Exercise Time Mode.
- 7 Day Memory Mode..
- Pause feature.
- Automatic midnight reset.
- 15 step error prevention feature.
- Clock: 12 or 24 hour format.
- Metric or Imperial Unit setting.
- Standby mode.
- Low Battery Indicator.

## LAYOUT



## BEFORE YOU START SETUP

**BEFORE YOU START** setting up your 3DTriFit Pedometer, prepare and make a note of your information and selections required for each setup step below:

- **Time:** An 'A' icon will be displayed for AM time, or a 'P' icon for PM time (on the left of the time display).
- **Time format:** Choice of 12Hr or 24Hr.
- **Units of Measurement:** Select 'In' to program the pedometer to Mile/Lb/Inch units **OR** select 'Km' to program the pedometer to Kilometer/Kg/Cm units.
- **Weight:** Your current weight.
- **Stride length:** Measure your personal stride length to ensure accurate distance record.

### How to calculate your average stride length:

Walk 10 steps with your normal stride, marking your starting step (toe end) and your last step (toe end) on the ground. Measure the distance from your start to end mark and divide it by 10.

#### Example:

Total distance = 260"

260" divided by 10 = 26"

Stride length = 26"

#### Alternatively, use an average stride length:

Men: **30"/76cm**

Women: **26"/66cm**



**Need Setup Help?** Watch the Setup Video at:  
[www.realalt.com/setup](http://www.realalt.com/setup)

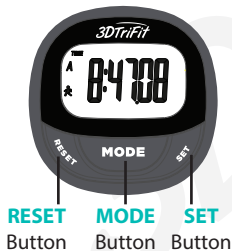
## BEFORE YOU START SETUP

**BEFORE YOU START SETUP:** Press the **RESET** button on the **back** of the pedometer using the included pin to prepare it for setup (pin attached to back of device).

**PLEASE NOTE:** The pedometer will exit setup mode if no buttons are pressed within 30 seconds.

**PLEASE NOTE:** If your pedometer exits setup mode while you are busy with settings: Restart from Setup Step 1 (on page 4) - **There is no need to press the RESET hole on the back of the pedometer.**

## BUTTONS USED DURING SETUP



The **RESET** Button will **cycle up/change** values.  
**To get to a lower value, keep cycling up the values until it restarts from a lower value.**

The **MODE** Button will confirm your selection and advance to the next setup step.

The **SET** Button will exit Setup.

## SETUP STEPS

1. **Make sure that you are in TIME Mode** (Press the **MODE** button until you see the **'TIME'** icon at the top-left of the display).
2. **Hold down SET** until you see the **HOUR** flashing.
3. Press **RESET** to change the **hour** ('**P**' icon for PM or '**A**' icon for AM), then press **MODE** to confirm.
4. Press **RESET** to change the **minutes**, then press **MODE**.
5. Press **MODE** to confirm the **seconds**.
6. Press **RESET** to change to **24Hr** or **12Hr time format**, then press **SET**.
7. Press the **MODE** button until you see the **'Step'** icon on the right side of the display.
8. **Hold down SET** until you see **'UNIT'** on the display.
9. Press **RESET** to change to **'Mile'** (Distance in Miles) or **'Km'** (Distance in Kilometers), then press **MODE**.
10. Press **RESET** to change your **weight** (Set weight as low as 44 Lbs, by clicking past 441 Lbs), then press **MODE**.
11. Press **RESET** to change your **stride length** (Set stride as low as 12", by clicking past 71"), then press **SET**.

Your 3DTriFit Pedometer is now set up.

**Turn over to Page 5 to learn how to operate your pedometer.**

## OPERATING MODES AND ICONS

Your 3DTriFit Pedometer has 7 Modes. These display on the top of the screen as you browse through them by pressing the MODE button (Time, Step, km/Mile, Kcal, Speed, Timer, Day 1 Step).

Time Mode ('**TIME**' icon) = Displays the current time (as you set it).

**The next 5 modes listed below automatically reset at midnight ready to track for a new day: (As long as the correct time is set on your pedometer)**

Step Mode ('**Step**' icon) = Daily step count.

Distance Mode ('**Km**' or '**Mile**' icon) = Daily distance travelled.

Calories Mode ('**Kcal**' icon) = Daily calories burnt.

Speed Mode ('**SPEED**' icon) = Average speed of walking.

Timer Mode ('**TIMER**' icon) = Time spent walking/in motion.

**The last mode listed below does not reset at midnight as this mode simply displays your previous days data (for up to 7 days):**

7 Day Memory Mode ('**Step**' icon AND '**DAY**' icon) = Displays your previous days records up to 7 days (1 day ago will display as 'DAY 1', then 'DAY 2', 'DAY 3..') Press RESET to browse previous days, press SET to browse through your records for the selected day.



**Need Help on How to Operate your Pedometer?**

Watch the How to Operate Video at: [www.realalt.com/setup](http://www.realalt.com/setup)

## PAUSE FEATURE

You can pause your activity tracking at any time, should you choose to not record a portion of your day (**PLEASE NOTE that this can only be done while in Step Mode**).

To pause your 3DTriFit 3D Pedometer, simply hold down the MODE button (while in **Step Mode**) until the '🚶' icon (on the left of the screen) disappears. To resume, make sure that you are in Step Mode, then hold down the MODE button until the '🚶' icon re-appears (flashing).

## 15 STEP ERROR PREVENTION FEATURE

Your 3DTriFit 3D Pedometer has a 15-step error prevention feature. It will begin recording your steps once it detects motion resembling approximately 15 continuous steps.

This feature prevents random non-walking movements from being recorded in error as steps (as pedometers record resembled movement of steps). All steps taken before it begins recording will be added as long as continuous movement is detected.

## CHANGING UNITS OF MEASUREMENT

You can change your view of the units of measurement (km or mile) whenever you wish by pressing SET whilst in Distance Mode and Speed Mode (this cannot be done in 7 Day Memory Mode).

## AUTOMATIC MIDNIGHT RESET

Your daily records for Step Mode, Distance Mode, Calories Mode, Speed Mode and Timer Mode will automatically reset to zero at midnight every day ready to track for a new day. All accumulated daily records are saved in 7 Day Memory Mode for 7 days.

## RESETTING YOUR 3D PEDOMETER

To reset your 3DTriFit 3D Pedometer **without** effecting your setup settings.

- To erase your current Step, Distance, Calorie, Speed and Timer records for the **current day**: Press and hold the **RESET** button whilst in Step, Distance, Calories, Speed or Timer mode.
- To erase **all** your records saved in 7 Day Memory Mode: Press and hold the **RESET** button whilst in 7 Day Memory Mode.

Alternatively, to reset the pedometer to its factory settings, insert the pin (included) into the reset hole on the back of the device (**All** your setup settings and records will be erased).

## STANDBY MODE

Your 3DTriFit 3D Pedometer does not turn off, it simply goes into standby mode when no motion is detected after 3 minutes. You will know your pedometer is on standby mode when you see the '🚶' icon continuously displayed on the left of the screen. The '🚶' icon will continue flashing once motion is detected (Please note that the display screen uses minimal battery power, the battery power is used most when the pedometer is in use and the sensor is active).

## LOW BATTERY INDICATOR

A low battery indicator icon will be displayed on the right side of the screen when the battery power level is low. Replace the old battery with a new battery.

## BATTERY REPLACEMENT


The 3DTriFit 3D Pedometer uses 1 x CR-2032 button cell battery.

- Unscrew (anti-clockwise) and remove the battery cover on the back of the device using a small phillips screwdriver (included). Remove the old battery from the device and insert the new battery (be sure to place the positive (+) side of the battery facing upwards). Replace the battery compartment cover and turn the screw (clock-wise) to fasten.



### Q. My 3DTriFit Pedometer is not recording my steps/not working?

**A.** Your pedometer's PAUSE feature may be activated resulting in steps not being recorded (See PAGE 6). The pause feature is activated if the MODE button is held down for 3 seconds while in 'Step' mode (make sure that 'DAY 1' is not displayed).

A flashing man () should be continuously flashing on the left of the pedometers display to show that your pedometer is active, if not, simply go to Step mode and hold down the MODE button until the flashing man reappears.

Flashing man = active pedometer.

### Q. My 3DTriFit Pedometer is resetting to zero during the day?

**A.** The 3DTriFit Pedometer's daily records reset to zero at midnight ready to track for a new day. Make sure that the correct time is set on your pedometer to avoid unexpected reset. If you are setting afternoon time, make sure that the 'P' icon is displayed to the left of the time display to represent PM time when setting the time, or the 'A' icon to represent AM time. The 'P' or 'A' icon will appear as you browse through the hour selection when setting the time.

To set/change your Time setting, follow the Setup Steps on page 4. Once you have set/changed the time, simply press SET to exit setup mode. Your changes remain saved.

### Q. My distance record is higher/lower than expected?

**A.** To ensure accurate distance records, make sure that you have set your correct stride length during setup as the device relies on your stride length to calculate your distance travelled.

To set/change your Stride Length setting, follow the Setup Steps on page 4. Once you have set/changed the Stride Length, simply press SET to exit setup mode. Your changes remain saved.



## **NEED HELP** with your Pedometer?

**Contact our Support Team by one of the following ways:**

- **Reply to the email that we sent you when you purchased your pedometer.**
- **Contact us through your order on Amazon.**
- **Visit our Support Center at:**

**[www.realalt.com/support](http://www.realalt.com/support)**



**Watch the Setup and How to Operate videos  
plus more: [www.realalt.com/setup](http://www.realalt.com/setup)**