

# 3D TriSport

## 3D PEDOMETER

by Realalt



### CUSTOMER SUPPORT

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- **PLEASE READ MANUAL CAREFULLY BEFORE OPERATING.**
- **SCREWDRIVER** included for Battery Replacement.
- **Keep safe for future reference.**

## FEATURES

- 3D Motion Sensor.
- **Multiple wearing options: Lanyard to wear around neck or secure to belt loop - Clip to waistband or belt - Carry in your pocket or bag.**
- Step Mode up to 999999 steps.
- Distance Mode up to 999.99Km/Miles.
- Calories Mode up to 99999.9Kcal.
- Exercise Time Mode.
- 30 Days Record Mode stores your daily data for each mode, up to 30 Days.
- Total Step Mode stores your total accumulated data for each mode.
- Clock: 12 or 24 hour format.
- Metric (Km) or Imperial (Miles) unit selection.
- Daily Step Target.
- Sleep/standby mode to preserve battery.
- Low Battery Indicator.

**Your 3DTriSport Pedometer has a 10-Step Error Prevention feature.**

**It will begin/resume counting steps once it detects motion resembling approximately 10 continuous/consistent steps. This feature prevents random, non-walking movements from being falsely recorded as steps.**

**Pedometers without this feature have a high risk of presenting false records, because any movement would be recorded as a step, even if a step was not taken.**

**All steps taken before it begins recording will be added as long as continuous movement is detected.**

## BEFORE YOU START SETUP

**BEFORE YOU START setting up your 3DTriSport Pedometer, prepare and make a note of your information and selections required for each setup step below. This will ensure that you have the required information ready to set when requested during setup:**

- **TIME FORMAT:** Choice of 12Hr or 24Hr.
- **TIME:** The 'PM' icon will appear on the left side as you browse through the hour value when setting the time (e.g. 10am, 11am, **12PM**, **1PM**..).
- **DATE:** The date format is MONTH - DAY.
- **YEAR:** The current year.
- **UNITS OF MEASUREMENT:** Select the 'In' icon to program the pedometer to Mile/Lb/Inch units **OR** select the 'Cm' icon to program the pedometer to Kilometer/Kg/Cm units.
- **STRIDE LENGTH: Measure your personal stride length for accurate distance records:** Walk 10 steps, marking your start step (toe end) and your last step (toe end) on the ground. Measure the distance from your start step to last step and divide it by 10 (e.g. Distance of 10 steps = 260", 260" divided by 10 = 26").  
**Alternatively, use an average stride length:**  
Men: **30"/76cm**, Women: **26"/66cm**
- **WEIGHT:** Your current weight.
- **STEP TARGET:** Your daily step target (intervals of 100, 1000 and 10000).

## BEFORE YOU START SETUP (continued)

### TO ACTIVATE YOUR PEDOMETER:

Remove the front demo sticker from the screen. Remove the pedometer from the belt clip, then pull and remove the battery insulation tab from the back of the device.

### PLEASE NOTE:

The pedometer will exit setup mode if no buttons are pressed within 10 seconds. You will know that you are still in setup mode whenever you see the 'Setup' icon and BLINKING numbers/icons displayed.

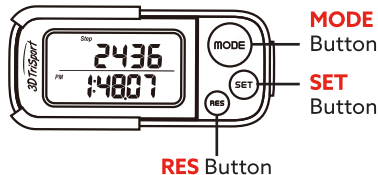
If your pedometer exits setup mode while you are busy with settings, or if you want to change a current setting (E.g. change the time): Follow Setup Step 1 and Step 2 (on page 4) to get into Setup mode. Then press SET to pass each setup step to get back to where you left (There is no need to press the RESET hole on the back of the pedometer).

## BUTTONS USED DURING SETUP

The **MODE** button will **decrease** numbers (-).

The **RES** button will **increase** numbers (+).

The **SET** button will confirm your selection and advance to the next setting.



## SETUP STEPS

1. **Make sure that you are in Step Mode** (Press the **MODE** button until you see the 'Step' icon at the top of the display **and** the Time on the bottom-half of the display). **Setup/Settings can only be accessed from Step Mode.**
2. Hold down **SET** until you see **12Hr** blinking.
3. Press **MODE** to change to **24Hr** or **12Hr time format**, then press **SET** to confirm.
4. Press **SET** to confirm the **seconds**.
5. Press **MODE (-)** or **RES (+)** to change the **hour**, then press **SET**.
6. Press **MODE (-)** or **RES (+)** to change the **minutes**, then press **SET**.
7. Press **MODE (-)** or **RES (+)** to change the **month**, then press **SET**.
8. Press **MODE (-)** or **RES (+)** to change the **day**, then press **SET**.
9. Press **MODE (-)** or **RES (+)** to change the **year**, then press **SET**.
10. Press **MODE** to change to '**In**' (MILE) or '**Cm**' (KM), then press **SET**.
11. Press **MODE (-)** or **RES (+)** to change your **stride length**, then press **SET**.
12. Press **MODE (-)** or **RES (+)** to change your **weight**, then press **SET**.
13. Press **MODE (-)** or **RES (+)** to change your daily **step goal**, then press **SET**.

**Your 3DTriSport Pedometer is now set up.**

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

### **?** Need Help with your Pedometer?

Watch the Setup Video at: [www.realalt.com/setup](http://www.realalt.com/setup)  
or see **Front Page** or **Page 9** to **Contact Us**

## OPERATING MODES AND ICONS

Your 3DTriSport Pedometer has 6 Modes. Press the **MODE** button to browse each mode along the top of the screen in the following circuit order: Step mode, Distance mode, Calories mode, Exercise Time mode, 30 Days Record mode and Total Step mode.

**The first 4 modes listed below do reset to zero at midnight everyday ready to track for a new day** (As long as the correct time is set on your pedometer):

**Step Mode** ('Step' icon) = Displays your daily step count and the time.

**Distance Mode** ('Km' or 'Mile' icon) = Displays your daily distance walked and the time.

**Calories Mode** ('Kcal' icon) = Displays your daily calories burned and the time.

**Exercise Time Mode** ('Min' icon) = Displays your daily active time and the time.

**The last 2 modes listed below do not reset at midnight because they store and display your previous days records:**

**30 Days Record Mode** ('Step' icon AND '-0' <sup>Days</sup> <sub>Record</sub> ' icon) = Displays your previous days records up to 30 days (1 day ago will display as '-01', then '-02', '-03'..) Press RES to browse previous days, press SET to browse through your records for the selected day.

**Total Step Mode** ('Total Step' icon) = Displays your total accumulated records regardless of time. Press SET to browse your total records for each of the pedometers modes.



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

Watch the How to Operate Video at: [www.realalt.com/setup](http://www.realalt.com/setup) or see **Front Page** or **Page 9** to **Contact Us**

## 10 STEP ERROR PREVENTION FEATURE

Your 3DTriSport Pedometer has a 10-step error prevention feature. It will begin/resume counting your steps after taking 10 continuous steps. This feature prevents random non-walking movements from being recorded as steps.

## AUTOMATIC MIDNIGHT RESET

Your daily records for Step Mode, Distance Mode, Calories Mode and Exercise Time Mode will automatically reset to zero at midnight every day ready to track for a new day. All accumulated daily records are saved in 30 Days Record Mode for 30 days.

## STEP TARGET (Step Target Bar)

The step target progress bar, on the left side of the screen, will appear and accumulate as you reach your daily step target. Once you reach your daily step target, the progress bar will blink.


## RESETTING THE PEDOMETER

To reset/clear records without effecting your setup settings, hold down RES while in any of the modes to clear their record. To reset the pedometer to factory settings, insert a pin into the reset hole on the back of the pedometer (All your setup settings and data will be erased).

## SLEEP/STANDBY MODE

The pedometer automatically enters Sleep mode when no motion is detected, and no buttons are pressed for 3 minutes. The display turns off and the 3D sensor is now sleeping to conserve battery power. Once motion is detected or a button is pressed, the display and the 3D sensor will automatically turn on and resume counting steps.

## LOW BATTERY INDICATOR

When the battery power level is low, the low battery indicator icon (  ) will be displayed on the right side of the screen. Replace the old battery with a new battery.

## BATTERY REPLACEMENT

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

Unscrew and remove the battery cover on the back of the device using a small Phillips screwdriver (included).

Remove the old battery from the pedometer and insert the new battery (be sure to place the positive (+) side of the battery facing upwards). Replace the battery compartment cover and fasten the screw.

**NOTE:** The pedometer will reset to factory settings when the battery is removed or if it loses power, records and settings will be erased and setup will be required.

## WARRANTY

Your 3DTriSport Pedometer comes with an **18-MONTH WARRANTY** from purchase date. Visit [www.realalt.com/support](http://www.realalt.com/support).

## FREQUENTLY ASKED QUESTIONS

**Q. How do I get back into setup mode to change my settings? / How do I make a change to a current setting (E.g. change the time)?**

**A. Your settings can be accessed and changed anytime. Follow the setup steps from Step 1 and Step 2 (on page 4) to get into Setup mode. Then press SET to pass each setup step to get back to where you left. There is no need to reset all settings or press the RESET hole on the back of the pedometer.**



## FREQUENTLY ASKED QUESTIONS (continued)

**Q. My 3DTriSport Pedometer is not resetting at midnight or is resetting unexpectedly?**

**A. Make sure that the correct time is set on your pedometer to avoid unexpected reset. If you are setting afternoon time, the 'PM' icon will be displayed on the left side of the time. The 'PM' icon will appear as you browse through the hour value when setting the time.**

To set/change the time, follow the Setup Steps (from Step 1) on Page 4. Once you have set/changed the time, simply leave the pedometer idle to automatically exit setup mode. Your changes remain saved.

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

**A. The pedometer relies on your stride length setting to calculate your distance record, if your stride setting is incorrect, then this will affect the accuracy of your distance record (See Page 2 for stride length advice). Stride length setting often requires adjustment to achieve best distance accuracy.**

To change your Stride Length setting, follow the Setup Steps (from Step 1) on Page 4. Once you have set/changed your stride (Step 11) leave the pedometer idle to automatically exit setup mode. Your changes remain saved.

**Q. How do I set my 3DTriSport Pedometer to record distance in Miles?**

**A. To set your distance measurement units to miles you will need to select the 'In' icon as your units of measurement in setup mode, this will program the pedometer to display all units of measurement as Imperial/Miles/Lb/Inch.**

To change your Units of Measurement setting ('Cm' icon for Km or 'In' icon for Miles), follow the Setup Steps (from Step 1) on Page 4. Once you have set/changed the Units of Measurement ('Cm'/'In' icon) leave the pedometer idle to automatically exit setup mode. Your changes remain saved.



# CUSTOMER SUPPORT



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**Our service is friendly and hassle free.**

If you ever need **support**, have any **questions** or not satisfied, please contact us and give us a chance to make things right. **We will resolve any issue.**

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