

# Realalt

## 3D PEDOMETER



### CUSTOMER SUPPORT

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- **PLEASE READ USER MANUAL CAREFULLY BEFORE OPERATING.**
- **SCREWDRIVER** included for Battery Replacement.

## FEATURES

- 3D Motion Sensor.
- **Multiple carry 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.
- Total Step Mode.
- **Pause function (Step Count On/Off).**
- Clock: 12 or 24 hour format.
- Metric or Imperial unit selection.
- Daily Step Target.
- Sleep/standby mode to preserve battery.
- Low Battery Indicator.

**The Realalt Pedometer has an 8 Step Error Prevention feature.**

The pedometer does not count the first 8 steps unless you take a 9th step without stopping.

As you take a 9th step, the step count sensor turns on and all 9 steps are added and will continue adding until continuous walking stops.

This feature prevents random, non-walking movements from being falsely recorded as steps.

## BEFORE YOU START SETUP

**BEFORE YOU START setting up your Realalt Pedometer, prepare and make a note of your information and selections required for each setting 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 as you browse through the hour value when setting the time.
- **DATE:** The date format is MONTH - DAY.
- **YEAR:** The current year.
- **UNITS OF MEASUREMENT:** Select 'I/In' to program the pedometer to Mile/Lb/Inch units **OR** select 'C/Cm' 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 starting step (toe end) and your last step (toe end) on the ground. Measure the distance from your start to end step and divide it by 10. **Alternatively, use an average stride length:**  
Men: **30"/76cm**, Women: **26"/66cm**
- **WEIGHT:** Your current weight.
- **STEP TARGET:** Your daily step target (E.g. 10,000).

## 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 tab from the back of the device.

### PLEASE NOTE:

The pedometer will exit setup mode if no buttons are pressed within 30 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: 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 (ONLY IN SETUP MODE)

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

The **RESET** button will **decrease** 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 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 **MODE (+)** or **RESET (-)** to change the **hour**, then press **SET**.
5. Press **MODE (+)** or **RESET (-)** to change the **minutes**, then press **SET**.
6. Press **SET** to confirm the **seconds**.
7. Press **MODE (+)** or **RESET (-)** to change the **month**, then press **SET**.
8. Press **MODE (+)** or **RESET (-)** to change the **day**, then press **SET**.
9. Press **MODE (+)** or **RESET (-)** to change the **year**, then press **SET**.
10. Press **MODE** to change to **'I'/'In'** (MILE) or **'C'/'Cm'** (KM), then press **SET**.
11. Press **MODE (+)** or **RESET (-)** to change your **stride length**, then press **SET**.
12. Press **MODE (+)** or **RESET (-)** to change your **weight**, then press **SET**.
13. Press **MODE (+)** or **RESET (-)** to change your daily **step target** one digit at a time, then press **SET** to save each digit individually.

## SETUP STEPS (Continued)

### Example of how to set a Step Target of 10000 steps:

- First digit is flashing ( **005000** ) Press SET.
- Second digit is flashing ( **005000** ) Press MODE to increase value to 1, then press SET.
- Third digit is flashing ( **015000** ) Press RESET 5 times to decrease value to 0, then press SET.
- Forth digit is flashing ( **010000** ) Press SET.

### Your Realalt Pedometer is now set up.

Turn over to **Page 6** 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 11 to Contact Us**

## HOW TO ATTACH THE LANYARD

Remove/slide the pedometer from its clip, you will notice a small loop hole on the side of the pedometer. Thread the thin lanyard loop through the hole (use a pin to help pull it through) then thread the thicker lanyard strap through the thin lanyard loop and pull to secure. **Watch the Setup Video for a demonstration on how to attach the lanyard (Video link printed on the front of the User Manual).**

## OPERATING MODES AND ICONS

Your Realalt 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 reset to 0 at midnight 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. **Pressing SET will change the Distance mode display to Km or Miles.**

**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 '  <sup>Days</sup> Record ' icon) = Displays your previous days records up to 30 days (1 day ago will display as '-01', then '-02', '-03'..) Press RESET to browse previous days, press SET to browse 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 mode.


## ? 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 11 to Contact Us**

### PAUSE FUNCTION (Step Count On/Off)

You can pause the step counting function. This is useful if you are travelling in a car and do not want bumps to be counted as steps.

**To Pause:** In any mode, press and hold the MODE and RESET buttons at the same time for 3 seconds. This will turn the step counting sensor off, the blinking man ( icon) will disappear. Steps and other modes will stop accumulating.

**To Resume:** Press and hold the MODE and RESET buttons at the same time for 3 seconds. This will turn the step counting sensor on, the blinking man ( icon) will reappear. Steps and other modes will resume accumulating.

### 8 STEP ERROR PREVENTION FEATURE

The pedometer does not count the first 8 steps unless you take a 9th step without stopping. As you take a 9th step, the step count sensor turns on and all 9 steps are added and will continue adding until continuous walking stops. This feature prevents random, non-walking movements from being falsely 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 records are saved in 30 Days Record Mode for 30 days. 7





## 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 RESET 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  icon stops blinking and the display remains on - the 3D sensor is now sleeping to conserve battery power. Once motion is detected or a button is pressed, the 3D sensor will automatically turn on and resume counting steps, the  icon will resume blinking.

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

## FAQ

**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) without affecting other settings?**

**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.

**Q. My Realalt 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 the distance display to Miles?**

**A.** To set your distance measurement to miles you will need to select the 'I'/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.

**Alternatively, in Distance mode, press the SET button to change the Distance mode display to Km or Miles (this cannot be done in 30 Days Record mode).**



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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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**1-855-789-0204** (US)

Mon - Fri 9am - 5pm (PST)

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