3D TriSport

3D PEDOMETER

by Realalt

Model: **RTS01**



INSTRUCTION MANUAL

HELP | QUESTIONS | CONTACT US

WATCH THE SETUP & OPERATION VIDEOS: www.realalt.com/setup

CHAT TO US / CREATE A TICKET / FAQ'S: www.realalt.com/support

EMAIL US: support@realalt.com

CONTENTS

PACKAGE CONTENTS 1

FEATURES 1

BEFORE YOU START SETUP 2-3

HOW TO ACTIVATE YOUR NEW 3DTRISPORT PEDOMETER 3

SETUP STEPS 4

OPERATING MODES AND ICONS 5

10 STEP ERROR PREVENTION FEATURE 6

AUTOMATIC MIDNIGHT RESET 6

STEP TARGET PROGRESS BAR 6

RESETTING YOUR PEDOMETER 6

SLEEP / STANDBY 7

LOW BATTERY INDICATOR 7

BATTERY REPLACEMENT 7

WARRANTY 7

FREQUENTLY ASKED QUESTIONS | TROUBLESHOOTING 8-9

CARE AND MAINTENANCE 9

IMPORTANT SAFETY INFORMATION 10-11

NEED HELP? / CUSTOMER SUPPORT 13

- **PLEASE READ MANUAL CAREFULLY BEFORE OPERATING.**
- **Keep safe for future reference.**
- **This manual is available for download at:** www.realalt.com/guides

PACKAGE CONTENTS

1 x Instruction Manual
1 x 3DTriSport (battery included)
1 x Waist clip
1 x Lanyard
1 x Mini screwdriver

If any contents are missing or damaged, please contact us (page 13).

FEATURES

- 3D Motion Sensor.
- **Multiple wearing options: Clip to waistband, wear on lanyard around neck or place in 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.
- Kilometers (metric) or Miles (imperial) setting.
- Daily Step Target.
- Sleep/standby mode to preserve battery.
- Low Battery Indicator.

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

Your pedometer will start/resume counting your steps after you have taken 10 uninterrupted steps. The steps taken before it starts/resumes counting steps will be added as long as you continue walking.

This essential feature prevents random non-walking movements from being falsely counted as steps. Pedometers without this feature have a high risk of presenting false records due to counting any movement as a step.

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 your information ready when needed during setup:

- **TIME FORMAT:** Display the time as **12Hr** (e.g. 01:00PM) or **24Hr** (e.g. 13:00).
- **TIME:** For 12Hr format, the "PM" icon will appear on the left side as you browse through the hour value when setting the time (e.g. 10am, 11am, 12**PM**, 1**PM**..).
- **DATE:** The date format is MONTH - DAY.
- **YEAR:** The current year.
- **UNITS OF MEASUREMENT:** Select the "**In**" icon to program your pedometer to Mile/Lb/Inch units OR select the "**Cm**" icon to program your pedometer to Kilometer/Kg/Cm units.
- **STRIDE LENGTH: Measure your personal stride length for accurate distance data. If your stride length setting is not correct, your distance data will not be accurate. How to measure your own stride length:** 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" stride length).

  Alternatively, enter an average stride length and adjust if needed:
  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)

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

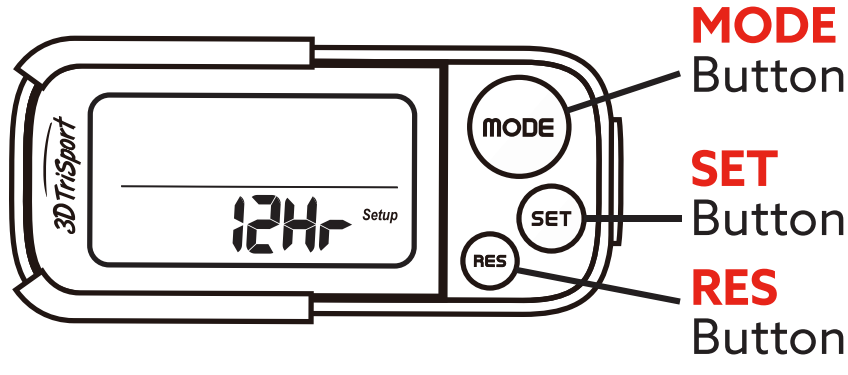
If your pedometer exits setup mode while you are busy with settings, or if you want to change a current setting (E.g. change the time): Follow Setup Step 1 and Step 2 (on page 4) to get into Setup mode. Then press the SET button to pass each setup step to get back to where you left (There is no need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

BUTTONS USED WHEN IN SETUP MODE

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.



HOW TO ACTIVATE YOUR NEW 3DTRISPORT PEDOMETER

TO ACTIVATE YOUR PEDOMETER:

1. **Remove the front demo sticker from the screen.**
2. **Remove your pedometer from the clip (slide it off).**
3. **Pull and remove the battery insulation tab from the back.**

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** under the line).
   Setup/Settings can only be accessed from the correct 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 target, then press **SET**.

Your 3DTriSport Pedometer is now set up.
See **Page 5** to learn **how to operate** your pedometer.

NEED HELP?
Watch the Setup Video at: **www.realalt.com/setup**
or Contact Us (Page 13)

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 ("*Step*" icon): Displays your daily step count and the time.

Distance Mode ("*Km*" or "*Mile*" icon): Displays your daily distance and the time.

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

Exercise Time Mode ("*Min*" icon): Displays your daily walking duration and the time.

30 Days Record Mode ("*Step*" AND "-01 Days Record" icons): Displays your previous days data for up to 30 days ("-01" means 1 day ago). Press RES to browse previous days ("-02", "-03"..). Press SET to browse through your data for the selected day.

Total Step Mode ("*Total Step*" icon): Displays your total accumulated data since your pedometer was activated or since it was reset to factory settings. Press SET to browse your total accumulated data for Step, Distance, Calories and Exercise Time.

Your Step, Distance, Calories and Exercise Time modes/data automatically reset to zero at midnight everyday ready to track for a new day (if the correct time is set on your pedometer).

Your 30 Days Record and Total Step modes/data do not reset, these 2 modes only store and display your previous days' data.

NEED HELP?
Watch the Operational Video at: **www.realalt.com/setup**
or Contact Us (Page 13)

10 STEP ERROR PREVENTION FEATURE

Your 3DTriSport pedometer has a 10-Step Error Prevention feature. Your pedometer will start/resume counting your steps after you have taken 10 uninterrupted steps. This feature prevents non-walking movements from being falsely counted as steps.

AUTOMATIC MIDNIGHT RESET

Your daily data in Step mode, Distance mode, Calories mode and Exercise Time mode automatically resets to zero at midnight each day ready to track for a new day. Your previous days data is stored in 30 Days Record mode for up to 30 days.

Your daily data will not reset at midnight if the time setting is wrong.
30 Days Record mode and Total Step mode do not reset at midnight (pg 5).

STEP TARGET PROGRESS BAR

The step target progress bar appears along the left side of the display, each day it accumulates as you reach the step target you set during setup. The progress bar blinks when you reach your step target for the day.

RESETTING YOUR PEDOMETER

If you want to manually reset/clear your data without effecting your setup settings, press the RES button for 3 seconds. To reset all settings and data back to factory settings, press the reset button/hole on the back of your pedometer.

SLEEP/STANDBY

Your pedometer automatically turns off when no motion is detected and no buttons are pressed for more than 3 minutes. The display turns off and the 3D sensor deactivates to conserve battery power. When motion is detected or if a button is pressed the display and sensor will turn back on and resume counting steps.

LOW BATTERY INDICATOR

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

Your pedometer will reset to factory settings if the battery is removed or if power is lost. Your data and settings will be erased and setup will be required.

BATTERY REPLACEMENT

Your pedometer uses one CR2032 button cell battery. To replace the battery:

1. Unscrew and remove the battery cover on the back of your pedometer using a small Phillips screwdriver (included).
2. Remove the old battery and insert the new battery.

Make sure that the positive (+) side of the battery is facing upwards and that any warning stickers are removed from both sides of a new battery.

3. Replace the battery cover and fasten the screw.

WARRANTY

Your 3DTriSport Pedometer comes with an 18-MONTH WARRANTY from purchase date. Visit www.realalt.com/support

FREQUENTLY ASKED QUESTIONS | TROUBLESHOOTING

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 to the step you want. There is no need to redo all settings or press the RESET hole on the back of your pedometer.

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 prevent unexpected reset. If you are setting afternoon time, the "PM" icon will appear 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, leave your pedometer idle for 10 seconds to automatically exit setup mode. Your changes are stored.

Q. My distance data is higher/lower than expected?

A. Your pedometer relies on your stride length setting to calculate your distance. If your stride setting is incorrect, your distance data will not be accurate (See Page 2 for advice on stride length setting). Stride length setting often needs 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 length leave your pedometer idle for 10 seconds to automatically exit setup mode. Your changes are stored.

FREQUENTLY ASKED QUESTIONS | TROUBLESHOOTING (continued)

Q. How do I set my 3DTriSport pedometer to show distance in miles?

A. To set your distance display to miles you will need to choose the "In" icon as your units of measurement while in setup mode, this will program your pedometer to 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 to miles ("In" icon) leave your pedometer idle for 10 seconds to automatically exit setup mode. Your changes are stored.

SETUP DIFFICULTY? / NOT ACCURATE? / DISPLAY ISSUES?
PLEASE CONTACT US (Page 13)

CARE AND MAINTENANCE

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

IMPORTANT SAFETY INFORMATION

To assure the correct use of the product basic safety measures should always be followed including the warnings and cautions listed in this instruction manual. Operate the unit only as intended. Do not use for any other purpose.

⚠ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**.
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



- Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc or rechargeable batteries.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Compatible battery type is CR2032. Nominal battery voltage is 3V.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
- Ensure the batteries are installed according to polarity (+ and -).

- Do not force discharge, recharge, disassemble, heat above (212°F / 100°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Non-rechargeable battery is not to be recharged.
- Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
- Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.
- If battery fluid gets in your eyes, immediately rinse with plenty of clean water.
- Keep the unit out of reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
- Use caution when wearing the unit around your neck so as to avoid possible strangulation. Do not place the unit around the neck of children.

DISCLAIMER

Contact your physician or healthcare provider before beginning a weight loss or exercise program.



Disposal of Waste Batteries
This symbol indicates that if this product contains batteries, do not dispose of them with other household waste. Instead hand it over to the appropriate collection point for recycling. These batteries do not contain Mercury, Cadmium or Lead above the levels defined by the battery directive 2006/66/EC.



Disposal of Electrical Equipment
This symbol indicates that this product should not be treated as household waste. Ensuring proper product and battery disposal prevents potential negative consequences for the environment and human health, which may be caused by inappropriate handling. Hand the product over to the appropriate collection point for the recycling of electrical equipment. For more information about collection points and opening hours, please contact your municipality.



FCC Marking
FCC is a marking that indicates the product has been tested and found compliance with the requirement of 47 CFR of PART 15 limit for radiation and conduction emission.



CE Marking
CE is a marking that indicates the product meets the health and safety requirements and environmental protection standards for products sold within the European Economic Area.



UKCA Marking
UKCA is a marking that indicates conformity with the applicable requirements for products sold within Great Britain.

NEED HELP? | CUSTOMER SUPPORT

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www.realalt.com/setup

Need Help? / Setup Difficulty? / Not Accurate?
Please contact us and give us a chance to help.

CHAT TO US / CREATE A TICKET / FAQ'S
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