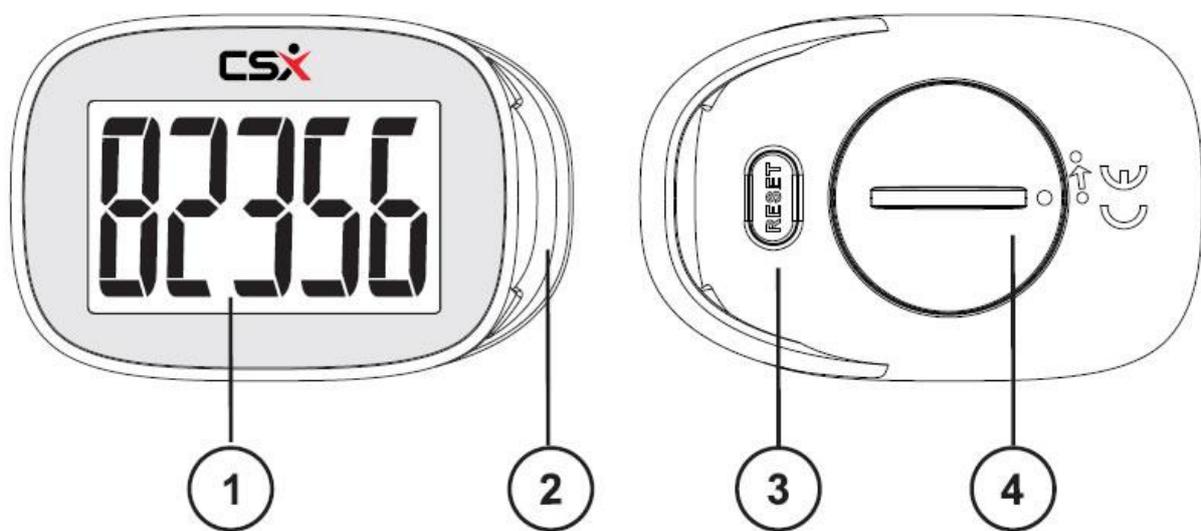


## INSTRUCTION MANUAL

### 301S 3D Simple Pedometer



### FUNCTION

1. LCD Display
2. Hook
3. RESET Button
4. Battery Cover

### FEATURES

- 3D Silent Pedometer Sensor
- Step counter up to 99,999 steps
- 10 Steps Error Correction
- Extra Large LCD display

## GETTING STARTED / FIRST TIME USE

- Pull battery insulator to activate the pedometer.

## PEDOMETER FUNCTION

Your steps are detected via the walking movement. You can place the pedometer inside your pocket, handbag / backpack or attach it using the strap. **TIP:** If you hang the pedometer around your neck, place it under your clothes to prevent the pedometer bouncing as this may cause the pedometer to count extra steps.

## 10 STEPS ERROR CORRECTION

To avoid counting sudden movements as steps, the counter will not count any movement less than 10 consecutive steps. Once you have walked 10 consecutive steps the pedometer will then begin counting 11, 12, 13 etc.

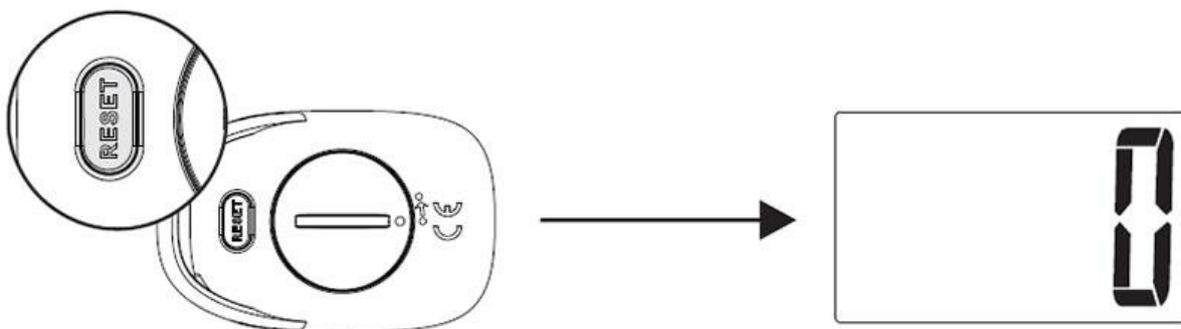
## IMPROPER STEP COUNTING

The pedometer may not count steps correctly in the following conditions:

- Irregular motion such as swinging and vibrating
- Inconsistent walking pace

## RESETTING THE STEP COUNTER

To reset the counter digits to zero, press and hold the RESET button at the back of the pedometer until the display shows the digit '0'.



## CHANGING THE BATTERIES

The pedometer uses 1 x CR-2032 button cell battery

- Twist and unscrew the battery door using a coin
- Take out the old battery
- Replace with a fresh battery. Make sure it is inserted in the correct polarity position
- Screw the battery door back into place

### **Battery disposal EC Directive 2006/66/EC**

Batteries are not a part of your regular household waste. You must return batteries to your municipality's public collection or wherever batteries of the respective type are being sold.

### **Disposal of electric and electronic devices EC Directive 2012/19/EU**

This product is not to be treated as regular household waste but must be returned to a collection point for recycling electric and electronic devices. Further information is available from your municipality, your municipality's waste disposal services, or the retailer where you purchased your product.

## SAFETY – PLEASE READ BEFORE EXERCISING

**IMPORTANT** - Before starting any form of exercise program, consult your doctor or therapist. If at any time during your exercise you experience discomfort or pain, stop the exercise immediately and consult your doctor. Always Warm up - Cool down and stretch before and after exercising. This will help prevent straining muscles.

## SPECIFICATIONS

Battery: 1 x CR-2032 (included)

Step Count: up to 99,999 steps

## CONTACT CSX

To contact CSX – Competitive Sport Xtreme, please email or send a support ticket to: [support@csxpro.com](mailto:support@csxpro.com) or [www.csxprosupport.com](http://www.csxprosupport.com)

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