

# NAKOSITE

## 3D Motion Sensor Pedometer 30 Days Memory



**BONUS-** "How I lost weight walking" the inspirational story of Olivia Smith.  
Download: [www.nakosite.com/ebook](http://www.nakosite.com/ebook)

### Introduction

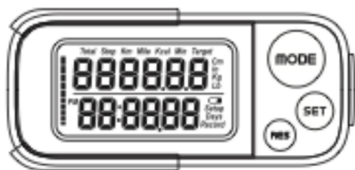
This digital pedometer has features to measure steps taken, distance walked, and calories burnt, while also functioning as a timer and storing 30 days of workout memory. To get the most out of your purchase, be sure to carefully read this manual and keep it on hand for future reference.

### Number of steps YOU need to do per day.

To keep yourself healthy and reduce the risk of chronic disease, it is recommended to take 10,000 steps daily. For effective weight loss, the figure should be between 12,000 and 15,000 steps.

*NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment. See the section: Battery Replacement, for details.*

### Basic Operation of Buttons



### KEY CONFIGURATION MODE KEY

- Scrolls through the operating modes
- Adjusts values or units.

### SET KEY

- Press and hold to access programming sequence from the Step/Time mode.
- Used in between all programming steps.

### RESET KEY

- Press and hold to clear data in Step, Distance, Calories, Timer and Memory mode.
- Increases values during a programming sequence.
- Scroll through 30 days of memory.

### MASTER RESET BUTTON (ON BACK)

- Hard reset for device (will clear all data and memory).

### Operating Modes

The pedometer has 6 operational modes which are in this sequence:  
Press Mode button to scroll through each:

#### Step mode

- Displays number of steps taken.

#### Distance mode in Miles or Km

- Displays distance traveled.

#### Calorie mode in Kcal

- Displays calories burnt.

#### Exercise Time mode in Min

- Displays total exercise time you did.

#### Daily Memory mode

- Can browse your past 30 days activity.

#### Total Memory mode

- Can browse your total activity since last data reset.

### Setting Your Pedometer

#### SETUP MODE

- To start setting up your device go to the "Step" screen that also displays the time below it. Press the MODE button to reach that screen.
- Press and hold the SET button 3 seconds to enter SETUP mode. The letters ADJ will show, but once the Setup 12HR screen appears, you can then release the SET button. Press the MODE or RES buttons to change units or increase and decrease the values.
- To move to the next Set up option press SET again. Any inactivity for 10 seconds will result in the device going back to the initial Step/Time screen.
- Choose between the 12HR or 24 HR unit desired by pressing Mode. Once you have selected your preferred unit press SET to move to the next option.
- Change the time by adjusting seconds first by pressing MODE or RES to the desired value, then press SET.
- Change the hour to the desired value by pressing MODE or RES then press SET.
- Change the minutes to the desired value by pressing MODE or RES then press SET.
- Change the calendar month by pressing MODE or RES then press SET.
- Change the calendar day by pressing MODE or RES then press SET.
- Enter your STEP LENGTH/STRIDE by first selecting inch or cm using the MODE or RES buttons. Then press SET and enter the numerical value by pressing MODE or RES, then press SET. (Average Step Length= 70cm/26inches for women, 78cm/31inches for men)
- Should you select inch, the subsequent units automatically used will be Lb for the weight option and miles for the distance travelled. Should you select Cm, the units will then be Kg for weight and Km for the distance travelled.
- Enter your weight value by pressing MODE or RES, then press SET.
- Select your daily step target value by pressing MODE or RES to the desired goal, then press SET.

Your pedometer is now ready for use.

### HOW TO MEASURE STRIDE LENGTH

Correct Step Length/Stride distance is measured from the tip of your foot/heel to the other. To measure the correct average Step Length/Stride distance, divide the **total distance** of 10 steps you have walked/ran by the **number of steps** (10). Note: For simplicity use the averages stated in this manual.

Otherwise, calculate the Step Length/Stride distance in the following way:

Example: You walk 6.2 meters, 6.2m (total distance) /10 (number of steps) =0.62m (62cm)

**NOTE:** Unlike a conventional pedometer, this pedometer uses a **3D motion sensor** that can detect fine body step movement without a mechanical sensor, so no rattle sound will be recognized as a step.

**NOTE:** To avoid wrong counting, the display of the pedometer will start showing the number of steps taken after reading 5 continuous steps. This means that the display does not have reading for the first 5 seconds after you have started walking. All steps taken will be counted and displayed afterwards.

If you have established a **STEP TARGET**, a ten-segment bar will display on the left side during use. This will show your progress towards your goal. When you reach your goal, all ten segments will flash and an alarm will sound for 30 seconds. The default goal is 5000 steps. Change it according to your needs.

### Operating the Pedometer

#### STEP MODE

The default mode for the device is STEP MODE.

"Step" is displayed at the top of the device.

- In STEP MODE, the top number represents the total number of steps accumulated since midnight.
- Step data is saved to memory. The daily count will be cleared automatically to zero at midnight, but accumulated daily history is saved for 30 days.

#### DISTANCE MODE

- Press MODE to enter into DISTANCE MODE. "Km" or "Mile" is displayed at the top of the device.
- In DISTANCE MODE, the top number represents the total distance traveled since midnight.

#### CALORIES MODE

- Press MODE to enter into CALORIES MODE. "Kcal" is displayed at the top of the device.
- In CALORIES MODE, the top number represents the total number of calories burned since midnight.

#### EXERCISE TIME MODE

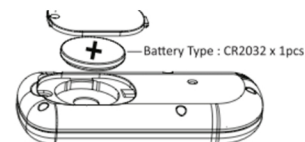
- Press MODE to enter into EXERCISE TIME MODE. "Min" is displayed at the top of the device.
- In this MODE, the top number represents the total number of minutes spent walking/running since midnight.

#### DAILY MEMORY MODE

- Press MODE to enter into DAILY MEMORY MODE. "Step" is again displayed at the top of the device.
- In DAILY MEMORY MODE, the top number represents data for the selected day. The bottom number represents the number of days previous to the current day.
- Press SET to recall daily data as follows: Step / Distance / Calories / Step Time
- Press RESET to change the DAY RECORD.

#### TOTAL MEMORY MODE

- Press MODE to enter into TOTAL MEMORY MODE. "Total Step" is displayed at the top of the device.



- In this MODE, the top number represents the total accumulated data since the most recent full reset.
- Press SET to recall total accumulated data as follows: Step / Distance / Calories / Step Time.

### RESETTING THE PEDOMETER

There are two different ways to RESET your pedometer. DAILY RESET and FULL RESET.

- To perform a DAILY RESET, press and hold RES for two seconds WHILE IN STEP, DISTANCE, CALORIES OR EXERCISE TIME MODE. The data for the current day is erased.
- To perform a FULL RESET, press and hold RES for two seconds WHILE IN TOTAL MEMORY MODE to erase all accumulated data and reset the pedometer to factory fresh condition.

**NOTE:** Resetting either step, distance, calories burned, exercise timer data will result to clearing all above mentioned data for current day.

**NOTE:** Even if you did not do any exercise in any one of those day(s), the display will keep the record as "ZERO." However, you cannot select and erase the record of one individual day.

### Battery Replacement

#### BATTERY REPLACEMENT

WE STRONGLY RECOMMEND TAKING YOUR PEDOMETER TO A LOCAL JEWELLER TO HAVE THE BATTERY REPLACED TO AVOID POSSIBILITY OF PERMANENTLY DAMAGING THE PEDOMETER.

- Unscrew the battery compartment cover on the backside of the unit using a small Phillips screwdriver and remove the cover.
- Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery so it is visible, facing toward the battery compartment cover).
- Replace the battery compartment cover on the battery compartment and fasten the screw. -
- Do not over-tighten.

### Care and Maintenance

- Never attempt to disassemble or service your unit; it will void the warranty.
- Protect the unit from extreme heat, shocks and exposure to direct sunlight for long periods of time.
- Unit can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks.
- Do not expose the unit to strong chemicals such as gasoline, clean solvents, acetone, alcohol, or insect repellents, as they may damage the unit's seal, case and finish.
- Store the unit in a dry place when it is not in use.
- Keep the pedometer out of reach of young children.
- The operation environment of the pedometer must be free from shocks, magnetic fields, electrical noise and strong vibration.
- Do not swing the pedometer.
- Do not hang the pedometer from your neck while jogging.
- Do not drop or step on the pedometer.
- Do not put the pedometer in the back pocket of your shorts or pants.
- Do not wash the pedometer or touch it with wet substances.