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Ozeri PD4X3-4

Ozeri 4x3runner Pocket 3D Pedometer and Activity Tracker User Manual

Model: PD4X3-4

INTRODUCTION

The Ozeri 4x3runner Pocket 3D Pedometer is an advanced activity tracker designed for versatility and accuracy. It features dual walking and running modes, utilizing 3D Tri-Axis Technology for precise data collection in any position. This manual provides detailed instructions for setting up, operating, and maintaining your pedometer to ensure optimal performance.



PRODUCT FEATURES

- **Dual Walking & Running Modes:** The world's first pedometer with distinct modes for walking and running, eliminating the need to reprogram stride length.
- **3D Tri-Axis Technology:** Utilizes a digital 3D accelerometer (X, Y, Z plane detection) for superior accuracy, regardless of the pedometer's position (pocket, purse, etc.).
- **Comprehensive Data Tracking:** Accurately records daily steps (walking or running), distance, speed, calories burned, fat burned, and exercise time.
- **Steps-2-Goal Feature:** Tracks and calculates your progress towards a daily step target.
- **Extended Memory:** Stores up to 30 days of daily activity data.
- **High Step Count Capacity:** Counts up to 1 million steps.
- **Integrated Functions:** Includes a built-in clock, calendar, and sports timer.
- **Water-Resistant Slim Design:** Durable and compact, designed to fit easily in a pocket or purse.
- **Vibration Filtering:** Filters out incidental vibrations and only begins counting after detecting a sequence of continuous steps for enhanced accuracy.

PACKAGE CONTENTS

Upon opening your Ozeri 4x3runner package, please ensure all the following items are present:

- Ozeri 4x3runner Pocket 3D Pedometer Unit
- Removable Lanyard
- Belt Clip
- Lithium Battery (pre-installed or separate)
- Instruction Manual (this document)



All components of the Ozeri 4x3runner package: the pedometer unit, the removable belt clip, and the safety lanyard.

SETUP

Before first use, or after replacing the battery, you will need to set up your pedometer.

1. Battery Installation

The Ozeri 4x3runner uses one CR2 lithium battery. If the battery is not pre-installed, open the battery compartment on the back of the unit, insert the battery with the correct polarity, and close the compartment securely.

2. Initial Settings

Upon powering on, the pedometer will prompt you to enter your personal data for accurate calculations. Use the 'MODE' and 'MEMO' buttons to navigate and adjust values, and 'START/STOP' to confirm.

1. **Set Time and Date:** Adjust the current time (12/24 hour format) and date.
2. **Enter Personal Information:** Input your weight and stride length. Accurate stride length is crucial for precise distance and calorie calculations. The pedometer allows programming both walking and running stride lengths.
3. **Set Daily Goal (Steps-2-Goal):** Define your desired daily step target. The pedometer will track your progress towards this goal.



The pedometer's screen displaying the 'GOAL' setting interface, showing a target of 10,000 steps, which can be customized by the user.

OPERATING INSTRUCTIONS

The Ozeri 4x3runner is designed for ease of use. Its 3D Tri-Axis sensor ensures accurate tracking whether carried in a pocket, purse, or attached with the belt clip.

1. Power On/Off and Auto Sleep

The device automatically powers on when motion is detected. It features Auto Sleep technology to conserve battery life when inactive.

2. Switching Between Modes

The pedometer supports dual walking and running modes. Use the 'MODE' button to switch between these modes. The device will automatically apply the correct stride length you programmed for each mode.

3. Viewing Your Data

Press the 'MODE' button repeatedly to cycle through various data displays:

- **Steps:** Total steps taken for the current day.
- **Distance:** Total distance covered.
- **Speed:** Current speed.
- **Calories:** Calories burned.
- **Fat Burned:** Estimated fat burned.
- **Exercise Time:** Duration of activity.
- **Steps-2-Goal:** Displays your progress towards your daily step target.



A close-up view of the pedometer's digital display, showing a step count of 12,000, illustrating its clear readability.

4. Memory Function

The pedometer automatically records your daily activity for up to 30 days. Use the 'MEMO' button to review past daily data.

5. Sports Timer

The built-in sports timer can be activated to track the duration of specific workouts. Refer to the on-screen prompts for starting, stopping, and resetting the timer.

6. Official Product Overview Video



This video provides a visual overview of the Ozeri 4x3runner Pedometer, demonstrating its key features such as dual walking and running modes, 3D Tri-Axis technology, water-resistant slim design, and the Steps-2-Goal feature. It highlights how the device accurately records steps, distance, speed, calories, fat burned, and exercise time, and its built-in clock, calendar, and sports timer.

MAINTENANCE

Proper care will ensure the longevity and accuracy of your Ozeri 4x3runner Pedometer.

Cleaning

Wipe the pedometer with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, but ensure no moisture enters the device. Do not use abrasive cleaners or solvents.

Battery Replacement

When the display becomes dim or the device stops responding, it's time to replace the CR2 lithium battery. Follow the battery installation steps in the Setup section. Dispose of old batteries responsibly according to local regulations.

Water Resistance

The pedometer is water-resistant, meaning it can withstand splashes and light rain. It is not designed for submersion in water. Avoid exposing it to heavy rain, showering, or swimming.

TROUBLESHOOTING

If you encounter issues with your Ozeri 4x3runner Pedometer, try the following solutions:

Problem	Possible Cause / Solution
Pedometer not counting steps accurately.	Ensure your stride length is correctly programmed. The device filters out vibrations and only begins counting after detecting a sequence of continuous steps (typically 10 steps). Ensure consistent movement.
Display is dim or blank.	The battery may be low or depleted. Replace the CR2 lithium battery.
Cannot switch modes or buttons are unresponsive.	Try removing and reinserting the battery to perform a soft reset. If the issue persists, contact customer support.
Data (distance, calories) seems incorrect.	Verify that your personal information (weight, stride length for both walking and running) is accurately entered in the settings.

SPECIFICATIONS

Feature	Detail
Model Number	PD4X3-4
Dimensions	3.05 x 1.3 x 0.4 inches
Weight	1.44 ounces
Color	Black
Screen Size	0.96 Inches
Sensor Type	3D Tri-Axis Pedometer
Battery Type	1 x CR2 Lithium Battery
Memory	30 days of activity data
Max Step Count	1 Million Steps

WARRANTY AND SUPPORT

Ozeri is committed to your satisfaction. For any questions, concerns, or support needs regarding your 4x3runner Pedometer, please refer to the contact information provided with your product packaging or visit the official Ozeri website for assistance.