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PINGKO Pingko

PINGKO Pedometer User Manual

Model: Pingko
Brand: PINGKO

1. INTRODUCTION

The PINGKO Pedometer is a multi-functional, portable fitness tracker designed to help you monitor your daily physical activity. This compact device accurately tracks your steps, distance traveled (in miles or kilometers), and calories burned, making it an ideal companion for walking, running, and general fitness. With its large, easy-to-read LCD display and simple button operation, it requires no complex setup with computers, apps, or smartphones.

It is designed for ease of use and portability, allowing you to comfortably wear it in a pocket, bag, or clipped to your waist. This manual provides detailed instructions on how to set up, operate, and maintain your PINGKO Pedometer to ensure accurate tracking and long-lasting performance.



Figure 1.1: The PINGKO Pedometer, showcasing its compact design and clear digital display.

2. SAFETY INFORMATION

- Keep the device away from water and excessive moisture to prevent damage.
- Avoid dropping or subjecting the pedometer to strong impacts, as this may affect its accuracy and functionality.
- Do not attempt to disassemble or repair the device yourself. Refer to qualified personnel for any servicing.
- Keep batteries out of reach of children. If swallowed, seek immediate medical attention.
- Dispose of batteries properly according to local regulations.

3. PRODUCT OVERVIEW

3.1 Components

- **LCD Display:** Shows time, steps, distance, and calories.
- **SET Button:** Used to enter setting mode and confirm selections.
- **M (Mode) Button:** Used to switch between display modes (steps, distance, calories, time).
- **RESET Button:** Used to clear current data or reset settings.
- **Belt Clip:** For attaching the pedometer to clothing or a bag.

TRACK STEPS

UP TO 99999

DISTANCE

UP TO 999.99KM / 999.99MILES



Clock Function



Lose Weight



Keep You Fit



No App, No Bluetooth
No Phone needed



5-Step Error Prevention



No Charging Required



Easy to Program
Simple Button Function



Figure 3.1: Front view of the Pedometer with labeled buttons.

3.2 Dimensions and Portability

The PINGKO Pedometer is designed to be small and lightweight, making it highly portable. Its dimensions are approximately 5 cm (1.9 inches) in length, 3 cm (1.2 inches) in width, and 6.1 cm (2.4 inches) in height, with a weight of only 1.9 grams. This compact size allows for comfortable wear without being cumbersome.

SMALL AND LIGHTWEIGHT

GREAT WAY TO TRACK YOUR FITNESS GOALS



Figure 3.2: Pedometer dimensions and available color options.

4. SETUP

4.1 Battery Installation

The PINGKO Pedometer uses an AG13 Button Battery. Batteries are not included with the device and must be installed before first use.

1. Locate the battery compartment on the back of the pedometer.
2. Carefully open the battery compartment cover.
3. Insert one AG13 button battery, ensuring the correct polarity (+/-) as indicated inside the compartment.
4. Close the battery compartment cover securely.

4.2 Initial Setup and Personalization

Upon battery installation or after a full reset, you may need to set the time and your personal stride length for accurate tracking.

1. **Power On:** The device should automatically power on once the battery is installed. If not, press any button.
2. **Setting Time:**

- Press and hold the **SET** button until the time display starts flashing.
- Use the **M** button to adjust the hour, then press **SET** to confirm.
- Repeat for minutes.
- Press **SET** again to exit time setting.

3. **Setting Stride Length (for Distance Accuracy):**

To ensure accurate distance calculation, it is recommended to measure and input your average stride length. To do this:

- Measure a known distance (e.g., 10 meters or 30 feet).
- Walk this distance naturally, counting your steps.
- Divide the total distance by the number of steps to get your average stride length.
- To enter this into the pedometer: Press and hold the **SET** button until the display shows the stride setting (often indicated by 'CM' or 'IN').
- Use the **M** button to adjust the value, then press **SET** to confirm.

4. **Setting Weight (for Calorie Accuracy):**

While not explicitly detailed in all models, some pedometers allow weight input for more accurate calorie burn estimation. If your model supports this, follow similar steps to stride length setting, looking for a 'KG' or 'LB' indicator.

5. OPERATING INSTRUCTIONS

5.1 Wearing the Pedometer for Accuracy

For the most accurate readings, the pedometer should be mounted closer to your waist, arm, or leg. The paces are detected by the movement of your body. It is highly recommended to clip it on your waist band and ensure the bottom of the pedometer is straight to the ground. If worn upside down or with the bottom facing up, the pedometer may not count steps accurately.



NOTICE

Clip it on your waist band and make sure keep bottom straight to the ground, **if you wear it upside down or the bottom to the up, the pedometer won't count steps accurately.**

Figure 5.1: Optimal wearing positions for accurate tracking.

5.2 Tracking Your Activity

The pedometer automatically tracks your activity once movement is detected. It will display steps, distance, and calories burned.

- **Viewing Modes:** Press the **M** (Mode) button to cycle through different display modes: Steps, Distance (KM/Miles), Calories, and Time.
- **Automatic On/Off:** While stationary, the unit will turn off to conserve battery. It will automatically turn on once movement is detected and resume tracking.
- **Resetting Data:** To clear your current activity data (steps, distance, calories), long press the **RESET** button. This will set all tracking values back to zero.

PERFECT GIFT FOR TEENAGERS AND KIDS



**Stay Moving
Stay Healthy**



Funny Toys
Have fun with friends



Measure Daily Steps Taken



Keep Kids Stay Away From
Smartphones and Smart devices



Record Kids Healthy Happy Time



Figure 5.2: Pedometer displaying distance during activity.

6. MAINTENANCE

- **Cleaning:** Wipe the pedometer with a soft, dry cloth. 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 AG13 button battery. Follow the battery installation steps in Section 4.1.
- **Storage:** Store the pedometer in a cool, dry place when not in use for extended periods.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Pedometer makes a sound when starting.	This is normal operation. The pedometer uses a mechanical sensor that produces a slight sound when activated.	No action required. This is not a malfunction.
Inaccurate step count.	Incorrect wearing position (e.g., upside down, loose).	Ensure the pedometer is clipped securely to your waistband with the bottom straight to the ground. Refer to Section 5.1.
Display is blank or dim.	Low or dead battery.	Replace the AG13 button battery. Refer to Section 4.1.
Pedometer turns off when not moving.	Automatic power-saving feature.	This is normal. The unit will automatically turn on once movement is detected.
Cannot reset data.	Button not pressed long enough.	Ensure you long press the RESET button until the values clear.

8. SPECIFICATIONS

Feature	Detail
Model Number	Pingko
Product Dimensions	5 x 3 x 6.1 cm (1.97 x 1.18 x 2.4 inches)
Item Weight	1.9 g (0.07 oz)
Material	Plastic
Display Type	LCD
Display Size	0.96 Inches
Battery Type	AG13 Button Battery (Alkaline)
Max Step Count	Up to 99999 steps
Max Distance	Up to 999.99 KM / 999.99 Miles
Connectivity	No Bluetooth or smartphone connections required
UPC	764210932895

9. WARRANTY INFORMATION

No specific warranty information is provided in the product details. Please refer to the product packaging or contact the retailer/manufacturer directly for details regarding warranty coverage and terms.

10. SUPPORT

For further assistance or inquiries, please refer to the contact information provided on the product packaging or the official PINGKO website. You may also contact the seller directly through the platform where the product was purchased.