Genericg5z4m8ihqs-01

Pedometer Watch User Manual

Model: Genericg5z4m8ihqs-01 | Brand: Generic

1. PRODUCT OVERVIEW

This Pedometer Watch is designed to be a simple, convenient, and effective tool for tracking your daily physical activity. It helps you monitor steps, distance, and calories burned without the need for complex smartphone connections or apps. Its elegant design makes it suitable for various activities, from daily walks to casual wear.

Figure 1.1: The Pedometer Watch displaying the time.

Figure 1.2: The compact design makes the watch small and convenient to wear.

2. KEY FEATURES

- **Daily Activity Tracking:** Accurately counts steps, calculates distance, and estimates calories burned.
- **No Connectivity Required:** Operates independently without Bluetooth, app downloads, or smartphone pairing.
- **User-Friendly Design:** Simple single-button operation for ease of use, suitable for all ages.
- **Stylish and Versatile:** Elegant design suitable for sports, casual wear, and night running.
- **Integrated USB Charging:** Convenient direct USB charging, eliminating the need for extra cables.

3D ACCELERATION SENSOR

Figure 2.1: The watch utilizes a 3D acceleration sensor for accurate tracking during movement.

Figure 2.2: The Pedometer Watch is designed for an active lifestyle and comes in various colors.

3. SETUP GUIDE

3.1 Initial Charging

Before first use, fully charge your Pedometer Watch. The watch features a detachable USB charging design for convenience.

1. Gently pull the strap to detach the main unit from the silicone band. One end of the main unit will reveal a USB plug.

2. Insert the USB plug into any standard USB port (e.g., computer, USB wall adapter, power bank).

3. The display will show a charging indicator. Charging typically takes 1-2 hours.

4. Once fully charged, remove the main unit and reattach it securely to the silicone band.

DETACHABLE USB ARGING

Figure 3.1: Detachable USB charging mechanism.

Figure 3.2: Direct USB plug-and-charge method.

3.2 Wearing the Watch

Wear the watch comfortably on your wrist. Ensure it is snug but not too tight to allow for accurate tracking.

4. OPERATING INSTRUCTIONS

The Pedometer Watch operates with a single button for simplicity.

4.1 Checking Data

The watch display remains off to conserve battery. To view your data:

- **Press the button once:** The display will light up, showing the current time.
- **Press the button again (short press):** Cycle through different data displays:
  - Steps taken
  - Distance covered (in km or miles)
  - Calories burned
- The display will automatically turn off after a few seconds of inactivity to save power.

Figure 4.1: The watch display shows time and activity data.

4.2 Resetting Data

The watch automatically resets daily activity data (steps, distance, calories) at midnight. There is no manual reset function for daily data.

4.3 Setting Time (If Applicable)

Some models may require initial time setting. If your watch does not automatically sync time, refer to the following general steps (specifics may vary):

1. Press and hold the button until the time display starts blinking.

2. Short press the button to adjust the hour.

3. Press and hold again to switch to minute adjustment.

4. Short press to adjust minutes.

5. Press and hold one last time to confirm and exit time setting mode.

5. MAINTENANCE

5.1 Cleaning

- Wipe the watch and band regularly with a soft, damp cloth.
- Do not use harsh chemicals or abrasive cleaners.
- Ensure the USB port is dry before charging.

5.2 Storage

Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use for extended periods.

5.3 Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery indicator is low.

6. TROUBLESHOOTING

- **Watch not turning on:**
  - Ensure the watch is fully charged.
  - Press the button firmly.

- **Inaccurate step count:**
  - Ensure the watch is worn securely on your wrist.
  - Arm movements not associated with walking (e.g., typing, driving) may sometimes be registered as steps. This is normal for wrist-worn pedometers.

- **Display not working:**
  - Check battery level.
  - Try restarting by fully discharging and then recharging the watch.

7. SPECIFICATIONS

Feature	Detail
Brand	Generic
Model Number	Genericg5z4m8ihqs-01
Color	Black
Strap Material	Silicone
Dial Thickness	8 mm
Strap Length	215 mm
Dimensions	215 x 17 x 8 mm
Screen Size	8 Millimeters
Battery Composition	Lithium-ion
Battery Capacity	100 Milliampere-hour (mAh)
Connectivity	None (No Bluetooth/App required)

Special Features	3D Acceleration Sensor, Direct USB Charging

8. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the seller or retailer from whom you purchased this product. Keep your proof of purchase for any warranty claims.

For general inquiries or further assistance, you may contact the manufacturer, Generic, through their official channels if available.

Related Documents - Genericg5z4m8ihqs-01

[iLive Smart Band Activity Tracker IFBT38B-2112-01 User Guide](#)
User's guide for the iLive Smart Band Activity Tracker, Model IFBT38B-2112-01. Covers features, waterproof rating, battery charging, app download and connection, watch display functions including pedometer, calories burned, distance, sleep tracking, heart rate, blood oxygen, blood pressure, find phone, ID and power off, alarm, call and text notifications, exercise, sleep, health, and settings pages.

[Reflex Active Series 01 Smartwatch: Getting Started and User Guide](#)
A comprehensive guide to setting up, operating, and caring for your Reflex Active Series 01 smartwatch. Learn about charging, app connection, features like step counting, sports modes, notifications, and important safety information.

[AR-01 Smartwatch User Manual and Features Guide](#)
A comprehensive guide to the AR-01 Smart Sports Watch, detailing its setup, health tracking capabilities (heart rate, SpO2, sleep, stress), workout modes, app integration, and device settings for optimal user experience.

[Marathon Steel Bracelet User Manual and Specifications](#)
Detailed specifications, kit contents, installation, resizing, and warranty information for Marathon steel bracelets, including models WB-SS-SS and MAN-WB-SS-SS-01.

[Sperax RM-01 Walking Vibration Pad User Manual](#)
Comprehensive user manual for the Sperax RM-01 Walking Vibration Pad, detailing specifications, operation, safety guidelines, maintenance, and troubleshooting for this home fitness device.

[ATARI 2600 My Play Watch User Guide](#)

Comprehensive user guide for the ATARI 2600 My Play Watch, covering setup, navigation, game features, settings, troubleshooting, and important safety information.