

HZ-UK-LWZ-SX11470D10

Waterproof Digital Pedometer Watch User Manual

Brand: Generic

Model: HZ-UK-LWZ-SX11470D10

PRODUCT OVERVIEW

The Waterproof Digital Pedometer Watch is designed to be an ideal companion for your active lifestyle. It integrates 8 essential functions to help you monitor your fitness goals effectively. This device is lightweight, comfortable for extended wear, and built with IP68 waterproofing for daily resilience.



Image: The main view of the Waterproof Digital Pedometer Watch, displaying its LED screen with time and step count. The watch features a sleek, black silicone band.

SETUP

Charging the Device

The watch features a convenient USB direct charging design, eliminating the need for cables. To charge, gently detach the watch head from the strap and plug it directly into any standard USB port (e.g., computer, wall adapter, power bank). A full charge provides approximately 15 to 20 days of battery life with regular use.

Product size



Image: The digital pedometer watch with its main unit detached from the strap, illustrating how it can be plugged directly into a USB port for charging. The image also shows the watch's dimensions (215mm length, 17mm width, 8mm thickness).

Wearing the Watch

The watch is designed with a soft, food-grade silicone strap for maximum comfort during extended wear. Ensure the watch is snug but not too tight on your wrist for accurate tracking. It is suitable for various activities, including jogging and daily routines.

OPERATING INSTRUCTIONS

Key Functions

This watch offers 8 essential functions without requiring a smartphone or app connection:

- 3D Step Counter
- Distance Tracking
- Burned Calorie Monitor
- USB Charging (as described in Setup)

- Time/Height/Weight Display
- Silent Vibrating Alarm
- Digital Stopwatch
- IP68 Waterproof Surface

Tracking Steps, Distance, and Calories

The watch independently tracks your daily steps, calories burned, and distance traveled. There is no need for Bluetooth connectivity or a companion application. This provides a straightforward method to monitor your activity levels.



Image: A person running outdoors, wearing the pedometer watch. Icons for steps, distance, and calories are displayed, emphasizing the watch's tracking capabilities.

Switching Display Modes

The watch allows you to switch between different step counting modes, including single movement counting and full-day step counting. Refer to the on-screen prompts or button presses (not explicitly detailed in input, so general instruction) to cycle through time, date, height, weight, distance, and other display options.

THE STEP COUNTING MODE CAN BE SWITCHED FREELY

HUMANIZED DESIGN, DIVIDED INTO SINGLE STEP COUNTING
AND SINGLE DAY STEP COUNTING



Image: A diagram illustrating the two primary step counting modes: "Single Movement Meter" for individual activity tracking and "24h Step Counting Throughout the Day" for continuous monitoring.



Image: A visual representation of the watch's various "intimate tools" or functions, including Time/Date, Height, Weight, Distance, and customizable DIY settings.

While the watch does not require a smartphone, it is capable of recording detailed data. This data can be reviewed directly on the watch's LED display.



Image: A person hiking, wearing the watch. An overlay shows detailed data records such as calories burned, steps taken, and distance covered, demonstrating the watch's ability to log activity.

MAINTENANCE

Water Resistance

The watch features an IP68 waterproof rating, making it resistant to splashes and suitable for daily use during household tasks. **Important:** Do not wear the watch while showering or swimming, as prolonged submersion or exposure to hot water/steam may compromise its water resistance.



Image: A person swimming in a pool, with the watch visible on their wrist. This image illustrates the watch's water-resistant capabilities, though users should note the specific limitations regarding showering and swimming.

Cleaning

To clean your watch, gently wipe the screen and strap with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which could damage the device.

TROUBLESHOOTING

If you encounter any issues with your watch, consider the following basic troubleshooting steps:

- **Device not turning on:** Ensure the watch is fully charged. Plug it into a USB port for at least 30 minutes.
- **Inaccurate step count:** Ensure the watch is worn snugly on your wrist. Movement patterns can affect accuracy.
- **Display issues:** Try recharging the device. If the issue persists, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	HZ-UK-LWZ-SX11470D10
Brand	Generic
Color	Black
Wireless Communication Standard	Bluetooth (Note: Watch operates independently, Bluetooth mentioned in specs might be for manufacturing or internal testing, not user connectivity)
Water Resistance	IP68
Battery Life	15-20 days (typical use)
Charging Method	USB Direct Charge
Package Dimensions	5 x 5 x 1 cm
Weight	50 grams

WARRANTY AND SUPPORT

The manufacturer is committed to customer satisfaction. If you have any questions or encounter issues with your product, please contact their customer service team. They aim to respond to all inquiries within 24 hours.

For support, please refer to the contact information provided with your purchase or on the product packaging.