



Pedometer

User Manual

Model name:BLE02

FCC ID:ZG8BLE02

ENGLISH

Congratulations on your Bluetooth pedometer!

This pedometer measures the amount of walking and running and collects the exercise data using a free software app for smartphones or tablets. The app provides a detailed record of steps taken, distance, speed and calories burned during exercise.

Regular exercise such as walking or running can improve general health, assist to lower blood pressure and reduce weight.

Setup

To begin using the pedometer please follow this procedure:

1. Download the free app for Apple iOS Devices from the App Stores on your smartphone or tablet.

<https://itunes.apple.com/gb/app/pedometer-bluetooth/id570940702?mt=8>

Once you have installed the app continue with the setup.

2. Remove the battery insulation tab either by pulling the tab outwards or by opening the pedometer battery cover using a coin or small screwdriver.
3. Start the pedometer app and select Settings.
4. Select Scan Device and the app will automatically look for the pedometer. The ID number of the pedometer will be shown in the Choose Device Window.
5. Next input your step width and then your weight.
Note: To estimate step width measure the distance it takes to walk 10 steps and divide the distance walked between 10.
6. Next select Register and input an account name and password
7. The pedometer is now registered to your device.
8. The pedometer can now be clipped to shoe laces, belts, clothing or simply be stored in a pocket while you exercise.
9. There is no need to have the mobile device with you during your exercise. All the data will be stored for up to 1 month on the Pedometer and can be transferred to the app at any time.

Battery

The pedometer uses a CR2032 cell battery with an average lifetime of 4 months. When the battery needs to be replaced please dispose of the used battery in accordance with local laws.

Health concerns

The pedometer is to be used as a daily record of activities and fitness, Should you have any health concerns please consult a Doctor before starting a fitness regime.

Caution

- Avoid placing this product in extreme temperatures or humidity.
- Do not submerge or allow this product to come into contact with water. Use in dry locations only.
- An adult should supervise young children when using this product.
- Do not use any non recommended accessories with this product, as this may result in fire, electrical shock or injury to persons or product.
- Do not clean any parts with alcohol, cleaning solutions containing alcohol or strong abrasives. Use a soft cloth and some water

This device complies with part 15 of the FCC rules.

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.



APP PEDOMETER



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