

Multi-Function Wrist Watch



Model: PSPTR19

USING THE WATCH IMPORTANT!

- Prior to your purchase of the watch, the watch is switched off for energy saving purposes, and you can turn it on by pressing the MODE key.
- For energy saving purposes, the watch unit will switch off automatically at midnight (00.00/12.00am). Press the MODE key to turn it on.
- The watch comes with 2 major activity function:- PEDOMETER & SLEEPING MONITOR. Only one function can be used at any one time. Normally, the watch will operate under the pedometer mode unless the sleeping monitor has been activated. It will go back to pedometer function once the sleeping monitor mode has been deactivated (Saved/Deleted).
- There maybe a delay between the start of your walk and the counting of steps. This intelligent filter acts to maximize accuracy, and exclude movements outside of a normal walking motion. Once the watch has recognized your walking activity, it will take into account the initial steps taken during the delay.
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.
- In order to maximize the accuracy of the step counting feature of the watch, please wear the watch properly as shown in the diagram (strap of the watch must fasten tightly around the wrist and it must not be loose; display must also be perpendicular to the forearm and wrist; the watch must only be worn on the left wrist and not the right to maximize the accuracy of step counting) as the design and accuracy of the watch for step counting is based on the positioning of the watch. By wearing the watch correctly, the steps counted during the walk will be more accurate.

SHAKE IT TO WAKE IT!

Shake the watch to turn on the EL backlight. At default, this function will turn ON automatically at 18:00 and off at 08:00, and you can hold the ST/SP/+ button for 2 seconds during Time Mode to activate or deactivate this function.



REMINDER

GETTING STARTED

Prior to your purchase of the watch, the watch is switched off for energy saving purposes, and you can turn it on by pressing the MODE key. For energy saving purposes, the watch unit will switch off automatically at midnight. Press the MODE key to turn it on.

PEDOMETER & SLEEPING MONITOR

- The watch comes with 2 major activity function:- PEDOMETER & SLEEPING MONITOR. Only one function can be used at any one time. Normally, the watch will operate under the pedometer mode unless the sleeping monitor has been activated. It will return to pedometer function once the sleeping monitor mode has been stopped.
- There maybe a delay between the start of your walk and the counting of steps. This intelligent filter acts to maximize accuracy, and exclude movements outside of a normal walking motion. Once the watch has recognized your walking activity, it will take into account the initial steps taken during the delay.

NOTE

- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.
- If you wish to have the most accurate fitness index calculated, input your personal data in user settings mode.
- All functions with the exception of time mode, will be inactive, the sleeping monitor data must be (saved/deleted), to resume access to all functions.
- It has an intelligent step filter function, which only count steps after an initial detection of continuous steps.
- Whilst the sleeping mode is on, all modes cannot be accessed with the exception of time mode & alarm mode, or until the sleeping record has been completed (saved/deleted).

SHAKE IT TO WAKE IT!

Shake the watch to turn on the EL backlight. At default, this function will turn ON automatically at 18:00 and off at 08:00, hold the ST/SP/+ button for 3 seconds during Time Mode to activate or deactivate this function. Frequent usage of the 'SHAKE IT TO WAKE' function, will shorten the battery life of the product. We recommend all users to turn off this function whilst undergoing exercise.

UNDERSTANDING THE SYMBOLS

- A** - Time from 0:00.00 to 11:59.59
- P** - Time from 12:00.00 to 23:59.59
- ▲** - Alarm On
- ☉** - Chime
- ☾** - Sleeping Mode
- 👣** - Step Mode (Step you have walked)
- 📶** - Shake The Watch
- 🔋** - Low Battery Detection
- J♯** - Key Tone
- KM** - Kilometers
- MI** - Miles
- CM** - Centimeters
- KG** - Kilograms
- LB** - Pounds
- Kcal** - Unit of Calories Burnt
- 🕒** - Exercise Time



MODE FLOW CHART

Press MODE button to scroll through the different modes.

TIME MODE – ALARM MODE – STOPWATCH MODE – STEP COUNTING MODE – SLEEPING MODE – MEMORY MODE – USER SETTING MODE

TIME MODE

- Press the MODE button to scroll through the menu until you locate the time mode, "TIME".
- Press ST/SP/+ button to view the Date.
- Press RE/- button to toggle the Day and Seconds.



SETTING TIME

- Hold the MODE button for 3 seconds to enter setting mode.
- Press ST/SP/+ button to toggle 12Hr or 24Hr.
- Press MODE button to set seconds.

ACTIVITY MODE

Hold the ACT/EL button for 2 seconds to enter the activity mode.

PERSONAL TRAINER

Thank you for choosing X-Tracker as your personal trainer. We want you to make the most out of your new gadget, so please read the instruction manual carefully, and keep the manual for future reference.

Important:

Please note that the watch is NOT a medical device and is not to be used as such.

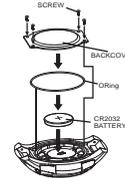
The X-Tracker requires one CR2032 lithium battery. Only the recommended batteries are to be used.

When replacing the batteries, the following are to be strictly observed.

- Only the recommended batteries are to be used.
- Only adults should install and replace the batteries.
- DO NOT use rechargeable batteries, and DO NOT recharge non-rechargeable batteries.

INSTALLING THE BATTERY

- The battery compartments are located at the back of the watch.
- To install or replace the battery, unscrew the back cover carefully.
- Take out the old batteries and dispose responsibly.
- Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed, and screw the back cover on.



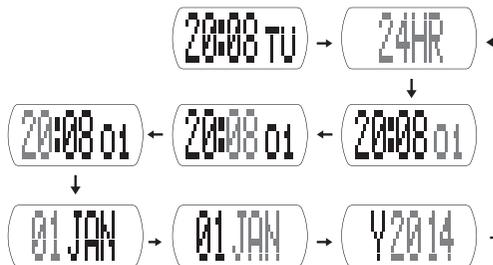
3D SENSOR - MEASURES YOUR MOVEMENT ACCURATELY

The 3D technology uses an accelerometer sensor that detects and measures acceleration in walking or running. It has an intelligent step filter function, which only count steps after an initial detection of continuous steps.

- Press ST/SP/+ button to reset zero.
- Press MODE button to set minutes.
- Press or hold either the ST/SP/+ button to increment the minutes' digits or RE/- button to decrement the number.
- Press MODE button to set the hour.
- Press or hold either the ST/SP/+ button to increment the hours' digits or RE/- button to decrement the number.
- Press MODE button to set the date.
- Press or hold either the ST/SP/+ button to increment the date's digits or RE/- button to decrement the number.
- Press MODE button to set the month.
- Press or hold either the ST/SP/+ button to increment the month's digits or RE/- button to decrement the number.
- Press MODE button to set the year.
- Press or hold either the ST/SP/+ button to increment the year's digits or RE/- button to decrement the number.
- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.

NOTE:

- Any changes in the hour and minute settings will reset the seconds to zero.
- Press the RE/- button in Time mode to toggle between day and seconds.
- In the 24 Hour Format, the 'Shake to Wake' function automatically activates at 18:00 and then deactivates at 8:00. Hold the ST/SP/+ button for 3 secs. during Time Mode to activate/deactivate this feature.



THIS DEVICE IS OPERATED BY FOUR KEYS:

- MODE - MODE / SET
- RE/- - RESET / DOWN
- ST/SP/+ - START / STOP / UP
- ACT/EL - ACTIVITY / EL BACK LIGHT

Press all 4 buttons at the same time to reset the watch.

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ALARM MODE

- Press the MODE button to scroll through the menu until you locate the alarm mode, "ALARM".
- Press ST/SP/+ button to activate or deactivate the alarm.
- Press RE/- button to activate or deactivate the hourly chime.



SETTING ALARM

- Hold the MODE button for 3 seconds to set the alarm, and the minutes' digits will flash.
- Press or hold either the ST/SP/+ button to increment the minutes' digit or RE/- button to decrement the value.
- Press the MODE button to confirm the value, and the hours' digits will flash.



- Press or hold either the ST/SP/+ button to increment the hours' digit or RE/- button to decrement the value.

- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.



Notes

- Any changes made in the alarm mode will automatically enable the alarm.
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

STOPWATCH MODE

- Press the MODE button to scroll through the menu until you locate the stopwatch mode, "STW".
- Press ST/SP/+ button to start the stopwatch, and press again to stop the stopwatch.
- Hold the RE/- button for 3 seconds to reset the stopwatch to zero.

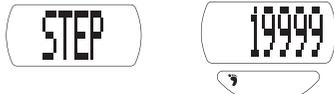


Note:

- If the stopwatch is not running and the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.
- The maximum time of stopwatch is 99hr59min59sec, if this is reached, there will be 3 beeps, and the stopwatch will stop automatically.
- While the stopwatch is running, press RE/- button to view the current time, and it will automatically return to stopwatch mode after 3 seconds.

STEP COUNTING MODE

- Press the MODE button to scroll through the menu of functions until you locate the pedometer mode displaying "STEP".
- Press ST/SP/+ button or wait 3 seconds to view the Step – Distance – Calories Burnt – Exercise Time in its systematical order. (Auto flow in one cycle).



Note:

- Hold the ST/SP/+ button for 3 seconds to reset the step count to 0.
- At midnight, 0:00 / 12:00am, the step count, distance, calories burnt & exercise time will automatically reset to zero, and all data will be saved.
- If no steps or waking movements can be detected for 60 seconds, it will return to Time mode automatically.

SLEEPING MODE

Press the MODE button to scroll through the menu until you locate the sleep mode displaying "SLEEP".



USER SETTING MODE

- Press the MODE button to scroll through the menu until you locate the user setting mode displaying "USER".



- Hold the MODE button for 3 seconds to personalize settings, and display will show "GENDER".
- Press ST/SP/+ button or RE/- button to toggle between male or female.
- Press MODE button to set the Unit.
- Press ST/SP/+ button or RE/- button to toggle between metric or imperial units.
- Press the MODE button to set the Weight.
- Press or hold either the ST/SP/+ button to increment the weight's digits or RE/- button to decrement the value.
- Press the MODE button to set the Height.
- Press or hold either the ST/SP/+ button to increment the height's digits or RE/- button to decrement the value.
- Press the MODE button to set the Stride Length.
- Press or hold either the ST/SP/+ button to increment the stride length's digit or RE/- button to decrement the value.
- Press the MODE button to set the Age.
- Press or hold either the ST/SP/+ button to increment the age's digits or RE/- button to decrement the value.
- Press the MODE button to set the Key Tone (Beep).
- Press ST/SP/+ & RE/- button to toggle between ON & OFF.
- Press the MODE button and loop back to Gender setting.
- Hold the MODE button for 3 seconds to confirm setting and return to Time mode.

Note:

- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

- To start the sleep quality monitor, press the ST/SP/+ button.
- Press ST/SP/+ button again to pause the sleep quality monitor.
- Press RE/- button to browse through the sleep statistics or wait 3 seconds in between each sleeping statistic (Actual Sleeping time – Percentage of Sufficient sleep time – the grade of sleeping quality).

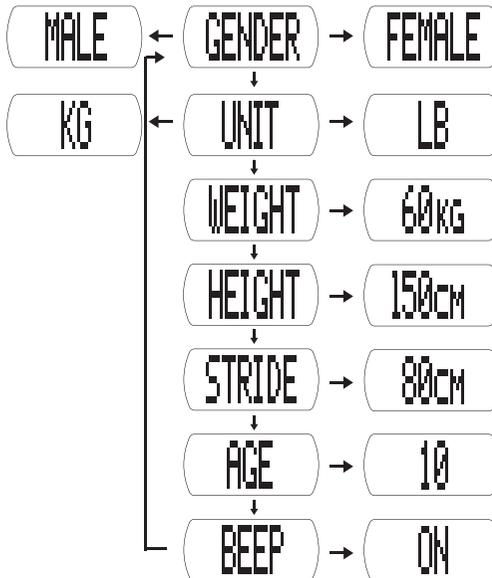


- Hold the RE/- button for 3 seconds to save or delete the record, and the display will show "SAVE", followed by "YES".
- Press ST/SP/+ button to toggle between "YES" or "NO".
- Hold the RE/- button for 3 seconds to confirm, and it will display either "SAVED" for saved data or "DEL" for deleted data, and return to the screen displaying 0:00.

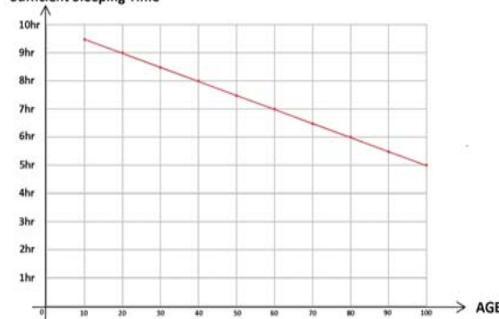


Note:

- Press the ST/SP/+ button to stop the sleep function when you wake up, then hold the RE/- button to save or delete the record.
- Whilst the sleeping mode is on, all modes cannot be accessed with the exception time mode & alarm mode, until the sleeping record has been completed (saved/deleted).
- When sleep monitor is activated, press RE/- button to view the current time, and it will automatically return to sleep monitor after 3 seconds.
- Whilst using sleeping mode, if the user does not activate the function within 60 seconds, the watch will automatically return to the default time mode.
- When the ST/SP/+ button is pressed to stop the sleeping monitor. If no activity to save or delete data is detected, the watch will automatically return to the default time mode in 30 minutes.

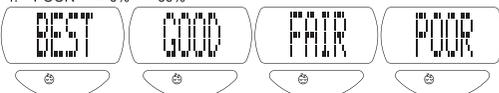


Sufficient Sleeping Time



INDICATION OF THE SLEEPING QUALITY

- BEST – 91% - 100%
- GOOD – 81% - 90%
- FAIR – 61% - 80%
- POOR – 0% - 60%

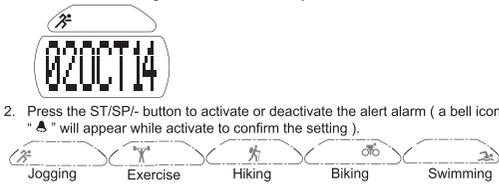


Note:

Sleeping quality percentage is calculated based on the age, time, & sleeping movement.

ACTIVITY MODE

- Hold the ACT/EL button for 2 seconds and the Jogging icon will appear. Press the ACT/EL button again, to select the activity.



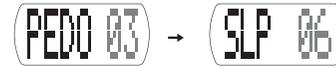
- Press the ST/SP/+ button to activate or deactivate the alert alarm (a bell icon "🔔" will appear while activate to confirm the setting).
- Press the RE/- button to activate or deactivate the weekly alarm (a letter sign "w" will appear while activate).
- Press the MODE button for 2 seconds to set the alert date & the month digit will flash.
- Press ST/SP/+ button to increment the value or hold it until you have reached your desired month.
- Press RE/- button to decrement the value or hold it until you have reached your desired month.
- Press the MODE button to set the day & the day digit will flash.
- Press ST/SP/+ button to increment the value or hold it until you have reached your desired day.
- Press RE/- button to decrement the value or hold it until you have reached your desired day.
- Press the MODE button and loop back to month setting.
- Press the ACT/EL button to continue to next activity setting.
- Hold the MODE button for 2 seconds or alternatively 60 seconds of inactivity will automatically enable the watch to return to time mode. All data will be saved.

MEMORY MODE

- Press the MODE button to scroll through the menu until you locate the memory mode displaying "MEMORY".
- Press ST/SP/+ button to select step counting records (displaying "PEDO RE" or sleeping records (displaying "SLP RE").
- Hold the MODE button for 3 seconds to confirm the selection.



- Step counting record**
 - Press RE/- button to select the record (PEDO 1 – 7) you would like to view.
 - Press ST/SP/+ button to view the statistics for each record (step counting, distance, calories burnt & exercise time).



- Sleeping record**
 - Press RE/- button to select the record (SLP 1 – 7) you would like to view.
 - Press ST/SP/+ button to view the statistics for each record (actual sleeping time, percentage of sufficient sleep time & the grade of sleeping quality).

Note:

- In memory mode (PEDO RE or SLP RE), holding the ST/SP/+ button for 3 seconds will clear all the memory in PEDO & SLP records and the display will show "CLR ALL".
- In each record mode, holding the ST/SP/+ button for 3 seconds will clear all memory at the selected record mode and the display will show "CLEAR".
- The most recent data will be saved as PEDO 1 or SLP 1 and the last record will be erased should the memory be full.

SPECIFICATIONS:

Time Format:	Year, month, date, day, hour, minute, second, am/pm 12/24 hours
Calendar System:	Full Auto-calendar pre-programmed from 2000 to 2099 (Default 2013)
Measurement Range:	Calorie Consumption: 0-9999kcal Number of steps: 0-99999 Distance: 0-999.9 km / 0-621.9 miles Exercise Time: 0-23 hr 59 m
Memory Data:	Pedometer : 7 days Memory Records Sleeping Monitor : 7 Data Records
Stopwatch:	Measuring Unit: 1 second Measuring Capacity: 99 hr 59 m 59 s
Weight:	20-182kg/44-401lb (Default 48kg/106lb)
Height:	69-231cm/2'3"-7'7" (Default 170cm/5'7")
Stride Length:	30-213cm/1'-7" (Default 80cm/2'7")
Age:	10-99 (Default 10)

CAUTION :

In the unlikely event that you encounter any problems with the watch (e.g. malfunctioning of a parameter, static electricity, interferences within the product) reset the watch by pressing all four buttons together. All data previously input into the device will be erased and you will need to re-enter your personal settings. Should this fail to rectify the situation, remove the batteries and then put them back into the battery compartment. Use the instruction manual and follow all the necessary steps, to input all personal data again. The contents in this manual could be subjected to changes without prior notice. Due to illustration limitations, the displays shown in this manual may differ from the actual product display. The manufacturer and its suppliers hold no responsibility to you or any other parties for any damages, lost-profits, or any other claims arisen by using this product. The contents of this manual may NOT be reproduced without the permission of the manufacturer.