

# User manual



## SPECIFICATION

Bluetooth Standard	2.4GHz Bluetooth Specification V4.0
Transmission distance	10m
Button batteries	210mAh/ 3V CR2030
Working hours	4~6 monthes
Running temperature	-10~+60 ℃
Storage temperature	-30~70 ℃
Dimension	38(L) x 27(W) X 8(H) mm
Weight	50(not in clude the battery)

Thank you for buying the Wireless Pedometer BLE05. The Pedometer provides precise measurement of walking and running and collects the exercise data, which will be transmitted to smartphones or Tablets by a free software App through bluetooth 4.0 or above version. The App provides a detailed record of Steps taken, Distance, Speed and calories burned during exercise.

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

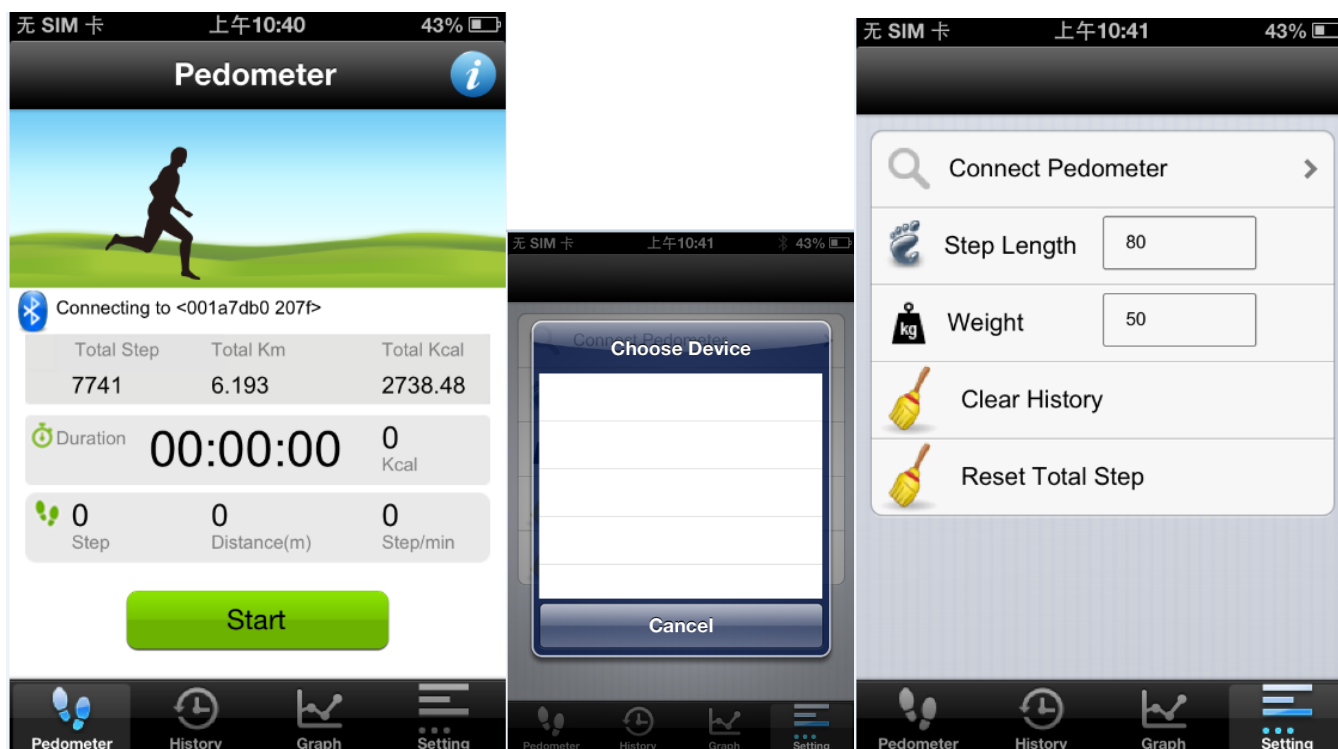
## Setup

To begin using the Pedometer please download the free app for Apple iOS Devices :

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

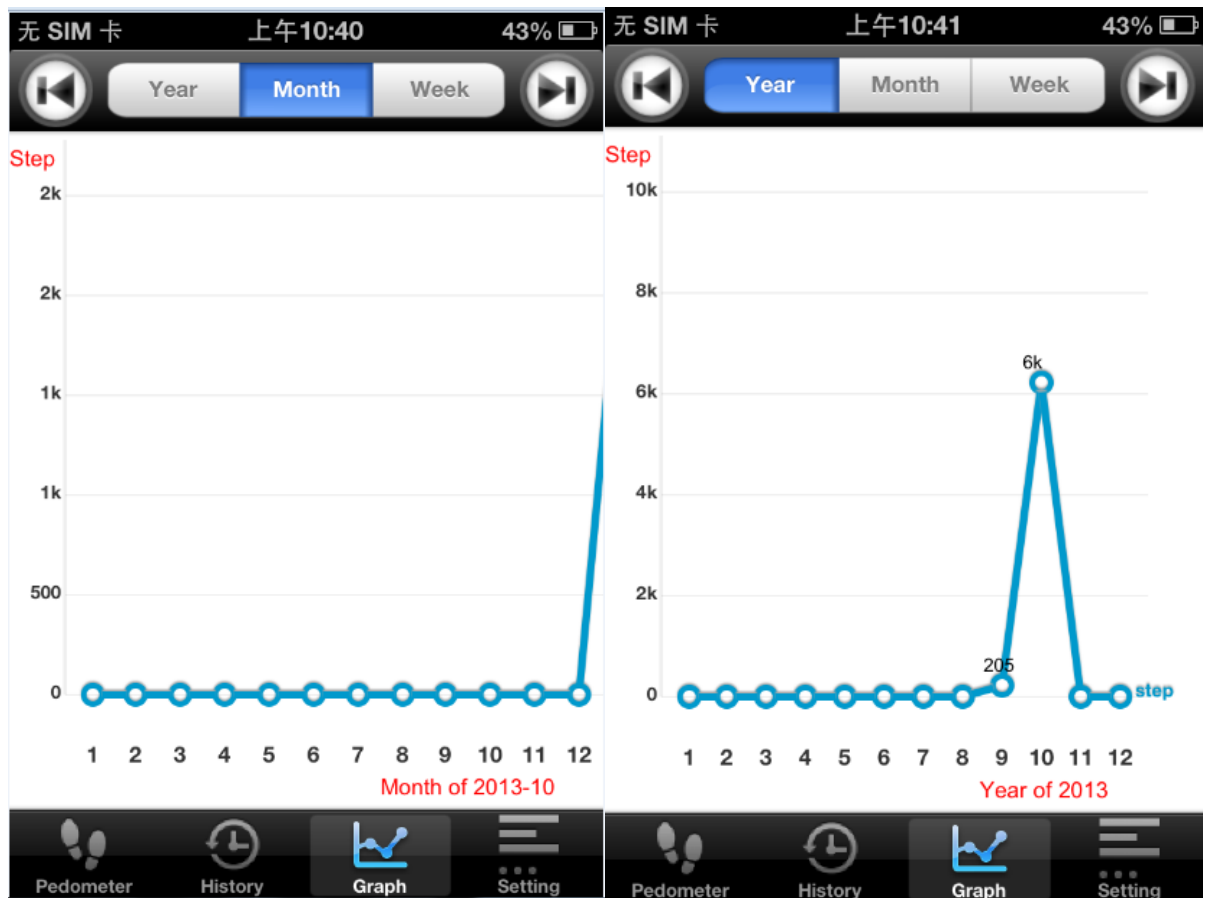
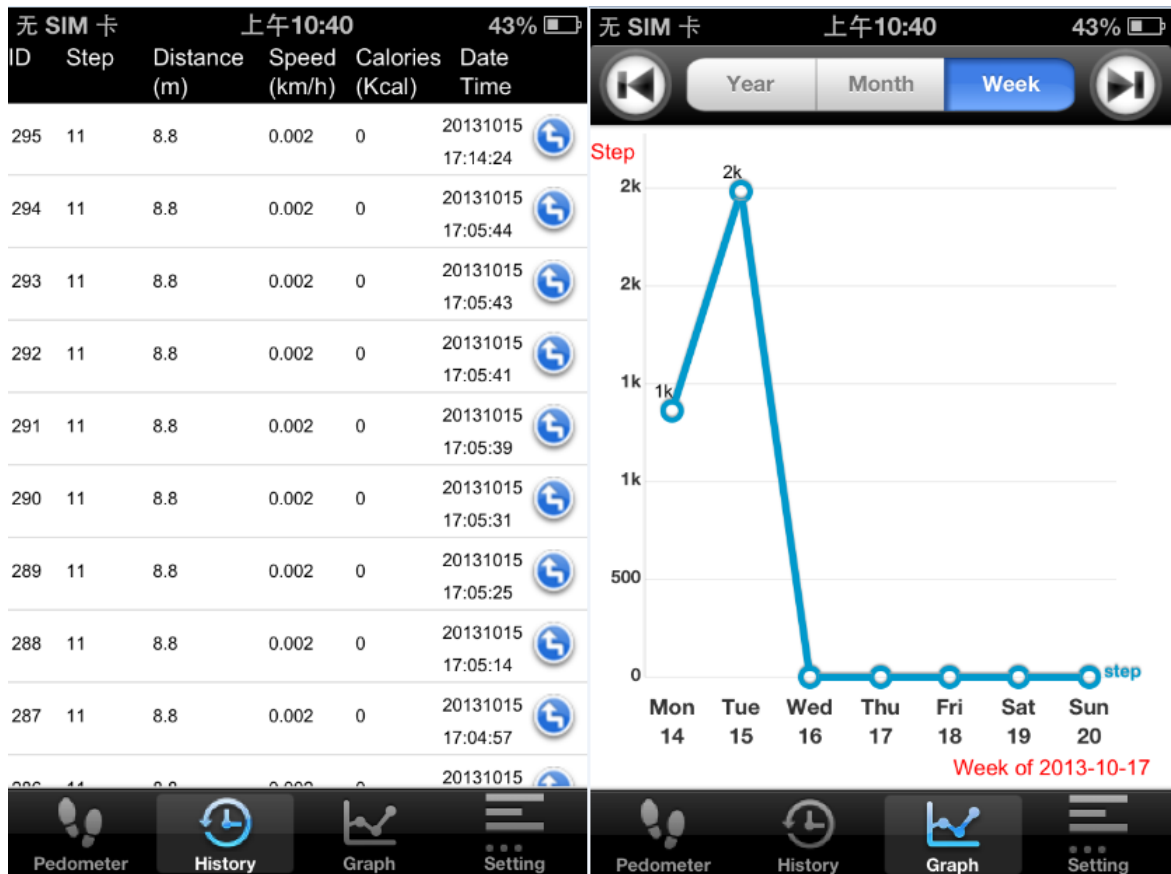
Once you have installed the App continue with the setup.

- Remove the battery insulation tab either by pulling the tab outwards or by opening the Pedometer Battery cover using a coin or small screwdriver.
- Start the Pedometer App and Select Settings.
- 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.



- 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.
- Next select Register and input an account name and password
- The Pedometer is now registered to your device.
- The Pedometer can now be clipped to shoe laces, belts, clothing or simply be stored in a pocket while you exercise.
- 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.

Also, you check all you historic exercise data from main UI by History (Week, month, year) or in Graph



### **Battery Usage**

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**

- 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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.  
NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
  - Reorient or relocate the receiving antenna.
  - Increase the separation between the equipment and receiver.
  - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  - Consult the dealer or an experienced radio/TV technician for help.
- This pedometer support only bluetooth 4.0 or above.
- Avoid placing this product near 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.
- Use of any attachment or accessory with this product not recommended or sold by White Label may result in risk of 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 a little water to clean.
- There are no user serviceable parts within this product. Tampering with this product will invalidate your White Label warranty.