PYLE
PyleAudio.com

Model: PAST44

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.

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 every night. 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 go back 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.
- You cannot enter any setting mode if the sleeping monitorhas been activated, unless user stops and save or delete the record.

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.

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

2

PERSONAL TRAINER
Thank you for choosing Pyle PAST44 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.
1. Only the recommended batteries are to be used.
2. Only adults should install and replace the batteries.
3. DO NOT use rechargeable batteries, and DO NOT recharge non-rechargeable batteries.

INSTALLING THE BATTERY
1. The battery compartments are located at the back of the watch.
2. To install or replace the battery, unscrew the back cover carefully.
3. Take out the old batteries and dispose responsibly.
4. 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.
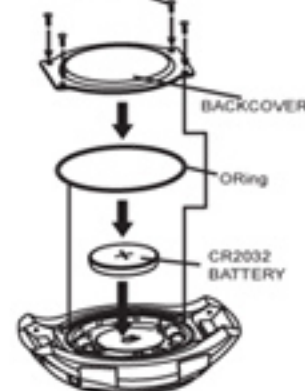
3D SENSOR FROM USA - MEASURES YOUR MOVEMENT ACCURATELY
The 3D technology used is an accelerometer sensor that detects and measures acceleration in walking or running. It has an intelligent step filter function, meaning it only counts steps when 15 steps have been detected. In addition, you can customize specific personal setting for your walking or running motion.

3

FEATURES:
- Time & Date (12/24 hrs format)
- Daily Alarm
- Stopwatch (1/100)
- 24hrs Motion Monitor
- Step Counter (7 days records)
- Total Distance
- Calorie Consumption
- Exercise Time
- Sleep Quality Monitor (7 days records with BEST / FAIR / GOOD / POOR)
- Total Sleeping Time
- Data Record Recall
- Chime
- Key Tone
- User Setting
- Auto Light Switch (Shake The Watch / Press The Button for EL Back Light)
- Energy Save Mode (Auto Power Off)
- 5 Activities with 7 Records Date (Jogging / gym / Hiking / Biking / Swimming)
- Low Battery Detection

CONTENTS

4

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) every night. 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 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.
- 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 3 seconds during Time Mode to activate or deactivate this function.

5

UNDERSTANDING THE SYMBOLS

A	-	Time from 0:00.00 to 11:59.59
P	-	Time from12:00.00 to 23:59.59
♪	-	Alarm On
🔔	-	Chime
☾	-	Sleeping Mode
👣	-	Step Mode (Step you have walked)
	-	Shake The Watch
🔋	-	Low Battery Detection
♫	-	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
1. Press the MODE button to scroll through the menu until you locate the time mode, " TIME ".
2. Press ST/SP/+ button to view the Date.
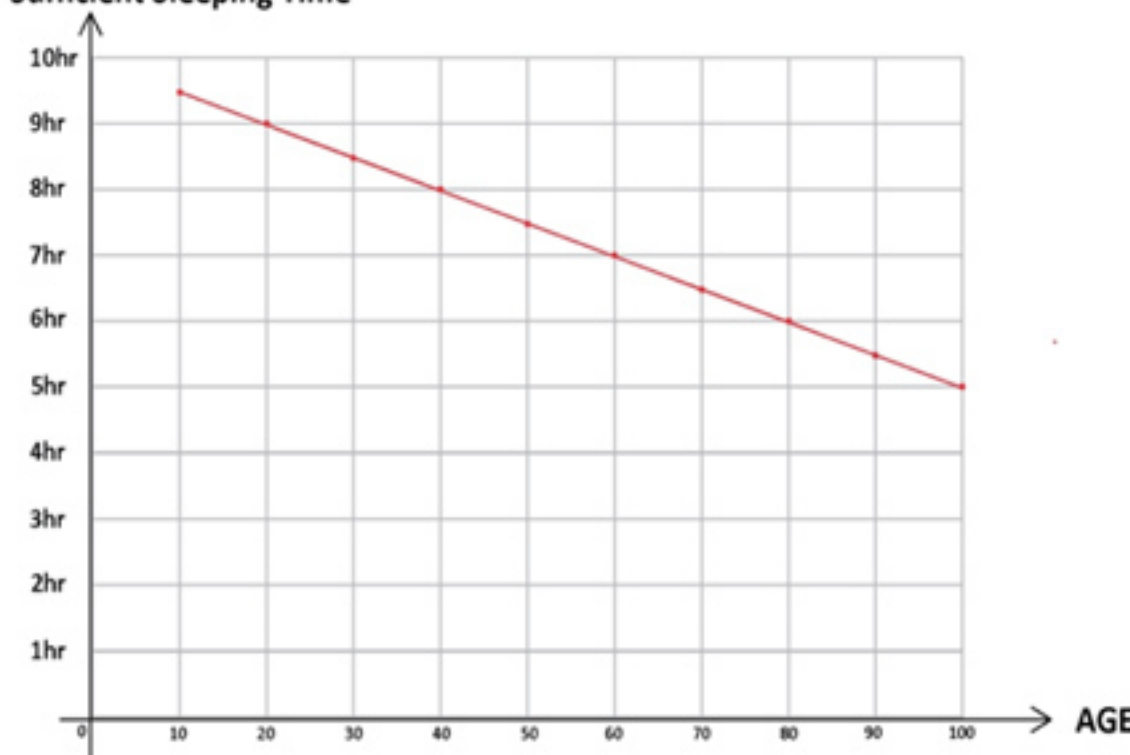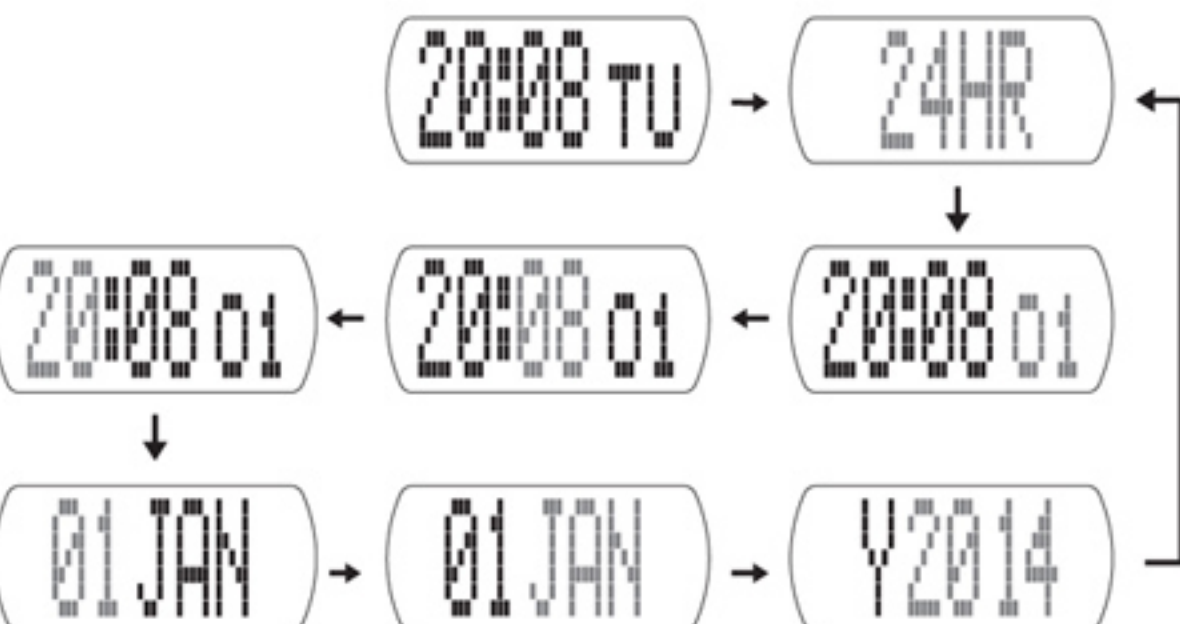3. Press RE/- button to toggle the Day and Seconds.

SETTING TIME
1. Hold the MODE button for 3 seconds to enter setting mode.
2. Press ST/SP/+ button to toggle 12Hr or 24Hr.
3. Press MODE button to set seconds.
4. Press ST/SP/+ button to zero.
5. Press MODE button to set minutes.
6. Press or hold either the ST/SP/+ button to increment the minutes' digits or RE/ - button to decrement the number.
7. Press MODE button to set the hour.

6

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8. Press or hold either the ST/SP/+ button to increment the hours' digits or RE/ - button to decrement the number.
9. Press MODE button to set the date.
10. Press or hold either the ST/SP/+ button to increment the date's digits or RE/ - button to decrement the number.
11. Press MODE button to set the month.
12. Press or hold either the ST/SP/+ button to increment the month's digits or RE/ - button to decrement the value.
13. Press MODE button to set the year.
14. Press or hold either the ST/SP/+ button to increment the year's digits or RE/ - button to decrement the number.
15. 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.
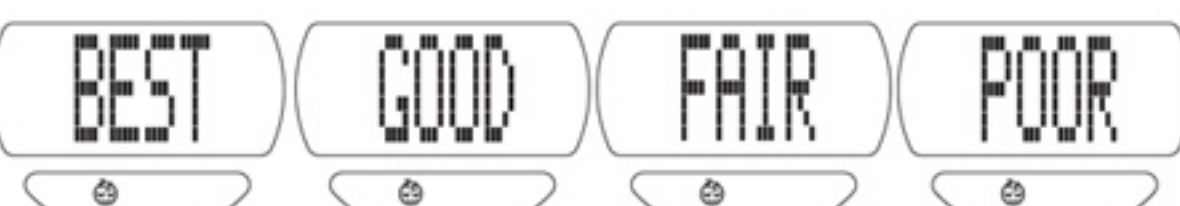- Press the RE/ - button in Time mode to toggle between day and seconds.

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


7

SETTING ALARM
1. Hold the MODE button for 3 seconds to set the alarm, and the minutes' digits should flash.
2. Press or hold either the ST/SP/+ button to increment the minutes' digit or RE/ - button to decrement the value.
3. Press the MODE button to confirm the value, and the hours' digits should flash.
4. Press or hold either the ST/SP/+ button to increment the hours' digit or RE/ - button to decrement the value.
5. 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
1. Press the MODE button to scroll through the menu until you locate the stopwatch mode, " STW ".
2. Press ST/SP/+ button to start the stopwatch, and press again to stop the stopwatch.
3. 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 stopwatch is running, press RE/ - button to view the current time, and it will automatically back to stopwatch mode after 3 seconds.

STEP COUNTING MODE
1. Press the MODE button to scroll through the menu until you locate the pedometer mode displaying " STEP ".
2. Press ST/SP/+ button or wait 3 seconds to view the Step – Distance – Calories Burnt – Exercise Time, and this cycle will repeat itself.

8

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 ".
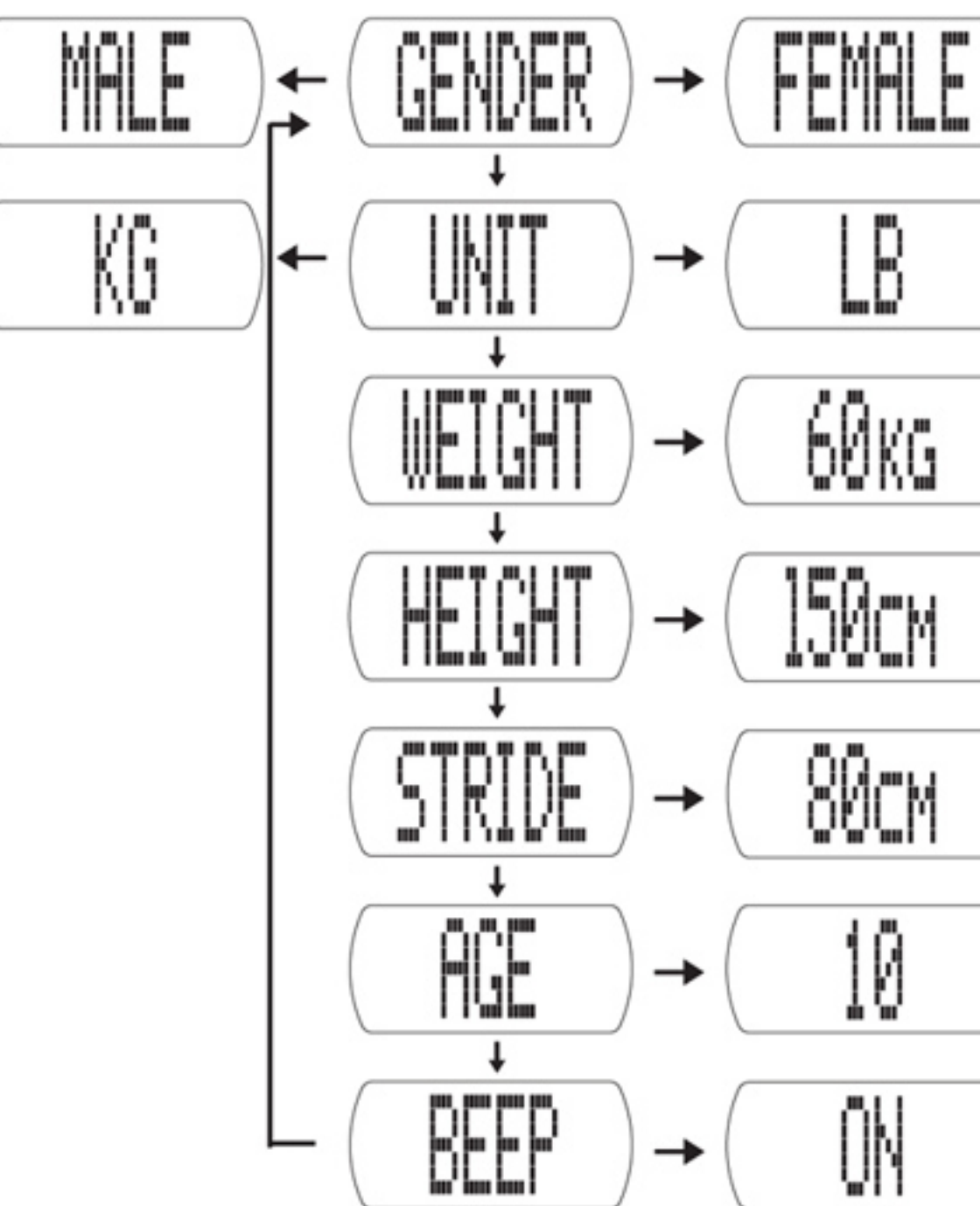

1. To start the sleep quality monitor, press the ST/SP/+ button.
2. Press ST/SP/+ button again to pause the sleep quality monitor.
3. Press RE/ - button to browse through the sleep statistics or wait 3 seconds in between each sleeping statistic (Actual Sleeping time – Percentage of Sufficient sleep time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

4. Hold the RE/ - button for 3 seconds to save or delete the record, and the display should show " SAVE ", followed by " YES ".
5. Press ST/SP/+ button to toggle between " YES " or " NO ".
6. 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.

9

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.
- At sleeping mode - if user does not start the sleeping monitor, it will return to Time mode after 1 minute.
- When you press the ST/SP/+ button to stop the sleeping monitor, but do not save or delete the record, it will return to time mode automatically after 30 minutes.

Sufficient Sleeping Time

INDICATION OF THE SLEEPING QUALITY
1. BEST – 91% - 100%
2. GOOD – 81% - 90%
3. FAIR – 61% - 80%
4. POOR – 0% - 60%

10

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

MEMORY MODE
1. Press the MODE button to scroll through the menu until you locate the memory mode displaying " MEMORY ".
2. Press ST/SP/+ button to select step counting records (displaying " PEDO RE " or sleeping records (displaying " SLP RE ").
3. Hold the MODE button for 3 seconds to confirm the selection.
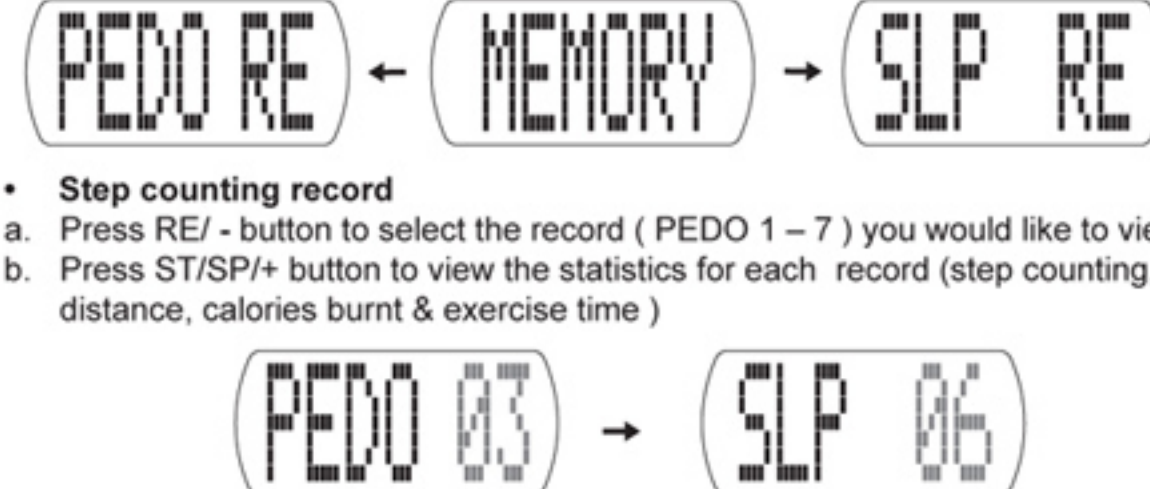
• Step counting record
a. Press RE/ - button to select the record (PEDO 1 – 7) you would like to view.
b. Press ST/SP/+ button to view the statistics for each record (step counting, distance, calories burnt & exercise time)

• Sleeping record
a. Press RE/ - button to select the record (SLP 1 – 7) you would like to view.
b. Press ST/SP/+ button to view the statistics for each record (actual sleeping time, percentage of sufficient sleep time & the grade of sleeping quality)
4. Hold the MODE button for 3 seconds to exit, and return to Memory mode.

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 the 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.

11

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

2. Hold the MODE button for 3 seconds to personalize settings, and display should show " GENDER ".
3. Press ST/SP/+ button or RE/ - button to toggle between male or female.
4. Press MODE button to set the Unit.
5. Press ST/SP/+ button or RE/ - button to toggle between metric or imperial units.
6. Press the MODE button to set the Weight.
7. Press or hold either the ST/SP/+ button to increment the weight's digits or RE/ - button to decrement the value.
8. Press the MODE button to set the Height.
9. Press or hold either the ST/SP/+ button to increment the height's digits or RE/ - button to decrement the value.
10. Press the MODE button to set the Stride Length.
11. Press or hold either the ST/SP/+ button to increment the stride length's digit or RE/ - button to decrement the value.
12. Press the MODE button to set the Age.
13. Press or hold either the ST/SP/+ button to increment the age's digits or RE/ - button to decrement the value.
14. Press the MODE button to set the Key Tone (Beep).
15. Press ST/SP/+ & RE/ - button to toggle between ON & OFF.
16. Press the MODE button and loop back to Gender setting
17. 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.

12

ACTIVITY MODE
1. Hold the ACT/EL button for 2 seconds and the Jogging icon will appear. press again ACT/EL button to select your activity.

2. Press the ST/SP/- button to activate or deactivate the alert alarm (a bell icon " 🔔 " will appear while activate).

| Jogging | Exercise | Hiking | Biking | Swimming |

3. Press the RE/ - button to activate or deactivate the weekly alarm, as indicated by the letter " w ".
4. Hold the MODE button for 2 seconds to set the alert date & the month digit should flash.
5. Press or hold the ST/SP/- button to increment the value.
6. Press or hold theRE/ - button to decrement the value.
7. Press the MODE button to set the day.
8. Press the ST/SP/- button to increment the value.
9. Press RE/- button to decrement the value.
10. Press the MODE button to return to the month setting.
11. Press the ACT/EL button to next activity.
12. Press the MODE button for 2 seconds or no button press for 60 seconds will return to Time mode and all the data will be kept.

NOTES
1. When the alert alarm is ON, all the acticity icons will appear and the selected icon(s) will flash.
2. The selected icon(s) will flash until 0:00, unless stopped and will repeat itself the following week if the weekly alarm repeat has been activated.

14

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:	Calories Consumption: 0-99999kcal Number of step: 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) and you need to reset the watch, press all four buttons at once. All data previously input into the device will be erased and you will need to re-enter your personal settings. Should this fail to correct the situation, remove the batteries and then put them back into the battery compartment.Follow all the steps mentioned above in order to input the necessary data once more. The content of this manual is subject in order to change without further notice. Due to printing limitations, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, 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.

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