

TANK3

NORTH EDGE

Manual | 说明书

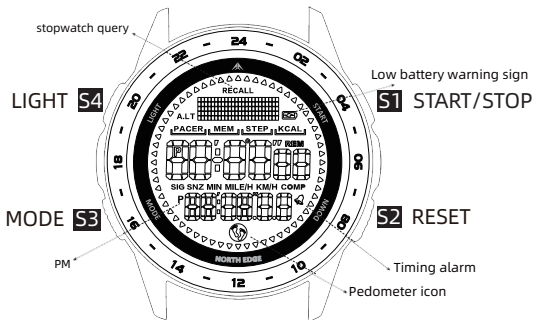


250224-V2.0

MANUAL

• Display Subtitles and Button Functions.....	01
• Interface switching view.....	02
• Mode Switch	03
• Time Setting	04
• Manually Turn On or Off The..... Step Counting Function	05
• In the plan mode, there is a plan	06
sleep power saving and reset function	
• Personal Parameters and Target Step Settings.....	07
• Query the Step Count Data of the Day.....	09
• Single Step Counting Time and.....	11
Remaining Time Viewing Operation	
• Query Step Counting Historical Data.....	13
• Stopwatch Mode.....	15
• Countdown Mode	17
• Alarm Mode	19
• Metronome Mode	21
• Compass Mode	22

Display Subtitles and Button Functions



S1 key: start, pause, open, close, add value, view

S2 key: decrement, reset, look up

S3 key: mode switching, switching selection, confirmation and saving

S4 key: backlight, settings

Function introduction:

1. 12-digit display + dot matrix display: normal time display screen: hour, minute second, week, month-date/step count; with perpetual calendar function. Year range: 2020~2099

2. 12/24 hour format selection.

3. Personal parameter settings: male and female; metric/imperial; height; weight; step distance; target steps; exercise time

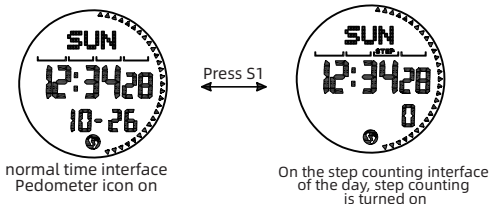
4. Pedometer function: A) Pedometer dormancy B) Display exercise time and exercise remaining time C) Manually turn on or off pedometer, step counting data clearing function in pedometer mode D) Real-time query of accumulated pedometer data of the day: walking Steps, calories burned, exercise mileage, exercise time, average speed

5. Running second timing function: the maximum running second timing is 23 hours, 59 minutes and 59 seconds, accurate to 1/100 second in the first hour, and accurate to 1/60 second after 1 hour
6. Alarm function: three groups of timing alarm time can be set, there is an hourly time report, snooze function and can be turned on or off by a single group
7. Historical pedometer data storage and query function: it can store the pedometer data of the previous 31 days and query the historical pedometer data of each day: the number of walking steps, calories consumed, exercise time, exercise mileage and average speed
8. Countdown function: the maximum countdown time is 24 hours
9. Metronome function
10. Compass function
11. Step completion rate progress bar
12. Low battery reminder function
13. Button tone setting (on or off)
14. EL light-emitting function: press the S4 key once to delay for 3 seconds
15. There is full display test function

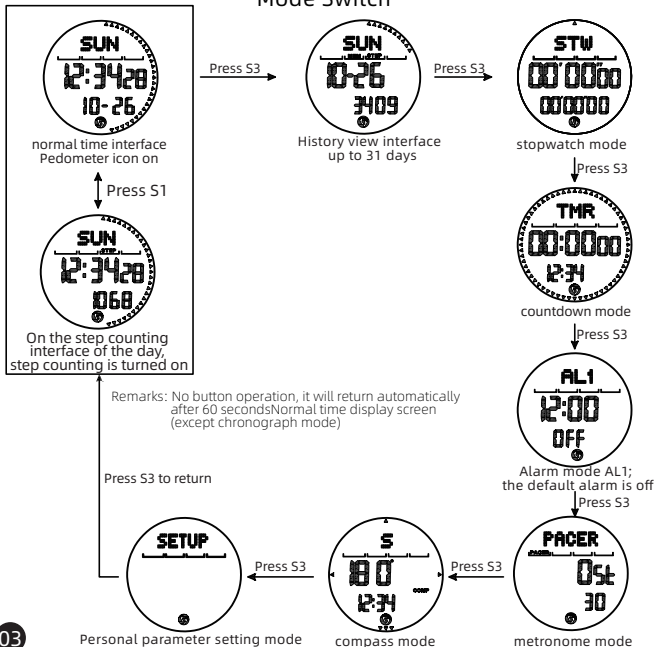
EL Backlight

- In any mode, press the S4 button to light up and delay for 3 seconds

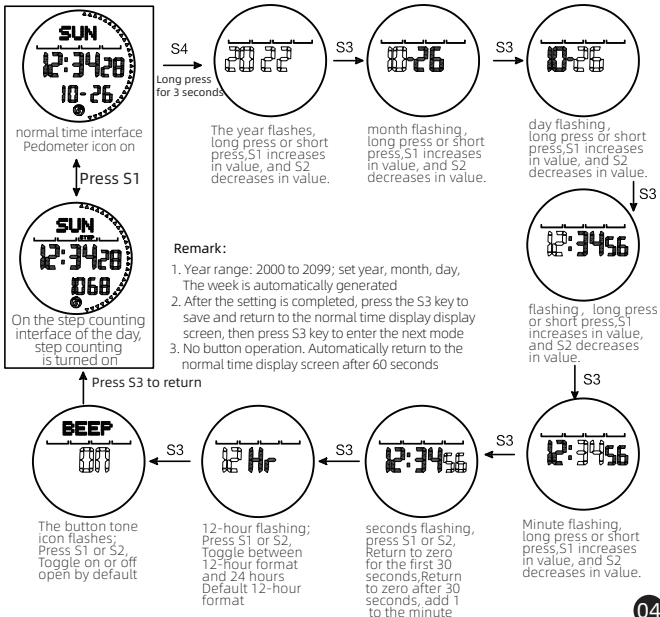
Interface switching view



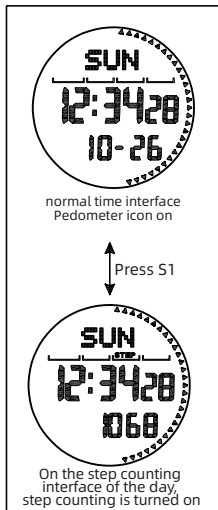
Mode Switch



Time Setting



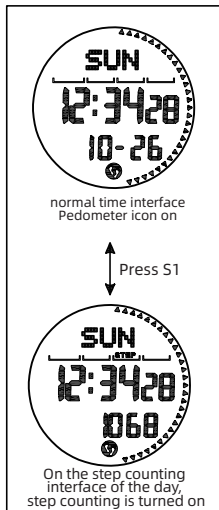
Manually Turn On or Off The Step Counting Function



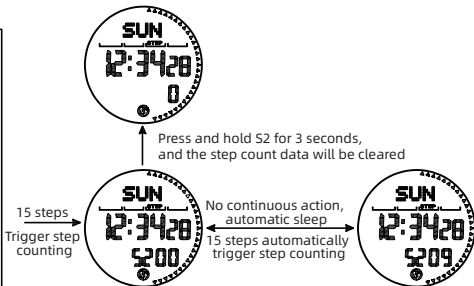
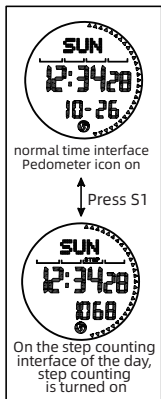
Long press the S1 button for 3 seconds Turn on/off step counting



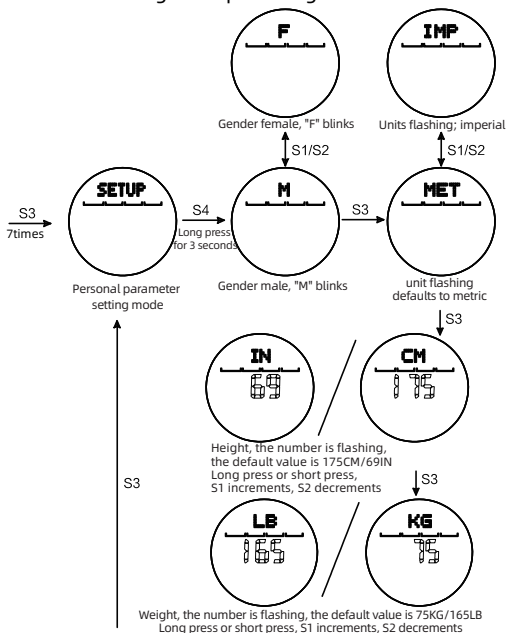
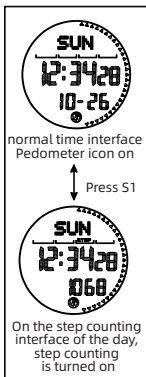
Turn off step counting by default

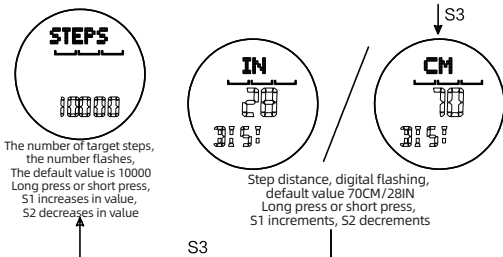


In the plan mode, there is a plan
sleep power saving and reset function



Personal Parameters and Target Step Settings





Remark:

1. In the pedometer mode of the normal time display screen, it can be set to turn on or off the pedometer.
2. Press S3 each time to confirm and save the last operation.
3. The default unit is metric.
4. Height setting range: metric system is 90CM-250CM, imperial system is 35IN-99IN
5. Weight setting range: the metric system is 20KG-200KG, and the imperial system is 44LB-441LB.
6. Step distance setting range: 20CM-120CM, 8IN-47IN in imperial system.
7. Target step setting range: 1000-100000, set in units of 1000.
8. Adjustment range of exercise target time: 1~8 hours.
9. Without key operation, it will automatically return to the normal time display screen after 60 seconds.

Remarks:

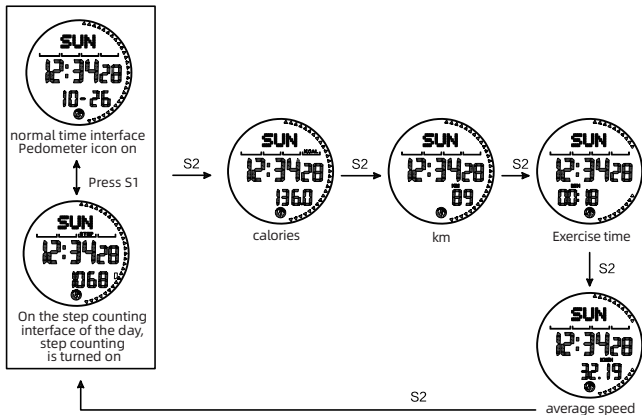
Regarding setting the input step length, if you don't know your exact step length, please find a distance between 10 meters and 100 meters to the target point, turn on the pedometer function, and then run to the target point and stop to read the number of steps. The step size can be calculated.

For example:

when running to the target point and stopping at 10 meters, the pedometer displays 14 steps, which is calculated as (step length = 10 meters / 14 steps), and the "step length" in the setting item should be input as 71cm. Of course, the farther the test target point is, the more accurate the test result will be.

Query the Step Count Data of the Day

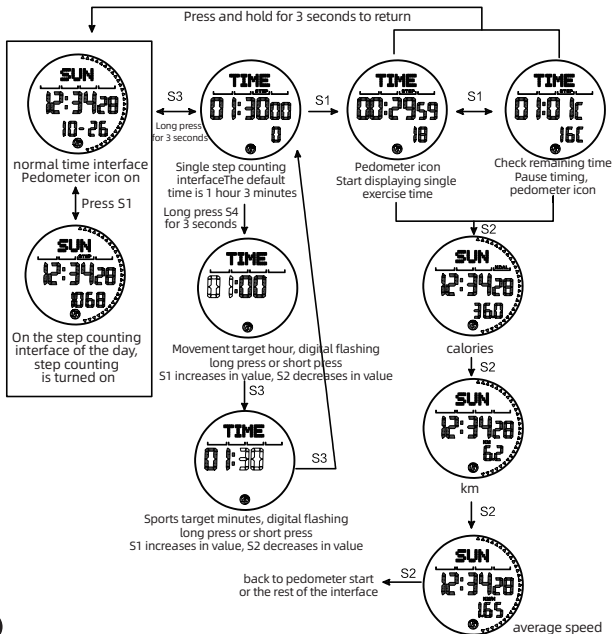
In the pedometer interface, real-time query the accumulated steps, calories, exercise mileage, exercise time and average speed of the day



Remark:

1. When step counting is turned on, step counting is triggered for 15 consecutive steps, and the number of steps is included in the total number of steps counted; 15 steps will not trigger step counting, and the number of steps will not be included in the total number of steps counted; during the step counting process, if there is no continuous action or no movement, it will enter the step counting sleep power saving state.
2. In the step counting mode of the normal time display screen, press and hold the S2 key for a second to clear all real-time step counting data (steps, calories, walking kilometers, walking time, average speed and target step percentage) in the current mode. rate factor). If the data is not cleared, the next step counting will be accumulated on the current data.
3. The step count data of the day will be automatically saved and automatically cleared at 00:00:00 the next day.
4. When the percentage completion rate of the target number reaches 100%, it will display a full grid (full circle). At this time, the whole circle flashes, and at the same time it emits an alarm sound of "Bl, Bl, B1" for 20 seconds. During the beeping and flashing process, press the S1 key to stop the beeping and flashing,
5. The step counting function can be manually turned off in the abnormal walking step counting state to save power and energy and prolong the battery life; when counting steps again, manually turn on the step counting function, and the step counting data will be accumulated on the original step counting data .
6. The current data unit is displayed according to personal settings
7. No button operation, 60 seconds will automatically return to the normal time display screen.

Single Step Counting Time and Remaining Time Viewing Operation

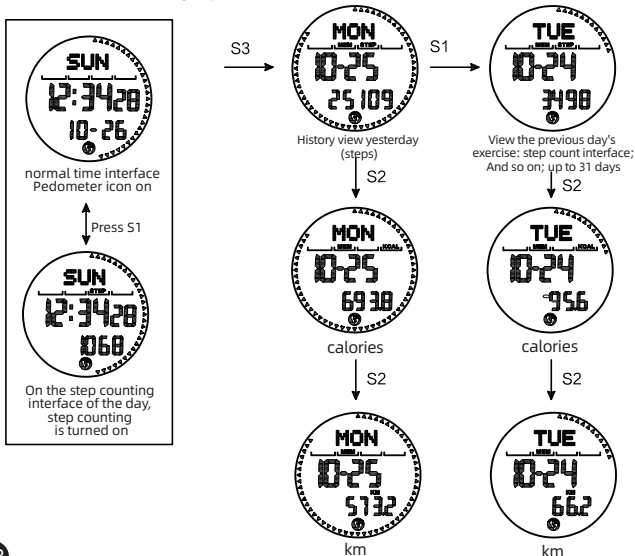


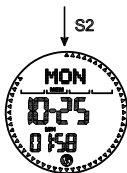
Remark:

1. The minimum time is 1 minute and the maximum is 8 hours (setting time display: 00:01, running time:00:01:00,00:00:59)
2. The target time has been set on the current interface. When the target time is completed, it will display a full grid (full circle).At this time, the whole circle flashes, and a 20-second beep is issued at the same time "Bl, Bl, Bl" beeps. buzzing and flashing During the process, press any key to stop the beeping and flashing
3. Press the S2 key to query the step counting data at the current time: steps, calories, walking kilometers and average time speed,
4. When step counting is turned on, trigger step counting for 15 consecutive steps, the step counting icon flashes, and the time starts counting, and the number of steps is included in the total number of steps, if it is less than 15 consecutive steps, the step counting will not be triggered, and the number of steps will not be counted Enter the total number; in the process of step counting, if there is no continuous movement or does not move, it will enter the step counting sleep state The power status and time will also be suspended.
5. Short press the S3 key to reset in the pause state (restore to the single step counting interface)
6. After long pressing the S3 key to return to other interfaces, if the target time is completed, enter the single count again In the step mode, it will directly jump to the time end interface.
7. There is no automatic return function for a single exercise, long press the S3 key to return.

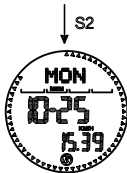
Query Step Counting Historical Data

Inquiry historical data can be found: accumulated steps, calories, exercise mileage, exercise time and average speed

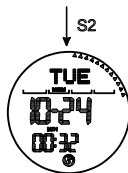




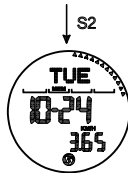
exercise time



average speed



exercise time



average speed

Remark:

1. The current screen displays yesterday's step data and the completion rate of the target step percentage. It can store 31 days of data, sorted from yesterday to the previous 31 days. If the stored records are full, the earliest records will be automatically overwritten.
2. Press the S1 key to query the historical date, and press the S2 key to query the pedometer data of the current date: steps: calorie kilometers/walking time and average speed per hour.
3. Under the current screen, press and hold the S2 key for a second to clear all historical pedometer data. Current units are displayed according to personal settings.
5. If there is no button operation, it will automatically return to the normal time display screen after 60 seconds.

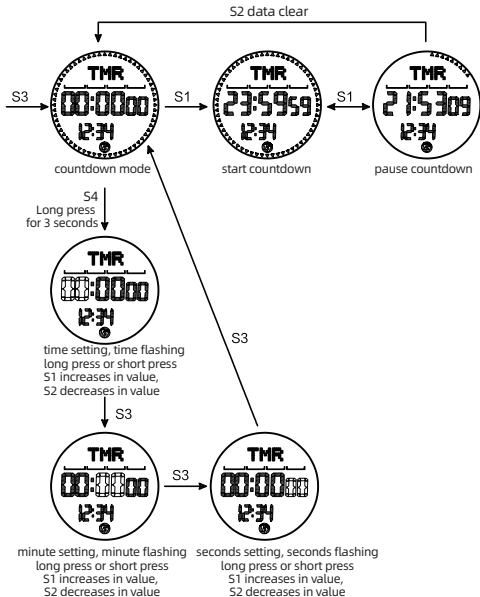
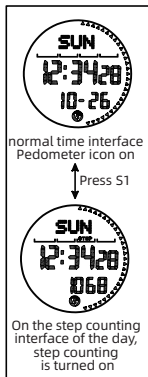
Stopwatch operation and viewing the running seconds group time



Remark:

1. When the stopwatch stop, the similar dots will flash.
2. After the stopwatch stop, it will automatically return to the time mode if there is no operation for 5 minutes.
3. When each set of SPL is taken, the lower row displays the corresponding SPL value (up to 10 sets).
4. The maximum stopwatch timing time is 23 hours, 59 minutes, and 59 seconds. The first hour is accurate to 1/100 second, and the pound is accurate to 1 hour later. 1/60 second.
5. When the stopwatch reaches the maximum number, it will stop automatically.
6. If the stopwatch are not reset to zero, even if you switch to other modes, the stopwatch will continue.
7. After the operation is completed, press the S3 key to enter the next mode.

Countdown Mode

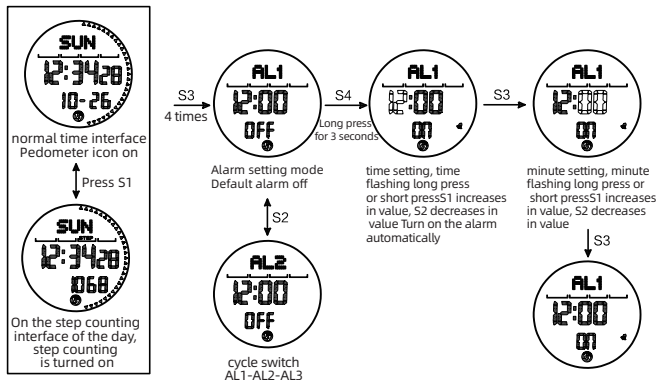


Remark:

1. On the initial value screen or the set value screen, press and hold the S4 key for 3 seconds to set, after the setting is completed Press the S3 key to save and return to the initial countdown screen, and then press the S3 key to enter the next mode.
2. The initial value starts counting down at 24:00:00.
3. Set the value and start counting down with the set time.
4. When the countdown reaches 00:00:00, stop the countdown and return to the initial value or set value. At this time The whole circle flashes at the same time and emits a 20-second 'BI, BI, BI sound; press any key to stop business.
5. On the pause interface, press the S2 key to stop the countdown and return to the initial value interface.
6. Even if you exit the countdown setting mode screen, the countdown will continue.
7. If there is no button operation, it will automatically save and return to the three constant time display after 60 seconds.

Alarm Mode

Alarm time setting:

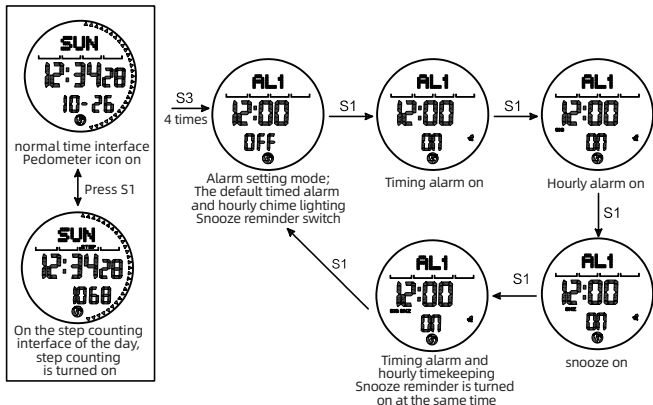


Snooze Reminder Instructions:

1. The snooze function has a total of three times, with an alarm every 5 minutes.
2. Press the S1 key to interrupt the alarm and close the rest of the snooze.

Press the S2, S3 or S4 key during the alarm process to interrupt the alarm reminder.

Timing alarm and hourly timekeeping on and off:

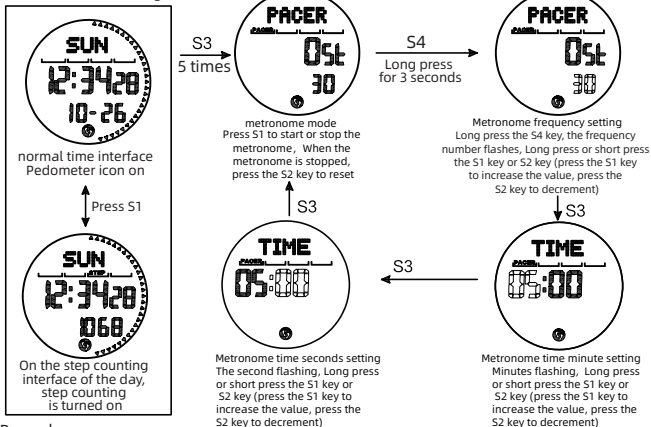


Remark:

1. After the setting is completed, press the S3 key to return to the alarm clock setting mode screen, and then press the S3 key to enter the next mode.
2. When the preset alarm time is reached, it will sound "BI, BI" for 20 seconds, press any key to stop the alarm.
3. In the mode of opening the time signal on the hour, there will be a "BI" sound on the hour:
4. No button operation, automatically save and return to normal time display screen after 60 seconds

Metronome Mode

Metronome settings:

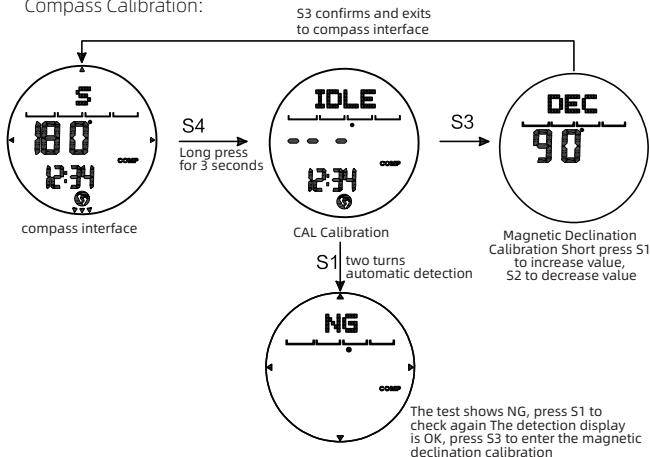


Remark:

1. After the setting is completed, press the S3 button to enter the metronome mode screen, and then press the S3 button to enter the next mode
2. The default initial time of the metronome is 5 minutes, and the maximum time that can be set is 60 minutes
3. The default initial frequency of the metronome is 30HZ, which can be set to 30HZ, 60HZ, 90HZ, 120HZ, 180HZ, 240HZ
4. The metronome function is only available in the metronome mode. Exit the metronome mode and reset to zero directly. The maximum count of the metronome is 9999. Reaching the maximum value automatically starts from zero
5. The metronome function consumes more power. When you do not need this function mode, you need to exit immediately
6. No button operation, automatically save after 60 seconds and return to the normal time display screen

Compass Mode

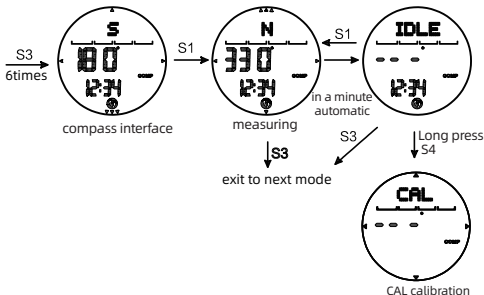
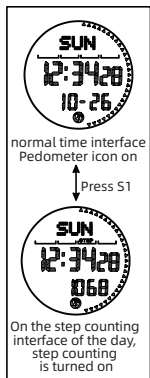
Compass Calibration:



Remark:

1. Press and hold the S4 button for 3 seconds to start compass calibration (CAL), follow the direction point (outer circle) and slowly rotate to stop, Or press the S3 key to confirm the calibration after two turns, and enter the magnetic declination calibration.
2. Set the range of magnetic declination: $-90^{\circ} \sim 90^{\circ}$, press the button to stop when it reaches the maximum or minimum.
3. After the setting is completed, press the S3 key to return to the compass mode, and then press the S3 key to enter the next mode.
4. Without key operation, it will automatically save and return to the normal time display screen after 60 seconds.

Compass measurements:



Remark:

1. Stop the measurement if there is no button operation for 1 minute, and press the S1 key on the compass interface to restart the measurement.
2. The compass measurement needs to be measured at a location without magnetic field interference, and the compass measurement error is Between ± 15 degrees.
3. Press the S3 key to return to the normal time display interface.

Electrical performance parameter standard

S/N	Project	Parameter
1	Operating temperature	-30°C - +70°C
2	Operating Voltage	3.0V
3	Monthly travel time error	$\leq \pm 60$ Second/month
4	Battery model and capacity	CR2430 (capacity 330mAh)

Environmental Statement

To reduce the use of paper for environmental reasons, we provide electronic manuals in multiple languages in PDF, which you can download and save so that you can view them at any time, please scan the code to view or download the electronic manuals in multiple languages in PDF.

Them In English, Spanish, French, German, Italian, Polish, Dutch, Swedish, Greek, Portuguese, Etc. If You Need Manuals In More Languages, Please Contact Us.

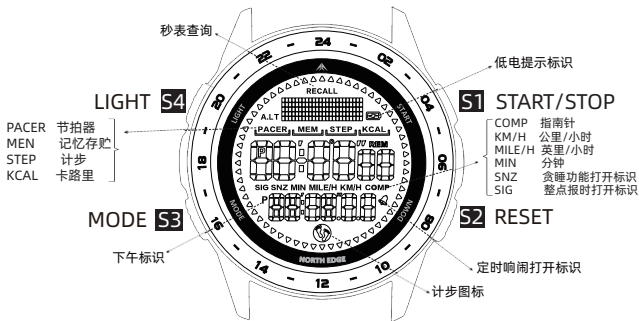
•Please scan the code to view



目录

• 全显字幕与按键功能.....	25
• 界面切换查看.....	26
• 模式转换	27
• 时间设置	28
• 手动开启或关闭计步功能操作.....	29
• 个人参数及目标步数设置.....	31
• 查询当天计步数据.....	33
• 单次计步时间及剩余时间查看操作.....	35
• 查询计步历史数据.....	37
• 跑秒模式.....	39
• 倒计时模式	41
• 响闹模式	43
• 节拍器模式	45
• 指南针模式	46

全字幕与按键功能



- S1键：开始,暂停,开启,关闭,增值,查阅
S2键：减值,复位,查阅
S3键：模式转换,切换选择,确认及保存
S4键：背光,设置

功能简介:

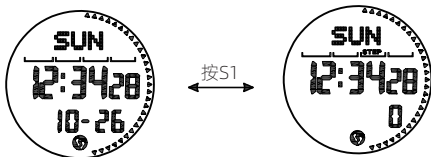
- 1.12位显示+点阵显示：正常时间显示画面：小时，分钟秒，星期，月份-日期/步数；带万年历功能。年份范围：2020年~2099年
- 2.12/24小时制设置选择。
- 3.个人参数设置：男女；公制/英制；身高；体重；步距；目标步数；运动时间
- 4.计步功能：A)计步休眠 B)显示运动时间及运动剩余时间 C)手动开启或关闭计步,在计步模式下有计步数据清零功能 D)实时查询当天累计计步数据：行走步数，消耗卡路里，运动里程，运动时间，平均时速
- 5.跑秒计时功能：最大跑秒计时23小时59分59秒,前1小时精确到1/100秒，1小时后精确到1/60秒

- 6.响闹功能：可设定三组定时响闹时间，有整点报时，贪睡功能及可单组开启或关闭
- 7.历史计步数据存储及查询功能：可存贮前31天计步数据和查询历史每一天计步数据：行走步数，消耗卡路里，运动时间，运动里程及平均时速
- 8.倒计时功能：最大倒计时间为24小时
- 9.带节拍器功能
- 10.带指南针功能
- 11.计步完成率进度条
- 12.低电提示功能
- 13.按键音设置（开启或关闭）
- 14.EL发光功能:按S4键一次延时3秒
- 15.有全显测试功能。

EL 发光

➤ 在任何模式下，按一下S4键发光并延时3秒

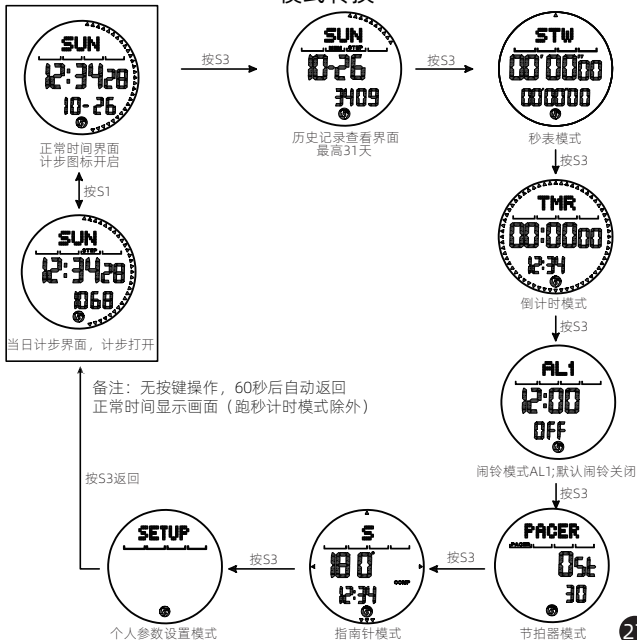
界面切换查看



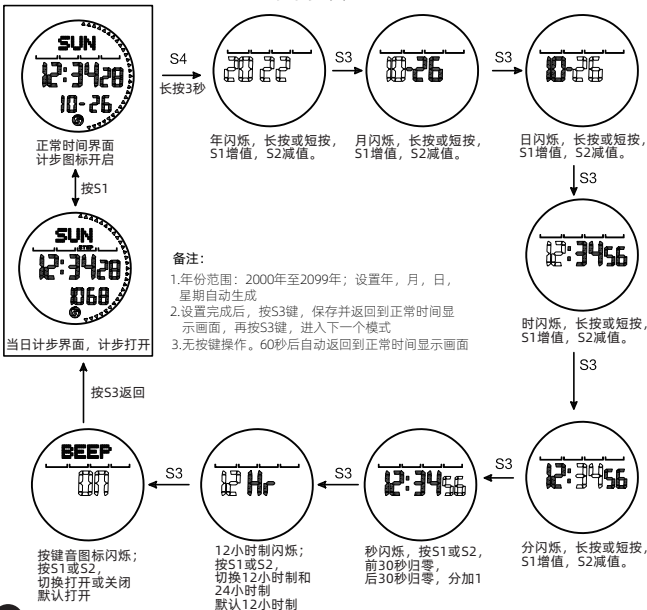
正常时间界面
计步图标开启

当日计步界面，计步打开

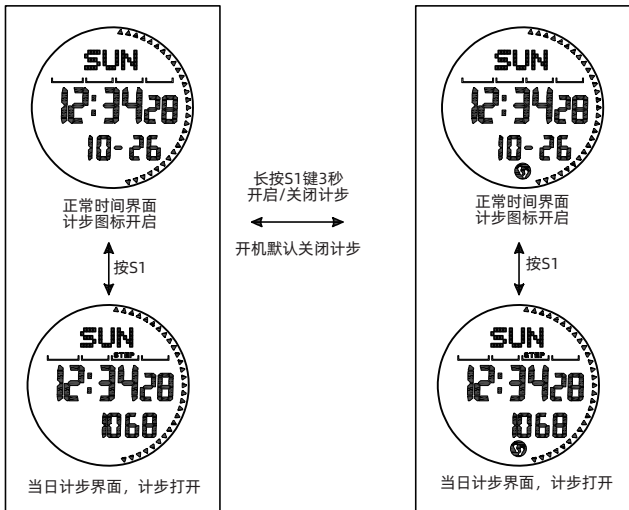
模式转换



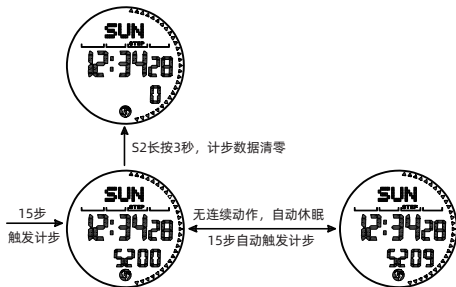
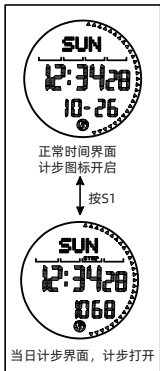
时间设置



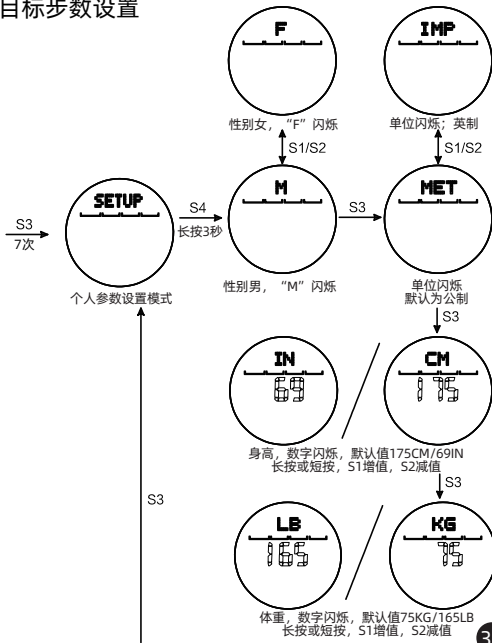
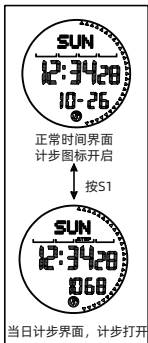
手动开启或关闭计步功能操作

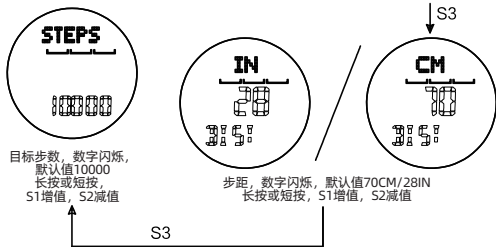


在计步模式下有计步休眠省电及清零功能



个人参数及目标步数设置





备注:

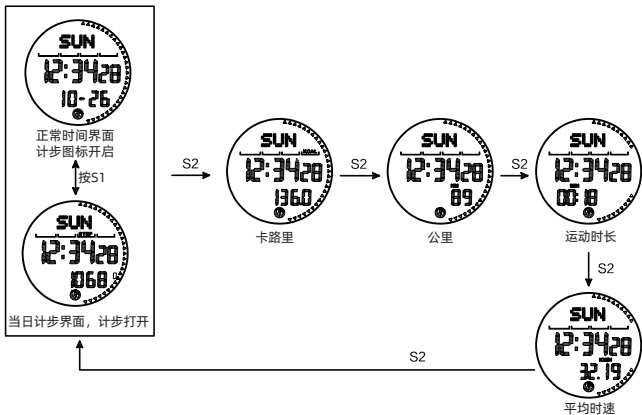
- 1、在正常时间显示画面计步模式下, 开启或关闭计步均可设置。
- 2、每按S3键, 确认并保存上一个操作。
- 3、单位默认为公制。
- 4、身高设置范围: 公制为90CM-250CM, 英制为35IN-99IN
- 5、体重设置范围: 公制为20KG-200KG, 英制为44LB-441LB。
- 6、步距设置范围: 20CM-120CM, 英制为8IN-47IN。
- 7、目标步数设置范围: 1000-100000, 以1000为单位设置。
- 8、运动目标时间调整范围: 1~8小时。
- 9、无按键操作, 60秒后自动返回到正常时间显示画面。

备注: 关于设置输入步长, 如果您不清楚自己准确的步长, 请找一个目标点为10米~100米的路程, 开启计步器功能, 然后跑到目标点停下来读取步数就可以计算步长。

例如: 跑到目标点为10米停下来时, 计步器显示14步, 计算为为(步长=10米/14步), 在设置项目里“步长”应输入71cm。当然测试目标点越远测试结果更准确。

查询当天计步数据

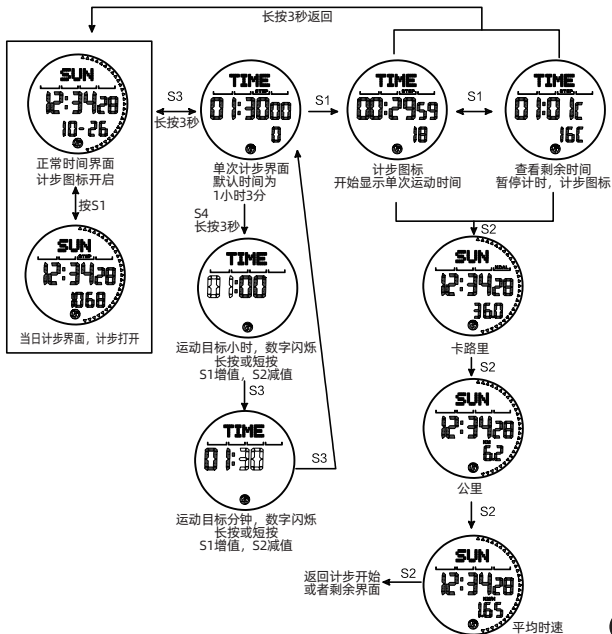
在计步界面，实时查询当天累计步数，卡路里，运动里程，运动时间及平均时速



备注：

- 1、在计步开启状态下，连续15步触发计步，且步数计入计步总数；低于连续15步则不触发计步，且步数不计入计步总数；在计步过程中，无连续动作或禁止不动，则进入计步休眠省电状态。
- 2、在正常时间显示画面计步模式下，按住S2键3秒不放，清除当前模式下所有实时计步数据（步数，卡路里，步行公里，步行时间，平均时速及目标步数百分比完成率图标）。若未清除数据，下次计步将在当前数据上累计。
- 3、当天的步数数据将于次日00:00:00自动保存并自动清零。
- 4、当目标数百分比完成率达到100%时，显示满格（整圈）。此时整圈闪烁，同时发出20秒“BI,BI,BI”响闹声。在响闹和闪烁过程中，按一下S1键停止响闹和停止闪烁。
- 5、非正常行走计步状态下可手动关闭计步功能，以便省电节能，延长电池使用寿命；再计步时，手动打开计步功能，计步数据将在原有的计步数据上累计。
- 6、当前数据单位是根据个人设置来显示
- 7、无按键操作，60秒会自动返回到正常时间显示画面。

单次计步时间及剩余时间查看操作

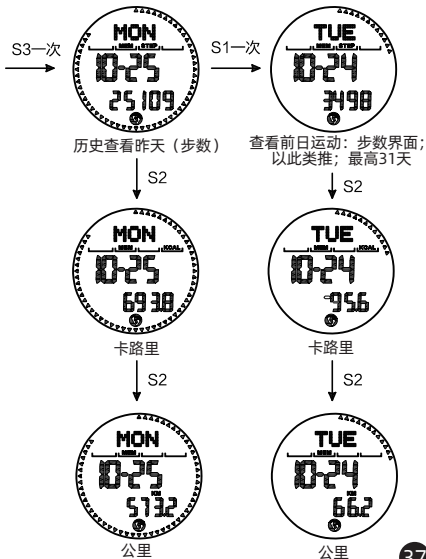
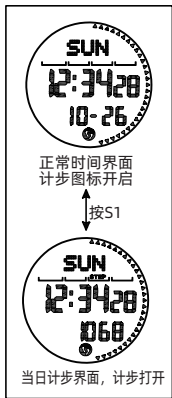


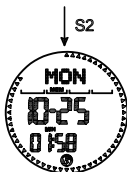
备注：

- 1、最低时间为1分钟，最高8小时（设置时间显示：00:01，运行时间为：00:01:00,00:00:59）
- 2、当前界面已设置好目标时间，当目标时间完成时，显示满格（整圈。此时整圈闪烁，同时发出20秒的“BI,BI,BI”响闹声。在响闹和闪烁过程中，按一下任意键停止响闹和停止闪烁。
- 3、按S2键查询当前时间的计步数据：步数，卡路里，步行公里及平均时速。
- 4、在计步开启状态下，连续15步触发计步，计步图标闪动，时间开始计时，且步数计入计步总数，低于连续15步则不触发计步，且步数不计入总数；在计步过程中，无连续动作或静止不动，则进入计步休眠省电状态及时间也会暂停。
- 5、在暂停状态下短按S3键复位（恢复到单次计步界面）
- 6、在长按S3键返回其它界面下，如果目标时间完成后，再次进入单次计步模式时，则直接跳转到时间结束界面。
- 7、单次运动无自动返回功能，长按S3键返回。

查询计步历史数据

在查询历史数据可以查到：累计步数，卡路里，运动里程，运动时间及平均时速

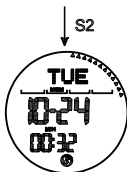




运动时间



平均时速



运动时间



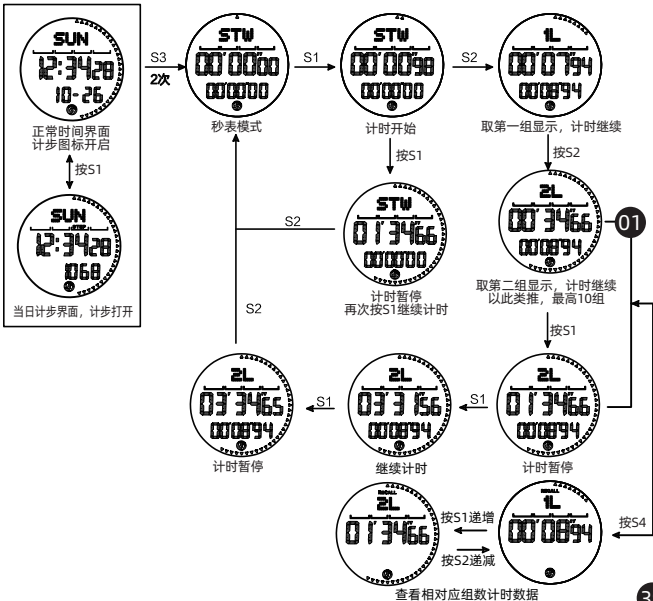
平均时速

备注:

- 1、当前画面显示昨天步数数据及目标步数百分比完成率，可以存储31天数据，从昨天到前31天依次排序，若存储记录已满，则自动覆盖最早的记录。
- 2、按S1键查询历史日期，按S2键查询当前日期的计步数据：步数，卡路里，公里，步行时间及平均时速。
- 3、在当前画面下，按住S2键3秒不放，清除全部历史计步数据。
- 4、当前单位是根据个人设置来显示。
- 5、无按键操作，60秒后会自动返回到正常时间显示画面。

跑秒模式

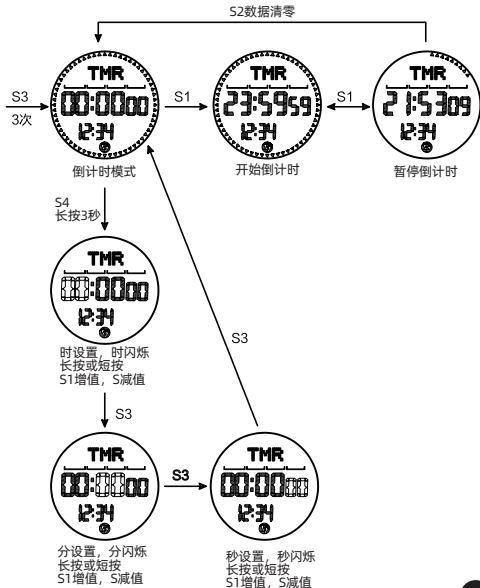
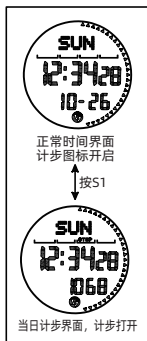
跑秒操作及查看跑秒组数时间



备注：

- 1、跑秒停止时，相近的点闪烁。
- 2、跑秒停止后，5分钟无操作自动返回时间模式。
- 3、每取一组SPL时，下排显示相应显示SPL值（最高10组）。
- 4、最大跑秒计时时间是23小时59分59秒，前1小时精确到1/100秒，
1小时后精确到1/60秒。
- 5、当跑秒计时达到最大数时，会自动停止。
- 6、若不归零跑秒计时，即使切换到其它模式，跑秒亦会继续进行。
- 7、操作完成后，按S3键进入下一模式

倒计时模式

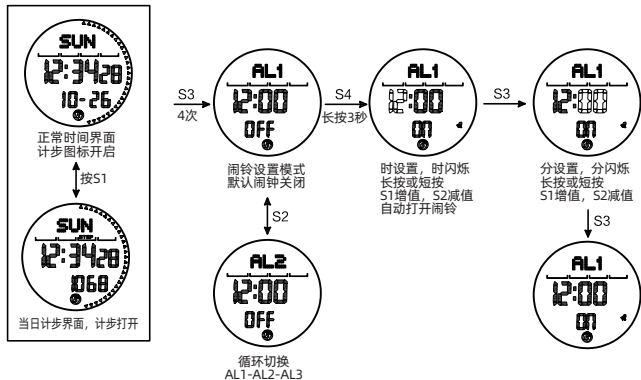


备注：

- 1、在初始值画面或设定值画面时，长按S4键3秒进行设置，设置完成后按S3键保存并返回到倒计时初始画面，再按S3键时入下一个模式。
- 2、初始值，以24:00:00开始倒计时。
- 3、设定值，以设定好的时间开始倒计时。
- 4、倒计时到达00:00:00时，停止倒计时并返回到初始值或设定值，此时整圈闪烁同时发出20秒的“BI,BI,BI”声；按任意键停止。
- 5、暂停界面按S2键停止倒数计时并返回初始值界面。
- 6、即使退出倒数计时设置模式画面，倒数计时亦会继续进行。
- 7、无按键操作，60秒后自动保存并返回到正常时间显示画面。

响闹模式

响闹时间的设置:

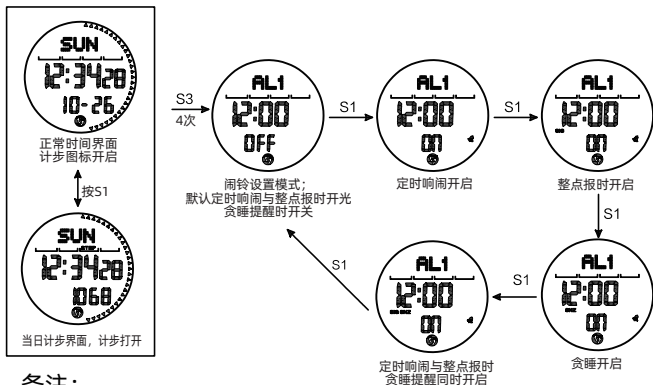


贪睡提醒说明:

- 1、贪睡功能总共三次, 间隔5分钟响闹一次。
- 2、在贪睡响闹时按S1键打断响闹并关闭本次剩余贪睡。

在响闹过程中按S2,S3或S4键均可打断响闹提醒。

定时响闹及整点报时开启关闭操作：

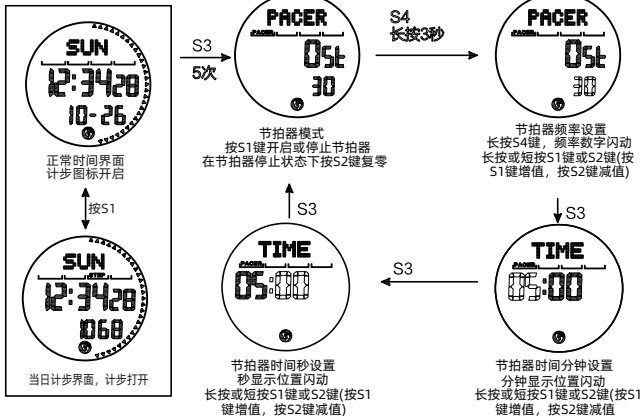


备注：

- 1、设置完成后，按S3键返回到闹钟设置模式画面，再按S3键进入下一模式。
- 2、当达到预设响闹时间时，便会发出20秒的“BI, BI”声，按任意键停止响闹。
- 3、在整点报时开启模式下，整点时会发出一声“BI”声。
- 4、无按键操作，60秒后自动保存并返回到正常时间显示画面。

节拍器模式

节拍器设置：



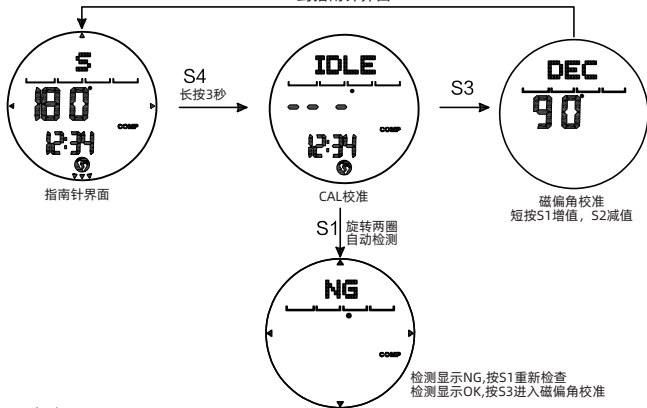
备注：

- 1、设置完成后，按S3键节拍器模式画面，再按S3键进入下一个模式
- 2、默认节拍器初始时间是5分钟，最大可设置时间为60分钟
- 3、默认节拍器初始频率为30HZ,可设定选择30HZ,60HZ,90HZ,120HZ,180HZ,240HZ
- 4、节拍器功能仅在节拍器模式下有，退出节拍器模式直接复零，节拍器最大计数9999，达到最大值自动从零开始
- 5、节拍器功能比较耗电，不需要此功能模式时，需即时退出
- 6、无按键操作，60秒后自动保存并返回到正常时间显示画面

指南针模式

指南针校准：

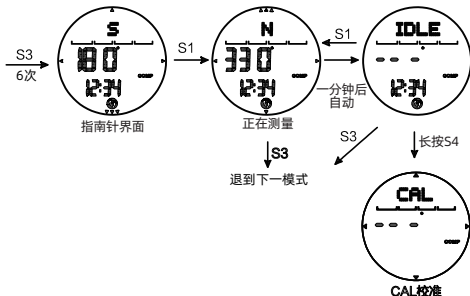
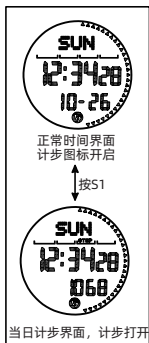
S3确认并退出
到指南针界面



备注：

- 1、长按S4键3秒开始后指南针校准（CAL）时，跟随方向点（外圈）缓慢旋转到停止，或旋转两圈后按S3键确定校准，进入磁偏角校准。
- 2、设置磁偏角的范围：-90度~90度，到最大最小时按键停止。
- 3、设置完成后，按S3键返回到指南针模式，再按S3键进入下一模式。
- 4、无按键操作，60秒后自动保存并返回到正常时间显示画面。

指南针测量：



备注：

- 1、1分钟无按键操作停止测量，在指南针界面按S1键重新开始测量。
- 2、指南针测量需在一个无磁场干扰的位置测量，指南针测量误差在 $\pm 15^\circ$ 度之间。
- 3、按S3键返回到正常时间显示界面。

电性能参数标准

序号	项目	参数
1	工作温度	-30°C - +70°C
2	工作电压	3.0V
3	月走时误差	$\leq \pm 60$ 秒/月
4	电池型号及容量	CR2430 (容量330mAh)



NORTH EDGE

Break All Boundaries