SPORTLINE ELECTRONIC PEDOMETER 345

BATTERY CAUTION:
- Non-rechargeable batteries are not to be recharged
- Exhausted batteries to be removed
- Do not dispose of battery in fire; battery may explode or leak
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TO OPERATE YOUR NEW PEDOMETER
1. Remove the plastic film from the LCD display on the front of the pedometer.
2. Slowly pull the battery protector from the battery door located on the back to activate your pedometer.

HOW TO OPEN
With the belt clip facing you, lift up on the OPEN tab and pull out using the belt clip.

EXPLANATION OF BUTTON FUNCTIONS
BUTTON A — RESET: This button has three functions:
1. To change from miles to kilometres measurements.
2. To reset pedometer back to zero in STEP, DISTANCE or CALORIE modes.
3. To increase hours in CLOCK setting mode.
BUTTON B --- SET: Used for setting stride length, weight, and time of day. Also used to increase minutes in CLOCK setting mode.
BUTTON C — MODE: Allows you to choose the MODE you want in the sequence of STEP, DISTANCE, CALORIE and CLOCK.

DISPLAY OPTIONS AVAILABLE
This pedometer can measure in four modes:
STEP: Shows how many steps you have walked (from 0 to 99999).
DISTANCE: Shows the distance you have walked in miles or kilometres (from 0 to 99.999).
CALORIES: Calculates the number of calories you have burned during your exercise period (from 0 to 9999.9).
CLOCK: In addition to the above measurements, this pedometer also has a CLOCK mode that provides the time of day.

TO SET UP YOUR PEDOMETER
1. Decide first whether you want your pedometer's DISTANCE mode to operate in miles or kilometres.
2. Determine if the DISTANCE mode is currently set to MILE or KM by hitting the MODE button. If already set to your desired measurement, please skip to "Input Your Stride Length".
3. If you need to change from MILE to KM or vice versa, press and hold the RESET button for 5 seconds. This will change Stride setting measurements from inches to centimetres and weight setting measurements from pounds to kilograms as well.
INPUT YOUR STRIDE LENGTH (range 12-96 inches or 30 — 240 cm; the default values are 30 inches/75 cm):
1. Walk 10 steps.
2. Measure the distance you have walked either from heel-to-heel or toe-to-toe.
3. Divide the distance covered by the number of steps.
4. Example; Distance covered in 10 steps = 360 inches. Divide the number of inches by the number of steps (360 inches divided by 10) = 36 inches.
IMPORTANT: Please remember that the length of your stride while walking is different than the length of your stride while running. If you plan to use this pedometer for both types of exercise, you will have to reprogram your stride length when you go from one to the other.

HOW TO ENTER YOUR STRIDE LENGTH
1. Press the MODE button (C) on the display panel to DIST (DISTANCE).
2. Press the SET button to enter the setting mode, then press (B) repeatedly to enter your personal stride length. Each press advances your stride by one inch or one centimetre. Stride range is 12 - 96 inches or 30 - 240 cm.
NOTES: After five seconds the display will return to the DIST mode. If you want to go to the DIST mode immediately, press the MODE button (C).
The pedometer will only count up. It will count up to 96 inches/240 cm before dropping down to 12 inches/30 cm to allow you to count up from there if your stride is less than the default value.

HOW TO SET THE CALORIE COUNTER
In order to measure your calories, you must enter your weight into the pedometer's memory. To do this follow these steps:
1. Press the MODE button (C) on the display panel to KCAL (Calories).
2. Press the SET button (B) , then continuously press (B) to enter your personal weight. Each press advances your weight by 1 pound or 1 kilogram (Range 60 to 300 lbs. or 30 to 135 kg; the default values are 100 lbs./45 kg).
NOTE: After 5 seconds, the display will return to the KCAL mode. If you want to go to the KCAL mode immediately, press the MODE button (C) .

HOW TO SET THE CLOCK
1. Press the MODE button (C) to CLOCK .
2. Press the SET button (B) to enter the setting mode. Display will flash.
3. Press (A) to set HOURS. Press (B) to set minutes. (A=AM, P=PM). Must be entered while numbers are still flashing — if flashing stops before time is entered, press set again.
4. Clock will return to CLOCK mode after 6 seconds. If you want to go to the CLOCK mode immediately, press the MODE button (C).

HOW TO WEAR YOUR PEDOMETER
1. Pedometer case MUST be closed in order to operate properly.
2. Clip the unit to your belt or to the top of your shorts or trousers as close as possible to the crease line of your pant.
3. The pedometer must always be horizontal and be parallel to the ground. Do not attach at an angle or sideways as false readings will result.

TO START YOUR EXERCISE
1. Press the RESET button (A) for 2 seconds. The display will show zero. All measurement functions (STEPS, DISTANCE, CALORIES) will reset to zero.
2. Begin exercising. The unit will keep track of your steps, distance and calories burned.
3. By pressing the MODE button (C) you can switch to other modes to get those readings as well.

TO RESET YOUR PEDOMETER: Press the RESET button (A) for 2 seconds. The display will show zero.

SENSITIVITY ADJUSTMENT: Everyone's walking style is different. The pedometer has an automatic Sensitivity Adjuster that compensates for the different walking and jogging styles.

BATTERY REPLACEMENT
1. The battery is under the front cover of your pedometer. Pop open the front cover with your finger (or use a coin) to access the battery.
2. Replace battery with D357H button cell battery when display dims.
3. You will need to re-enter your stride and weight when you change the battery.

OTHER INFORMATION
1. Treat your pedometer with care.
2. Pedometer is not waterproof.
3. This pedometer is designed to remain on continuously.
4. Battery life is approximately 1 year.