FITNESS

PEDOMETER

■ LARGE, DOUBLE LINE DISPLAY SHOWS YOUR WALKING, HIKING OR JOGGING DISTANCES, STEPS, CALORIES, EXERCISE TIME AND SPEED ■ RECALL THE PAST 7 DAYS OF ACTIVITY EASILY ■ MONITOR YOUR INDIVIDUAL EXERCISE GOALS ■ WALK OR RUN/WALK & RUN STRIDE SETTING ■ TIME OF DAY CLOCK IN 12 OR 24 HOUR FORMAT ■ DISTANCE MEASURED TO 1000 MILES / KM ■ STRIDE LENGTH MEMORY FOR WALKING *AND* JOGGING ■ AUTOMATICALLY SHUTS "OFF" WHEN THERE'S NO ACTIVITY, "ON" WHEN THERE IS ■

- DISTANCE (WITH 7 DAY MEMORY)
- STEPS
- CALORIES
- EXERCISE TIMER
- SPEED
- STEPS/MIN
- MILE / KM
- AUTO ON/OFF

ENDORSED BY
AHS American Hiking Society

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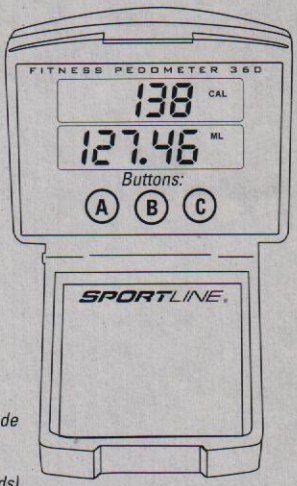
SPORTLINE®

THE PROFESSIONAL'S CHOICE

SPORTLINE 360 FITNESS PEDOMETER INSTRUCTIONS

Your new pedometer has been designed for your easy use and the accurate measurement of the distance you travel (travel distance records up to 7 days in memory), the steps you take, the calories "burned" while you walk or run, how long you exercise, what speed you walk or run, conversion of distance measurement from mile (MIL) to kilometer (KM) or kilometer to mile, and auto power on/off . Also included is a convenient Time-of-Day clock with 12 hour or 24 hour format to tell you what time it is. The unit will also measure your distance in miles/kilometers and fractions of miles/kilometers.

EXPLANATION OF SYMBOLS



Buttons

Button A - RESET, H(HR), ▲ (UP), KM/MIL
Button B - MIN (MINUTES) ▼ (DOWN)
Button C - MODE

Display (upper window)

STEP - You are in Step mode
TIMER - You are in Count Up Timer mode
CAL - You are in Calorie mode
KM/H, MIL/H - You are in Speed per hour mode
STEP/M - You are in Step per Minute mode
ODO - You are in total Mileage/Kilometer mode
Nothing or P- You are in Time of Day with 12 hour or 24 hour format Clock mode

Display (lower window)

WALK- You are in Walk & Run mode
RUN - You are in Run /Stride measurement mode
WALK & RUN - You are in Walk & Run stride setting mode
▲ - Pedometer is counting successfully
⏻ - You are in auto power OFF mode
Numbers of distance traveled in MIL or KM (7 days records).

Note: Remove battery isolation strip from battery compartment to "power up" your unit.

UNIQUE SCAN FEATURE

Your pedometer has a very unique scanning feature. After you turn on the pedometer the display will be in STEP mode. Press "C" button once or repeatedly to show TIMER, CAL, KM/H or MIL/H, STEP/M and Time of Day modes. When you return back to the STEP mode, it will be "blinking". You are now in the Auto-Scan mode. Now the display will automatically show the blinking words "STEP, TIMER, CAL, KM/H or MIL/H, STEP/M and Clock". The pedometer will now rotate through each one of these displays for 3 seconds sequentially as long as the auto-scan function is activated... or until you press the "C" button once more for new data setting or viewing.

HOW TO OPERATE YOUR NEW PEDOMETER

You will need to give your pedometer some information for it to operate properly. In the sections below you will see how to enter your personal STRIDE LENGTH (for walking, hiking), your WEIGHT (for calories), and TIME OF DAY. Once this information has been entered into the unit, you're ready to go!

YOUR STRIDE LENGTH *(Your stride length and how to measure it)*

This pedometer automatically records your exercise distance based upon your walking or running or hiking movements. The maximum distance reading is 999.99 miles/kilometers. The numbers to the right of the decimal point are fractions of a mile (just like your car's odometer) right down to 1 /100 of a mile or kilometer. It is important to walk or run or hike consistently. If you vary your walking pace, your stride length will vary and your distance traveled will be different.

HOW TO MEASURE YOUR STRIDE

In order to measure your exercise distance accurately, you must enter your stride length into the Pedometer's "memory" so it knows how much distance you cover with each step you take. (Stride length is the length of each one of your steps, measured either from heel to heel or toe to toe). It's easy to find your st[illegible]length!

FOR WALKERS

1. Walk 10 steps. 2. Measure the distance. 3. Divide by 10 the distance covered to arrive at your stride length. 4. Example: Distance covered In 10 steps = 30 feet. Steps taken to cover the distance (10 steps), 30 feet divided by 10 steps = 3 feet, stride length = 3 .0 feet.

FOR JOGGERS OR HIKERS

Follow the directions above, except jog or hike for 10 steps.

HOW TO ENTER YOUR "WALK" STRIDE LENGTH INTO THE PEDOMETER

1. Press the MODE button "C" on the display panel to STEP mode, and hold for 2 seconds to get to the WALK stride length setting mode. 2. Press button "A" or"B" for setting your WALK stride length information, every press of button "A" will increase 1 inch or 1 cm. Every press of button "B" will decrease 1 inch or 1 cm in the reverse order. 3. After you set your WALK stride lengtb information, the numbers of the stride length on the display will blink for confirmation and go back to MIL mode automatically after 5 seconds.

HOW TO ENTER YOUR "RUN" STRIDE LENGTH INTO THE PEDOMETER

1. Press the MODE button "C"on the display panel to STEP mode, and hold for 2 seconds to WALK stride length selling mode, press MODE button "C" once again to get RUN stride length setting mode. 2. Press button "A" or "B" for setting your RUN stride length information (the same as above).

HOW TO SET YOUR WALK, RUN OR WALK / RUN MODE

1. Press the MODE button "C" until you get to either STEP mode.
2. Press and HOLD mode button"C" for 3 seconds. Your WALK stride will blink on the bottom display.
3. Press MODE button "C" again. Your RUN stride will blink on the bottom display.
4. Press MODE button "C" again. The word WALK, RUN, WALK / RUN will blink.
5. Press button "A" until you get to the action of your choice (WALK, RUN, WALK / RUN).

The action will blink for 2 seconds, then stop, and you'll be ready to go.

HOW TO SET CALORIE COUNTER

1. Press the MODE button "C" and the display panel until you see CALORIE mode.
2. Press MODE button "C" and hold for 2 seconds to get WEIGHT setting mode.
3. Press button "A"or"B" to set your weight information. Every press on button "A" increases the weight by 10 LB (pounds) or 4.5 KG (kilograms). Every press of button "B" decreases the weight by 10 LB (pounds) or 4.5 KG (kilograms). 4. Once you set the proper weight, the display will blink for 5 seconds and then the display will skip back to CALORIE mode.

HOW TO SET TIME OF DAY

1. Press the MODE button "C" on the display panel repeatedly to reach CLOCK mode.
2. Press button "C" once and hold for 2 seconds to get 12 or 24 hour time setting mode. Press either button "A" or "B" once to set 12 hour time format or 24 hour time format. 3. Press MODE button "C" once to get into CLOCK setting. Both numbers will blink. Press button "A" for hour setting and "B" button for minute setting. After completing the setting, display will automatically go back to CLOCK mode after 5 seconds.

TO START YOUR EXERCISE

1. Press "C" until the upper display will show STEP mode. 2. The display will show 00000 in the STEP mode in the upper display window (if numbers appear in either display, RESET the display by pressing "A" for 2 seconds), and 0.00 MIL or KM for distance on lower display window.

Note: Unit must be closed while operating to track measurements accurately.

TO RESET YOUR PEDOMETER

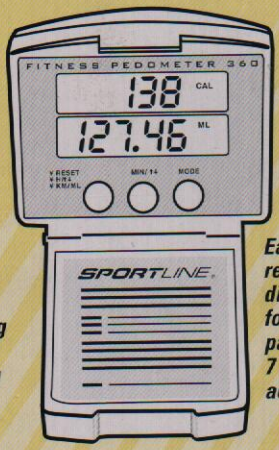
Press the RESET button "A" and hold for 2 seconds. The upper display and lower display will be reset to zero except the CLOCK mode and the previous 7 days distance travel records. TO RESET THE 7 DAY MEMORY, press and hold "A" for 5 seconds. All the digits will show. Release "A". The memory will clear. However, this will also change MIL to KM, or KM to MIL. Simply press and hold "A" for 5 seconds again to change back to your preferred (KM or MIL) distance measurement.

MILE / KILOMETER CONVERSION

To change from MILE to KILOMETER, press and hold RESET button "A" for 5 seconds. This will change STRIDE setting measurement from feet to cm (centimeters) as well.

FITNESS PEDOMETER 360

WHAT ABOUT WALKING? *Walking is one of the best forms of exercise. It burns calories, and it is easy on your joints.* ***You can walk anywhere*** *- inside a mall, around your neighborhood, or up the side of a mountain. Walking can help you reduce your stress, make your muscles stronger, lower your blood pressure and cholesterol levels, prevent Type 2 diabetes, reduce your risk of heart disease, control your appetite and lose. weight, feel and look better.* ***Walking is a great way to get fit,*** *especially if you're just starting to exercise. If you haven't exercised in a while, start out by walking briskly for 20 minutes, three times a week. Increase your time by a few minutes each walk until you can walk for 30 minutes.* ***Aim to walk two miles or more*** *in a half hour, three times a week and gradually increase your walking time and distance.*



Large double line display

Stride adjusts for walking and jogging

Easy to recall distance for the past 7 days activity



Unit flips down for easy viewing

Strong belt clip for easy attachment

DETAILED INSTRUCTIONS ENCLOSED

2 YEAR WARRANTY

QUARTZ

LASER TUNED

0 95121 36000 3

MADE IN TAIWAN

SPORTLINE®

THE PROFESSIONAL'S CHOICE

SPORTLINE INC., 847 McGLINCEY LANE, CAMPBELL, CA 95008

HOW TO USE THE TIMER COUNTER

This pedometer accurately measures the time you spend exercising. When you stop, the timer stops. When you exercise, the timer runs. Press MODE button "C" on the display panel until you get to the TIMER mode for viewing the record of your exercise time.

DISTANCE COUNTER FUNCTION

This feature allows you to count the distance you travel during an exercise period, or all day if you wish. Your target should be to walk or jog 4 miles each day. Try it.

1. *Press the MODE button "C" to get to STEP mode.* ***2.*** *Press RESET button "A" and hold for 2 seconds and begin walking, running or hiking. The display will show 00000 and will begin to record your steps and distance.*

DISTANCE WITH 7 DAY MEMORY & ODOMETER FUNCTION

This feature allows you to view the record of any day in miles or kilometers for 7 days. Starting from the 8th day, new data will automatically replace the memory of the 1st day recorded, and the 9th day will replace the 2nd day recorded... and so forth. Press and release button "A" to view each consecutive day's memory, and press button "B" to view each previous day's memory and total distance traveled "ODO" (like your car's odometer). ***Please note:*** *You can complete your viewing of the 7 days activities and total distance before you return to the main pedometer functions OR press "C" once to return to the main pedometer functions.*

SPEED FUNCTION

This feature allows you to know what speed you travel per hour and how many steps per minute.

1. *SPEED/HOUR: Press MODE button "C" repeatedly to locate SPEED mode to view speed function. The display will show MIL/H (mile per hour) or KM/H (kilometer per hour).*

2. *STEP/MINUTE: Press MODE button "C" once to advance to the next display STEP/M (step/minute) mode to view step per minute function.*

AUTO POWER ON / OFF

To save battery power, this unit will automatically "go to sleep" when no activity has been detected, for four (4) minutes. The lower display will show ⏻ whenever unit is not in use.

HOW TO WEAR YOUR PEDOMETER

Your pedometer clips easily to your trousers or shorts. For best results keep the unit in line with the "crease line" of your trousers.

SENSITIVITY ADJUSTMENT

Everyone's walking style is different. This pedometer has an automatic sensitivity adjuster that compensates for the different walking, running or jogging styles.

BATTERY REPLACEMENT

1. *The battery hatch is on the side of your pedometer. Slide open the battery door with your finger to access the battery* ***2.*** *Replace battery with LR-44 type when display dims.* ***3.*** *Reset the pedometer and reenter the WEIGHT / STRIDE length and CLOCK information.*

OTHER INFORMATION

1. *Treat your pedometer with care and it will work most efficiently.* ***2.*** *Pedometer is NOT waterproof, so keep it dry.*

SPORTLINE GUARANTEE CERTIFICATE

If at any time within two (2) years from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to: ***SPORTLINE****, Customer Service Department, 847 McGlincey Lane, Campbell, CA 95008. Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.To expedite replacement or repair, DO NOT return the defective unit to the store from which it was purchased but return it directly to SPORTLINE. This Guarantee does not apply to any defect caused by negligence, accident, unreasonable use or repair. Fill out information requested below*

(PLEASE PRINT CLEARLY)

NAME *TELEPHONE ( )*

ADDRESS

CITY *STATE* *ZIP*

STORE PURCHASE FROM

DATE OF PURCHASE / / *PURCHASE PRICE*

PROBLEM WITH PRODUCT:

REPLACEMENT

This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will promptly send to you, at no charge, the parts that you require. (Guarantee does not cover crystal or battery.) By contacting SPORTLINE, Inc. rather than the company from which you purchased this product, we will be able to more rapidly service your needs.

AFTER WARRANTY

If the warranty period has expired and the unit is returned to Sportline for servicing, enclose $7.50 for postage and handling. Send your unit insured to our Service Department listed below. If you are located outside the United States either return the unit by insured mail or to the dealer/ distributor where purchased.