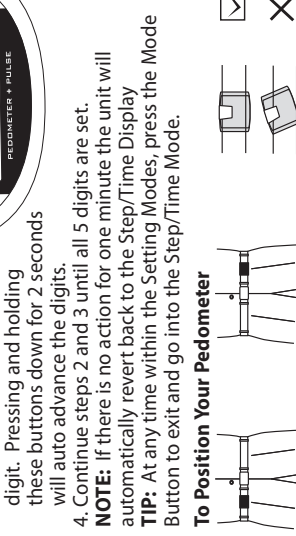


2. To exit the weight setting mode press SET to exit.
NOTE: If there is no action for one minute the unit will automatically revert back to the Step/Time Display.
TIP: At any time within the Setting Modes, press the Mode Button to exit and go into the DIST/STW Mode.

To Set Your Goals
 This pedometer has a goal setting mode for the number of calories you burn per day. To set your KCal goal:
 1. Press the Mode Button until the SET CAL/DAY CAL display appears on the screen.
 2. Press the Set Button
 3. Press Up/Clear or Down to increase or decrease the 1st digit. Pressing and holding these buttons down for 2 seconds will auto advance the digits.
 4. Continue steps 2 and 3 until all 5 digits are set.

NOTE: If there is no action for one minute the unit will automatically revert back to the Step/Time Display.
TIP: At any time within the Setting Modes, press the Mode Button to exit and go into the Step/Time Mode.

To Position Your Pedometer



1. Clip the pedometer to your belt or waistband as close as possible to the crease of your pants.
 2. The pedometer must always be horizontal so it is parallel to the ground. If attached at an angle or sideways false readings may occur.
NOTE: The accuracy of your pedometer will be affected by the following:
 a) Dragging feet, walking with sandals or sandal-like shoes, or uneven footsteps taken in a crowded path
 b) Exercise activities other than walking or running

PEDOMETER OPERATION
 Once your pedometer is set up appropriately following set up instructions provided above and it is clipped onto your belt you are ready to go.
 Press the Up/Clear Button to reset the step count, distance traveled and calories burned to 0.

To Detect Your Pulse
 1. Hold the unit in your hand and put your fingertip gently on the Pulse Sensor.
 2. Press the Pulse Button to activate the pulse function.
 3. The \heartsuit will flash when the signal is detected.
 4. When your pulse has been detected it will show on the display.
 5. After one minute the unit will exit the Pulse Mode and go into the Step/Time Mode display.

Tips:
 1. Do not press too hard on the Sensor with your fingertip.
 2. For best results, be sure your fingertip is clean.
 3. The fingertip used should be free of calluses in order for the unit to work properly.
 4. Make sure the Pulse Sensor is clean.
 5. To avoid a pulse reading error, do not use the Pulse Function in direct sunlight or facing a flashlight or other bright light.

To Use The Stopwatch
 1. From DIST/STW Mode, press the Set Button to activate counting on the stopwatch.
 2. Press Set to Stop Counting
 3. If you press Set again before clearing the stopwatch, it will continue to count from the time you last stopped it.
 4. Press Up/Clear to reset the Stopwatch to zero.

BATTERY REPLACEMENT
 When the display dims/replace the battery with a fresh battery. The unit uses a CR2032 3-volt battery.
 To replace it:
 1. Unscrew the battery compartment door on the back of the unit with a small Phillips screwdriver.
 2. Pull out the old battery.
 3. Replace with the fresh battery, making sure that the polarity is correct.

4. Replace the battery compartment door and screw back into place.
CAUTION – Battery Safety Information
 Non-rechargeable batteries are not to be recharged
 Rechargeable batteries must be removed before recharging supervision
 Rechargeable batteries should only be recharged under adult supervision
 Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
 Do not mix old and new batteries
 Exhausted batteries are to be removed
 Do not dispose of batteries in fire; batteries may explode or leak
 Do not dispose of product in fire; batteries may explode or leak
 If this product will not be used for an extended period of time, remove the batteries from the product

GUARANTEE CERTIFICATE
For purchases made in the U.S.
 If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:
 EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.
 (PLEASE PRINT CLEARLY)

NAME _____ TEL _____
 ADDRESS _____
 CITY _____ ZIP _____
 STATE _____
 STORE PURCHASED 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 replace the unit at no charge. (Guarantee does not cover crystal or battery).
For purchases made in the UK:
 Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement: StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

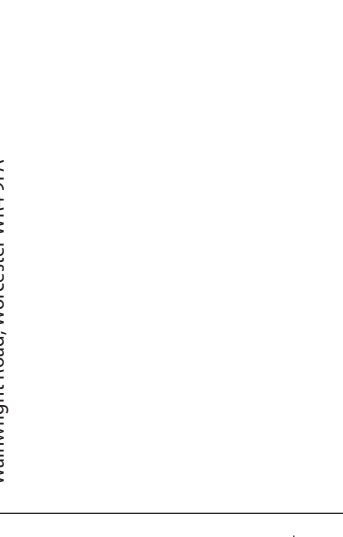
REPLACEMENT
 This product has been carefully designed, manufactured and packaged. If any parts are missing or damaged, please contact us at the address above and we will replace the unit at no charge. (Guarantee does not cover crystal or battery).
For purchases made in the UK:
 Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/replacement: StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

www.sportline.com
 Sportline® is a trademark of SPORTLINE, a division of EB Sport Group, Yonkers, NY 10701
 Distributed in the UK by StarCase (UK) Ltd., Worcester, WR4 9FA
 All Rights Reserved. ©2008
 WV44091501WVN

IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

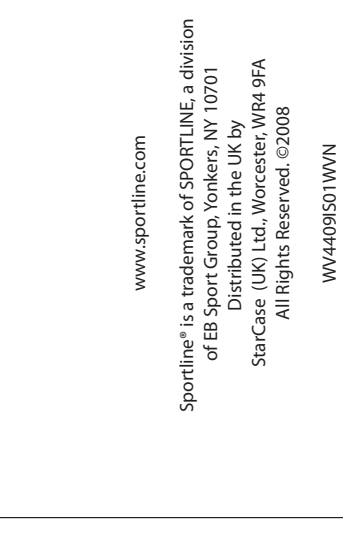
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



SPORTLINE®
PULSE PEDOMETER

SPORTLINE®
PULSE PEDOMETER

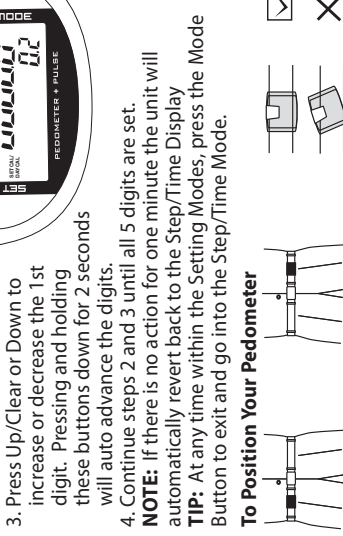
SPORTLINE®
PULSE PEDOMETER



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

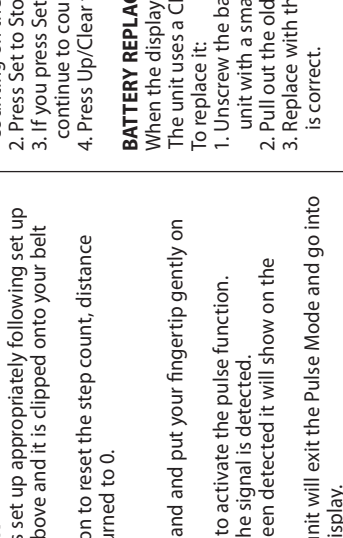
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

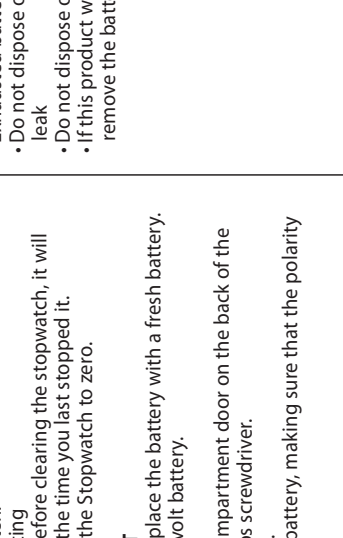
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

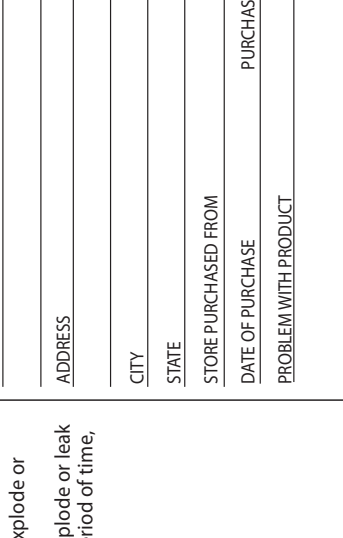
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

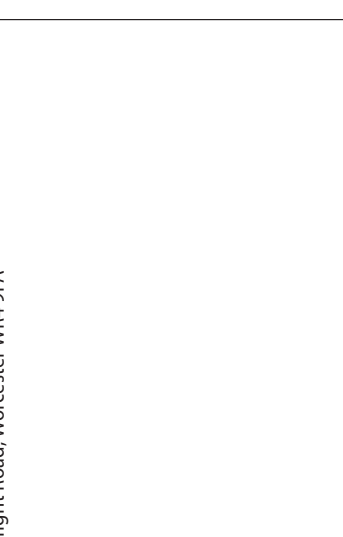
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

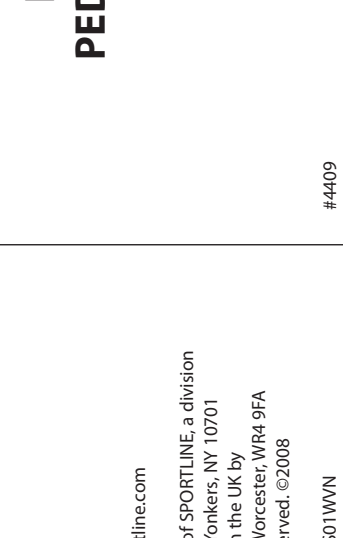
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

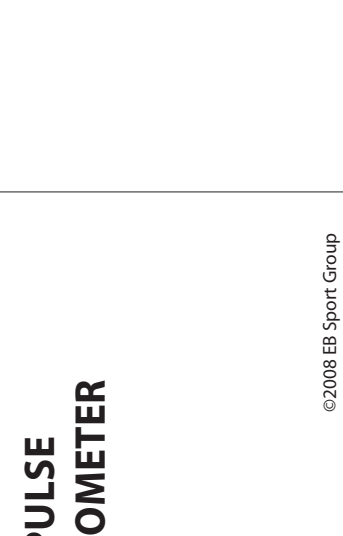
SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps to 99999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, reset on every 12a.m. and won't be affected even if the Up/Clear Button is pressed.
Pulse Detection Mode
 PULSE Appears when in pulse detection mode
 2nd row: Pulse rate (number appears on display once your pulse rate is detected).
 Stride length: 30cm – 180cm, 12inch – 70inch.
 Weight: 10kg – 150kg, 22lb – 330lb.
 Scale that shows percentage of goal reached for calories burned
HOW TO SET UP YOUR PULSE PEDOMETER
 In order to get the best performance out of your pedometer you will need to set it up as noted below:
To Set the Time
 1. Press the Mode Button to bring you into the Step/Time Display.
 2. Press the Set Button.



IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING
 Before operating your new pedometer:
 1. Remove the plastic film from the LCD display.
 2. Clean the battery protector tab from the battery compartment to activate the pedometer. You will need to unscrew the battery door compartment with a small Phillips screwdriver in order to do this.
CAUTION: This device is a precise electronic instrument. Do not drop it, shock it, or immerse it in water.
CARE OF YOUR PEDOMETER
 1. Avoid exposing the unit to extreme temperatures
 2. To clean the pedometer use a dry, soft cloth or a soft cloth moistened with a solution of water and mild detergent. Never use volatile agents such as benzene, thinner, spray cleaners, etc.
 3. Store your pedometer in a dry place when not in use.
PEDOMETER FEATURE
 • Measures heart rate using finger sensor
 • Counts steps

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>