



**965** HEART RATE MONITOR + PEDOMETER

# USER GUIDE /INSTRUCTION MANUAL



***SPORTLINE***<sup>®</sup>

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## CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Heart Rate Monitor, you may contact Customer Support by calling **1-866-694-4575**.

## INTRODUCTION

Congratulations on your purchase of a Sportline Personal Fitness Monitor. Please keep in mind; your watch is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

### HOW TO USE THIS MANUAL

Sportline Personal Fitness Monitors have many unique features and functions. Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

Proper setup and operation will greatly enhance the watch's usefulness and your enjoyment.

The manual is divided into sections outlining each of the major functions of the watch. A drawing of the watch screen that represents the starting point or other important screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

## WARNINGS & CAUTIONS

**WARNING:** Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

**CAUTION:** Your watch is designed to be water resistant to a static pressure of 50 meters and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible. Care should be taken not to press any keys while the unit is submerged as this can force moisture past the key seals and damage the unit.

**CAUTION:** Avoid exposing your watch to extreme conditions for a prolonged period of time.

**CAUTION:** Avoid rough usage or severe impacts to your watch.

**DO NOT** use hand cream as it will insulate the signal between the skin and sensor contacts.

**DO NOT** use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten fingers and wrist with tap water or a conductive gel.

**CLEAN** the Back Cover occasionally by using a damp cloth. Then wipe dry to remove any residual grease.

**CLEAN** your skin and fingers with soap and water for a better signal transmission.

**AVOID** doing awkward motions during measurement. It may create inaccurate heart rate readings.

- **NEVER** attempt to disassemble or service your unit.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on the watch.
- **TO CLEAN THE UNIT:** wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol or insect repellents as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

**TIME**

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment

**ALARM**

- Daily alarm
- Alarm duration: 30 seconds

**CHRONOGRAPH**

- Resolution: 1/100 second
- Measuring range: 23 hours, 59 minutes, 59.99 seconds

**COUNTDOWN TIMER**

- Resolution: 1 second
- Measuring Range: 23 hours, 59 minutes, 59 seconds

**PEDOMETER**

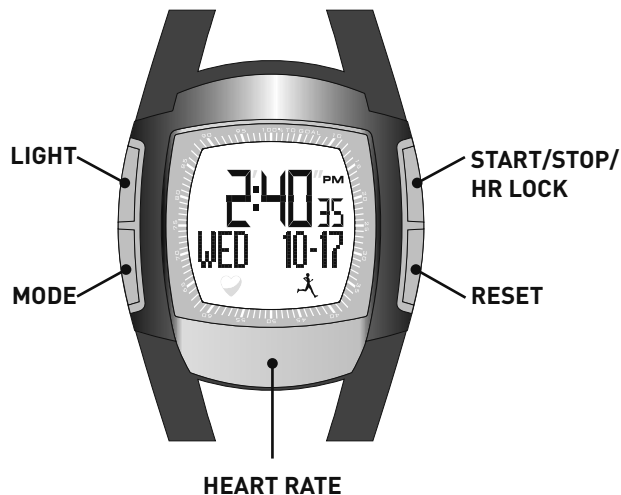
- Automatic stride calculation
- Steps: 0-9999
- Distance: 0-99.99 m/km
- Pace: 0-99.99 m/km per hr

**HEART RATE**

- Range: 30-240 beats per minute
- Calorie Tracking Range: 0-9999

**OTHER**

- Electroluminescent (EL) backlight
- Water resistant up to 50 meters



## MODE KEY

- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit programming sequence
- Set values being adjusted in programming sequence

## START/STOP/HR LOCK KEY (S/S)

- Start/Stop Chronograph
- Start/Stop Countdown Timer
- Increase setting values being adjusted in programming sequence
- Turn Alarm ON or OFF in Alarm mode
- Deactivate touch heart rate feature

## RESET (R)

- Decrease setting values being adjusted in programming sequence
- **PRESS & HOLD:** Reset Chronograph or Countdown Timer
- Turn Alarm ON or OFF in Alarm mode

## LIGHT KEY

- Activates (EL) backlight system

## HEART RATE

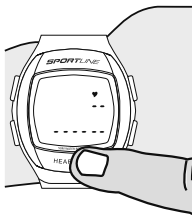
- Accesses Heart Rate/ Exercise Mode

## ACQUIRING HEART RATE

### ACQUIRING HEART RATE: FINGER TOUCH

Heart rate may be acquired from any operating mode (not in any Setting Sequence).

1. With the watch on your wrist, **TOUCH & HOLD THE HEART RATE SENSOR** with your index finger.  
**NOTE:** You may exit Heart Rate mode at any time by Pressing the Mode, Start/Stop or Reset key.
2. Continue **TOUCHING & HOLDING** until heart rate displays.
3. Once Heart Rate is acquired, **RELEASE THE SENSOR**. Heart Rate will continue to display for a period of approximately 10 seconds.
4. If trouble acquiring heart rate, moisten the underside of the watch case (so contact between the wrist and watch is ensured). To activate heart rate, the watch's back plate must come into direct contact with your skin, while your fingertip is touching the top case.




Heart Rate is Displayed in both Beats per Minute and Percent of Maximum Heart Rate.

## HEART RATE LOCK, RESET & BACKLIGHT

### HEART RATE LOCK

To deactivate finger Touch Heart Rate (when you don't want to accidentally acquire heart rate):

1. In Time mode, **PRESS & HOLD** the **START/STOP** key. The lock icon (  ) will appear in the upper left of the display.
2. To unlock, **PRESS & HOLD** the **START/STOP** key for 2 seconds in Time mode. The lock icon will disappear.

### RESETTING THE WATCH

In rare circumstances, you may wish to completely reset the watch to factory defaults.

1. In Time mode, **PRESS & HOLD** the **MODE**, **START/STOP**, and **RESET** buttons at the same time for 5 seconds. The watch will power down.
2. **PRESS & HOLD ANY BUTTON** for 3 seconds to turn the watch back on.

### VIEWING THE BACKLIGHT SYSTEM

To operate the Backlight:

1. **PRESS** the **LIGHT** key. Backlight will illuminate for approximately 5 seconds.

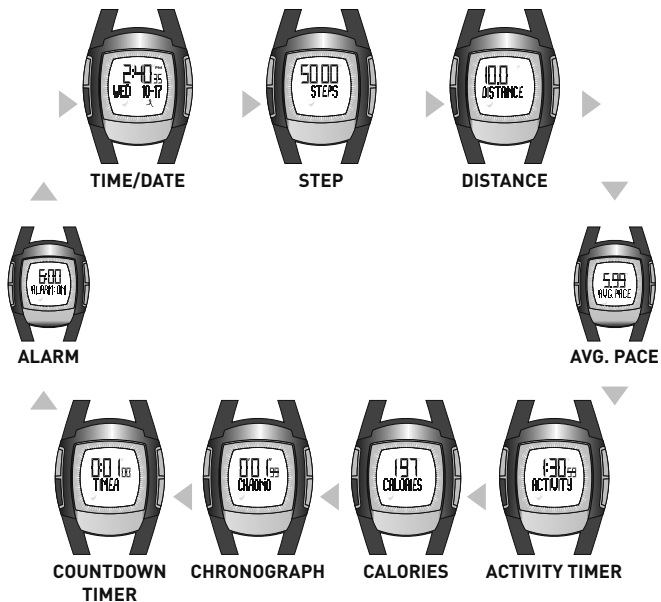
**NOTE:** Excessive use of Backlight System may significantly reduce battery life.

# MAIN OPERATING MODES

The Sportline 965 Heart Rate Monitor+Pedometer has 9 main operating modes: Time/Date, Steps, Distance, Average Pace, Activity Timer, Calories Burned, Chronograph, Countdown Timer and Alarm.

Scroll through modes by **PRESSING** the **MODE** key.

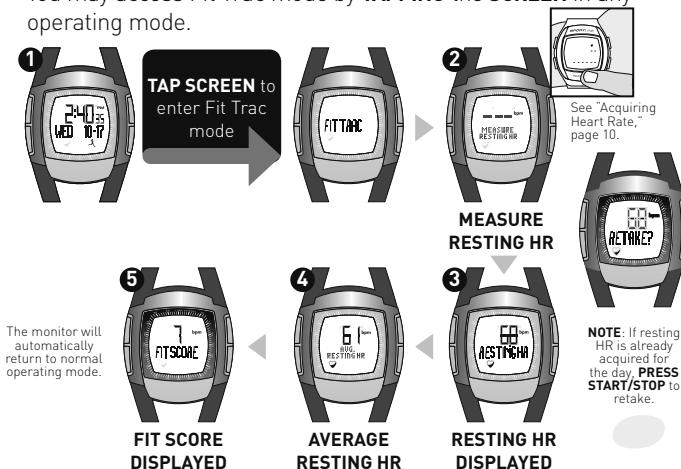
You may acquire Heart Rate at any time by **TOUCHING & HOLD-ING THE HEART RATE SENSOR** with your index finger (see page 10 "Acquiring Heart Rate: Finger Touch").



# FIT TRAC

The Sportline 965 Heart Rate Monitor+Pedometer features Fit Trac for monitoring your fitness level. Fit Trac monitors your fitness level by tracking your Resting Heart Rate. As your fitness level increases, your Resting Heart Rate will decrease. Fit Trac records your Resting Heart Rate for the previous 7 days and compares the average with your current day's Resting Heart Rate. Your Fit Score is the difference between the 2 measurements (a negative Fit Score depicts an increase in fitness level).

You may access Fit Trac mode by **TAPPING** the **SCREEN** in any operating mode.



The monitor will automatically return to normal operating mode.

**NOTE:** The monitor will store only one Resting Heart Rate measurement per day. If you are recording a second measurement, the monitor will display "RETAKE." If you wish to retake a measurement, Press the STOP/START key.

**NOTE:** It is recommended you check your Resting Heart Rate at the same time every day (such as right after waking in the morning). You can set a Reminder (see Programming the Monitor" on the next page).

## PROGRAMMING THE MONITOR

### SETTING TIME, CALENDAR AND USER PROFILE

The Sportline 965 Heart Rate Monitor+Pedometer uses your personal profile to calculate information specific to you. The display in the programming sequence guides you through the settings. You adjust the information being programmed by **PRESSING START/STOP (S/S) to increase or RESET (R) to decrease.** You set the information and advance to the next field by **PRESSING MODE.** The display reads "Saved" when this sequence is complete. The monitor is then ready for use. You may exit the Programming Sequence at any time by **PRESSING & HOLDING the MODE key.**

**PRESS & HOLD the MODE key** In Time of Day mode to enter the Programming Sequence.

1. Adjust Hour by **PRESSING START/STOP (S/S) or RESET (R).** Set and advance by **PRESSING MODE.**
2. Repeat Step 1 to set Minutes, Seconds, Month, Day and Year.
3. Select 12- or 24-hour time format by **PRESSING START/STOP (S/S) or RESET (R).** Set and advance by **PRESSING MODE.**
4. Select Key Tone ON or OFF by **PRESSING S/S or R.** Set and advance to personal profile by **PRESSING MODE.**
5. Adjust Lower Heart Rate Zone Range by **PRESSING START/STOP (S/S) or RESET (R).** Set and advance by **PRESSING MODE.**

**NOTE:** This is a % of Max Heart Rate (automatically calculated by the monitor).



Increase: **S/S**  
Decrease: **R**  
Set & advance to next setting: **PRESS MODE**

## PROGRAMMING THE MONITOR

6. Adjust Upper Heart Rate Zone Range by **PRESSING START/STOP (S/S) or RESET (R).** Set and advance by **PRESSING MODE.**
7. Turn Fit Trac Reminder ON or OFF by **PRESSING START/STOP (S/S) or RESET (R).** Set and advance by **PRESSING MODE.**
8. Adjust Fit Trac Reminder by **PRESSING PRESSING S/S or R.** Set and advance by **PRESSING MODE.**
9. Adjust Age by **PRESSING S/S or R.** Set and advance by **PRESSING MODE.**
10. Select Gender by **PRESSING S/S or R.** Set and advance by **PRESSING MODE.**
11. Select Unit of Measure (metric or imperial) by **PRESSING S/S or R.** Set and advance by **PRESSING MODE.**
12. Adjust Weight by **PRESSING S/S or R.** Set and advance by **PRESSING MODE.**
13. Adjust Height by **PRESSING S/S or R.**  
**NOTE:** The monitor automatically calculates your Stride Length based on your height.
14. Set by **PRESSING MODE.** The display will read "SAVED".

Your Sportline 965 Heart Rate Monitor+Pedometer is now ready for use!



Increase: **S/S**  
Decrease: **R**  
Set & advance to next setting: **PRESS MODE**



Increase: **S/S**  
Decrease: **R**  
Set & advance to next setting: **PRESS MODE**



## USING THE MONITOR

### MAIN OPERATING MODES

The Sportline 965 Heart Rate Monitor+Pedometer has 9 main operating modes: Time/Date, Steps, Distance, Average Pace, Activity Timer, Calories Burned, Chronograph, Countdown Timer and Alarm.

Scroll through modes by **PRESSING** the **MODE** key.

You may acquire Heart Rate at any time by **TOUCHING & HOLDING THE HEART RATE SENSOR** with your index finger (see page 10 "Acquiring Heart Rate: Fingure Touch").

### STEPS MODE

Current Step Count is displayed. The Step Counter automatically begins counting when movement is detected.

**NOTE:** To eliminate false readings, Step Counter will display after 25 consecutive steps.

To reset all exercise data, **PRESS & HOLD** the **RESET KEY**.

**NOTE:** This will reset all exercise data (Steps, Distance, Avg. Pace, Activity Timer and Calories).

### DISTANCE MODE

Displays Distance in miles or kilometers.

To reset all exercise data, **PRESS & HOLD** the **RESET KEY**.

**NOTE:** This will reset all exercise data (Steps, Distance, Avg. Pace, Activity Timer and Calories).



## USING THE MONITOR

### AVERAGE PACE

Displays your Average Pace for current workout in miles or kilometers.

To reset all exercise data, **PRESS & HOLD** the **RESET KEY**.

**NOTE:** This will reset all exercise data (Steps, Distance, Avg. Pace, Activity Timer and Calories).



### ACTIVITY TIMER (MOVETRAC™)

Displays your Activity Time for current workout.

**NOTE:** Activity Timer will display only when monitor detects motion.

To reset all exercise data, **PRESS & HOLD** the **RESET KEY**.

**NOTE:** This will reset all exercise data (Steps, Distance, Avg. Pace, Activity Timer and Calories).



### CALORIES

Displays your Calories Burned for current workout.

To reset all exercise data, **PRESS & HOLD** the **RESET KEY**.

**NOTE:** This will reset all exercise data (Steps, Distance, Avg. Pace, Activity Timer and Calories).

**NOTE:** Calorie Genius tracks calories burned from exercise AND from metabolic functions like breathing, sleeping and even thinking. By combining both you will have a complete picture of the TOTAL amount of calories you burn each day.



## USING THE MONITOR

### MAIN OPERATING MODES (cont.)

#### CHRONOGRAPH

100-hour Chronograph with 1/100-second resolution.

**NOTE:** Chronograph works independent of exercise data.

To operate Chronograph:

1. Start or Stop timing, **PRESS** the **START/STOP** key.
2. View a Split by **PRESSING** the **RESET** key with the Chronograph running. **PRESS** the **RESET** key again to resume current running Chronograph time.
3. To reset Chronograph, **PRESS & HOLD** the **RESET KEY**.



Start/StopTiming:  
**PRESS S/S**



Reset: **PRESS & HOLD R**

## USING THE MONITOR

### SETTING AND USING COUNTDOWN TIMER

To set the Countdown Timer:

1. **PRESS & HOLD MODE** to enter the programming sequence. The hour field will flash on and off.
2. Adjust Hours by **PRESSING START/STOP (S/S/) or RESET (R)**. Set and advance by **PRESSING MODE**.
3. Repeat Step 3 to set Minutes and Seconds.
4. **PRESS & HOLD MODE** to exit the Programming Sequence.



Increase: **S/S**  
Decrease: **R**  
Set & advance to next setting:  
**PRESS MODE**

To operate the Countdown Timer:

1. Start Timer by **PRESSING S/S/R**.
2. Stop Timer by **PRESSING S/S/R**.
3. Reset Timer **PRESS & HOLD S/S/R**.



Start/StopTiming:  
**PRESS S/S**  
Reset: **PRESS & HOLD R**

## USING THE MONITOR

### SETTING AND USING THE DAILY ALARM

The Sportline 965 Heart Rate Monitor+ Pedometer is equipped with a Daily Alarm.

To set Alarm:

1. In Alarm mode, **PRESS & HOLD MODE** to enter the programming sequence.
2. Adjust Hour by pressing **START/STOP (S/S)** or **RESET (R)**. Set by **PRESSING MODE**.
3. Adjust Minutes by **PRESSING S/S** or **R**. Set by **PRESSING MODE**.
4. **PRESS & HOLD MODE** to exit the Programming Sequence and return to Alarm mode.
5. Turn Alarm ON or Off by **PRESSING S/S** or **R** in Alarm mode.

**NOTE:** When Alarm is activated/On, the bell icon will appear in the lower right corner of the screen."



Increase: **S/S**  
Decrease: **R**  
Set & advance  
to next setting:  
**PRESS MODE**

## RESETTING THE MONITOR

### FIT ZONE (PROGRAMMABLE HR ZONE)

The Sportline 965 allows you to program your lower and upper heart zone to maximize your workout. When your heart rate is between the designated zones, the FIT ZONE icon will be shown at the bottom of the watch.



### FINDING YOUR TARGET HEART RATE ZONE

Losing weight and managing to keep it off is a lot easier when you exercise in your target heart rate zone.

To get the most out of any exercise program, you should target 55% to 85% of your maximum heart rate depending on your fitness level and objectives.

#### **Fat Burning Zone: 55% - 65% of maximum heart rate.**

This zone is ideal for fitness beginners on a low to moderate intensity program. Exercising in this zone reduces blood pressure and cholesterol and nearly all the calories burned are fats.

#### **Cardio Zone: 65% - 75% of maximum heart rate.**

Reaching this zone requires more intense aerobic activity and is perfect for fitness enthusiasts working to burn maximum calories from fat and carbohydrates.

#### **Endurance Zone: 75% - 85% of maximum heart rate.**

Exercising in the Endurance Zone is generally recommended for athletes in training. Cardiovascular strengthening, increased metabolism and elevated caloric burn are the primary benefits.

## REPLACING THE WATCH BATTERY

The Sportline 965 Heart Rate Monitor+Pedometer watch uses a single CR2032 3v lithium battery.

Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight System does not operate

To replace the battery of your Sportline 965 Heart Rate Monitor+Pedometer, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

### CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Monitor, you may contact Customer Support by calling 1-866-694-4575.

## BATTERY SAFETY INFORMATION

### ▲ CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of product or batteries 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
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner



The purpose of the crossed-out wheeled bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

**POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME:****CAUSE:** Dry Skin**SOLUTION:** Apply conductive gel thoroughly to finger. Tap water may help if conductive gel is not available.**CAUSE:** Muscle tremors caused by pressing on Sensors too hard**SOLUTION:** Decrease finger pressure on the Sensor Pads.**CAUSE:** Dead skin on wrist or finger**SOLUTION:** Rub off excessive dead skin with a towel.**CAUSE:** A thin layer of body grease insulates the ECG signal preventing the Watch from detecting ECG heart rate.**SOLUTION:** Wipe wrist and the back of watch with a tissue or soft towel.**CAUSE:** Hairy Skin**SOLUTION:** Apply conductive gel to wrist.**CAUSE:** Low Battery**SOLUTION:** Replace the battery in watch.

**The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

**NOTE:** This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the transmitting equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio technician for help.

# WARRANTY

## 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**

**PHONE**

**STORE PURCHASED FROM**

**ADDRESS**

**DATE OF PURCHASE**

**CITY**

**PURCHASE PRICE**

**STATE**

**ZIP**

**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.)

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## 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.

**EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA**  
[www.sportline.com](http://www.sportline.com)

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## 965 HEART RATE MONITOR+PEDOMETER

**www.sportline.com**

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