

SPORTLINE®

model 370



TraQ
PEDOMETER

TABLE OF CONTENTS

INTRODUCTION	1
HOW TO USE THIS MANUAL	1
REMOVING THE BATTERY INSULATOR TAB	2
WARNINGS & CAUTIONS	3
PEDOMETER FUNCTIONS	4
HOW TO WEAR YOUR PEDOMETER	5
KEYS AND THEIR FUNCTIONS	6
MAIN OPERATING MODES	7
SETTING THE PEDOMETER FUNCTIONS	
SETTING TIME	8
SETTING USER DATA	9
SETTING PACE	10
SETTING DAILY ALARM	11

TABLE OF CONTENTS

OPERATING THE PEDOMETER	
VIEWING PEDOMETER DATA IN TIME MODE	12
SELECTING RUNNING/WALKING CALIBRATIONS	13
VIEWING CURRENT PEDOMETER DATA	13
RESETTING PEDOMETER DATA	14
VIEWING DAILY RECORDS	14
OPERATING THE STOPWATCH	15
TIPS FOR INCREASING YOUR DAILY STEPS	16
REPLACING THE BATTERY	17
CARE & MAINTENANCE	18
RANGES & SPECIFICATIONS	19
WARRANTY	20

INTRODUCTION

Congratulations on your purchase of a Sportline TraQ Pedometer. The TraQ Pedometer features the Infinity Motion Sensor, a highly advanced pedometer technology that accurately measures your body movements from multiple locations on the body and in multiple orientations.

Please keep in mind your pedometer 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 TraQ Pedometers have many unique features and functions. Please read all sections of this manual carefully and become familiar with the operation of the pedometer before using it in the field.

Proper setup and operation will greatly enhance the pedometer's usefulness and your enjoyment of the product.

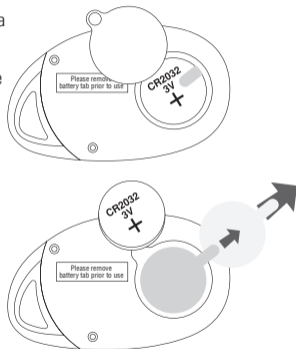
The manual is divided into sections outlining each of the major functions of the pedometer. A drawing of the screen that represents a starting point or other important point for each operational process is shown adjacent to the instructions; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

REMOVING THE BATTERY INSULATOR TAB

NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Unscrew the battery compartment door with a small Phillips screwdriver.
2. Remove the tab (be sure that the battery is in the correct polarity position – positive (+) side of the battery is visible).
3. Replace the battery compartment door and tighten the fastening screw with a Phillips screwdriver.
4. Remove the label that appears on the pedometer display.



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 TraQ Pedometers are not water resistant.

AVOID exposing the Pedometer to extreme conditions.

AVOID rough uses or severe impacts to the Pedometer.

CLEAN the Pedometer occasionally with a soft, dry cloth.

STORE the Pedometer in a dry place when it is not in use for a long time.

PEDOMETER FUNCTIONS

TIME

- Time
- Day/Date/Month
- Daily Alarm

PEDOMETER

- Measures Walking Steps
- Measures Running Strides
- Distance
- Average Speed
- Exercise Time
- Calories Burned
- Personal Goal Tracking
- Quick Run/Walk adjustment
- Exercise file memory: 7 daily records

STOPWATCH

- 1/100-Second Resolution
- 10 Hour

OTHER

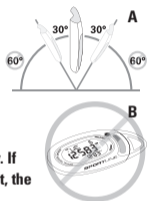
- Audible Pace Signal
- Removable Clip Holster

HOW TO WEAR YOUR PEDOMETER

For most accurate measurements, Sportline recommends inserting the unit into a tight, secure pocket or clipping the unit (with the holster included) to the beltline.

FOR MOST ACCURATE Pedometer Readings:

1. Position the unit in a vertical orientation (angle of 30° or less – see illustration **A**. **IMPORTANT:** positioning the unit horizontally (display flat to the ground) will compromise accuracy – see illustration **B**.
2. Secure the unit as close to the body as possible (**DO NOT** attach to loose clothing).



NOTE: This Pedometer will be most accurate when worn close to the body. If the Pedometer is clipped to loose clothing or loosely contained in a pocket, the unit's accuracy may be compromised.

To clip the TraQ pedometer to your clothing, simply insert the pedometer unit into the clip holster as shown.



KEYS AND THEIR FUNCTIONS



MODE KEY

- Scroll through operating modes
- Advance to next setting in Programming Sequence

RESET KEY

- **PRESS & HOLD:** Accesses a Programming Sequence
- **PRESS & HOLD:** Clears data in Step mode
- Start/Stop Stopwatch

INFO KEY

- Toggle through pedometer data in Time mode
- Toggle through pedometer data in Step mode
- Reset Stopwatch
- Increase values being set during a Programming Sequence

MAIN OPERATING MODES

The Sportline TraQ has 7 main operating modes: Time, Pedometer (Walk/Run), Daily Record, User Data, Pace, Alarm and Stopwatch.

- Scroll through main operating modes by **PRESSING** the **MODE** key.
- Toggle sub modes (in Time, Pedometer, Daily Record, User Data) by **PRESSING** the **INFO** key.



SETTING THE PEDOMETER FUNCTIONS

SETTING TIME

1. **PRESS & HOLD** the **RESET** key in Time mode to access the programming sequence.
2. Adjust Hour by **PRESSING** the **INFO** key.
3. Set Hour and advance to Set Minutes by **PRESSING** the **MODE** key.
4. Adjust Minutes by **PRESSING** the **INFO** key.
5. Set Minutes and advance to Set Seconds by **PRESSING** the **MODE** key.
6. Adjust Seconds. Advance to Set Date by **PRESSING** the **MODE** key.
7. Adjust Date (day of week display will automatically change according to calendar). Advance to Set Month by **PRESSING** the **MODE** key.
8. Repeat this process to adjust Month, Year and 12- or 24-hour format.
9. When all settings are programmed, **PRESS** the **MODE** key to return to Time mode.

TIP: Pressing & Holding the **INFO** key in any Setting Sequence will fast advance the variable being set.



SETTING THE PEDOMETER FUNCTIONS

SETTING USER DATA

The Sportline TraQ is equipped with an advanced Pedometer that measures Steps, Speed, Distance, Calorie Expenditure and Exercise Time. In order to ensure exercise data is as accurate as possible, you must enter your personal profile.

1. Scroll to User Data (display will read AGE) by **PRESSING** the **MODE** key.
2. **PRESS** the **RESET** key to enter the programming sequence.
3. Adjust Age by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set Weight.
4. Select Weight Units (LB or KG) by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set Stride Length.
5. Select Units of measure (INCH or CM) by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set Stride Length.
6. Select Stride Length Units (INCH or CM) by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set Stride Length.
7. Adjust WALK Stride length by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set RUN Stride Length.
8. Adjust Run Stride length by **PRESSING** the **INFO** key. **PRESS** the **MODE** key to Advance to Set daily step GOAL.
9. Adjust daily step GOAL **PRESSING** the **INFO** key and advancing to next digit by **PRESSING** the **MODE** key.

TIP: To more accurately set Stride: run/walk a defined distance (i.e. 100 yards/meters). Count the number of steps/strides. Divide number of steps/strides by the distance (in inches or centimeters) to get your average stride length.

SETTING THE PEDOMETER FUNCTIONS

SETTING PACE

The Sportline TraQ features an audible PACE signal to help you walk/run at a predetermined pace.

1. Scroll to PACE by **PRESSING** the **MODE** key.
2. **PRESS** the **RESET** key to enter the programming sequence.
3. Adjust Pace (from 30 to 180 in 10 step increments) by **PRESSING** the **INFO** key. **PRESS** the **RESET** key to exit the programming sequence.
4. Turn audible signal ON or OFF by **PRESSING** the **INFO** key.



PRESS & HOLD RESET



ADJUST: PRESS INFO



TURN ON/OFF:
PRESS INFO

SETTING THE PEDOMETER FUNCTIONS

SETTING DAILY ALARM

The Sportline TraQ is equipped with a Daily Alarm.

1. Scroll to Alarm (ALM) by **PRESSING** the **MODE** key. **PRESS & HOLD** the **RESET** key to access the programming sequence.
2. Adjust Hour by **PRESSING** the **INFO** key. Set Hour and advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **INFO** key.
4. **PRESS** the **MODE** key to exit the programming sequence.
5. Turn Alarm ON/OFF by **PRESSING** the **INFO** key.



OPERATING THE PEDOMETER

VIEWING PEDOMETER DATA IN TIME MODE

The Sportline TraQ features a 3 line display that displays Date in the top line, Time of Day in the center line and pedometer data in the lower line.

1. In Time mode, **PRESS** the **INFO** key to scroll through Pedometer Data: Steps, Calories (Kcal), Distance, Speed (M/hr or KM/hr), Percent of Daily Goal Achieved and Walk/Run Time.



OPERATING THE PEDOMETER

SELECTING RUNNING OR WALKING CALIBRATIONS

The Sportline TraQ allows you to select calibration for running or walking.

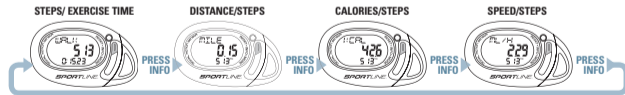
1. Scroll to Pedometer mode (RUN or WALK) by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **INFO** key to toggle between RUN or WALK.



VIEWING CURRENT PEDOMETER DATA

The Sportline TraQ features 4 current data viewing options in Pedometer mode.

1. Scroll through data views by **PRESSING** the **INFO** key.



OPERATING THE PEDOMETER

RESETTING PEDOMETER DATA

1. Reset pedometer data by **PRESSING & HOLDING** the **RESET** key. (Data will still be tracked in Daily Memory).

VIEWING DAILY RECORDS

The Sportline TraQ features a 7-day memory that stores daily steps, calories burned, distance (combined walking and running) and the percentage of daily goal achieved. Data is automatically stored from midnight to midnight.

1. Scroll to Memory mode (file's date is displayed in the top display line) by **PRESSING** the **MODE** key. Memory files are displayed from the most recent in descending order to the oldest.
2. **PRESS** the **INFO** key to scroll through memory files. The lower display line will automatically scroll through the following memory data:



OPERATING THE STOPWATCH

The Sportline TraQ features a 10-hour Stopwatch with 1/100th-second resolution.

NOTE: Stopwatch is totally independent from Exercise Time in Pedometer Mode.

1. Stop/Start the Stopwatch by **PRESSING** the **RESET** key.
2. **PRESS** the **INFO** key to clear time in the Stopwatch (Stopwatch must be stopped).



**STOP/START:
PRESS RESET**



CLEAR: PRESS INFO

TIPS FOR INCREASING YOUR DAILY STEPS

Studies have shown that walking may contribute to your health. Some tips to help you increase your daily step total:

- Walk to your office by getting off the bus earlier or park your car farther away from your office.
- Establish a walking habit every day.
- Set a goal: e.g. specific distance or time per day.

HOW THIS PEDOMETER HELPS YOU ACHIEVE YOUR GOAL

This unit includes advanced pedometer functions that not only count your walking steps, but can also calculate the distance, speed, exercise time and calorie expenditure for your walking or running. These unique pedometer features will guide you for achieving your goal.

EXAMPLE 1: Set a specific distance goal for every day: the daily record will display the distance you have achieved towards your goal.

EXAMPLE 2: Set a daily time goal: the daily record will tell you the exercise time you have achieved towards your goal.

REPLACING THE BATTERY

The Sportline TraQ Pedometer uses one **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 pedometer function will not activate

Replacing the battery:

1. Unscrew the battery compartment cover on the backside of the unit using a small Phillips screwdriver and remove the cover.
2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery is visible, facing toward the battery compartment cover).
3. Replace the battery compartment cover on the battery compartment and fasten the screw (**CAUTION:** do not over tighten).

CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to 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 to be removed
- Do not dispose of battery in fire; battery may explode or leak
- Do not dispose of product in fire; battery may explode or leak

CARE & MAINTENANCE

- **NEVER** get the pedometer wet. This unit is not water resistant.
- **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 pedometer.
- **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, 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.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline TraQ, you may contact Customer Support by calling **1-800-338-6337**.

PEDOMETER

- Daily Step Range: 0-999999
- Steps Display Range: 0-999999
- Exercise Timer: Maximum 24 hours
- Calorie Range: 0-99999
- Memory: 7 daily records

TIME

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: day of week, date display

ALARM

- Daily alarm
- Resolution: 1-minute

STOPWATCH

- Resolution: 1/100 second
- Measuring range: 9 hours, 59 minutes, 59.99 seconds

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	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.)

©2008 Distributed by Sportline®, Hazleton, PA 18202

.....

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

Distributed in the UK by StarCase (UK) Ltd., Worcester WR4 9FA

SPORTLINE[®]

www.sportline.com

©2008 Distributed by Sportline[®], Hazleton, PA 18202
Distributed in the UK by StarCase (UK) Ltd., Worcester WR4 9FA

WV4406IS01SPT

TraQ
PEDOMETER