

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
 Turn to exit and go into the Pulse Mode and go into the Step/Time Mode display.



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 P 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. 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
 • If this product is used in a 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

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 9999
 • Measures distance to 999.99 miles or kilometers with 0.01 resolution

3. Press Up/Clear or Down Buttons to toggle between 12-hr or 24-hr display. Unit will exit the Setting Mode automatically after flashing "12" or "24" for 1 minute.
 4. Press Set to proceed to Hour setting.
 5. Press Up/Clear or Down to increase or decrease the hour-digits. Press and hold for 2 seconds to auto-advance the digits. Unit will exit the Setting Mode automatically after flashing the hour-digits for 1 minute. (The second-digits are still counting.)
 6. Press Set to proceed to Minute-setting.
 7. Press Up/Clear or Down to increase or decrease the minute-digits as well as reset the second-digits to zero. Press and hold for 2 seconds to auto-advance. Unit will exit the Setting Mode automatically after flashing the minute-digits for 1 minute. (The second-digits are still counting.)
To Set the Measurement Unit System
 1. Press the Set Button.

SETCAL/DAYCAL
 1st row: Target Kcal value.
 2nd row: Daily Kcal burned, 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.



2. Press Up/Clear or Down to toggle between the Imperial and Metric measurement systems
 3. Press Set to exit the Measurement Unit Setting Mode and it will bring you into the Stride Setting Mode.
 After you select the Measurement Unit System you want to work in, the unit will ask you to input your stride length and weight. See instructions below to do this.
To Set 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 from heel-to-heel or toe-to-toe.) To find out your personal stride length, follow these steps:
 10 9 8 7 6 5 4 3 2 1 0
 Step Distance
 Ideal Distance

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.
To Input Your Stride Length
 1. First determine whether you want your pedometer to record in miles or kilometers. (Refer to "To Set the Measurement Unit System" above to set the measurement system you want to work in).
 2. After setting the measurement system of your choice press the Set Button again.
 3. Press Up/Clear or Down to increase or decrease the stride length. Pressing and holding these buttons down for 2 seconds will auto advance the digits.
 4. To exit setting the stride length mode press SET and it will bring you into the Weight Setting Mode.
NOTE: If there is no action for one minute the unit will automatically revert back to the Step/Time Display
To Input Your Weight
 1. Press Up/Clear or Down to increase or decrease the weight digits. Pressing and holding these buttons down for 2 seconds will auto advance the digits.



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PULSE PEDOMETER

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WW44091501WVN