

SPORTLINE®

955



total fitness
PEDOMETER WATCH

TABLE OF CONTENTS

INTRODUCTION	4
HOW TO USE THIS MANUAL	5
WARNINGS & CAUTIONS	6
WATCH FUNCTIONS	7
KEYS AND THEIR FUNCTIONS	8-9
MAIN OPERATING MODES	10
SETTING THE WATCH FUNCTIONS	
SETTING TIME	11
SETTING DAILY ALARM	12
SETTING PERSONAL PROFILE	13-14
SETTING THE COUNTDOWN TIMER	15
SETTING DUAL TIME	16

TABLE OF CONTENTS

OPERATING THE WATCH

TIME	17
DAILY ALARM	17
DUAL TIME	17
EXERCISE/PEDOMETER MODE	18-19
SAVING DATA TO MEMORY	20
VIEWING DAILY RECORDS	21
OPERATING THE CHRONOGRAPH	22
OPERATING THE COUNTDOWN TIMER	23
OPERATING THE BACKLIGHT	24

RANGES & SPECIFICATIONS	25
------------------------------------	-----------

REPLACING THE BATTERY	26
------------------------------	-----------

WARRANTY	27
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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.

NOTE

1. Before using your watch, remove the LCD display sticker that is affixed to the watch face when purchased.
2. The watch goes into Power Saving Mode when not in use for a period of time. You can press any button to reactivate the display when this happens.

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 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 screen for each operational process is shown adjacent to the instructions for the process; 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.

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 5 ATM 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.

AVOID exposing Watch to the extreme conditions.

AVOID rough uses or severe impacts to the Watch.

DO NOT open the Watch case unless by a certified service agency.

CLEAN the Watch occasionally with a soft and moistened cloth.

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

WATCH FUNCTIONS

TIME

- Time/Day/Date/Month
- Dual Time Zone
- 5 Daily Alarms
- Hourly Chime

PEDOMETER

- Steps
- Distance
- Speed
- Exercise Time
- Calories Burned
- Exercise file memory 10 daily records

CHRONOGRAPH

- 1-Second Resolution
- 100 Hour
- Countdown Timer

OTHER

- EL Backlight System
- Water Resistant 50m (165ft)

KEYS AND THEIR FUNCTIONS



KEYS AND THEIR FUNCTIONS

MODE KEY

- Scroll through operating modes
- Scroll through Exercise modes
- Advance through variables in setting sequence
- **PRESS & HOLD:** Enter/Exit the setting sequence

START/STOP KEY (S/S)

- **PRESS & HOLD:** View Daily Alarm in Time Mode
- Start/Stop Exercise Timer
- Start/Stop Chronograph
- Start/Stop Countdown Timer
- Increase setting values during setting sequence

LAP/RESET KEY (R)

- Toggle between Time and Pedometer modes
- **PRESS & HOLD:** Reset Chronograph & Countdown Timer
- View Splits in Chronograph mode.
- Decrease setting values during setting sequence

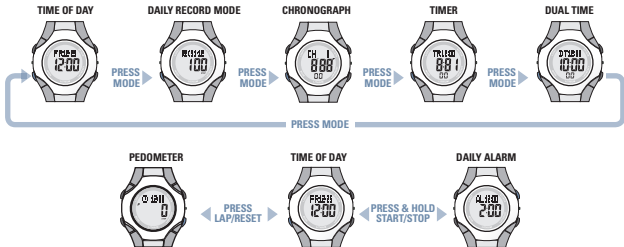
EL/LIGHT KEY

- Activates (EL) backlight system

MAIN OPERATING MODES

The Sportline 955 has 7 main operating modes: Time, Pedometer (Exercise), Alarm, Daily Record, Chronograph, Timer and Dual Time.

- Toggle between Time and Pedometer by **PRESSING** the **LAP/RESET (R)** key.
- Scroll through Time, Daily Record, Chronograph, Timer and Dual Time modes by **PRESSING** the **MODE** key.
- Toggle from Time mode to Alarm mode by **PRESSING & HOLDING** the **STOP/START (S/S)** key.



SETTING THE WATCH FUNCTIONS

SETTING TIME

1. **PRESS & HOLD** the **MODE** key in Time Mode to access the Setting Menu.
2. Adjust Seconds by **PRESSING** the **START/STOP (S/S)** or **LAP/RESET (R)** key.
3. Set Seconds and advance to Set Minutes by **PRESSING** the **MODE** key.
4. Adjust Minutes by **PRESSING** the **S/S** or **R** key.
5. Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
6. Adjust Hour. Advance to Set Year by **PRESSING** the **MODE** key.
7. Adjust Year. Advance to Set Month by **PRESSING** the **MODE** key.
8. Adjust Month. Advance to Set Day by **PRESSING** the **MODE** key.
9. Adjust Day. Advance to Set Date Display (Month/Day or Day/Month) by **PRESSING** the **MODE** key.
10. Adjust Date Display. Advance to Set 12/24-hour format by **PRESSING** the **MODE** key.
11. Adjust 12/24-hour format. Advance to Set Hourly Chime by **PRESSING** the **MODE** key.
12. Adjust Hourly Chime. Advance to Set Key Beep by **PRESSING** the **MODE** key.
13. Adjust Key Beep. **PRESS & HOLD MODE** key to return to the Setting Menu.

TIP: Pressing & Holding the S/S or R key in any Setting Sequence will fast advance the variable being set.



**PRESS & HOLD
MODE**



ADJUST: S/S OR R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DAILY ALARM

The Sportline 955 is equipped with a Daily Alarm that may be turned On or Off:

1. In Time mode, **PRESS & HOLD** the **S/S** key.
2. **PRESS** the **MODE** key to enter the Setting Sequence.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. **PRESS** the **MODE** key to Advance to Set Hour.
4. Adjust Hour by **PRESSING** the **S/S** or **R** key. Press the Mode key to Advance to Turn Alarm **ON** or **OFF**.
5. Turn Alarm **ON** or **OFF** by **PRESSING** the **S/S** or **R** key.
6. **PRESS & HOLD** the **MODE** key to return to Time mode.

NOTE: When Daily Alarm is active, the Alarm Icon ((••)) will appear in lower display line.



**PRESS & HOLD
MODE**



ADJUST: S/S OR R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING PERSONAL PROFILE IN Pedometer/EXERCISE MODE

The Sportline 955 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. In Pedometer mode, **PRESS & HOLD** the **MODE** key to enter the Setting Sequence.
2. Select **SAVE YES** or **NO** by **PRESSING** the **S/S** or **R** key (this will save current Pedometer Data to Memory for immediate review). Advance to set Units by Pressing the Mode key.
3. Adjust Units (Metric or Imperial) by **PRESSING** the **S/S** or **R** key. Advance to set Walking Stride Length by **PRESSING** the **MODE** key.
4. Adjust Walking Stride Length (in inches if Imperial is selected, in centimeters if Metric is selected) by **PRESSING** the **S/S** or **R** key. Advance to set Running Stride Length by **PRESSING** the **MODE** key.
5. Adjust Running Stride Length by **PRESSING** the **S/S** or **R** key. Advance to set Weight 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.

CONTINUED NEXT PAGE



PRESS & HOLD
MODE



ADJUST: S/S OR R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING PERSONAL PROFILE IN Pedometer/Exercise Mode continued

- Adjust Weight by **PRESSING** the **S/S** or **R** key. Advance to set Sensitivity Level by **PRESSING** the **MODE** key.
- Adjust Sensitivity Level (**1= LEAST SENSITIVE - 5= MOST SENSITIVE**) by **PRESSING** the **S/S** or **R** key.

TIP: To test which level is best suited to you: while wearing the watch, take several steps with the watch in the Pedometer Sensitivity Setting Sequence. The watch will make an audible beep at each step recording. Adjust the sensitivity to best match your stride to the beeping. (A setting that is too sensitive will exaggerate the steps taken. A setting that is not sensitive enough will result in the number of steps under reported.)

Advance to set Sleep Time by **PRESSING** the **MODE** key.

- Adjust Sleep Time by **PRESSING** the **S/S** or **R** key.

NOTE: Sleep Time is the time the Pedometer will remain activated when no steps are being taken. If no steps are recorded for this period, the Pedometer will automatically deactivate.

- PRESS & HOLD** the **MODE** key to return to Pedometer/Exercise mode.



ADJUST: S/S OR R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING THE COUNTDOWN TIMER

The Sportline 955 is equipped with a 100-hour Countdown Timer with 1-second resolution.

1. In Timer mode, **PRESS & HOLD** the **MODE** key to enter the Setting Sequence.
2. Adjust Hours by **PRESSING** the **S/S** or **R** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Advance to Set Seconds by **PRESSING** the **MODE** key.
4. Adjust Seconds by **PRESSING** the **S/S** or **R** key.
5. **PRESS & HOLD** the **MODE** key to return to Timer mode.



**PRESS & HOLD
MODE**



ADJUST: S/S OR R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DUAL TIME

The Sportline 955 is equipped with a Dual Time Zone display.

1. In Dual Time mode, **PRESS & HOLD** the **MODE** key to enter the Setting Sequence.
2. Adjust Hours by **PRESSING** the **S/S** or **R** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key.
4. **PRESS & HOLD** the **MODE** key to return to Dual Time mode.



**PRESS & HOLD
MODE**



ADJUST: S/S OR R



SET: MODE

OPERATING THE WATCH

TIME OF DAY MODE

The day of week and date are displayed on the upper display line. The current time (hour, minute) is displayed on the center display line. Seconds are displayed on the bottom display line.



CURRENT TIME

DAILY ALARM MODE

Current time is displayed on the upper display line. The alarm time (hour, minute) is displayed on the center display line.



DAILY ALARM

DUAL TIME MODE

Current Time (Time Zone 1) is displayed on the upper display line. The dual time (hour, minute) is displayed on the center display line. Seconds are displayed on the bottom display line.



DUAL TIME

OPERATING THE WATCH

PEDOMETER MODE

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 WATCH GUIDES YOU FOR ACHIEVING YOUR GOAL

This Watch 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: Start the pedometer when you start walking (Stop the pedometer when you stop walking) each time, the daily record will display the distance you have achieved towards your goal.

EXAMPLE 2: Set a daily time goal: Start the pedometer when you start walking (Stop the pedometer when you stop walking) each time, the daily record will tell you the exercise time you have achieved towards your goal.

OPERATING THE WATCH

OPERATING THE PEDOMETER

In Pedometer/Exercise Mode:

1. **PRESS** the **S/S** key to Start the Pedometer (or the Pedometer will start automatically after 8 seconds). The watch will emit an audible beeping sound.

NOTE: the Pedometer Icon (⚡) will flash in the lower display line in all operating modes when the pedometer is activated.

2. Scroll through Pedometer sub modes by **PRESSING** the **MODE** key in Pedometer/Exercise mode.



3. To Stop the Pedometer, **PRESS** the **S/S** key.

RESETTING THE PEDOMETER

1. **PRESS & HOLD** the **LAP/RESET (R)** key to reset the Pedometer to zero (0). Steps and other Pedometer data will be deleted. (Undeleted data will automatically be saved to memory at 12:00 midnight.)



START: S/S



STOP S/S



RESET/CLEAR: PRESS
& HOLD LAP/RESET

OPERATING THE WATCH

SAVING DATA TO MEMORY

The Sportline 955 will save your exercise data to memory for review.

In Pedometer/Exercise mode:

1. **PRESS & HOLD** the **MODE** key.
2. Select **SAVE YES** or **NO** by pressing the **S/S** or **R** key.

NOTE: *Unsaved data will automatically be saved to memory at 12:00 midnight.*

3. **PRESS & HOLD** the **MODE** key to return to Pedometer/Exercise mode.

NOTE: *If multiple exercise sessions are saved in a single day, the data will be combined into a single daily file for review in Daily Record mode.*



PRESS & HOLD MODE



ADJUST: S/S OR R



**SET: PRESS & HOLD
MODE**

OPERATING THE WATCH

VIEWING DAILY RECORDS

The Sportline 955 can store up to 10 Daily Records of Pedometer/Exercise data for review.

NOTE: If memory is full (10 Daily Records), the watch will automatically delete the oldest file in memory.

In Daily Record mode:

1. Date stamp of file will appear in the upper display line. Scroll through dated files (most recent through oldest) by **PRESSING** the **R** key.
2. Total Steps are displayed in the center display line. Exercise data is displayed in the upper display line: Date, Exercise Time, Distance, Average Speed and Calories. Scroll through data of individual files by **PRESSING** the **S/S** key.



3. **PRESS** the **MODE** key to exit Daily Record mode.



SCROLL THROUGH
FILES: R



SCROLL THROUGH
DATA: S/S

OPERATING THE WATCH

OPERATING THE CHRONOGRAPH

The Sportline 955 is equipped with a 100-hour Chronograph with 1/100 second resolution. In Chronograph Mode:

1. **PRESS** the **S/S** key to Start the Chronograph.
2. **VIEW A SPLIT: PRESS** the **R** key. Display will freeze elapsed time. **PRESS** the **R** key again and the display will advance to current elapsed time.
3. To Stop the Chronograph, **PRESS** the **S/S** key. (Chronograph may be restarted again.)
4. To Reset the chronograph to zero (0), **PRESS & HOLD** the **R** key.



START OR STOP: S/S



VIEW SPLIT: R



RESET: PRESS &
HOLD R

OPERATING THE WATCH

OPERATING THE COUNTDOWN TIMER

The Sportline 955 is equipped with a 100-hour Countdown Timer with 1-second resolution. Time of Day is displayed in the upper display line. Hours and minutes are displayed in the center display line. Seconds are displayed in the lower display line.

In Timer mode:

1. **PRESS** the **S/S** key to Start the Timer.
2. To Stop the Timer, **PRESS** the **S/S** key. (Timer may be restarted again.)
3. To Reset the Timer, **PRESS & HOLD** the **R** key.



START TIMER: S/S



START TIMER: S/S




RESET: R

OPERATING THE WATCH

OPERATING THE BACKLIGHT

The Sportline 955 is equipped an Electro-Luminescent (EL) backlight system.

In any Operating Mode or Setting Sequence:

1. **PRESS** the **LIGHT** key. Backlight will illuminate for approximately 3 seconds.
2. **AUTO BACKLIGHT:** to activate the Auto Backlight, **PRESS & HOLD** the **LIGHT** key. Backlight icon () will display in left of screen. Backlight will automatically illuminate with each key press. To deactivate Auto Backlight,
3. **PRESS & HOLD** the **LIGHT** key.

NOTE: *Excessive use of Backlight system will decrease battery life.*

RANGES & SPECIFICATIONS

PEDOMETER

- Daily Step Range: 0-345600
- Steps Display Range: 0-999999
- Exercise Timer: Maximum 24 hours
- Distance: 0-864 km / 0-536.864 mile
- Speed: 36 Km/h / 22.3 MPH
- Calorie Range: 0-99999
- Memory: 10 daily records
- User Options: Power save time (1-30 minutes), Pedometer sensitivity (levels 1-5)

TIME

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

ALARM

- Daily alarm and hourly chime
- 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

OTHER

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

REPLACING THE BATTERY

The Sportline 955 Pedometer Watch uses one **CR2032** 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

To replace the battery of your Sportline 955 Pedometer Watch, 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.

NOTE

- 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

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline 955, you may contact Customer Support by calling **1-800-338-6337**.

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:

E&B Excercise, LLC, 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.)

SPORTLINE[®]

E&B Excercise, LLC, 585 Oak Ridge Road, 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

Made in China

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PEDOMETER WATCH