

# 340 STEP & DISTANCE PEDOMETER

**IMPORTANT: READ THROUGH ALL INSTRUCTIONS BEFORE BEGINNING TO USE YOUR PEDOMETER**

## BATTERY CAUTION:

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Different types of batteries must not be mixed
- New and used batteries not to be mixed
- 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

## OPERATING INSTRUCTIONS

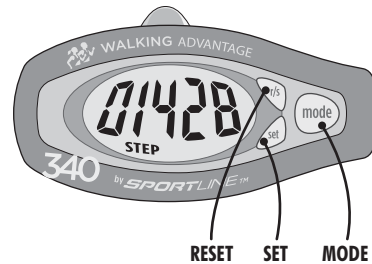
1. Remove the plastic film from the LCD display on the front of the pedometer.
2. Slowly pull the battery protector from the battery door located on the back to activate your pedometer.

## DISPLAY OPTIONS AVAILABLE

This pedometer can measure and calculate in two modes: **STEP MODE** and **DISTANCE MODE**.

**STEP MODE:** Shows you how many steps you have taken (0 to 99999 steps).

**DISTANCE MODE:** Shows the distance you have walked in either Miles or Kilometers (0.01-999.99 MILE or 0.01-999.99 KM).



## BUTTONS ON YOUR PEDOMETER

**MODE:** Pushing the **MODE** button allows you to choose between **STEP MODE** or **DISTANCE MODE**.

**SET:** Pushing the **SET** button allows you to enter your personal stride length information (see below).

**RESET:** has two functions

1. To scroll up while setting your stride length information (see below).
2. To reset the **STEP MODE** and **DISTANCE MODE** calculations back to zero.

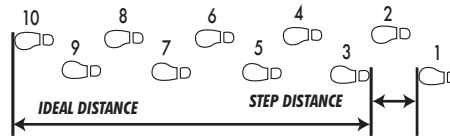
## TO SET UP YOUR PEDOMETER

1. Decide first whether you want your pedometer's **DISTANCE MODE** to calculate in Miles or Kilometers.
2. Determine if the **DISTANCE MODE** is currently set to MILE or KM by hitting the **MODE** button. If already set to your desired measurement, please skip to "Input your Stride Length".
3. If you need to change from MILE to KM or vice versa, hit the mode key until the display says "STEP". Press and hold the **MODE** button for 5 seconds until the display changes to either MILE or KM. Please note that performing this step will reset all your readings to zero and return your stride length to the factory settings.

## INPUT YOUR STRIDE LENGTH

(Range: 12 inches to 60 inches or 30cm to 150cm)

1. Walk 10 steps.
2. Measure the distance that you've walked either from heel-to-heel or toe-to-toe.
3. Divide by the distance covered to arrive at your Stride Length.
4. Example: measured distance 360 inches, number of steps taken was 10 = 36 inches stride length.



**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.

5. Press **MODE** button to reach the **DISTANCE MODE** showing MILE or KM.
6. In **DISTANCE MODE**, press the **SET** button. The display will show previous stride input in Inches or CM and start to flash. You will now have five seconds to start changing your stride length. If you do not adjust your stride length during these 5 seconds, you will have to start step 3 over again.
7. To change your stride length while the display is flashing, press the **RESET** button. Each press of the **RESET** button will increase the input by either 1 inch or 2 cm depending on which mode you are in. If you hold the **RESET** button, the numbers will increase continuously. Release when the display shows the Stride Length for you.
8. Once you have entered your stride length properly, wait 5 seconds - the display will flash and reset the memory - and the display will return to **DISTANCE MODE**.

**Note:** Pedometer starts at 30 inches/80 cm. If your stride is less than this, keep pressing until pedometer goes past maximum (60 inches/150 cm) and registers 12 inches/30 cm. Keep pressing until you reach your desired stride length.

## TO START YOUR EXERCISE

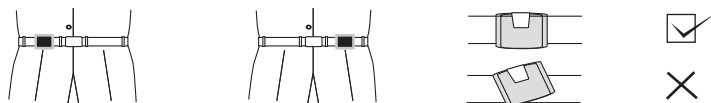
Press the **RESET** button for 1 second. All readings (Steps and Distance) will be reset to zero. When you begin exercising and the pedometer moves up and down, the unit will keep track of your steps and distance.

## TO REVIEW YOUR EXERCISE DATA

Please remember that your pedometer calculates BOTH steps and distance. Hit the **MODE** button to review the information in the mode not currently displayed on your screen.

## TO POSITION THE PEDOMETER

- 1) Clip the unit to your belt or to the top of your shorts, trousers, or slacks as close as possible to the crease line of your pant.
- 2) The pedometer must always be horizontal so it is parallel with the ground. Do not attach at an angle or sideways as false readings will occur.



## TO REPLACE BATTERY

1. Slide the battery door open at the back.
2. Replace battery with similar type AG12, LR1142, SR1142, SR43 or 386 or equivalent.
3. Ensure that the "+" side is in upper (visible) position.

## OTHER USEFUL INFORMATION

1. Treat your pedometer with care.
2. Pedometer is NOT waterproof.
3. This pedometer is designed to remain on continuously.
4. Battery life is approximately 1 year.

**Please note:** Before using your pedometer, remove battery insulation strip. (Insulation strip designed to preserve battery power)

## GUARANTEE CERTIFICATE

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 GIFTWARE, LLC, 585 Oak Ridge Road, Hazleton, PA 18202

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product. To expedite replacement or repair, **do not return** the defective unit to the store from which it was purchased but return it directly to SPORTLINE. (PLEASE PRINT CLEARLY)

NAME \_\_\_\_\_ TEL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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 unit at no charge. (Guarantee does not cover crystal or battery.) By contacting SPORTLINE, Inc. rather than the company from which you purchased this product, we will be able to more rapidly service your needs.

### AFTER WARRANTY

If the warranty period has expired and the unit is returned to Sportline for servicing, enclose \$7.50 for postage and handling. Send your unit insured to our Service Department at the address shown. If you are located outside the United States either return the unit by insured mail or to the dealer/distributor where purchased.

**SPORTLINE**  
THE PROFESSIONAL'S CHOICE  
E&B GIFTWARE, LLC, 585 Oak Ridge Road, Hazleton, PA 18202