

342 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

In Distance Mode it will show the distance you've walked in miles. The maximum distance it records is 999.99 miles. As you are walking the word "STEP" will appear on the screen for each step you take to indicate the pedometer is working. However, it will not provide the actual number of steps you take. In Stride Setting Mode it will show the stride length.

BUTTONS ON YOUR PEDOMETER

RESET: To reset the distance when you wish to start again from 0.00

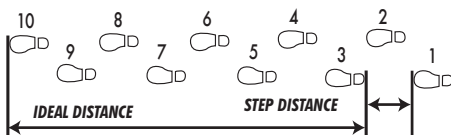
STRIDE: Used to input your stride length

WHAT YOUR DISTANCE PEDOMETER DOES

Your pedometer automatically records your exercise distance taken based upon your walking or jogging movements. It is important for accurate distance measurement to walk or jog consistently. If you vary your walking pace your stride will vary and your distance traveled will be different.

INPUT YOUR STRIDE LENGTH

(Range: 1.0 Foot to 6.0 Feet)



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.

For Joggers follow the direction above, except jog for 10 steps.

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

Press the **STRIDE** button repeatedly to enter your personal stride length. Each press advances your stride by 0.1 foot (1.2 inches). The pedometer will count up to 6.0 feet before dropping down to 1.0 foot to start counting up again.

Note: After six seconds the display will return to the DISTANCE (MIL) mode.

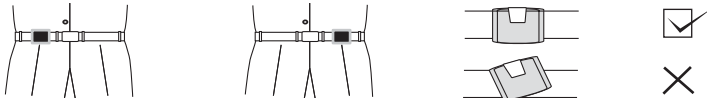
TO START YOUR EXERCISE PROGRAM

Press the **RESET** button until the display shows 0.00 and start walking or jogging.

Note: This pedometer only measures distance so you will need to walk many steps before the display registers the distance you have walked. This will depend on your stride length. The word "STEP" will appear on the screen for each step you take but it will not provide the number of steps taken.

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 open the battery door on the back of the unit
2. Replace battery with similar type AG12, LR1142, SR1142, SR43 or 386 or equivalent making sure that the polarity is correct.
3. Slide battery door back on.
4. Press the **RESET** button so the display shows 0.00 and then re-enter your stride before beginning to use your pedometer again.

OTHER USEFUL INFORMATION

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