

343 TALKING 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

Step 1. Please remove the plastic film from the LCD Display.

Step 2. Before using your pedometer, remove the battery insulation strip.

FEATURES

This pedometer is designed for everybody to use. It helps monitor calories burned, number of steps, distance traveled, and the time you actually spent walking in daily activity.

Its features include:

- **Voice Announcement** – announces the calories burned, number of steps, distance and time you have walked or jogged.
- **Auto Voice Announcement** – automatically announces the displayed number according to a preset goal.
- **Intelligent Counting** – calculates calories, steps and distance based on actual walking by ignoring false step counts.

IMPORTANT

The pedometer's intelligent software counts every move you make but uses only the steps that are actually generated by walking or jogging to calculate distance and calories.

The LCD has 4 display modes: **STEP**, **DISTANCE**, **CALORIES** and **TIME**. You can scroll through these modes by repeatedly pressing **MODE**.

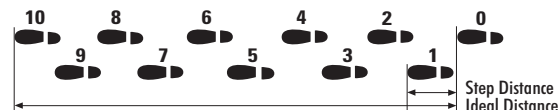
- **STEP Count** – registers all movements you made which trigger the unit to count, including those false movements not from walking or jogging.
- **DISTANCE** – displays the distance calculated from those step-counts registered by actual walking/jogging.
- **CALORIES** – displays the calories calculated from those step-counts registered by actual walking/jogging.
- **Elapsed TIME** – displays the accumulated time spent on walking/jogging.

You may have a very large number of step-counts but very small numbers in distance, calories and time if you wear this in your office and home where you may have a lot of false triggers.

SETTING THE STEP LENGTH AND WEIGHT

In order to calculate the distance and calories, the talking pedometer needs your step length and weight.

1. Measure your step length toe-to-toe or heel-to-heel. For more accurate results, measure the distance of 10 steps and average them by dividing 10 to get the step length.
2. To enter the step length, press and hold down **MODE** until you hear "enter your step length". Repeatedly press **UP** and **DOWN** to set your step length between 10 inches and 80 inches. Press **MODE** again until you hear "enter your weight". Repeatedly press **UP** and **DOWN** to set your weight between 40 pounds and 300 pounds.
3. Press **MODE** once, and the pedometer returns to normal **TIME** display mode.



ANNOUNCING CALORIES/NUMBER OF STEPS/DISTANCE/ACCUMULATED TIME

Press "**TALK**", the pedometer announces the displayed numbers. To announce another number, press **MODE** repeatedly until you hear the one you want to announce. Then press **TALK** to hear the announcement. To hear the entire announcement, press and hold down **TALK**, and the unit announces the current displayed number followed by the rest.

USING AUTOMATIC VOICE ANNOUNCEMENT

You can set the unit so it announces the displayed number automatically according to the table to the right. To turn on the automatic announcement, press and hold down **UP** until you hear "auto report is on" and "((()))" appears on the display. To turn off the automatic announcement, press and hold down **UP** until you hear "auto report is off" and "((()))" disappears.

Function	Voice Announcement
Number of Steps	Every 1000 steps
Distance	Every 0.5 miles
Calories	Every 50 Calories
Time	Every 10 minutes

USING THE CALORIE COUNTER

1. Press and hold **CLEAR (DOWN)** until you hear "all clear" to reset all numbers to "0".
2. Clip the pedometer on your belt. The pedometer must be in a vertical position; otherwise, incorrect readings may result.
3. Start to walk or jog or do your normal activities.

RESETTING THE UNIT

When your pedometer shows abnormal function, such as "frozen display", "strange display", "frozen button" etc., you need to reinitialize the unit by pressing **RESET**, using a pointed object such as paper clip. The **RESET** is located on the back of the unit.

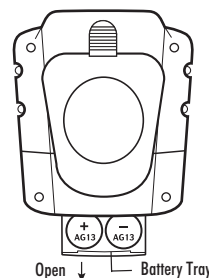
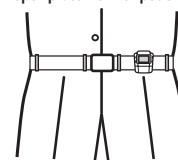
REPLACING BATTERIES

If the sound weakens, distorts, or the display dims, replace the battery.

This pedometer uses two (2) AG13 cells. Follow these steps to install battery:

1. Pull out the battery tray located at the bottom of the unit.
2. Remove the old cells and install two new AG13 cells as indicated by the polarity symbols (+ and -) marked on the tray.

Proper placement of pedometer



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