

348 DISTANCE PEDOMETER WITH FLASHING LIGHT

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

TO OPERATE YOUR NEW PEDOMETER

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 locate on the back to activate your pedometer.

EXPLANATION OF BUTTON FUNCTIONS

Your new pedometer has been designed for your easy use and the accurate measurement of the distance you travel and the steps you take while you walk or jog or hike.

Also included is a convenient "automatic stride measurement" feature or "manual stride measurement" to assist you with accurate stride length setting.

The pedometer will measure your distance in MILES and fractions of MILES as well as in KILOMETERS.

Press the "LIGHT" button and your pedometer will "glow" red or flash as a warning signal.

EXPLANATION OF SYMBOLS

BUTTONS:

Button A – STRIDE: Used for setting your personal stride length either manually or automatically.

Button B – MODE: Allows you to choose between **STEPS** and **DISTANCE** modes.

Button C – RESET: Resets your pedometer to zero in both **STEP** and **DISTANCE** modes. This button is also used to switch from the Imperial Measurement System (Miles/Feet) to the Metric Measurement System (Kilometers/Centimeters).

Button D – FLASH: Operates the red light.

DISPLAY:

STEP – You are in **STEP** mode (Counts up to 99999 steps)

MIL – You are in **DISTANCE** mode with **MILE** measurement (Measures up to 999.99 miles).

FT – You are in **STRIDE** setting mode for **MILES**.

KM – You are in **DISTANCE** mode with **KM** measurement (Measures up to 999.99 kilometers).

CM – You are in **STRIDE** setting mode for **KM**.

TO SET YOUR PEDOMETER

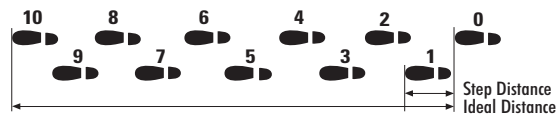
1. Decide first whether you want your pedometer's distance mode to operate in miles or kilometers.
2. Determine if the **DISTANCE** mode is currently set to **MILE** or **KM** by hitting the **MODE** button. If already set to your desired measurement, please skip to "HOW TO MEASURE YOUR STRIDE LENGTH"
3. If you need to change from **MILE** or **KM** or vice versa, press and hold the **RESET** button for 5 seconds. This will change **STRIDE** Setting measurements from feet to centimeters.
4. You will need to give your pedometer some information for it to operate properly. In the sections below, you will see how to enter your personal Stride Length and properly use your pedometer.

HOW TO MEASURE YOUR STRIDE LENGTH

Manual Stride Adjustment (Range 1 – 8 ft or 30 – 240 cm; defaults are 2.5 ft or 75 cm)

1. Walk 10 steps.
2. Measure the distance you have walked either from heel-to-heel or toe-to-toe.
3. Divide the distance covered by the number of steps.
4. Example: Distance covered in 10 steps = 360 inches. Divide the number of inches by the number of steps (360 inches divided by 10) = 36 inches.

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.



HOW TO ENTER YOUR "MANUAL" STRIDE LENGTH INTO THE PEDOMETER (as determined above)

1. Press the **MODE** button (**B**) on the display panel to show **MIL/KM** mode.
2. Press the **STRIDE** button (**A**) to enter the setting mode, then **PRESS** repeatedly to enter your personal stride length. Each press advances your stride by .1 foot (1.2 inches) or 5 centimeters depending on which measurement system you have chosen.

NOTES: After five seconds, the display will return to the **MIL** (or **KM**) mode. If you want to go to the **MIL** mode immediately, simply press the **RESET** button (**C**) to exit or **MODE** button (**B**) back to **STEP** mode.

The pedometer will only count up. It will count up to 8.0 feet or 240 cm before dropping to 1.0 foot or 30 cm to count up again.

HOW TO MEASURE YOUR STRIDE LENGTH

Automatic Stride Adjustment

This pedometer allows a quick set up to enter your stride length automatically as an alternative to measuring your footsteps to determine your personal stride length.

1. Press the **MODE** button (**B**) on the display panel to show **MIL/KM** mode.
2. Press **STRIDE** button (**A**) to show stride length window. "FT" or "CM" will be displayed.
3. Walk a measured 25-foot (7.62 meters) distance, and then press the **STRIDE** button (**A**). Your personal stride length is now automatically entered into your pedometer. The display will flash for 5 seconds and then stop.

NOTE: If you walk or jog less than five (5) steps, or greater than twenty (20) steps the pedometer will keep the previously entered stride length.

TO START YOUR EXERCISE

1. Press and hold the **RESET** button (**C**) for 2 sec. The display will show all 0.00 in **STEP** and **MIL/KM** measurement.
2. Press **STRIDE** button (**A**) repeatedly to set your average stride length (in **FT** or **CM**) in **DISTANCE** mode. The digits will flash 5 times and then be entered into the pedometer's "memory".
3. Start your exercise.

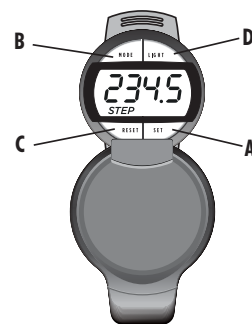
TO RESET YOUR PEDOMETER

Press and hold **RESET** button (**C**) to reset all the accumulated data to zero.

HOW TO SET DISTANCE COUNTER

Your Stride Length and How to Measure It

Your pedometer automatically records your exercise distance based upon your walking or hiking movements. It's important to walk or hike consistently. If you vary your walking pace, your stride length will vary and distance traveled will be different. The maximum distance reading is 999.99 MILES or KILOMETERS. The numbers to the right of the decimal point are fractions of MILES or KILOMETERS (just like your car's odometer).



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STEP COUNTER FUNCTION

This feature allows you to count the steps you take during an exercise period or all day, if you wish. Your goal should be to take 10,000 steps each day, try it!

1. Press **MODE** button (**B**) to **STEPS**.
2. Press the **RESET** button (**C**) and begin walking or jogging. The display will show 00000 and begin to record up to 99,999 steps.

MILE/KILOMETER CONVERSION

To change from MILES to KILOMETERS, press and hold **RESET** button (**C**) for 5 seconds in 'MIL/KM mode', this will also automatically change the **DISTANCE** measurements from MILES to KILOMETERS (or vice versa).

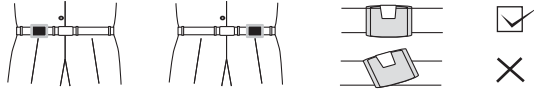
HOW TO OPERATE YOUR FLASHING LIGHT

Press button (**D**) once to turn light on. Press (**D**) again to start flashing mode. Press (**D**) again to turn light off.

NOTE: Use of light reduces battery life. Use only when needed.

HOW TO WEAR YOUR Pedometer

Your pedometer clips easily and snugly to either side of your trousers or shorts. For best results keep the unit in line with the "crease line" of your trousers.



SENSITIVITY ADJUSTMENT

Everyone's walking "style" is different. The pedometer has an automatic Sensitivity Adjuster that compensates for the different walking and jogging styles.

BATTERY REPLACEMENT

1. The battery hatch is on the rear side of your pedometer. Open the battery door with a coin to access the battery.
2. Replace with type LR1154 or equivalent battery when display dims.
3. Reset the pedometer and re-enter the **STRIDE** length.

OTHER 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.

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THE PROFESSIONAL'S CHOICE
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