

350 TRAINER 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

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 located on the back to activate your pedometer.

EXPLANATION OF BUTTON FUNCTIONS:

BUTTON A – RESET: Resets all counts/measurements back to zero. Also changes measurements from Imperial System (Miles/Inches/Pounds) to the Metric System (Kilometers/Centimeters/Kilograms).

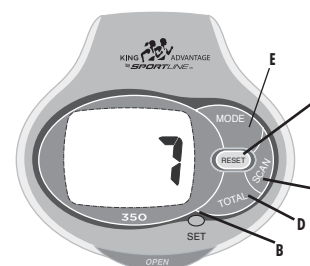
BUTTON B – SET: Used for setting stride length, weight, and time of day. Also used to increase minutes in **TIME** setting mode.

BUTTON C – SCAN: Consecutively gives readings of all pedometer's functions when **SCAN** feature is on.

BUTTON D – TOTAL: Provides cumulative totals from your exercise intervals until the **RESET** button is pressed which will return all counts to zero.

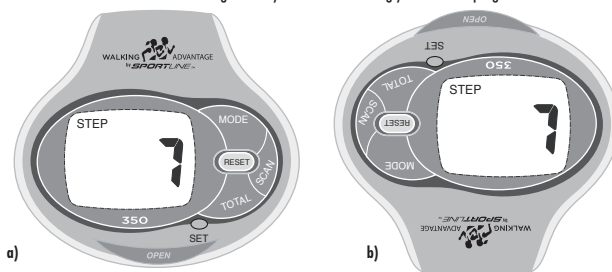
BUTTON E – MODE: Allows you to choose the **MODE** you want in the sequence of **STEP, DISTANCE, CAL, CLOCK** and **TIMER**.

NOTE: To operate properly, pedometer case **MUST** be closed!



REVERSIBLE DISPLAY: This pedometer has a unique feature that allows the display to reverse so that you can read it from two positions...

- a) Reads in standard format when held upright in your hand.
- b) Automatically reverses when the LCD display is lifted upward so the data can be read without removing it from your waistline during your exercise program.

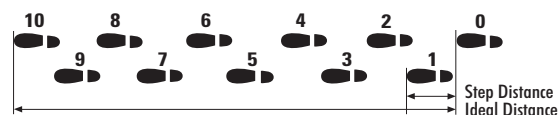


TO SET UP YOUR Pedometer

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 "Input Your Stride Length".
3. If you need to change from **MILE** to **KM** or vice versa, press and hold the **RESET** button for 5 seconds. This will change Stride setting measurements from inches to centimeters and weight setting measurements from pounds to kilograms as well.

INPUT YOUR STRIDE LENGTH (Range 12 - 96 inches or 30 - 240 centimeters; the default values are 30 inches/75 centimeters):

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 STRIDE LENGTH

1. Press the **MODE** button (**E**) on the display panel to **DIST** (DISTANCE).
2. Press the **SET** button (**B**) to enter the setting mode, then press (**B**) repeatedly to enter your personal stride length.
Each press advances your stride by one inch/one centimeter.

NOTES:

The digits will flash five times and then the display will return to the **DIST** mode. If you want to go to the **DIST** mode immediately, press the **MODE** button (**E**).
The pedometer will only count up. It will count up to 96 inches/240 centimeters before dropping down to 12 inches/30 centimeters to allow you to count up from there if your stride is less than the default value.

MILE/KILOMETER CONVERSION

To change from **MILES** to **KILOMETERS**, press and hold **RESET** button (**A**) for 5 seconds. This will also change Stride setting measurements from feet to centimeters and weight setting measurements from pounds to kilograms as well.

INPUTTING YOUR WEIGHT

 (Ranges 60 - 300 lbs or 30 - 135 kg)

In order to measure your calories, you must enter your weight into the pedometer's memory. To do this, follow these steps:

1. Press the **MODE** button (**E**) on the display panel to **CAL** (Calories).
2. Press the **SET** button (**B**), then continuously press **SET** to enter your personal weight. Each press advances your weight by 1 pound or 1 kilogram (Range 60 to 300 lbs. or 30 to 135 kg; the default values are 100 lbs./45 kg).

NOTE: The display will flash five times before returning to the **CAL** mode. If you want to go to the **CAL** mode immediately, press the **MODE** button (**E**).

SETTING THE CLOCK

1. Press the **MODE** button (**E**) to reach **CLOCK** mode.
2. Press the **SET** button (**B**) and display shows time to be adjusted.
3. Press the **RESET** button (**A**) to correctly adjust A (am) "HOUR" or P (pm) "HOUR" digits.
4. Press the **SET** button (**B**) to correctly adjust "MINUTE" digit.
5. When the clock is correctly set, the display returns to the **CLOCK** mode after 6 seconds. If you want to go to the **CLOCK** mode immediately, press the **MODE** button (**E**).

350 TRAINER Pedometer Instructions Cont...

READING THE DISPLAY

Press the **MODE** button (E) to cycle through each of the following 5 exercise trip readings.

STEP – Display shows number of steps taken to 99999 steps (excluding irregular movements).

DIST – Display shows distance traveled by 0.001 to 99.999 MILE or to 99.999 KM.

CAL – Display shows calories burned over distance traveled.

CLOCK – Display shows time of day.

TIMER – Display shows time used during current walk/run trip to 100 hours.

PLEASE NOTE: In **TOTAL** mode (see below) all displays show totals of recorded measuring functions.

ZERO-SETTING THE EXERCISE SETTINGS

1. Press the **RESET** button (A) for two seconds to reset all trip records to zero. In **TOTAL** mode, all trip and total records are reset to zero.

2. Stride length (inches or cm) and weight (lbs or kg) as input will be retained in the memory.

USING THE SCANNER FEATURE

1. Press the **SCAN** button (C) to change to scanning mode that views, in continuous cycle, all 5 exercise displays lasting 3 seconds each.

2. Press the **SCAN** button (C) again to revert to chosen mode.

USING THE TOTAL MODE

1. When in a chosen exercise-reading mode, press the **TOTAL** button (D) and the **TOTAL** from all previous exercise intervals appear. Display shows total records of all measuring functions.

2. Press the **TOTAL** button (D) again and the display reverts to trip records mode.

NOTE: The **TOTAL** feature will show the **TOTALS** from all previous exercise intervals until the **RESET** button (A) is pressed. The **RESET** button will clear the memory from previous intervals.

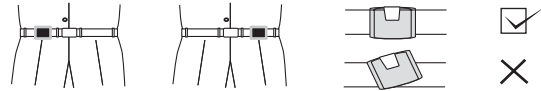
POSITIONING THE PEDOMETER

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 remain parallel to the ground when walking or running. Otherwise false readings will occur.

3. The LCD display should be down when exercising.

4. Lift up the LCD display to monitor your progress and then place it back down.



TO START YOUR EXERCISE

1. Press the **RESET** button (A) for 2 seconds. The display will show zero. All measurement functions will reset to zero.

2. Begin exercising. The unit will keep track of your steps, distance and calories burned.

3. By pressing the **MODE** button (E) to switch to other modes to get those readings as well or press the **SCAN** button (C) to view all readings.

TO RESET YOUR PEDOMETER

Press the **RESET** button (A) for 2 seconds. The display will show zero.

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. Insert a small coin into the slot on the bottom of the body of the unit near the hinge.

2. Replace with one type CR2032 button cell battery.

3. Be sure to pay attention to the correct polarity.

4. Put the battery compartment back into place.

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.

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