

355 PULSE PEDOMETER Instructions Cont...

TO SET YOUR GOALS

This pedometer has two goal setting functions...step and distance. To set your goal in steps, press the **GOAL** button while in **STEP** mode. (The digit on the right will flash indicating you can adjust that value.) Press the **+/H** or the **-/M** to increase/decrease the value from 0 – 9. Once you've done that press the **GOAL** button again. The digit to the left of the one you just set will begin to flash. Again, press the **+/H** or **-/M** button to reach the digit you want. Continue this process until you've reached your step goal. Once you've finished you can press the **MODE** button or the unit will automatically return to **STEP** mode after flashing 5 times.

NOTE: You can press the **RESET** button to turn off the **GOAL** setting function and the value back at zero.

To set your goal in distance, press the **GOAL** button while in distance mode. The digit on the right will flash indicating you can adjust that value. Press the **+/H** or the **-/M** to increase/decrease the value from 0 – 9. Once you've done that press the **GOAL** button again. The digit to the left of the one you just set will begin to flash. Again, press the **+/H** or **-/M** button to reach the digit you want. Continue this process until you've reached your distance goal. Once you've finished you can press the **MODE** button or the unit will automatically return to **DISTANCE** mode after flashing 5 times.

NOTE: You can press the **RESET** button to turn off the **GOAL** setting function and the value back at zero.

You are now ready to start your exercise program:

TO POSITION YOUR PEDOMETER

1. Clip the pedometer to your belt or waistband as close as possible to the crease of your pants.
2. The pedometer must always be horizontal so it is parallel to the ground. If attached at an angle or sideways, false readings will occur.



Once you start exercising press the timer to start counting. You will see a "running man" when your unit acknowledges that you have begun to exercise.

To change the measurement system from the Imperial System to the Metric system:

1. Press **RESET** button and hold for 2 seconds. All data will reset to 0.
2. Press **RESET** button again while in **DISTANCE** mode. Hold for 5 seconds until you see the LCD switch from MIL to KM or vice versa.

OPERATION INSTRUCTIONS

STEP Counter: Press **MODE** switching function to **STEP** mode. Press **RESET** and hold 2 seconds to clear the figure to 0.

DISTANCE Counter: Press **MODE** switching function to **DISTANCE** mode. Press **RESET** and hold 2 seconds to clear the figure to 0.

CALORIE Counter: Press **MODE** switching function to **CALORIE** mode. Press **RESET** and hold 2 seconds to clear the figure to 0.

STOPWATCH (+ Timer): Press **MODE** switching function to **+ TIMER** mode. Press **RESET** and hold 2 seconds to clear the figure to 0.

NOTE: At any time you can press the **MODE** button to view your progress in other modes.

PULSE Meter: Hold the device in your hand and put your fingertip gently and lightly over the sensor. Press **PULSE** key to activate the pulse function. The unit will countdown for 5 seconds and then show "----" while reading your heart pulse for data. Once the signal stabilizes, the meter will beep and flash and begin to calculate your pulse rate per minute. After it receives 5 continuous stable signals, your pulse rate will be displayed on the **LCD** screen. You will hear a long beep sound indicating it was able to get a good reading of your pulse. The display will show your pulse rate for 3 seconds before going back to the previous mode you were in. If the unit was unable to detect a stable pulse reading within 30 seconds, the LCD display will show "ERR" to indicate this and two beeps will be heard. The display will automatically go back to the measurement mode you were previously in.

NOTE: Do not press too hard with fingertip on the **SENSOR**. Use finger tip without callous on it.

WARNING:

1. The device is a precise electronic instrument. Treat it carefully. Do not drop it, shock it or immerse it in water.
2. To avoid a reading error, do not put in direct sunlight/flashlight when using the pulse meter function.

BATTERY REPLACEMENT:

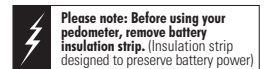
When display dims or fades out, replace the battery with a new CR-2032 or equivalent battery.

1. Open the battery cover at the back of the unit. Take the old battery out and insert the new one into the battery holder noting correct polarity.
2. Close the battery cover and promptly dispose of the old battery.

NOTE: You need to re-enter the stride length and weight after replacing the battery.

OTHER USEFUL INFORMATION:

- This pedometer is designed to remain on continuously.
- Battery life is approximately 1 year



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