

360 FITNESS 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

BEFORE BEGINNING TO USE YOUR PEDOMETER

1. Please remove the plastic film from the display before use.
2. Before using your pedometer, remove the battery insulation strip.

Your new pedometer has been designed for your easy use and the accurate measurement of the distance you travel (travel distance records up to 7 days in memory), the steps you take, the calories "burned" while you walk or run, how long you exercise, what speed you walk or run, conversion of distance measurement from mile (MIL) to kilometer (KM) or kilometer to mile, and auto power on/off. Also included is a convenient Time-of-Day clock with 12 hour or 24 hour format to tell you what time it is. The unit will also measure your distance in miles/kilometers and fractions of miles/kilometers.

EXPLANATION OF SYMBOLS

BUTTONS:

Button A – RESET, H (HR), ▲ (UP), KM/MIL

Button B – MIN (MINUTES), ▼ (DOWN)

Button C – MODE

DISPLAY (upper window):

STEP – You are in **STEP** mode

TIMER – You are in Count Up **TIMER** mode

CAL – You are in **CALORIE** mode

KM/H, MIL/H – You are in **SPEED PER HOUR** mode

STEP/M – You are in **STEP PER MINUTE** mode

ODO – You are in total **MILEAGE/KILOMETER** mode

No MODE indication or **P** – You are in Time of Day with 12 hour or 24 hour format **CLOCK** mode

DISPLAY (lower window):

WALK – You are in **WALK & RUN** mode

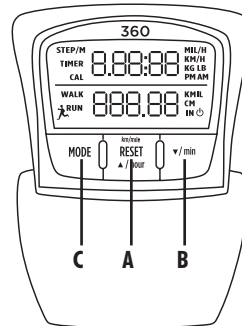
RUN – You are in **RUN/STRIDE MEASUREMENT** mode

WALK & RUN – You are in **WALK & RUN STRIDE** setting mode

🚶 – Pedometer is counting successfully

⏻ – You are in auto power **OFF** mode

Numbers of distance traveled in MIL or KM (7 days records).



UNIQUE SCAN FEATURE

Your pedometer has a very unique scanning feature. After you turn on the pedometer the display will be in **STEP** mode. Press **(C)** button once or repeatedly to show **TIMER, CAL, KM/H or MIL/H, STEP/M** and **TIME OF DAY** modes. When you return back to the **STEP** mode, it will be "blinking". You are now in the **AUTO-SCAN** mode. Now the display will automatically show the blinking words "STEP, TIMER, CAL, KM/H or MIL/H, STEP/M and Clock". The pedometer will now rotate through each one of these displays for 4 seconds sequentially as long as the **AUTO-SCAN** function is activated... or until you press the **(C)** button once more for new data setting or viewing.

HOW TO OPERATE YOUR NEW PEDOMETER

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** (for walking, hiking), your **WEIGHT** (for calories), and **TIME OF DAY**. Once this information has been entered into the unit, you're ready to go!

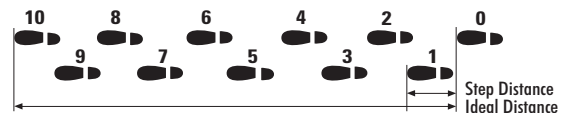
YOUR STRIDE LENGTH

Your Stride Length and How to Measure It

This pedometer automatically records your exercise distance based upon your walking or running or hiking movements. The maximum distance reading is 999.99 miles/kilometers. The numbers to the right of the decimal point are fractions of a mile (just like your car's odometer) right down to 1/100 of a mile or kilometer. It is important to walk or run or hike consistently. If you vary your walking pace, your stride length will vary and your distance traveled will be different.

INPUT YOUR STRIDE LENGTH (Range for **WALK** mode 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.



FOR JOGGERS OR HIKERS LENGTH (Range for **RUN** mode 12-96 inches or 30-240 centimeters; the default values are 42 inches/100 centimeters). Follow the directions above, except jog or hike for 10 steps.

HOW TO ENTER YOUR "WALK" STRIDE LENGTH INTO THE PEDOMETER

1. Press the **MODE** button **(C)** on the display panel to **STEP** mode. Hold **MODE** for 2 seconds to get to the **WALK** stride length setting mode.
2. Only when flashing, press button **(A)** or **(B)** for setting your **WALK** stride length information, every press of button **(A)** will increase 1 inch or 1 cm. Every press of button **(B)** will decrease 1 inch or 1 cm in the reverse order.
3. After you set your **WALK** stride length information, the numbers of the stride length on the display will blink for confirmation and go back to **MIL** mode automatically after 7 seconds.

HOW TO ENTER YOUR "RUN" STRIDE LENGTH INTO THE PEDOMETER

1. Press the **MODE** button **(C)** on the display panel to **STEP** mode, and hold for 2 seconds to **WALK** stride length setting mode, press **MODE** button **(C)** once again to get **RUN** stride length setting mode.
2. Press button **(A)** or **(B)** for setting your **RUN** stride length information (the same as above).

HOW TO SET YOUR WALK, RUN OR WALK/RUN MODE

1. Press the **MODE** button **(C)** until you get to either **STEP** mode.
2. Press and HOLD **MODE** button **(C)** for 3 seconds. Your **WALK** stride will blink on the bottom display.
3. Press **MODE** button **(C)** again. Your **RUN** stride will blink on the bottom display.
4. Press **MODE** button **(C)** again. The words **WALK, RUN, WALK/RUN** will blink.
5. Press button **(A)** until you get to the action of your choice (**WALK, RUN, WALK/RUN**). The action will blink for 2 seconds, then stop, and you'll be ready to go.

HOW TO ENTER YOUR WEIGHT (Range 60 – 280 lbs. or 30 – 130 kg. The default values are 100lbs/45 kg):

In order for the calorie function to work properly you will need to enter your weight. Follow these steps to do so:

1. Press the **MODE** button (C) and the display panel until you see **CALORIE** mode.
2. Press **MODE** button (C) and hold for 2 seconds to get **WEIGHT** setting mode.
3. Press button (A) or (B) to set your weight information. Every press on button (A) increases the weight by 10 LB (pounds) or 5 KG (kilograms). Every press of button (B) decreases the weight by 10 LB (pounds) or 5 KG (kilograms).
4. Once you set the proper weight, the display will blink for 7 seconds and then the display will skip back to **CALORIE** mode.

HOW TO SET TIME OF DAY

1. Press the **MODE** button (C) on the display panel repeatedly to reach **CLOCK** mode.
2. Press button (C) once and hold for 2 seconds to get 12 or 24 hour time setting mode. Press either button (A) or (B) once to set 12-hour time format or 24 hour time format.
3. Press **MODE** button (C) once to get into **CLOCK** setting. Both numbers will blink. Press button (A) for hour setting and (B) button for minute setting. After completing the setting, display will automatically go back to **CLOCK** mode after 7 seconds.

TO START YOUR EXERCISE

1. Press (C) until the upper display will show **STEP** mode (maximum reading is 99,999 steps).
2. The display will show 00000 in the **STEP** mode in the upper display window (if numbers appear in either display, **RESET** the display by pressing (A) for 2 seconds), and 0.00 MIL or KM for distance on lower display window.

NOTE: Unit must be closed while operating to track measurements accurately.

TO RESET YOUR PEDOMETER

Press the **RESET** button (A) and hold for 2 seconds. The upper display and lower display will be reset to zero except the **CLOCK** mode and the previous 7 days distance travel records. **TO RESET THE 7-DAY MEMORY**, press and hold (A) for 5 seconds. All the digits will show. Release (A). The memory will clear. However, this will also change MIL to KM, or KM to MIL. Simply press and hold (A) for 5 seconds again to change back to your preferred (KM or MIL) distance measurement.

MILE/KILOMETER CONVERSION

To change from MILE to KILOMETER, press and hold **RESET** button (A) for 5 seconds (shows all display functions). This will change **STRIDE** setting measurement from inches to centimeters as well.

HOW TO USE THE TIMER COUNTER

This pedometer accurately measures the time you spend exercising. When you stop, the timer stops. When you exercise, the timer runs. Press **MODE** button (C) on the display panel until you get to the **TIMER** mode for viewing the record of your exercise time.

DISTANCE COUNTER FUNCTION

This feature allows you to count the distance you travel during an exercise period or all day if you wish. Your target should be to walk or jog 4 miles each day. Try it.

1. Press the **MODE** button (C) to get to **STEP** mode.
2. Press **RESET** button (A) and hold for 2 seconds and begin walking, running or hiking. The display will show 00000 and will begin to record your steps and distance.

DISTANCE WITH 7-DAY MEMORY & ODOMETER FUNCTION

This feature allows you to view the record of any day in miles or kilometers for 7 days. Starting from the 8th day, new data will automatically replace the memory of the 1st day recorded, and the 9th day will replace the 2nd day recorded... and so forth. Press and release button (A) to view each consecutive day's memory, and press button (B) to view each previous day's memory and total distance traveled "ODO" (like your car's odometer).

PLEASE NOTE: You can complete your viewing of the 7 days activities and total distance before you return to the main pedometer functions OR press (C) once to return to the main pedometer functions.

SPEED FUNCTION

This feature allows you to know what speed you walk or jog per hour (MPH) and how many steps per minute (STEPS/Min) you walk/jog over a certain period of time. The information is updated every 30 seconds automatically.

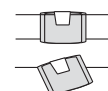
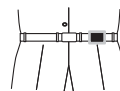
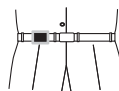
1. **SPEED/HOUR:** Press **MODE** button (C) repeatedly to locate **SPEED** mode to view speed function. The display will show **MIL/H** (mile per hour) or **KM/H** (kilometer per hour).
2. **STEP/MINUTE:** Press **MODE** button (C) once to advance to the next display **STEP/M** (step/minute) mode to view step per minute function.

AUTO POWER ON/OFF

To save battery power, this unit will automatically "go to sleep" when no activity has been detected, for four (4) minutes. The lower display will show  whenever unit is not in use.

HOW TO WEAR YOUR PEDOMETER

1. Pedometer case **MUST** be closed in order to operate properly.
2. Clip the unit to your belt or to the top of your shorts or trousers as close as possible to the crease line of your pant.
3. The pedometer must always be horizontal and be parallel to the ground. Do not attach at an angle or sideways as false readings will result.



SENSITIVITY ADJUSTMENT

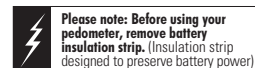
Everyone's walking style is different. This pedometer has an automatic sensitivity adjuster that compensates for the different walking, running or jogging styles.

BATTERY REPLACEMENT

1. The battery hatch is at the bottom end of your pedometer. Slide open the battery door with your finger to access the battery.
2. Replace battery with CR2032 or equivalent type when display dims.
3. Reset the pedometer and re-enter the **WEIGHT/STRIDE** length and **CLOCK** information.

OTHER INFORMATION

1. Treat your pedometer with care.
2. Pedometer is **NOT** waterproof.



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