1- INTRODUCTION

Congratulations on your purchase of a Sportline 340 Pedometer. The 340 Pedometer features a highly advanced pedometer technology that accurately measures your body movements when worn from multiple locations on the body and in multiple orientations.

Please keep in mind your pedometer is a sensitive technical instrument. With proper care and maintenance, it will last for many years. However, improper care and handling can cause the various sensors to be damaged and to stop functioning.

HOW TO USE THIS MANUAL

Please read all sections of this manual carefully and become fully familiar with the operation of the pedometer before using it in the field. Proper setup and operation will greatly enhance the pedometer’s usefulness and your enjoyment. The steps for the programming or operation are adjacent to the screen illustrations. Key points and important information are shown in highlighted blocks.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Pedometer, you may contact Customer Support by calling 1-866-694-4575.

NOTE: In order to activate your pedometer after purchase, you must remove the battery insulator tab inside the battery compartment.

1. Locate the tab on the back of the pedometer.
2. Firmly grasp the tab and pull away from the pedometer until completely removed from the unit.
3. Remove the label that appears on the pedometer display.

4- PROGRAMMING THE Pedometer

In order to ensure exercise data is as accurate as possible, you must complete the following steps to enter your personal profile. The display will prompt you which information is being programmed. Adjust information by pressing + or MODE/RESET (MODE) button. Accept value and advance to the next setting by pressing SET button again.

1. Enter the Programming Sequence by pressing & holding the SET button on the back of the unit for approximately 3 seconds.
2. Select unit of measure (metric or imperial) by pressing the + or MODE button on the back of the unit.
3. Press the SET button again.
4. Adjust Height (in inches or centimeters) by pressing the + (to increase) or MODE (to decrease) buttons. Press the SET button to accept value and advance to set Stride Length.
5. This pedometer has an automatic stride length calculator that sets your length based on your height.
6. Press the SET button to accept this value or you can adjust your Stride Length (see "Determining Stride Length" on the opposite page) by pressing + or MODE buttons.

5- PROGRAMMING THE Pedometer

4. This pedometer has an automatic stride length calculator that sets your length based on your height.
5. Press the SET button to accept this value or you can adjust your Stride Length (see "Determining Stride Length" on the opposite page) by pressing + or MODE buttons.
6. Press the SET button. The unit is now programmed and ready for use!

6- OPERATING THE Pedometer

The 340 Pedometer automatically begins capturing data as movement occurs. There are no Start or Stop buttons to push.

Scroll through display modes: STEPS, DISTANCE, CALORIES AND EXERCISE TIME by pressing the MODE/RESET button.

To clear all current pedometer data:
1. Press & hold the MODE/RESET button on the front of the unit.
2. Continue holding as the display reads "RESET".
3. When pedometer data reads zeros (0), release the MODE/RESET button. The unit is now ready for a new workout.

NOTE: Your personal profile settings will be saved.

USER GUIDE / INSTRUCTION MANUAL

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The Sportline 340 Pedometer has 3 buttons for operating and programming: MODE/RESET (located on the front of the unit below the display) and on the back panel of the unit, the SET and the + (adjust/increase) buttons.

MODE/RESET (MODE) BUTTON
• Operating Mode: Scrolls through display modes.
• Press & Hold: Resets pedometer data
• Programming Mode: Adjusts (decreases) information being adjusted.

SET BUTTON
• Operating Mode: Press & Hold to enter the Programming Sequence.
• Programming Mode: Accepts the information being adjusted and advances to the next setting.

+ (ADJUST/INCREASE) BUTTON
• Programming Mode: Adjusts (increases) information being adjusted.
9 - HOW TO WEAR THE Pedometer

This pedometer will be most accurate when worn close to the body, ideally on your waist or belt. To wear the pedometer:

1. Loop the belt through the belt clip, then secure it in place. Make sure the belt is snug and the clip is secure.
2. Ensure the pedometer is positioned on your abdomen, close to your waistline or belt.

10 - WARNINGS & CAUTIONS

WARNING: This pedometer will be most accurate when worn close to the body, ideally on your belt or waist line or inserting the unit into a tight, secure pocket.

AVOID:
• NEVER attempt to disassemble or service your unit.
• DO NOT expose the unit to extreme heat, shocks, magnetic fields, electrical noise, or strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents, as they may damage the unit or lead to failure.

CLEAN:
• DO NOT drop or strike the pedometer.
• TO CLEAN the unit, wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals as previously stated. Use a soft, dry cloth for cleaning.

DO NOT:
• DO NOT expose the unit to extreme conditions.
• DO NOT attempt to disassemble or service your unit.

11 - CARE & MAINTENANCE

- NEVER get the pedometer wet. This unit is not water resistant.
- WARNING: This pedometer will be most accurate when worn close to the body, ideally on your belt or waistline or inserting the unit into a tight, secure pocket.
- NEVER attempt to disassemble or service your unit.
- DO NOT expose the unit to extreme heat, shocks, magnetic fields, electrical noise, or strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, or insect repellents, as they may damage the unit or lead to failure.

- DO NOT drop or strike the pedometer.
- TO CLEAN the unit, wipe with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks. Do not expose the unit to strong chemicals as previously stated. Use a soft, dry cloth for cleaning.
- KEEP your pedometer in a dry place when not in use for a long time.
- DO NOT expose the unit to extreme conditions.
- ALWAYS replace the battery when necessary.
- STORE the unit in a dry place when not in use for a long time.

The purpose of the crossed-out wheelie bin symbol is to remind us that most electrical products, and batteries, contain trace elements (including Mercury – Hg, Cadmium – Cd and Lead – Pb) which could be harmful to our health and the environment. As always, dispose of batteries in an eco-friendly manner. The correct disposal of batteries will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

12 - FCC COMPLIANCE

The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harm to its interference, and (2) this device must accept interference which may cause undesired operation.

1. “Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the product.”
2. “NOTE: This product has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This product generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this product does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.”

13 - REPLACING THE BATTERY

The Sportline 340 Pedometer uses one 39030 3V lithium battery. Battery replacement will be required from time to time, and should occur when:

1. The display fades in part or completely.
2. The pedometer function will not activate.

TO REPLACE THE BATTERY:
1. Lift the spring-loaded belt clip on the back of the unit to expose the battery compartment door. Unscrew the battery compartment door with a small Phillips screwdriver.
2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery facing up).
3. Replace the battery compartment cover and fasten the screw (CAUTION: do not overtighten).