

345 STEP, DISTANCE & CALORIE 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: This button has three functions:

1. To change from miles to kilometers measurements.
2. To reset pedometer back to zero in **STEP, DISTANCE** or **CALORIE** modes.
3. To increase hours in **CLOCK** setting mode.

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

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



DISPLAY OPTIONS AVAILABLE

This pedometer can measure in four modes:

STEP: Shows how many steps you have walked (from 0 to 99999).

DISTANCE: Shows the distance you have walked in miles or kilometers (from 0 to 99.999).

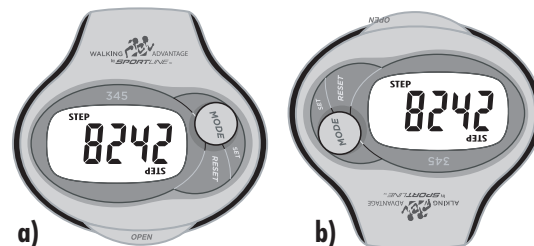
CALORIES: Calculates the number of calories you have burned during your exercise period (from 0 to 9999.9).

CLOCK: In addition to the above measurements, this pedometer also has a **CLOCK** mode that provides the time of day.

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.



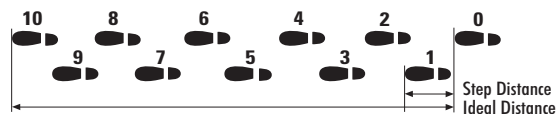
TO SET UP YOUR PEDOMETER

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 cm; the default values are 30 inches/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 STRIDE LENGTH

1. Press the **MODE** button (C) 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 or one centimeter. Stride range is 12 - 96 inches or 30 - 240 cm.

NOTES: After five seconds the display will return to the **DIST** mode. If you want to go to the **DIST** mode immediately, press the **MODE** button (C).

The pedometer will only count up. It will count up to 96 inches/240 cm before dropping down to 12 inches/30 cm to allow you to count up from there if your stride is less than the default value.

HOW TO SET THE CALORIE COUNTER

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 (C) on the display panel to **KCAL** (Calories).
2. Press the **SET** button (B), then continuously press (B) 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).

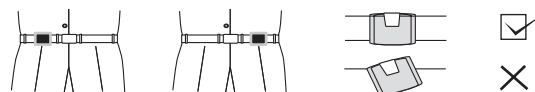
NOTE: After 5 seconds, the display will return to the **KCAL** mode. If you want to go to the **KCAL** mode immediately, press the **MODE** button (C).

HOW TO SET THE CLOCK

1. Press the **MODE** button (C) to **CLOCK**.
2. Press the **SET** button (B) to enter the setting mode. Display will flash.
3. Press (A) to set **HOURS**. Press (B) to set **minutes**. (A=AM, P=PM). Must be entered while numbers are still flashing – if flashing stops before time is entered, press set again.
4. Clock will return to **CLOCK** mode after 6 seconds. If you want to go to the **CLOCK** mode immediately, press the **MODE** button (C).

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.



TO START YOUR EXERCISE

1. Press the **RESET** button (A) for 2 seconds. The display will show zero. All measurement functions (**STEPS, DISTANCE, CALORIES**) 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 (C) you can switch to other modes to get those readings as well.

345 STEP, DISTANCE & CALORIE PEDOMETER Instructions Cont...

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

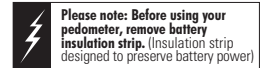
SENSITIVITY ADJUSTMENT: Everyone's walking style is different. The pedometer has an automatic Sensitivity Adjuster that compensates for the different walking and jogging styles.

BATTERY REPLACEMENT

1. The battery is under the front cover of your pedometer. Pop open the front cover with your finger (or use a coin) to access the battery.
2. Replace battery with CR2032 button cell battery when display dims.
3. You will need to re-enter your stride and weight when you change the battery.

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.



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