

SPEED TONING PEDOMETER

USER GUIDE /INSTRUCTION MANUAL

SPORTLINE®

SB4069IS01SPO
PAGE SIZE: 4.33"W × 3.34"H
6/5/11 — Rev. 6/10/11
Rick W



NY Office
4 Executive Plaza
Yonkers, NY 10701
tel: 914.964.5200
fax: 914.964.0333

HK Office
Units 705 & 706, Tower III
Enterprise Square, 9 Sheung Yuet Road
Kowloon Bay, Hong Kong
tel: 852.2757.4711 fax: 852.2758.8052

Print Colors



CMYK

Date:

6/16/11

Artwork Prepared by:

Rick W.

Artwork Revised by:

IMPORTANT NOTICE

Color layout provided is for **REFERENCE ONLY**. Colors may not be accurate due to limitations of colour printer. Use the **PANTONE** color matching system for color reference. Under no circumstances are colour layouts to be scanned or used for the purpose of printing. Artwork on CD must be used in the original format provided. Color layouts may not be actual size. Print artwork at 100% from disc, unless otherwise specified.
DO NOT ALTER ARTWORK IN ANY WAY!

Production Checklist:

Approved Product Manager

Approved Designer

Approved Proofreader

TABLE OF CONTENTS

INTRODUCTION	1
HOW TO USE THIS MANUAL	1
CUSTOMER SUPPORT	1
WARNINGS & CAUTIONS	2
ACTIVATING THE PEDOMETER	3
HOW TO WEAR YOUR PEDOMETER	4
BUTTONS AND THEIR FUNCTIONS	5
MEASURING YOUR STRIDE LENGTH	6
MAIN OPERATING MODES	7
SELECTING DISPLAY COLOR	8
PROGRAMMING THE PEDOMETER	9-10
RESETTING THE PEDOMETER	11
CARE & MAINTENANCE	12
REPLACING THE BATTERIES	13
BATTERY SAFETY INFORMATION	14

SPORTLINE[®]

SPEED TONING PEDOMETER

INTRODUCTION

Congratulations on your purchase of a Sportline Speed Toning Pedometer. 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 illustration. Key points and important information are shown in highlighted blocks.

CUSTOMER SUPPORT

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

WARNINGS & CAUTIONS

WARNING: Before starting any exercise program or performing any vigorous physical activity, we strongly suggest you visit your doctor for a complete physical and to discuss your plans.

CAUTION: Pedometers are not water resistant.

AVOID exposing the Pedometer to extreme conditions.

AVOID rough uses or severe impacts to the Pedometer.

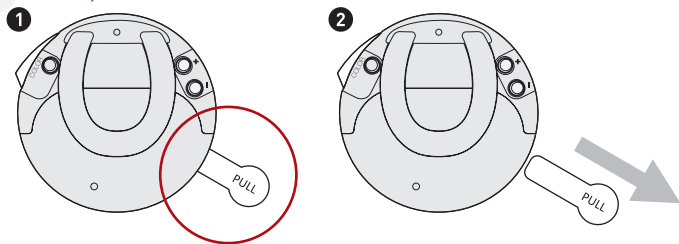
CLEAN the Pedometer occasionally with a soft, dry cloth.

STORE the Pedometer in a dry place when it is not in use for a long time.

ACTIVATING THE PEDOMETER

Your pedometer was originally shipped in Sleep Mode to conserve battery life. To activate your pedometer after purchase:

1. Locate the battery insulator pull-tab on the back of the unit, as shown below.
2. Slowly pull the plastic strip from the unit as illustrated by the arrow below. The display will activate.
3. Your pedometer is now ready for use (see "Programming the Pedometer" pages 9-10).

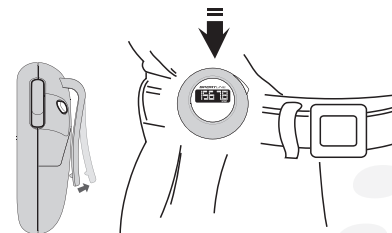


3 **SPORTLINE**®

HOW TO WEAR YOUR PEDOMETER

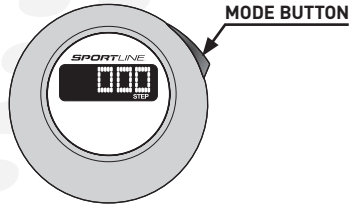
For most accurate readings: This pedometer will be most accurate when worn close to the body, ideally on your belt or waist line. If the pedometer is loosely placed in a pocket, accuracy may be compromised.

1. Attach the pedometer securely to your belt or waist band level to your belt line.
NOTE: Improper positioning of the pedometer may result in incorrect measurements.
2. Secure the pedometer as close to the body as possible (Do not attach to loose clothing).
3. Occasionally check to ensure the pedometer is properly positioned for most accurate measurements.



SPEED TONING PEDOMETER 4

BUTTONS & THEIR FUNCTIONS



MODE BUTTON

- **PRESS:** Scroll through operating modes
- **PRESS & HOLD:** Reset workout data

COLOR/SET BUTTON

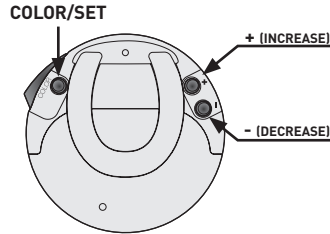
- **PRESS:** Scroll through display colors
- **PRESS & HOLD:** Accesses Programming Sequence

+ (INCREASE) BUTTON

- **PRESS:** Increase value being adjusted in Programming Sequence
- **PRESS & HOLD:** Fast advances value being adjusted in Programming Sequence

- (DECREASE) BUTTON

- **PRESS:** Decrease value being adjusted in Programming Sequence
- **PRESS & HOLD:** Fast advances value being adjusted in Programming Sequence



MEASURING STRIDE LENGTH

HOW TO MEASURE YOUR STRIDE LENGTH

The Speed Toning Pedometer automatically sets your stride length based upon your height input during the Set Up sequence. You may choose to adjust this stride length. To obtain your personalized measurement, see below.

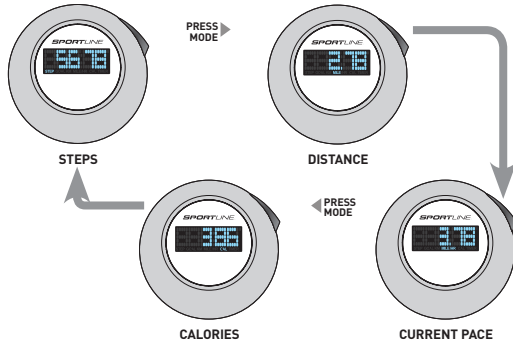
1. To find out what your stride is, walk or run 10 steps and then measure the distance with a tape measure from the first step's toe to the 10th step's toe.
2. Divide your total distance by 10 to get your average stride length.
3. For a quick estimate, walk 3 steps, measure the distance, and divide by 3. The more steps you take, the more accurate and realistic your stride will be. An average walking stride for a female is 2 feet (24 in.), a male is 2.5 feet (30 in.).



MAIN OPERATING MODES

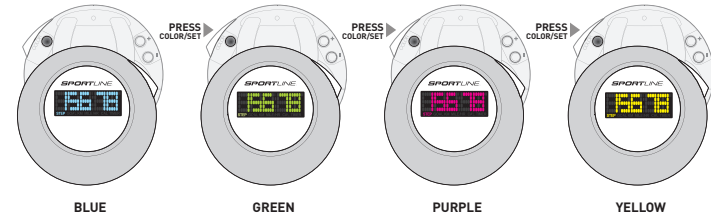
The Sportline Speed Toning Pedometer has 4 operating modes: **STEPS** (tracks steps taken), **DISTANCE** (tracks walking distance in miles or km), **CURRENT PACE** (measures speed in MPH or KPH) and **CALORIES** (calculates total calories burned). Scroll through operating modes by **PRESSING** the **MODE** button.

The display activates for approximately 5 seconds on any press of a button.



SELECTING DISPLAY COLOR

The Sportline Speed Toning Pedometer has four display colors to adjust to any light condition or personal preference. To select display color, **PRESS COLOR/SET**.

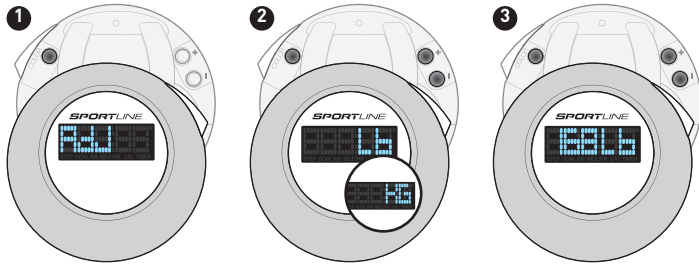


PROGRAMMING THE PEDOMETER

To ensure exercise data is as accurate as possible, you must complete the following steps:

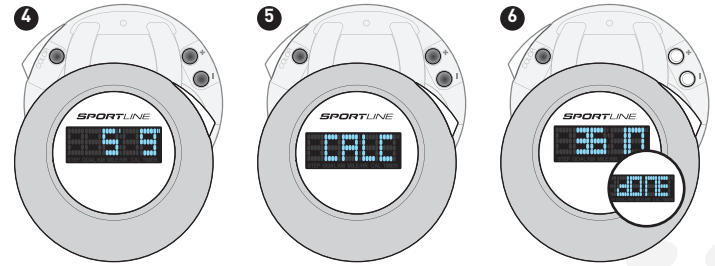
1. Advance to STEP mode by **PRESSING** the **MODE** button. **PRESS & HOLD COLOR/SET** to access the programming sequence.
2. Select unit of measure (LB = pounds or KG = kilograms) by **PRESSING +** or **-** on the back of the unit. **PRESS COLOR/SET** again to accept value and advance to set Weight.
3. Adjust Weight (in pounds or kilograms) by **PRESSING + (to increase)** or **- (to decrease)**. **PRESS COLOR/SET** key to accept value and advance to set Height.

NOTE: The screen will shut off to preserve battery if there is inactivity between changing settings. Simply press any button to turn the screen back on. After a long delay, the unit will exit setting mode.



PROGRAMMING THE PEDOMETER

4. Adjust Height by **PRESSING +** or **-**. **PRESS COLOR/SET** to accept value. The unit will automatically calculate your Stride Length.
5. For Stride Length, **PRESS COLOR/SET** to accept the automatic value or you can adjust your Stride Length by **PRESSING +** or **-** [see "Measuring Stride Length" page 6].
6. **PRESS COLOR/SET** key. The unit is now programmed and ready for use!



RESETTING THE PEDOMETER

CLEARING EXERCISE DATA

To clear exercise data and reset pedometers to zero (0):

1. **PRESS ANY BUTTON** to activate the display.
2. **PRESS & HOLD MODE** for approximately 3 seconds.
3. Once the text CLEAR stops flashing, all pedometer data will be reset to zero.



11

SPORTLINE®

CARE & MAINTENANCE

- **NEVER** get the pedometer wet. This unit is not water resistant.
- **NEVER** attempt to disassemble or service your unit.
- **DO NOT** expose the unit to extreme heat, shocks, magnetic fields, electrical noise, strong vibration or long-term exposure to direct sunlight.
- **DO NOT** drop or step on 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 such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and/or finish.
- **STORE** the unit in a dry place when you are not using it.

SPEED TONING PEDOMETER 12

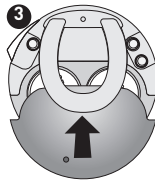
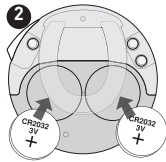
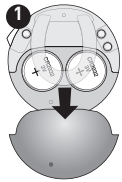
REPLACING THE BATTERIES

The Sportline Speed Toning Pedometer uses two (2) CR2032 3V lithium batteries. 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

REPLACING THE BATTERIES:

1. Unscrew the battery compartment door with a small phillips screwdriver.
2. Remove the old batteries and replace with new ones. Be sure that batteries are in the correct polarity position [positive (+) side of the battery is visible].
3. Replace the battery compartment cover and fasten screw by turning clockwise with a phillips screwdriver [CAUTION: do not over tighten].



BATTERY SAFETY INFORMATION

▲ CAUTION – BATTERY SAFETY INFORMATION

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries should only be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Exhausted batteries are to be removed
- Do not mix old and new batteries
- Do not dispose of batteries in fire; batteries may explode or leak
- Do not dispose of product in fire; batteries may explode or leak
- If this product will not be used for an extended period of time, remove the batteries from the product
- The supply terminals are not to be short-circuited
- Batteries are to be inserted with correct polarity
- Clean the battery contacts and also those of the product prior to battery installation
- As always, dispose of batteries in an eco-friendly manner



The purpose of the crossed-out wheeled 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 environment and therefore our health. We must all be careful to dispose of them responsibly in a specifically designated way – either using a collection scheme or into the correctly labeled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

WARRANTY

GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

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: **EB SPORT GROUP, 585 Oak Ridge Road, Hazleton, PA 18202**

Complete this Guarantee Certificate and enclose it (or a copy of it) with the product.

(PLEASE PRINT CLEARLY)

NAME	TEL	STORE PURCHASED FROM
ADDRESS		DATE OF PURCHASE
CITY		PURCHASE PRICE
STATE	ZIP	
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 the unit at no charge. (Guarantee does not cover crystal or battery.)

©2011 Distributed by Sportline®, Hazleton, PA 18202

FOR PURCHASES MADE IN THE UK:

Should you experience problems with this item, please return it to the point of purchase. This will not affect your statutory rights. Alternatively return it to the address shown below for a repair/ replacement.

EB Brands UK, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

www.sportline.com

Distributed in the UK by EB Brands UK, Worcester WR4 9FA



SPEED TONING PEDOMETER

www.sportline.com

Sportline® is a trademark of SPORTLINE, a division
of EB Sport Group, Yonkers, NY 10701

Distributed in the UK by

EB Brands (UK), Worcester, WR4 9FA

All Rights Reserved. ©2011

SB4069IS01SP0



SPORTLINE®