

**SPORTLINE®**

model 310



Qlip  
**PEDOMETER**

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## INTRODUCTION

Congratulations on your purchase of a Sportline Qlip Pedometer. The Qlip Pedometer features the Infinity Motion Sensor, a highly advanced pedometer technology that accurately measures your body movements 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

Sportline Qlip Pedometers have many unique features and functions. Please read all sections of this manual carefully and become 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 of the product.

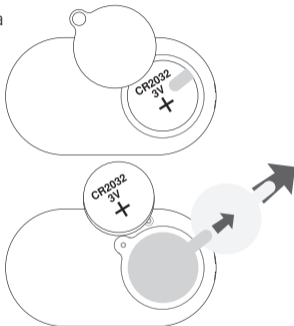
The manual is divided into sections outlining each of the major functions of the pedometer. A drawing of the screen that represents a starting point or other important point for each operational process is shown adjacent to the instructions; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

## REMOVING THE BATTERY INSULATOR TAB

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

1. Unscrew the battery compartment door with a small Phillips screwdriver.
2. Remove the tab (be sure that the battery is in the correct polarity position – positive (+) side of the battery is visible).
3. Replace the battery compartment door and tighten the fastening screw with a Phillips screwdriver.
4. Remove the label that appears on the pedometer display.



## 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** Qlip 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.

# PEDOMETER FUNCTIONS

## TIME

- Time displayed in 1-second resolution
- 12 or 24 hour formats

## TIMER

- 1-Second Resolution
- 10 Hour

## PEDOMETER

- Measures Walking Steps
- Distance
- Average Speed
- Exercise Time
- Calories Burned

## OTHER

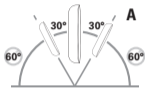
- Removable Clip Holster

## HOW TO WEAR YOUR PEDOMETER

For most accurate measurements, Sportline recommends inserting the unit into a tight, secure pocket or clipping the unit (with the holster included) to the beltline.

### FOR MOST ACCURATE PEDOMETER READINGS:

1. Position the unit in a vertical orientation (angle of  $30^\circ$  or less – see illustration **A**. **IMPORTANT:** positioning the unit horizontally (display flat to the ground) will compromise accuracy – see illustration **B**.
2. Secure the unit as close to the body as possible (**DO NOT** attach to loose clothing).



**NOTE:** This Pedometer will be most accurate when worn close to the body. If the Pedometer is clipped to loose clothing or loosely contained in a pocket, the unit's accuracy may be compromised.

To clip the pedometer to your clothing, simply insert the pedometer unit into the clip holster as shown.





# KEYS AND THEIR FUNCTIONS



## MODE KEY

- Scroll through operating modes
- Advance to next setting in Programming Sequence

## RESET KEY

- **PRESS & HOLD:** Clears data in Pedometer modes (Step, Distance, Calories, Speed and Timer)
- Increase values being set during a Programming Sequence

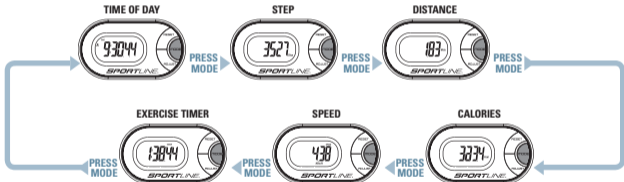
## ADJUST KEY

- **PRESS & HOLD:** Accesses Programming Sequence in Time of Day and Step modes
- Toggle between Metric and Imperial measurement in Distance and Speed modes

## MAIN OPERATING MODES

The Sportline Qlip has 6 main operating modes: Time, Step, Distance, Calories, Speed, and Exercise Timer.

- Scroll through main operating modes by **PRESSING** the **MODE** key.
- Toggle between Metric and Imperial measurements (in Distance and Speed modes) by **PRESSING** the **ADJUST** key.



# SETTING THE PEDOMETER FUNCTIONS

## SETTING TIME

1. **PRESS & HOLD** the **ADJUST** key in Time Mode to access the programming sequence.
2. Adjust Hour by **PRESSING** the **RESET** key.
3. Set Hour and advance to Set Minutes by **PRESSING** the **MODE** key.
4. Adjust Minutes by **PRESSING** the **RESET** key.
5. Set Minutes and advance to Set Seconds by **PRESSING** the **MODE** key.
6. To adjust Seconds, **PRESS** the **RESET** key to reset Seconds to 00. Advance to select 12- or 24-hour format by **PRESSING** the **MODE** key.
7. Toggle between 12- or 24-hour format by **PRESSING** the **RESET** key.
8. When all settings are programmed, **PRESS** the **MODE** key to return to Time mode.

**TIP:** Pressing & Holding the RESET key in any Setting Sequence will fast advance the variable being set.



PRESS & HOLD ADJUST



ADJUST: PRESS RESET



SET: PRESS MODE

CONTINUE THROUGH ALL FIELDS. PRESS THE MODE KEY TO RETURN TO OPERATING MODE

# SETTING THE Pedometer Functions

## SETTING USER DATA

The Sportline Qlip is equipped with an advanced Pedometer that measures Steps, Speed, Distance, Calorie Expenditure and Exercise Time. In order to ensure exercise data is as accurate as possible, you must enter your personal profile.

1. Scroll to Step mode by **PRESSING** the **MODE** key.
2. **PRESS & HOLD** the **ADJUST** key to enter the programming sequence.
3. Select Distance Units (Mile or KM) by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Weight.

**NOTE:** If Miles are selected, weight will be measured in pounds and stride length will be measured in inches. If Kilometers are selected, weight will be measured in kilograms and stride length will be measured in centimeters.

4. Adjust Weight by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Stride Length.
5. Adjust Stride Length by **PRESSING** the **RESET** key. **PRESS** the **MODE** key to Advance to Set Stride Length. **PRESS** the **MODE** key to return to Step mode.

**TIP:** To more accurately set Stride: run/walk a defined distance (i.e. 100 yards/meters). Count the number of steps/strides. Divide number of steps/strides by the distance (in inches or centimeters) to get your average stride length.



PRESS & HOLD ADJUST

ADJUST: PRESS RESET

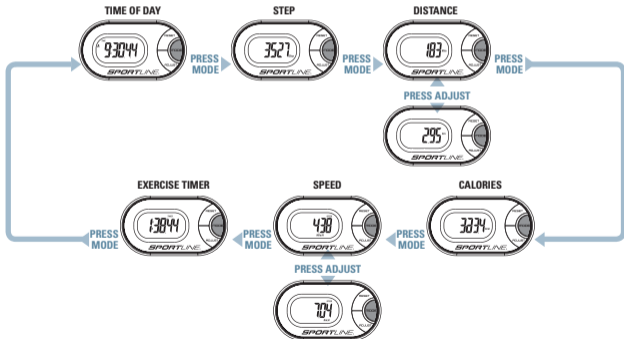
SET: PRESS MODE

CONTINUE THROUGH  
ALL FIELDS. PRESS THE  
MODE KEY TO RETURN TO  
OPERATING MODE

# OPERATING THE PEDOMETER

## VIEWING PEDOMETER DATA

The Sportline Qlip automatically tracks Pedometer data when you start walking. To view real-time pedometer data, scroll through display modes by **PRESSING** the **MODE** key. You may toggle between Metric and Imperial measurement by **PRESSING** the **ADJUST** key in Distance or Speed modes.



## OPERATING THE PEDOMETER

### RESETTING PEDOMETER DATA

1. Reset Pedometer data by **PRESSING & HOLDING** the **RESET** key in Step, Distance (Mile or Km), Calorie (Kcal), Speed or Timer modes.



**PRESS & HOLD RESET**

# OPERATING THE PEDOMETER

## TIPS FOR INCREASING YOUR DAILY STEPS

Studies have shown that walking may contribute to your health. Some tips to help you increase your daily step total:

- Walk to your office by getting off the bus earlier or park your car farther away from your office.
- Establish a walking habit every day.
- Set a goal: e.g. specific distance or time per day.

## HOW THIS PEDOMETER HELPS YOU ACHIEVE YOUR GOAL

This unit includes advanced pedometer functions that not only count your walking steps, but can also calculate the distance, speed, exercise time and calorie expenditure for your walking or running. These unique pedometer features will guide you for achieving your goal.

**EXAMPLE 1:** Set a specific distance goal for every day: the daily record will display the distance you have achieved towards your goal.

**EXAMPLE 2:** Set a daily time goal: the daily record will tell you the exercise time you have achieved towards your goal.

# REPLACING THE BATTERY

The Sportline Qlip Pedometer uses one **CR2032** 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

**Replacing the battery:**

1. Unscrew the battery compartment cover on the backside of the unit using a small Phillips screwdriver and remove the cover.
2. Remove the exhausted battery from the unit, and insert a new battery (be sure to place the positive (+) side of the battery is visible, facing toward the battery compartment cover).
3. Replace the battery compartment cover on the battery compartment and fasten the screw (**CAUTION:** do not over tighten).

## **CAUTION – BATTERY SAFETY INFORMATION**

- Non-rechargeable batteries are not to be recharged
- Rechargeable batteries must be removed before recharging
- Rechargeable batteries only to be recharged under adult supervision
- Do not mix alkaline, standard (carbon-zinc), or rechargeable (nickel-cadmium) batteries
- Do not mix old and new batteries
- 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



## CARE & MAINTENANCE

- **NEVER** get the pedometer wet. This unit is not water resistant.
- **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.

### CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline Qlip, you may contact Customer Support by calling **1-800-338-6337**.

## RANGES & SPECIFICATIONS

### PEDOMETER

- Steps Display Range: 0-999999
- Exercise Timer: Maximum 24 hours
- Calorie Range: 0-99999

### TIME

- AM, PM, hour, minute, second
- 12/24 hour format

### TIMER

- Resolution: 1-second
- Measuring range: 9 hours, 59 minutes, 59.99 seconds

# WARRANTY

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

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

PURCHASED FROM

ADDRESS

CITY

STATE

ZIP

PROBLEM WITH PRODUCT

## REPLACEMENT

©2008 Distributed by Sportline®, Hazleton, PA 18202

TEL

STORE

DATE OF PURCHASE

PURCHASE PRICE

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## 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.

StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

[www.sportline.com](http://www.sportline.com)

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