

USER GUIDE  
/INSTRUCTION MANUAL

SPORTLINE®

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. ©2012  
SPXXXXXXROD



SPORTLINE®

Fold 3

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 illustration. Key points and important information are shown in highlighted blocks.

CUSTOMER SUPPORT

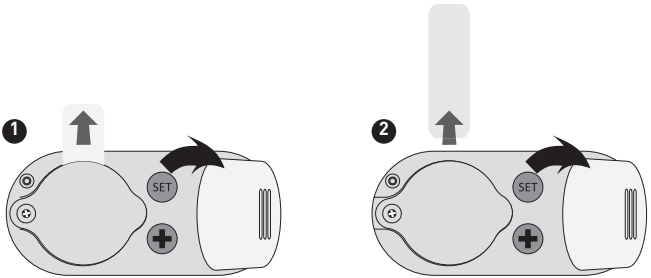
If you have questions, comments or need assistance with your Sportline Pedometer, you may contact Customer Support by calling **1-866-694-4575**.

Fold 2

2- REMOVING BATTERY INSULATOR TAB

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

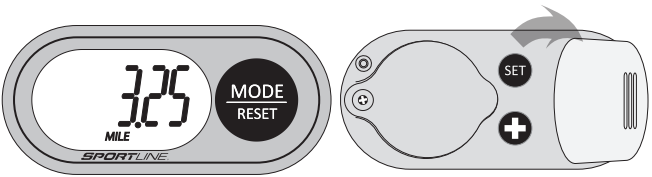
1. Locate the tab on the back of the pedometer.
2. Firmly grasp the tab and pull away from the pedometer until completely removed from the unit.
3. Remove the label that appears on the pedometer display.



Fold 3

3- BUTTONS AND THEIR FUNCTIONS

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.

Fold 4

Back cover

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 what information is being programmed. Adjust information by **PRESSING +** (to increase) **OR MODE/RESET (MODE)** (to decrease). Accept value and advance to the next setting by **PRESSING SET**.

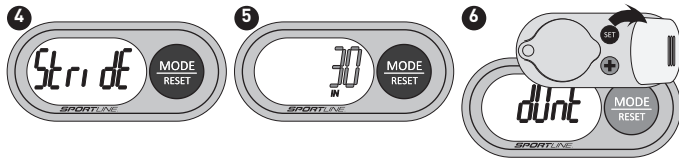
1. Enter the Programming Sequence by **PRESSING & HOLDING** the **SET** button on the back of the unit for approximately 3 seconds.
2. Select unit of measure (metric or imperial) by **PRESSING** the **+** or **MODE** buttons on the back of the unit. **PRESS** the **SET** button again.
3. Adjust Height (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.



SPORTLINE®

5- PROGRAMMING THE PEDOMETER

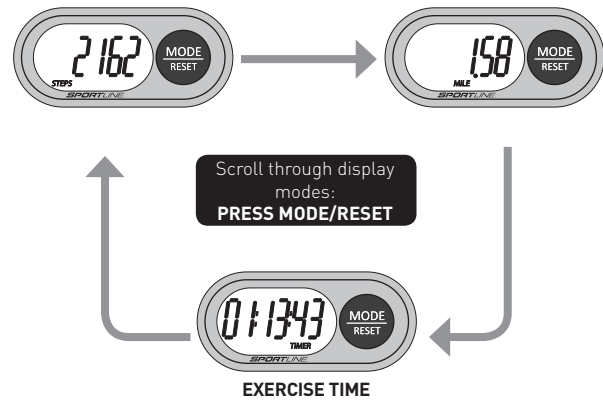
4. This pedometer has an automatic stride length calculator that sets your length based on your height.
5. **PRESS** the **SET** button to accept this value or you can adjust your Stride Length (see "Determining Stride Length" on the opposite page) by **PRESSING** the **+** or **MODE** buttons.
6. **PRESS**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



www.sportline.com

6- OPERATING THE PEDOMETER

The 340 Pedometer automatically begins capturing data once 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**.

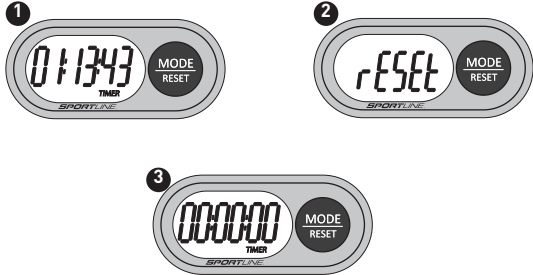


7- RESETTING PEDOMETER DATA

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.



340 PEDOMETER

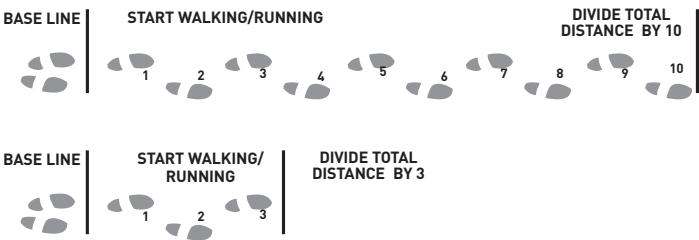
Fold 1

## 8- MEASURING STRIDE LENGTH

### HOW TO MEASURE YOUR STRIDE LENGTH

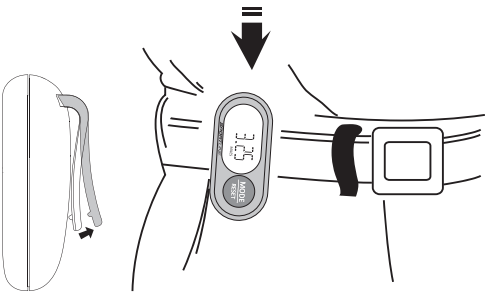
The 340 Pedometer automatically sets your stride length based upon your height input during the Set Up sequence. You may choose to adjust this stride length. To obtain your personalized measurement, see below.

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.).



## 9- HOW TO WEAR THE PEDOMETER

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.



## 10- 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.

## 11- 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.

## 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 harmful interference, and (2) this device must accept any interference received, including interference that 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 the 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 product and receiver.
  - Connect the product 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

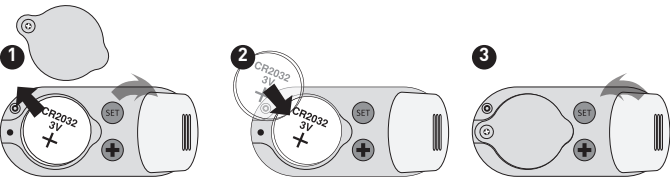
The Sportline 340 Pedometer uses one CR2032 3V lithium battery.

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

### 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 is visible, facing toward the battery compartment cover).
3. Replace the battery compartment cover and fasten the screw (CAUTION: do not over-tighten).



## 14- 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.

## 15- 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 PHONE

ADDRESS

STORE PURCHASED FROM

DATE OF PURCHASE

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**

**340 PEDOMETER**

**SPORTLINE®**

www.sportline.com