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Sportline 360 Total Fitness Pedometer

Sportline 360 Total Fitness Pedometer User Manual

Model: 360 Total Fitness Pedometer

Brand: Sportline

Introduction

The Sportline 360 Total Fitness Pedometer is designed to accurately measure your walking and jogging activity. This device tracks steps taken, distance traveled, and calories burned, providing essential data for monitoring your fitness progress. It features a clear display, intuitive controls, and a memory function to store your activity data.

Setup

Before using your Sportline 360 Pedometer, follow these steps for initial setup:

1. **Battery Installation:** The pedometer is powered by a replaceable LR44 battery. Ensure the battery is correctly inserted according to the polarity markings.
2. **Power On:** The device automatically turns on when activity is detected. If the display is blank, check the battery.
3. **Setting Time and Units:**
   - Press the **MODE** button to cycle through functions until the time display is shown.
   - Press and hold the **RESET** button to enter setting mode.
   - Use the ▲/**hour** and ▼/**min** buttons to adjust the time.
   - Continue pressing **RESET** to set 12/24-hour format and then to select between miles (ML) or kilometers (KM) for distance measurement.
4. **Stride Adjustment:** For accurate distance measurement, adjust your stride length.
   - Measure your average stride length (distance covered in one step).
   - Refer to the device's specific instructions for entering your stride length. This ensures precise distance and calorie calculations.



This image displays the Sportline 360 Fitness Pedometer, highlighting its digital screen with 'TIMER' and 'WALK' functions, along with control buttons for 'MODE', 'RESET', and adjustment arrows. The device is blue and grey with a black belt clip.

Operating Instructions

The Sportline 360 Pedometer offers various functions to track your activity:

- **Automatic Operation:** The pedometer automatically detects movement and begins counting steps. It will also automatically

shut off when no activity is detected to conserve battery life, and turn back on when you resume walking or jogging.

- **Function Display:** Press the **MODE** button to cycle through the following displays:
  - **Steps:** Total steps taken (up to 99,999).
  - **Distance:** Distance traveled in miles or kilometers (up to 1,000 units in 0.01 increments).
  - **Calories Burned:** Estimated calories expended.
  - **Timer:** Duration of your activity.
  - **MPH/Steps per Minute:** Displays speed in miles per hour and steps per minute.
  - **Time-of-Day:** Current time.
- **Scan Feature:** The

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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Where can I find the setup and operating instructions for the Sportline 360 Total Fitness Pedometer?

It appears you are looking for the manual for the Sportline 360 Total Fitness Pedometer. Below are the essential setup and operating instructions derived from the product documentation: Initial Setup: The device uses a...

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