

**The preset goals are:**

**FUNCTION**  
 Number of Steps  
 Distance  
 Calories  
 Total Time  
 To turn this feature off, simply hold the AUTO button again. It will say, "Auto Report is off."

**VOICE ANNOUNCEMENT**  
 Every 1000 steps  
 Every 0.5 miles or 0.5 km's  
 Every 50 calories  
 Every 10 minutes

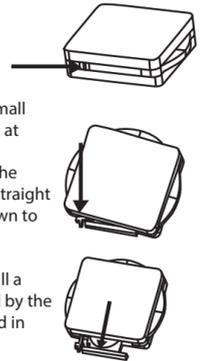
**RESETTING THE PEDOMETER:**  
 When your pedometer appears to be functioning abnormally (for example, the display reading looks strange or appears to be frozen or a button isn't functioning properly), you need to reinitialize your pedometer. To do this use a thin, pointed object such as a paper clip to press the RESET button on the back of the pedometer. You will then need to reenter your stride length and weight.

**TO REPLACE BATTERIES:**  
 If the sound weakens or the display dims or distorts, you need to replace the battery. This pedometer uses one CR2032 battery. To install the new one:

Pedometer Back Side

- Press tab to slide out.
- Insert thin sharp tool, such as a small screwdriver or thumb finger nail, at location shown to straighten the compartment so it is parallel to the edge of unit. (Pull battery door straight out from center direction as shown to pull out insulation tab.)
- Remove the old battery and install a new CR2032 battery as indicated by the polarity symbols (+ and -) marked in the battery compartment.
- Put the battery drawer back in place.

Note: You will need to reenter your stride length and weight after replacing the batteries.



**CAUTION - Safety Battery 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

**LIMITED WARRANTY**  
**For products purchased in the United States:**  
 EB Sport Group (referred to as the "Warrantor"), will repair or replace this product with new or refurbished parts or product, at Warrantor's sole option, free of charge, in the U.S.A. in the event of a defect in materials or workmanship for one (1) year from the date of original purchase.

To obtain warranty service on your product or a replacement, you may return it to: EB Sport Group Customer Service, 4 Executive Plaza, Yonkers, NY, 10701, USA.

IF THE UNIT IS RETURNED FOR SERVICING, ENCLOSE \$7.50 FOR POSTAGE AND HANDLING. SEND YOUR UNIT INSURED TO OUR SERVICE DEPARTMENT.

This warranty does not cover damage which occurs in shipment or failures which are caused by other products not supplied by EB Sport Group, or failures which result from normal wear, accident misuse, abuse, neglect, mishandling, misapplication, alteration, modification, overloading the product beyond its rated capacity, using the product with an improper accessory or adjustments/repairs/service by anyone



other than an authorized EB Sport Group personnel, or damage that is attributable to acts of God.

**Limits & Exclusions**  
 There are no express warranties except as listed above. EB SPORT GROUP SHALL NOT BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES RESULTING FROM THE USE OF THIS PRODUCT, OR ARISING OUT OF ANY BREACH OF THIS WARRANTY. ALL EXPRESS AND IMPLIED WARRANTIES, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE LIMITED TO THE APPLICABLE WARRANTY PERIOD SET FORTH ABOVE.

This limited warranty gives you specific legal rights and you may also have other rights, which vary from state to state in the USA.

**For product purchased 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

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**SPORTLINE®**

**343 Talking Calorie Counter Pedometer**

#3482 ©2008 Sportline

**343 TALKING CALORIE COUNTER PEDOMETER**

**PEDOMETER FEATURES:**  
 The Talking Calorie Counting Pedometer has many features to enhance your walking or jogging experience:

1. Records steps, distance, calories burned and time with the special feature of having this information announced to you at the press of a button.
2. Auto Voice automatically reports steps, distance, calories burned and time when the preset goal function is turned on.
3. The 'smart timer' function can detect false steps so that only deliberate steps are counted.

**TO OPERATE YOUR NEW PEDOMETER:**

1. Remove the plastic film from the LCD display on the front of the pedometer.
2. Open up the battery compartment to remove the battery protector tab to activate your pedometer. See instructions on replacing battery to open the battery door.



**DISPLAY OPTIONS AVAILABLE:**  
 This pedometer can measure and calculate in four modes: Step, Distance, Calories and Time.  
 Step Mode shows the number of steps taken from 0 to 99999.  
 Distance Mode shows the distance you have walked or jogged in either miles or km's from 0 to 999.99 MI/ 999.99 km.  
 Calories Mode shows the amount of calories burned from 0 to 99999 kcal.  
 Time Mode shows the amount of time you've exercised from 0 minutes to 999 hours and 59 minutes.

**BUTTONS ON YOUR PEDOMETER:**  
**TALK** – When pressed once will announce the information pertaining to the mode currently showing on the display. When held it will announce step, distance, calories and time in sequence starting from the mode currently displayed.  
**CLEAR** – When pressed and held it will announce "All Clear" and reset all data to "0".  
**AUTO** – Hold AUTO button down until you hear "Auto report is on" and you see ((( ))) appear on the screen. When the auto report is on, your pedometer will automatically announce your

steps, distance, calories and time. (See below). If you hold the AUTO button down when the Auto Report function is turned on, you will then hear "Auto report is off" and the ((( ))) symbol will disappear from your screen. Then it will no longer automatically announce the preset goals until you turn it on again.

**MODE** – The MODE button has two functions. Each time you press the mode button once it will take you to the next mode in sequence from Step, Distance, Calories, and Time. Your Pedometer will announce the mode you're in each time you press it. The MODE button also is used to set your step length and weight into the pedometer when holding it down. You will hear "Enter your step length" when held down the first time. You will then hear "Enter your weight" when held down the second time. (See below for details on entering your step length and your weight.)

▲ – Allows you to increase step length from 10 inches to 80 inches or 10 centimeters to 120 centimeters when entering your personal data. It also allows you to increase weight from 40 pounds to 300 pounds or 20 kilograms to 150 kilograms when inputting your weight.

▼ – Allows you to decrease step length from 80 inches to 10 inches or 120 centimeters to 10 centimeters. It also allows you

to decrease weight from 300 pounds to 40 pounds or 150 kilograms to 20 kilograms when inputting your weight.

**TO SET UP YOUR PEDOMETER:**

1. First decide whether you want your pedometer to report your distance in miles or kilometers.
2. Determine whether your pedometer is currently reporting data in the Imperial (Miles) system or Metric (Kilometers) system. If already in desired system, you can skip to 'Input Your Stride Length'.
3. If you need to switch, press the MODE button to distance mode, then press the CLEAR (CL) button. Hold the CLEAR button for 5 seconds. You will hear two beeps signifying that the system has changed from "KM" to "MI" or vice versa.

**INPUT YOUR STRIDE LENGTH** (ranges from 10 inches to 80 inches or 10 centimeters to 120 centimeters):

1. Walk 10 steps.
2. Measure the distance that you walked either from heel-to-heel or toe-to-toe.
3. Divide by the distance covered to arrive at your stride length.
4. Example: If measured distance equals 360 inches and the number of steps taken was 10, your stride length equals 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.

5. Hold the MODE button down starting from any mode until you hear "Enter your step length". The display will flash previous stride input in inches or centimeters.
6. If you do not need to change the stride, press the MODE button again. Then skip to # 1 below.
7. To change your stride length press either the ▲ button or the ▼ button until you reach your actual stride length. You can rapidly increase or decrease the stride length by holding down the ▲ and/or ▼.

8. When you reach your stride length press the MODE button again to set it into your pedometer.
9. When pressing the MODE button in #8 to set your stride length, your pedometer will then announce "Enter your Weight".
10. The display will flash the previous weight input you set into your pedometer in either pounds or kilograms.
11. If you do not need to change the weight, press the MODE button again to keep the same weight set.
12. If you do need to change the weight, press either the ▲ button or the ▼ button until you reach your actual weight information. You can rapidly increase or decrease the weight by holding down the ▲ and/or ▼.
13. Once you've reached the correct weight, press the MODE button again to set it.

**TO POSITION THE PEDOMETER:**

1. Clip the unit to your belt or to the top of your shorts, trousers or shorts as close as possible to the crease line.
2. The pedometer must always be horizontal and parallel to the ground. If you attached it sideways or at an angle, false readings will occur.

**TO START YOUR EXERCISE:**

1. Press the CLEAR button (CL) to clear out all data recorded previously. All readings will go to (0) and you will hear ALL CLEAR.
2. Press the MODE button until you reach the desired mode you want to be in. It will display/announce the mode. If you keep pressing the button, it will announce the data in sequence. (Step, Distance, Calories and Time) simultaneously while the information is being displayed.

**AUTOMATIC VOICE ANNOUNCEMENT:**  
 Your pedometer has been programmed with preset goals. If you want to use this feature simply hold the AUTO button until you hear "Auto Report Is On" and AUTOTALK will be displayed on your screen.