

Sportline Watch Manual

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Sportline Watch Manual

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SETTING THE WATCH FUNCTIONS HEART RATE TARGET ZONES The Sportline Duo 1010 Heart Rate Watch allows you to select from 3 preset Heart Rate Target Zones (AEROBIC, FAT BURN and HEALTH) and 1 user-defined Target Zone. The watch tracks time IN, ABOVE and BELOW Target Zone during exercise.

SPORTLINE DUO 1010 USER MANUAL Pdf Download.

Sportline produces a line of watches equipped with the ability to monitor your heart rate. This feature is useful during a workout or other strenuous activity because it provides an indicator of how hard your body is working and will alert you if you are in danger of overexertion. Sportline heart rate watches also come equipped with the standard features found in digital watches; some models ...

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Sportline heart rate watch

Title: 220_SP2786BK_IS.eps Author: G4 Standard Created Date: 6/16/2004 9:35:58 PM

220 SP2786BK IS - Stopwatchcentral

Exact features vary, but many will record the number of steps, distance, calories, speed and time. As of 2010, Sportline has 17 different pedometers available. Pedometers require a set-up process in order to measure your stride length and to properly record calories and time. Check the user's manual for your model for specific set-up instructions.

Instructions for Setting a Sportline Pedometer ...

Press the left-side button on the top of the stopwatch to select the minutes on the watch display. Press the right-side button on top of the stopwatch to change the digits on the display to the desired time. Step 3. ... Sportline: 240 Manual; About the Author.

Instructions for the Sportline Stopwatch 240 | SportsRec

Sportline has a passion for fitness and it's been the company's driving force since its start. Today, Sportline heart rate watches are some of the best available and at Heart Rate Monitors USA, we're proud to have them as part of our selection. From the Sportline Solo to the Sportline Duo, we know that Sportline produc

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Find great deals on eBay for sportline watch. Shop with confidence. Skip to main content. eBay Logo: ... Sportline Heart Rate Watch EKG Accurate Solo 925 One Touch Retail \$47.97 See more like this. Sportline 5142 ECG Heart Rate Fitness Digital Alarm Chronograph Watch WR50M 0194.

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Sportline S7 SB1063BK (Walmart) heart-rate monitor ...

Sportline Duo 560 Dual Use Heart Rate Monitor Watch with Strap, Black. Average rating: 2.7083 out of 5 stars, based on 24 reviews 24 ratings \$ 20. 31. Sportsline 480 Tough Timer Stopwatch. ... Sportline Exercise Machine Accessories See All. Skip to end of links \$ 25. 29. Sportline 240 Econosport Stopwatch, Black.

Sportline - Walmart.com

5 CHEAP Watches That Get Respect From Watch Collectors ! ... Sportline Duo Heart Rate Monitor - Duration: ... Timex Heart Rate Monitor INSTRUCTIONS HOW TO USE - Duration: ...

How to program and use a heart rate monitor

Your Sportline Sportwatch 228 comes with an extra-large display, a battery, a 46-inch lanyard and a pealess whistle. A pealess whistle produces three different frequencies at once, resulting in a piercing vibrato sound. Your Sportline stopwatch also comes with a two-year warranty. ... Timex 1440 Sports Watch Instructions.

Instructions for the Sportline Stopwatch 228 | SportsRec

HOW TO USE THIS MANUAL Sportline Personal Fitness Monitors have many unique features and functions. Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the fi eld. Proper setup and operation will greatly enhance the watches usefulness and your enjoyment.

USER GUIDE - Staples®

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Sportline Personal fitness monitors have many unique features and functions. Proper setup and operation will greatly enhance the watches usefulness and your enjoyment. The manual is divided into sections outlining each of the major functions of the watch. a drawing of the watch screen that represents the starting point or other important screen for

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