

Sportline Watch Instruction Manual

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Instructions for the Sportline Stopwatch 240. Meredith Jameson 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.

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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 ...

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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.

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