

***SPORTLINE***<sup>®</sup>

**925 SOLO  
HEART RATE WATCH**

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>1</b>
<b>HOW TO USE THIS MANUAL</b>	<b>1</b>
<b>WARNINGS &amp; CAUTIONS</b>	<b>2</b>
<b>CARE &amp; MAINTENANCE</b>	<b>3</b>
<b>WATCH FUNCTIONS</b>	<b>4</b>
<b>KEYS AND THEIR FUNCTIONS</b>	<b>5-6</b>
<b>ACQUIRING HEART RATE</b>	<b>7</b>
<b>MEASURING STRIDE LENGTH</b>	<b>7</b>
<b>POWER DOWN/RESET</b>	<b>8</b>
<b>HEART RATE LOCK</b>	<b>8</b>
<b>MAIN OPERATING MODES</b>	<b>9-10</b>
<b>SETTING THE WATCH FUNCTIONS</b>	
SETTING TIME & DATE	11
SETTING DAILY ALARM	12
FINDING YOUR TARGET HEART RATE ZONE	13
SETTING HEART RATE ZONES AND USER PROFILE	13-14
SETTING THE PEDOMETER	15
TARGET HEART RATE ZONE ALERT	16

## TABLE OF CONTENTS

<b>SETTING THE WATCH FUNCTIONS (cont.)</b>	
SETTING YOUR RESTING HEART RATE	17
SETTING THE COUNTDOWN TIMER	18
SETTING DUAL-TIME	19
<b>OPERATING THE WATCH</b>	
PEDOMETER MODE	20
OPERATING THE CHRONOGRAPH	21
OPERATING THE COUNTDOWN TIMER	22
VIEWING THE EL BACKLIGHT SYSTEM	22
<b>REPLACING THE WATCH BATTERY</b>	<b>23</b>
<b>BATTERY SAFETY INFORMATION</b>	<b>24</b>
<b>TROUBLE SHOOTING</b>	<b>25</b>
<b>RANGES &amp; SPECIFICATIONS</b>	<b>26</b>
<b>WARRANTY</b>	<b>27</b>

## INTRODUCTION

Congratulations on your purchase of a 925 Solo Heart Rate Watch. Please keep in mind your watch 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

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 field.

Proper setup and operation will greatly enhance the watch's 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 screens for each operational process are shown adjacent to the instructions for the process; important keys are shown indicating **PRESS & HOLD** and **PRESS**.

The steps for the programming or operation are adjacent to the screen illustration. Key points and important information are shown in highlighted blocks.

### ACTIVATING THE WATCH FROM POWER DOWN MODE

**PLEASE NOTE:** Your watch was originally shipped in Power Down Mode to conserve battery life.

To deactivate Power Down mode: **PRESS & HOLD ANY KEY** for 5 seconds.

## 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:** Your watch is designed to be water resistant to a static pressure of 3 ATM and can be worn while showering and light swimming. However, we recommend that extensive use of the unit in the water be avoided whenever possible. Care should be taken not to press any keys while the unit is submerged as this can force moisture past the key seals and damage the unit.

**CAUTION:** Avoid exposing your watch to extreme conditions for a prolonged period of time.

**CAUTION:** Avoid rough usage or severe impacts to your watch.

**DO NOT** use hand cream as it will insulate the signal between the skin and sensor contacts.

**DO NOT** use the fingertips where the skin is dry and thick. For those with extremely dry skin, moisten fingers and wrist with tap water or a conductive gel.

**CLEAN** the Back Cover occasionally by using a damp cloth. Then wipe dry to remove any residual grease.

**CLEAN** your skin and fingers with soap and water for a better signal transmission.

**AVOID** doing awkward motions during measurement. It may create inaccurate heart rate readings.

## CARE & MAINTENANCE

- **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 watch.
- **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 or 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.

### CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Sportline 925 Solo Heart Rate Watch, you may contact Customer Support by calling **1-866-694-4575**.

## WATCH FUNCTIONS

### TIME

- Time/Day/Date/Month
- 12- or 24-hour format
- Dual Time
- Daily Alarm

### HEART RATE

- Finger-Touch
- Single user-selected HR Zone
- HR Zone Alert
- Average Heart Rate

### PEDOMETER

- Steps
- Steps Goal
- Exercise Time
- Distance
- Calories
- 3 Sensitivity Levels
- Calorie Consumption

### CHRONOGRAPH

- 1/100 second resolution
- 99 hours, 59 minutes, 59.99 seconds

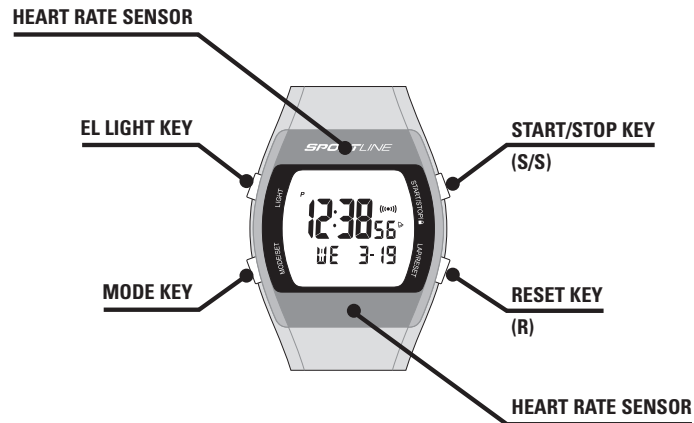
### TIMER

- 1-second resolution
- Range: 99 hours, 59 minutes, 59.99 seconds

### OTHER

- EL Backlight System

## KEYS AND THEIR FUNCTIONS



## KEYS AND THEIR FUNCTIONS

### MODE KEY

- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit the programming sequence
- Set values being adjusted in programming sequence

### START/STOP KEY (S/S)

- Access Alarm in Time mode
- Turn Alarm ON or OFF in Alarm mode
- Start/Stop Countdown Timer
- Start/Stop Chronograph
- Increase setting values being adjusted in programming sequence

### RESET KEY (R)

- **PRESS & HOLD:** Reset Chronograph or Countdown Timer
- Decrease setting values being adjusted in programming sequence

### LIGHT KEY

- Activates (EL) backlight system

### HEART RATE SENSOR

- Acquires Finger Touch Heart Rate

## ACQUIRING HEART RATE / MEASURING STRIDE LENGTH

### ACQUIRING HEART RATE: FINGER TOUCH

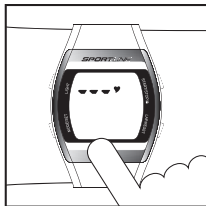
Heart rate may be acquired from any operating mode (not in any Setting Sequence).

1. With the watch on your wrist, **TOUCH & HOLD** the **HEART RATE SENSOR** (anywhere on the metal top plate of the watch) with your index finger.

**NOTE:** If Heart Rate Sensors are accidentally touched, the watch will automatically attempt to acquire heart rate. If no heart rate is detected, watch will resume operating mode in approximately 10 seconds. This will not interfere with any timing functions in progress.

**NOTE:** You may exit Heart Rate mode at any time by Pressing the Mode, Start/Stop or Reset key.

2. Continue **TOUCHING & HOLDING** until heart rate displays.
3. Once Heart Rate is acquired, **RELEASE THE SENSOR**. Heart Rate will continue to display for a period of approximately 10 seconds.



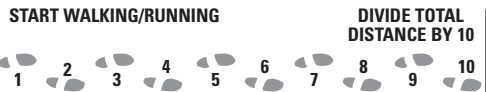
### HOW TO MEASURE YOUR STRIDE LENGTH

1. Your stride is the distance between your back foot's toe and your front foot's toe (fig. 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 (fig. 2). Divide your total distance by 10 to get your average stride length.
2. 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).

FIGURE 1



FIGURE 2



## POWER DOWN/RESET


### POWER DOWN/RESET

Power Down/Reset mode allows you to conserve battery life by deactivating the unit when the monitor is not being used for long periods of time. To activate Power Down mode:

1. In Time mode, **PRESS & HOLD** the **MODE, START/STOP & RESET** keys for 5 seconds.  
**NOTE:** Time/Date, User Profiles and Memory files will be reset to factory defaults.
2. To deactivate Power Save mode and resume normal operation, **PRESS ANY KEY** for 3 seconds.

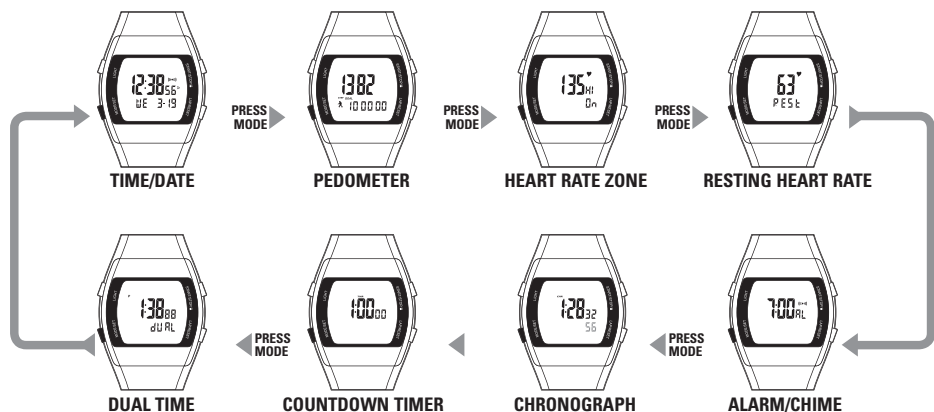
### HEART RATE LOCK

To deactivate finger Touch Heart Rate (when you don't want to accidentally acquire heart rate):

1. In Time mode, **PRESS & HOLD** the **START/STOP** key. The lock icon (  ) will appear in the upper left of the display.
2. To unlock, **PRESS & HOLD** the **START/STOP** key for 2 seconds in Time mode. The lock icon will disappear.

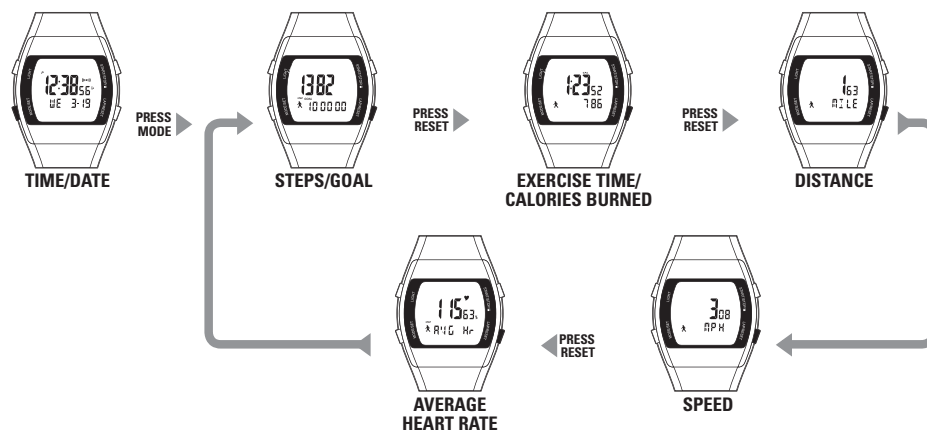
## MAIN OPERATING MODES

The Sportline 925 Solo Heart Rate Watch has 8 main operating modes: Time/Date, Pedometer, Heart Rate Zone, Resting Heart Rate, Alarm/Chime, Chronograph, Countdown Timer and Dual Time. Scroll through modes by **PRESSING** the **MODE** key. The watch also has 4 Pedometer sub modes (see following page). You may acquire Heart Rate by **TOUCHING & HOLDING** the Heart Rate Sensor in any operating mode.



## MAIN OPERATING MODES

The Sportline 925 Solo Heart Rate Watch has 5 Pedometer sub modes. Scroll through Pedometer sub modes by **PRESSING** the **RESET** key in Pedometer mode. You may acquire Heart Rate by **TOUCHING & HOLDING** the Heart Rate Sensor in any operating mode.



## SETTING THE WATCH FUNCTIONS

### SETTING TIME AND DATE

1. In Time mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence. The variable being adjusted will flash on and off.
2. Reset Seconds to zero (00) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING START/STOP** (to increase) or **RESET** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
4. Adjust Hour by **PRESSING S/S** or **R**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
5. Adjust Year by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
6. Adjust Month by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
7. Adjust Day by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
8. Adjust Month/Date display format by **PRESSING S/S** or **R**. Set Format by **PRESSING** the **MODE** key.
9. Adjust 12/24-hour format by **PRESSING S/S** or **R**. Set Format by **PRESSING** the **MODE** key.
10. Turn Key Beep ON or OFF by **PRESSING S/S** or **R**. Set by **PRESSING** the **MODE** key.
11. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence.



ADJUST: S/S or R



SET: MODE

## SETTING THE WATCH FUNCTIONS

### SETTING DAILY ALARM

The Sportline 925 Solo Heart Rate Watch is equipped with a Daily Alarm. To Set Alarm:

1. In Alarm Mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
2. Adjust Hour by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Operating mode.
5. Turn Alarm ON or OFF by **PRESSING** the **START/STOP (S/S)** key. Alarm icon (🔔) will display in far right of screen when activated.
6. Turn Hourly Chime ON or OFF by **PRESSING** the **RESET (R)** key. Hourly Chime icon (🔔) will display in far right of screen when Chime is activated.



ADJUST: S/S or R



SET: MODE



## SETTING THE WATCH FUNCTIONS

### FINDING YOUR TARGET HEART RATE ZONE

Losing weight and managing to keep it off is a lot easier when you exercise in your target heart rate zone. To get the most out of any exercise program, you should target 55% to 85% of your maximum heart rate depending on your fitness level and objectives.

#### **Fat Burning Zone: 55%–65% of maximum heart rate.**

This zone is ideal for fitness beginners on a low to moderate intensity program. Exercising in this zone reduces blood pressure and cholesterol and nearly all the calories burned are fats.

#### **Cardio Zone: 65%–75% of maximum heart rate.**

Reaching this zone requires more intense aerobic activity and is perfect for fitness enthusiasts working to burn maximum calories from fat and carbohydrates.

#### **Endurance Zone: 75%–85% of maximum heart rate.**

Exercising in the Endurance Zone is generally recommended for athletes in training. Cardiovascular strengthening, increased metabolism and elevated caloric burn are the primary benefits.

### SETTING HEART RATE TARGET ZONE AND USER PROFILE

The Sportline 925 Solo Heart Rate Watch allows you to set a Target Heart Rate Zone for targeted exercise. The watch automatically calculates your Maximum Heart Rate from your User Profile.

1. In Heart Rate Zone mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
2. Adjust Upper Zone Limit (Hi in display) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set by **PRESSING** the **MODE** key.

## SETTING THE WATCH FUNCTIONS

### SETTING HEART RATE TARGET ZONE AND USER PROFILE (cont.)

3. Adjust Lower Zone Limit (Lo in display) by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set Target Zone by **PRESSING** the **MODE** key.
4. Adjust Birth Year by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
5. Adjust Birth Month by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
6. Adjust Birth Day by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
7. Adjust Gender (M = Male, F = Female) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
8. Select Units (Imperial or Metric) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.  
**NOTE:** This setting will effect Distance and Speed displays in Pedometer mode.
9. Adjust Weight by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
10. Adjust Height by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
11. Adjust Stride Length (see “Measuring Stride Length” page 7) by **PRESSING S/S** or **R** key. Set by **PRESSING** the **MODE** key.
12. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Heart Rate Zone mode.



ADJUST: S/S or R



SET: MODE

## SETTING THE WATCH FUNCTIONS

### SETTING THE PEDOMETER

The Sportline 925 Solo Heart Rate Watch allows you to set a walking goal and adjust sensitivity to maximize your workout. By activating the Goal setting, the watch displays an indicator bar to show the progress you have made on your desired step goal. To test sensitivity setting, while wearing the watch and walking, watch as the steps are recorded. If it seems that steps are being missed or over counted, adjust the sensitivity 1 (lowest) – 3 (highest). 2 is the default setting.

1. In Pedometer Mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
2. Turn the Goal indicator ON/OFF by **PRESSING** the **S/S** key. Set by **PRESSING** the **MODE** key.
3. Adjust the number of steps for your goal by **PRESSING** the **S/S** or **R** key. Advance to adjust the next digit by **PRESSING** the **MODE** key. Continue through all digits. Set by **PRESSING** the **MODE** key.
4. Turn Average Heart Rate Beep ON/Off by **PRESSING S/S**. Set by **PRESSING** the **MODE** key.
5. Adjust your sensitivity (1–3) by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
6. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence.



ADJUST: S/S or R



SET: MODE

## SETTING THE WATCH FUNCTIONS

### HEART RATE TARGET ZONE ALERT

The Sportline 925 Solo Heart Rate Watch has an audible signal that alerts you when you are above or below your Target Heart Rate Zone. This feature can be turned ON or OFF from Heart Rate mode by **PRESSING** the **START/STOP (S/S)** key.



TURN ON/OFF: S/S

## SETTING THE WATCH FUNCTIONS

### SETTING YOUR RESTING HEART RATE

Your Resting Heart Rate is a useful reference for tracking your fitness progress. As you gain fitness, your Resting Heart Rate will lower.

**NOTE:** *it is recommended to check your Resting Heart Rate just after waking in the morning. For best results, check your Resting Heart Rate under consistent conditions.*

1. In Resting Heart Rate mode, **PRESS & HOLD** the **HEART RATE SENSORS** until heart rate is acquired.
2. An audible beep will sound. Your Resting Heart Rate will be displayed and recorded.



PRESS HR  
SENSOR



RESTING HR SET

## SETTING THE WATCH FUNCTIONS

### SETTING THE COUNTDOWN TIMER

The Sportline 925 Solo Heart Rate Watch is equipped with a 100-hour Countdown Timer. To set Timer:

1. **PRESS & HOLD** the **MODE** key in Timer mode.
2. Adjust Seconds by **PRESSING** the **START/STOP (S/S)** or **RESET (R)** key. Set by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
4. Adjust Hours by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
5. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Timer mode.



ADJUST: S/S or R



SET: MODE

## SETTING THE WATCH FUNCTIONS

### SETTING DUAL-TIME

The Sportline 925 Solo Heart Rate Watch is equipped with a Dual-Time setting. To set Dual-Time:

1. **PRESS & HOLD** the **MODE** key in Dual-Time mode.
2. Adjust Hour by **PRESSING** the **STOP/START (S/S)** or **RESET (R)** key. Set by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING** the **S/S** or **R** key. Set by **PRESSING** the **MODE** key.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence.



ADJUST: S/S or R



SET: MODE

## OPERATING THE WATCH

### PEDOMETER MODE

The Sportline 925 Solo Heart Rate Watch has 5 Pedometer sub modes. To access Pedometer mode, **PRESS** the **MODE** key in Time/Date mode. Scroll through sub modes by **PRESSING** the **RESET** key in Pedometer mode. You may acquire Heart Rate by **PRESSING & HOLDING** the **HEART RATE SENSOR** in any operating mode.

1. To **START** recording Pedometer information, **PRESS** the **START/STOP (S/S)** key. Pedometer icon (🚶) will flash in lower left of screen when Pedometer is activated.

**NOTE:** To prevent false counting, there is a 10 second delay built into the watch when you first begin walking. Steps are still being recorded in the 10 second period and will be automatically added to the step count after 10 seconds.

2. To **STOP** recording, **PRESS** the **S/S** key for 2 seconds.
3. To **RESET** the Pedometer, in any Pedometer mode, **PRESS & HOLD** the **R** key (the pedometer must be stopped).

**Note: for select models** – When the pedometer is turned "OFF" the display will flash PEDO OFF to remind you to turn it on when you are ready to begin counting steps again. After 1 hour of inactivity, the pedometer sensor will also be turned off, and the warning "PEDO OFF" flashed, to conserve battery power. Simply press START/STOP to begin counting steps again.



## OPERATING THE WATCH

### OPERATING THE CHRONOGRAPH

The Sportline 925 Solo Heart Rate Watch is equipped with a 100-hour Chronograph. To operate the Chronograph:

1. To START timing, **PRESS** the **START/STOP (S/S)** key.
2. To STOP timing, **PRESS** the **S/S** key.
3. To RESET the Chronograph, **PRESS & HOLD** the **RESET (R)** key.



START/STOP  
TIMING: S/S



RESET: R

## OPERATING THE WATCH

### OPERATING THE COUNTDOWN TIMER

The Sportline 925 Solo Heart Rate Watch is equipped with a 100-hour Countdown Timer. To operate the Timer:

1. To START timing, **PRESS** the **START/STOP (S/S)** key.
2. To STOP timing, **PRESS** the **S/S** key.
3. To RESET the Timer, **PRESS & HOLD** the **RESET (R)** key.



START/STOP  
TIMING: S/S



RESET: R

### VIEWING THE BACKLIGHT SYSTEM

The Sportline 925 Solo Heart Rate Watch is equipped with an electroluminescent (EL) Backlight System for viewing the display in low light conditions. To operate the Backlight System:

1. **PRESS** the **EL** key.

**NOTE:** excessive use of Backlight System may significantly reduce battery life.

## REPLACING THE WATCH BATTERY

The Sportline 925 Solo Heart Rate Watch uses a single CR2032 lithium battery (SP6180, SP5705).

**Battery replacement will be required from time to time, and should occur when:**

1. The display fades in part or completely
2. The heart rate function will not activate
3. Backlight System does not operate

To replace the battery of your Sportline 925 Solo Heart Rate Watch, we recommend you take it to a watch repair service center or certified jeweler. This will ensure that the water resistance will be retained after battery replacement.

## 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 wheellie 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 labelled civic amenity (NOT into general waste) – this will help your local authority to arrange to recycle or dispose of them in the appropriate manner.

## TROUBLE SHOOTING

### POTENTIAL CAUSES FOR NO HEART RATE READING OR LONG RESPONSE TIME:

**CAUSE: DRY SKIN**

**SOLUTION:** Apply conductive gel thoroughly to fingers. Tap water may help if conductive gel is not available.

**CAUSE: MUSCLE TREMORS CAUSED BY PRESSING ON SENSORS TOO HARD**

**SOLUTION:** Decrease finger pressure on the Sensor Pads.

**CAUSE: DEAD SKIN ON WRIST OR FINGER**

**SOLUTION:** Rub off excessive dead skin with a towel

**CAUSE: A THIN LAYER OF BODY GREASE INSULATES THE ECG SIGNAL PREVENTING WATCH FROM DETECTING ECG HEART RATE**

**SOLUTION:** Wipe wrist and the back of watch with a tissue or soft towel.

**CAUSE: EXCESSIVE BODY HAIR**

**SOLUTION:** Apply conductive gel to wrist.

**CAUSE: LOW BATTERY**

**SOLUTION:** Replace the battery in watch.

## RANGES & SPECIFICATIONS

### TIME

- AM, PM, hour, minute, second
- 12/24 hour format
- Calendar: month, date, day display with auto leap year adjustment

### ALARM

- Daily alarm
- Alarm duration: 30 seconds

### CHRONOGRAPH

- Resolution: 1/100 second
- Measuring range: 99 hours, 59 minutes, 59.99 seconds

### PEDOMETER

- Step Range: 0–999999
- Exercise Time: 99 hours, 59 minutes, 59.99 seconds
- Distance: 0–248.55 mi. (0–400 km)
- Calorie Range: 0–99999 kCal
- 3 sensitivity levels

### TIMER

- 1-second resolution
- Range: 99 hours, 59 minutes, 59.99 seconds

### HEART RATE

- Range: 43–200 beats per minute
- 1 User Programmable Heart Rate Target Zones
- Age setting range: 5–99 years
- Height setting range: 36–84 in. (92–214 cm)
- Weight setting range: 0–440 lbs (0–200 kg)

### OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 30 meters
- Battery: CR 2032

## WARRANTY

### GUARANTEE CERTIFICATE – FOR PURCHASES MADE IN THE U.S.

If at any time within five (5) years 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 \_\_\_\_\_ TEL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

STORE PURCHASED FROM \_\_\_\_\_ DATE OF PURCHASE \_\_\_\_\_

PROBLEM WITH PRODUCT \_\_\_\_\_ PURCHASE PRICE \_\_\_\_\_

### 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**



***SPORTLINE***®

**[www.sportline.com](http://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. ©2011**

SP6180IS01ROD

# **925 SOLO HEART RATE WATCH**