

SPORTLINE®

SOLO 960



**PEDOMETER
HEART RATE WATCH**

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INTRODUCTION

Congratulations on your purchase of a Sportline Personal Fitness Monitor. 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.

Please read all sections of this manual carefully and become fully familiar with the operation of the watch before using it in the field.

HOW TO USE THIS MANUAL

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 each operational process is 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.

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 5 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: Heart rate cannot be detected under water. Please wait until you are above water to acquire your heart rate.

WATCH FUNCTIONS

TIME

- Time/Day/Date/Month
- Dual Time Zone
- 5 Daily Alarms

HEART RATE

- EKG Accurate Heart Rate
- Heart Rate Memory
- Heart Rate Zones settable in 1-beat increments

CHRONOGRAPH

- 1/100 Second Resolution
- 24-hr / 50 Laps
- Exercise file memory 7 daily records/ 10 weekly records
- Countdown Timer

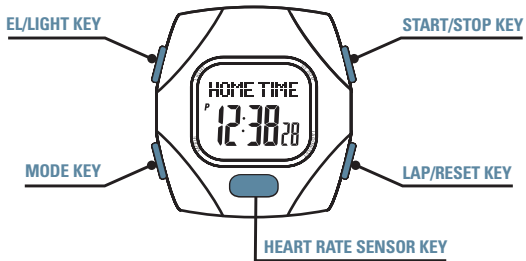
PEDOMETER

- Steps
- Distance
- Speed
- Exercise Time

OTHER

- EL Backlight System
- Water Resistant 50m (165ft)

KEYS AND THEIR FUNCTIONS



KEYS AND THEIR FUNCTIONS

MODE KEY

- Scroll through operating modes
- Scroll through Exercise modes
- Advance through variables in setting sequence
- **PRESS & HOLD:** Enter/Exit the setting sequence

START/STOP KEY (S/S)

- Toggle between Home Time and Dual Time
- **PRESS & HOLD:** Select Home Time or Dual Time views
- Start/Stop Exercise Timer
- Start/Stop Chronograph
- Start/Stop Countdown Timer
- Scroll through Menu in Setting Sequence
- Increase setting values during setting sequence
- Return to Exercise mode from Heart Rate

LAP/RESET KEY (L/R)

- Toggle between Home Time and Pedometer mode
- **PRESS & HOLD:** Reset Chronograph & Countdown Timer
- Scroll through Menu in Setting Sequence
- Decrease setting values during setting sequence
- Return to Exercise mode from Heart Rate

HEART RATE SENSOR KEY

- **PRESS & HOLD:** Activates Heart Rate

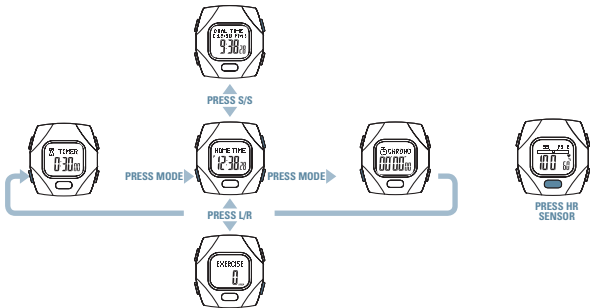
EL/LIGHT KEY

- Activates (EL) backlight system

MAIN OPERATING MODES

The Sportline 960 has 5 main operating modes: Time, Chronograph, Countdown Timer, Exercise and Heart Rate.

- Toggle between Home Time and Dual Time by Pressing the Start/Stop (S/S) key.
- Scroll through Time, Chronograph and Timer modes by Pressing the Mode key.
- Toggle from Time mode to Exercise mode by Pressing the Lap/Reset (L/R) key.
- Acquire Heart Rate in any mode by Pressing and Holding the HR Sensor key.



SETTING THE WATCH FUNCTIONS

The Sportline 960 divides the Setting Sequence into 11 Setting Groups. Each set of variables pertains to a different function of the watch. To enter the Main Setting Sequence, **Press & Hold** the Mode key in the Time Mode. The watch will display the following Setting Menu options:

HOME TIME SETTING (1 OF 11)

ALARM SETTING (2 OF 11)

EXERCISE SCHEDULE (3 OF 11)

PEDOMETER SETTING (4 OF 11)

MEMORY SAVE/CLEAR (5 OF 11)

EXERCISE HISTORY (6 OF 11)

TIMER SETTING (7 OF 11)

PERSONAL PROFILE (8 OF 11)

SYSTEM SETTING (9 OF 11)

HEART RATE SETTING (10 OF 11)

DUAL TIME SETTING (11 OF 11)

Scroll through the Setting Menu by Pressing the Start/Stop or Lap/Reset key.

TIP: *In all Setting Sequences, the variable to be adjusted will flash in the watch display. Adjust variable by Pressing the Start/Stop (to increase) or Lap/Reset (to decrease) key. Set the value and advance to the next variable by pressing the Mode key.*

SETTING THE WATCH FUNCTIONS

HOME TIME SETTING

Press & Hold the Mode key in Time Mode to access the Setting Menu.

SETTING HOME TIME

1. From the Setting Menu, Select **HOME TIME SETTING** by Pressing the Mode key.
2. Adjust Seconds by Pressing the Start/Stop (S/S) or Lap/Reset (L/R) key.
3. Set Seconds and advance to Set Minutes by Pressing the Mode key.
4. Adjust Minutes by Pressing the S/S or L/R key.
5. Set Minutes and advance to Set Hour by Pressing the Mode key.
6. Adjust Hour. Advance to Set Year by Pressing the Mode key.
7. Adjust Year. Advance to Set Month by Pressing the Mode key.
8. Adjust Month. Advance to Set Day by Pressing the Mode key.
9. Adjust Day. Advance to Set Date Display (Month/Day or Day/Month) by Pressing the Mode key.
10. Adjust Date Display. Advance to Set 12/24-hour format by Pressing the Mode key.
11. Adjust 12/24-hour format. **Press & Hold** Mode key to return to the Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE



ADJUST: S/S L/R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DAILY ALARM

The Sportline 960 is equipped with 5 Daily Alarms that may be turned on or off independently. To set Daily Alarms:

1. From the Setting Menu, Select **ALARM SETTING** by Pressing the Mode key.
2. Scroll through Alarms (1-5) by Pressing the S/S or L/R key.
3. Select Alarm (1-5) by Pressing the Mode key.
4. Turn Alarm **ON** or **OFF** by Pressing the S/S or L/R key. Press the Mode key to Advance to Set Hour.
5. Adjust Hour by Pressing the S/S or L/R key. Set Hour and advance to Set Minutes by Pressing the Mode key.
6. Adjust Minutes. Set Minutes and return to Alarm menu by pressing the Mode key.
7. Scroll through Alarms 1-5 by Pressing the S/S or L/R key. Select Alarm to be set by pressing the Mode key. Repeat steps 4 through 6 to set.
8. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE



SELECT ALARMS 1-5:
S/S L/R



TURN ON OR OFF:
S/S OR L/R

SETTING THE WATCH FUNCTIONS

SETTING EXERCISE SCHEDULE

The Sportline 960 allows you to set up to 6 user-defined schedules that will Start or Stop the Pedometer at a specific time. Pedometer Data will be automatically recorded and viewable in Exercise History.

1. From the Setting Menu, Select **EXERCISE SCHEDULE** by Pressing the Mode key.
2. Scroll through Schedules (1-6) by Pressing the S/S or L/R key.
3. Select Schedule (1-6) by Pressing the Mode key.
4. Toggle through Schedule Settings (Pedometer Start, Pedometer Start, OFF) by pressing the S/S or L/R key. Press the Mode key to Advance to Schedule Settings.

IF START OR STOP SCHEDULE IS SELECTED:

5. Adjust Hour by Pressing the S/S or L/R key. Set Hour and advance to Set Minutes by Pressing the Mode key.
6. Adjust Minutes. Set Minutes and return to Schedule Menu by pressing the Mode key.
7. Scroll through Schedules 1-6 by Pressing the S/S or L/R key. Select additional Schedules to be set by pressing the Mode key. Repeat steps 3 through 6 to set.
8. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE



SELECT SCHEDULE
1-6: S/S L/R



TURN ON OR OFF:
S/S OR L/R

SETTING THE WATCH FUNCTIONS

PEDOMETER SETTINGS

The Sportline 960 allows you to adjust the sensitivity of the pedometer to assure accuracy as well as programming a specified time of inactivity to sleep mode.

1. From the Setting Menu, Select **PEDOMETER SETTINGS** by Pressing the Mode key.
2. Adjust Pedometer Sensitivity Level (1= most sensitive, 5=least sensitive) by Pressing the S/S or L/R key.

TIP: To test which level is best suited to you: while wearing the watch, take several steps with the watch in Pedometer Sensitivity Setting mode. The watch will make an audible beep at each step recording. Adjust the sensitivity to best match your stride to the beeping. (A setting that is too sensitive will exaggerate the steps taken. A setting that is not sensitive enough will result in the number of steps under reported.)

3. Set Pedometer Sensitivity and advance to Set Time to Sleep by Pressing the Mode key.
4. Adjust Time to Sleep (in minutes) by pressing the S/S or L/R key.
5. Set Time to Sleep by Pressing the Mode key.
6. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE



ADJUST: S/S OR L/R

SETTING THE WATCH FUNCTIONS

MEMORY SAVE/CLEAR

The Sportline 960 gives you the option of Saving or Clearing Pedometer data from your last exercise session.

TIP: you must save Pedometer data to view in Exercise History. If data is not saved, Pedometer data will not be viewable in memory until 12:00 a.m. the next day. (See following page).

1. From the Setting Menu, Select **MEMORY SAVE/CLEAR** by Pressing the Mode key.
2. Adjust Clear Daily Record **YES** or **NO** by Pressing the S/S or L/R key.

IF YES IS SELECTED

3. Accept the setting by Pressing the Mode key and return to the Main Setting Menu.
4. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.

IF NO IS SELECTED:

1. Display will read **CLEAR THIS EVENT?**. Adjust **YES** or **NO** by Pressing S/S or L/R key. Accept the setting by Pressing the Mode key.
2. Display will read **CLEAR DAILY RECORD?**. Adjust **YES** or **NO** by Pressing S/S or L/R key. Accept the setting by Pressing the Mode key.
3. Resume steps 3 and 4 above.



SELECT: MODE



ADJUST: S/S OR L/R



SET: MODE

SETTING THE WATCH FUNCTIONS

VIEWING EXERCISE HISTORY

The Sportline 960 can store up to 7 daily and 10 weekly Pedometer records.

1. From the Setting Menu, Select **EXERCISE HISTORY** by Pressing the Mode key.
2. Select Daily or Weekly Records by Pressing the L/R key.
3. Scroll through Daily or Weekly records by Pressing the S/S.
4. Once selected record is displayed, Press the Mode key to view the following data:
 - a. Total Exercise Time
 - b. Total distance
 - c. Average Speed
 - d. Total Caloric Expenditure
5. Press S/S or L/R key to access other exercise records.
6. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.

Continued next page.



SELECT: MODE



SCROLL THROUGH RECORDS: S/S



VIEW DATA: MODE

SETTING THE WATCH FUNCTIONS

VIEWING EXERCISE HISTORY (continued)

DAILY RECORDS: The watch will accumulate all pedometer recordings for a 24-hour period into a single, daily record. Example: if you have two exercise sessions for the day (1500 and 8000 steps respectively) and you saved both records, your daily record will show 9500 steps. The watch will keep the daily records for the last 7 consecutive days.

WEEKLY RECORDS: This watch will also accumulate and save the daily pedometer records into a single weekly record (from Sunday to Saturday). Example: if there are two daily records of 7000 and 10,000 steps within a week, the weekly record will show 17,000 steps. The watch will keep the weekly records for the last 10 consecutive weeks. Example: If today is March 25 (Week 13 of the calendar year), the weekly record will show the pedometer recordings for W12, W11, W10, W9, W8, W7, W6, W5, W4, and W3.

SETTING THE WATCH FUNCTIONS

SETTING THE COUNTDOWN TIMER

The Sportline 960 is equipped with a 24-hour Countdown Timer with 1-second resolution.

1. From the Setting Menu, Select **TIMER SETTING** by Pressing the Mode key.
2. Adjust Hours by Pressing the (S/S) or (L/R) key.
3. Set Hours and advance to Set Minutes by Pressing the Mode key.
4. Adjust Minutes by Pressing the S/S or L/R key.
5. Set Minutes and advance to Set Seconds by Pressing the Mode key.
6. Adjust Seconds by Pressing the S/S or L/R key.
7. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.

TIP: You may also access the Countdown Timer Setting Menu by Pressing & Holding the Mode key in Timer Mode.



SELECT: MODE



ADJUST: S/S OR L/R



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING PERSONAL PROFILE

In order to ensure exercise data is as accurate as possible, you must enter your personal profile. The Sportline 960 uses this information to calculate Estimated Maximum Heart Rate (EMHR), Calorie Expenditure, Distance Walked/Ran, etc.

1. From the Setting Menu, Select **PERSONAL PROFILE** by Pressing the Mode key.
2. Select Gender by pressing the S/S or L/R key.
3. Set Gender and advance to Set Units of Measurement (Imperial or Metric) by Pressing the Mode key.
4. Adjust Units by Pressing the S/S or L/R key.
5. Set Units and advance to Set Weight by pressing the Mode key.
6. Adjust Weight by Pressing the S/S or L/R key.
7. Set Weight & Advance to set Walking Stride.



SELECT: MODE

Continued next page.

SETTING THE WATCH FUNCTIONS

SETTING PERSONAL PROFILE (continued)

NOTE: *It is important to calculate your average stride length for the watch to accurately calculate your distance. To calculate your average stride length walk/run ten steps. Measure the distance traveled and divide by 10. This is your average walking/running stride length.*

8. Adjust Walking Stride (in inches or centimeters) by Pressing the S/S or L/R key.
9. Set Walking Stride and advance to Set Running Stride by Pressing the Mode key.
10. Adjust Running Stride by Pressing the S/S or L/R key.
11. Set Running Stride (in inches or centimeters) and advance to Set Running Stride by Pressing the Mode key.
12. Adjust & Set Birth date (year/month/day).
13. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.

SETTING THE WATCH FUNCTIONS

SYSTEM SETTINGS

1. From the Setting Menu, Select **SYSTEM SETTINGS** by Pressing the Mode key.
2. Turn Hourly Chime ON or OFF by Pressing the S/S or L/R key.
3. Set Hourly Chime and advance to Set Key Tone by Pressing the Mode key.
4. Turn Key Tone ON or OFF by Pressing the S/S or L/R key.
5. Set Key Tone and advance to set LCD Contrast by Pressing the Mode key.
6. Adjust LCD Contrast (1-10: 1=less contrast, 10=more contrast) by Pressing the S/S or L/R key.
7. Set LCD Contrast by Pressing the Mode key.
8. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE

SETTING THE WATCH FUNCTIONS

HEART RATE SETTINGS

The Sportline 960 has 4 Heart Rate Training Zones that allow you to target exercise intensity. The watch is also equipped with audible alarms to warn you when your intensity level is outside the selected Training Zone. Zones 1-3 are automatically calculated from your Personal Profile (see **SETTING PERSONAL PROFILE** Page 20).

- Zone 1: 50-65% EMHR (Estimated Maximum Heart Rate)
- Zone 2: 55-75% EMHR
- Zone 3: 65-80% EMHR
- Zone 4: user defined
 - Lower limit setting range: 30-44%
 - Upper limit setting range: 31-99%

WARNING: *If you are just beginning an exercise program, please consult your physician or personal trainer to determine which zone setting is suitable for you.*

Continued next page.

SETTING THE WATCH FUNCTIONS

HEART RATE SETTINGS (continued)

1. From the Setting Menu, Select **HEART RATE SETTINGS** by pressing the Mode key.
2. Select Heart Rate Zone (1-4) by pressing the S/S or L/R key.
3. Set Zone and by pressing the Mode key (if you have selected Zone 1-3, skip Steps 4-7 and proceed to Step 8). If Zone 4 is selected, you must set the upper and lower limits of the zone.

TIP: The watch allows you to set zone limits using either Percentage of Estimated Maximum Heart Rate (EMHR) or Actual Heart Rate.

TIP: The watch displays both Actual Heart Rate and Percentage of EMHR. The number being adjusted will flash. The corresponding value will adjust automatically.

4. Adjust Lower Zone Limit (using Percentage of EMHR) by pressing the S/S or L/R key. To adjust using Actual Heart Rate, Press the Mode key to advance.
5. Press the Mode key to advance to set Upper Zone Limit. (If limit was set using Percentage of EMHR, you must press the Mode key again.)
6. Adjust Upper Zone Limit (using Percentage of EMHR) by pressing the S/S or L/R key. To adjust using Actual Heart Rate, Press the Mode key to advance.

Continued next page.



SELECT: MODE



ADJUST: S/S OR L/R



SET: MODE

SETTING THE WATCH FUNCTIONS

HEART RATE SETTINGS (continued)

7. Press the Mode key to advance to set Maximum Heart Rate (MHR) Alert. (If limit was set using Percentage of EMHR, you must press the Mode key again.)
8. Turn MHR Alert **ON** or **OFF** by pressing the S/S or L/R key.
9. Set MHR Alert and advance to Set Zone Alert by Pressing the Mode Key.
10. Turn Zone Alert **ON** or **OFF** by pressing the S/S or L/R key.

TIP: *If Zone Alert is turned OFF, Press & Hold the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.*

11. If Zone Alert is activated, the Alert may be set to signal when Heart Rate is Above Zone, In Zone and/or Below Zone independently of each other using the setting sequence.
12. **Press & Hold** the Mode key to return to Main Setting Menu. Continue holding Mode to exit the Setting Menu.

SETTING THE WATCH FUNCTIONS

DUAL TIME SETTING

The Sportline 960 allows you to set and view 2 time zones.

SETTING DUAL TIME

1. From the Setting Menu, Select **DUAL TIME SETTING** by pressing the Mode key.
2. Adjust Hour by pressing the Start/Stop (S/S) or Lap/Reset (L/R) key.
3. Set Hour and advance to Set Minutes by pressing the Mode key.
4. Adjust Minutes by pressing the S/S or L/R key.
5. Set Minutes by pressing the Mode key.
6. **Press & Hold** Mode key to return to the Setting Menu. Continue holding Mode to exit the Setting Menu.



SELECT: MODE



ADJUST: S/S OR L/R



SET: MODE

OPERATING THE WATCH

ACQUIRING HEART RATE

The Sportline 960 displays your heart rate in both beats per minute (BPM) and percentage of Estimated Maximum Heart Rate. There is also a graphical bar indicator for quick reference your heart rate in relation to specified Training Zone.

In any operating mode while wearing the watch on your wrist:

1. **Press & Hold** the HR Sensor key with your index finger for approximately 2 seconds.
2. Heart Rate will display for 5 seconds and revert to operating mode:



PRESS & HOLD
HR SENSOR

TO ENSURE HEART RATE ACCURACY:

1. Back of watch must be firmly in contact with wrist.
2. **DO NOT** take Heart Rate measurement while watch is submerged in water.
3. **DO NOT** use lotions or hand creams while wearing the watch; these will insulate the signal between skin and sensors.
4. Clean skin & finger tips prior to use.
5. Heart Rate signal may not register if finger pads are calloused or dry. For those with extremely dry skin, moisten fingertips with tap water, saliva or a conductive gel.

OPERATING THE WATCH

HEART RATE MEMORY

The Sportline 960 stores your last 50 heart rate readings with a time and date recording.

To recall Heart Rate Memory, in any mode:

1. Press & Release the Sensor key.
2. Scroll through Heart Rate readings by Pressing the S/S or L/R key.
3. Press the Mode key to exit Heart Rate Memory and return to operating mode.



PRESS & RELEASE



SCROLL: S/S OR L/R

OPERATING THE WATCH

TIME MODE

SELECTING AND VIEWING TIME ZONES

In Time Mode:

1. View Dual Time by Pressing the S/S key. The watch will display alternate time zone for approximately 3 seconds and revert to previous view setting.
2. **Press & Hold** the S/S key to lock Dual Time Zone view. Time Zone 2 will display in the lower display line. Home Time zone will display in the upper display line.
3. **Press & Hold** the S/S key to return to Home Time view setting.



VIEW DUAL TIME:
PRESS S/S



LOCK DUAL TIME:
PRESS & HOLD S/S



OPERATING THE WATCH

OPERATING THE CHRONOGRAPH

In Chronograph Mode:

1. To Start Timing, Press the S/S key.
2. To time a lap, Press the L/R key. The display will show the total elapsed time in the lower display line and lap number and time for current lap in the upper display line.
3. To stop timing, Press the S/S key.

RECALL LAP MEMORY

1. With Chronograph stopped, **Press & Hold** the Mode key.
2. Scroll through lap data by Pressing the S/S or L/R key.
3. **Press & Hold** the Mode key to return to Chronograph mode.
4. To Reset the Chronograph, **Press & Hold** the L/R key when Chronograph is stopped.



START CHRONO: S/S



TIME A LAP: S/S



STOP CHRONO: S/S

OPERATING THE WATCH

EXERCISE MODE

The Sportline 960 has 5 Pedometer sub modes: Steps/Exercise Time, Steps/Time of Day, Steps/Distance, Steps/Speed and Steps/Calories Burned. Scroll through sub modes by pressing the Mode key.

STOPPING/STARTING THE PEDOMETER

1. In Time mode, press the L/R key.
2. Press the S/S key to Start Pedometer reading.
3. To Stop Pedometer reading, Press the S/S key.
4. Reset the Pedometer by **Pressing & Holding** the L/R key.
5. Select **CLEAR YES** or **NO** by pressing the S/S or L/R key. **CLEAR NO** will resume Pedometer mode with previous Pedometer Data. **CLEAR YES** will reset the Pedometer to zero (0).
6. Press the Mode key to return to Pedometer mode.

PEDOMETER MEMORY RECALL

(See Viewing Exercise History page 17.)



SELECT: L/R



START: S/S



STOP: S/S

OPERATING THE WATCH

OPERATING THE COUNTDOWN TIMER

The Sportline 960 is equipped with a 24-hour Countdown Timer with 1-second resolution.

In Timer Mode:

1. Press the S/S key to Start Timer. Timer will sound every 10 seconds in final minute of timing.
2. Press L/R to Pause Timer.
3. To Reset the Timer, **Press & Hold** the L/R key when Timer is stopped.

NOTE: You may also access the Countdown Timer Setting Menu by **Pressing & Holding** the Mode key in Timer Mode.



START TIMER: S/S



PAUSE TIMER: S/S



RESET TIMER: L/R

RANGES & SPECIFICATIONS

PEDOMETER

- Daily Step Range: 0-345600 steps
- Displayable Step Range: 0-999999 steps
- Exercise time: 24 hours
- Maximum Distance: 0-400 km/0-248.55 miles
- Maximum Speed: 45 km/hour/27.96 mph
- Calorie Range: 0-99999 calories
- Exercise Schedule: 6 available
- Memory: 7 daily and 10 weekly records
- User Options: Idle/Power Conservation Function: 1-30 minutes; Pedometer Sensitivity: 5 levels

HEART RATE

- Heart Rate Range: 43-240 bpm
- 3 Pre-defined Heart Rate Zones, 1 User-defined Heart Rate Zone
- Average, minimum, and maximum heart rate records
- Upper and lower limit heart rate alerts
- Maximum heart rate warning alert

TIME

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

ALARM

- 5 Daily alarms and hourly chime
- Alarm duration: 30 seconds

CHRONOGRAPH

- Resolution: 1/100 second
- Measuring range: 23 hours, 59 minutes, 59.99 seconds

COUNTDOWN TIMER

- Resolution: 1 second
- Measuring Range: 23 hours, 59 minutes, 59 seconds

OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 50 meters.

REPLACING THE BATTERY

The Sportline 960 Pedometer Heart Rate Watch uses one CR2032 battery.

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 or pedometer function will not activate

To replace the battery of your Sportline 960 Pedometer 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.

CUSTOMER SUPPORT

If you have questions, comments or need assistance with your Solo 960, you may contact Customer Support by calling **1-800-338-6337**.

WARRANTY

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

If at any time within one (1) year from the purchase date of this product, it fails to perform properly because of defects in material or manufacturing, return it prepaid to:

E&B Excercise, LLC, 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	STORE PURCHASED FROM
ADDRESS		DATE OF PURCHASE
CITY		PURCHASE PRICE
STATE	ZIP	
PROBLEM WITH PRODUCT		

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.)

SPORTLINE[®]

E&B Excercise, LLC, 585 Oak Ridge Road, 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.

StarCase (UK) Ltd, Berkeley Business Park, Wainwright Road, Worcester WR4 9FA

SPORTLINE[®]

SOLO 960

Made in China

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**PEDOMETER
HEART RATE WATCH**