

Sportline Watch Instruction Manual

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Sportline 560 duo heart rate monitor instruction manual (17 pages) Summary of Contents for Sportline S7 Page 1 HEART RATE + CALORIE MONITOR SB4065IS01SPORB.indd 1 SB4065IS01SPORB.indd 1 6/3/10 2:04 PM 6/3/10 2:04 PM...

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Use the two adjustment buttons located on the right side of the watch face to input the appropriate seconds setting. Press the "mode" button to save your settings and move on to the "minutes" setting. Set the minutes in a similar fashion, then press the "mode" button to proceed to the "hour" setting.

Sportline Heart Rate Watch Instructions | Healthfully

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SETTING THE WATCH FUNCTIONS SETTING USER PROFILE The Sportline Duo 1010 Heart Rate Watch uses an advanced algorithm based on your User Profile to estimate your maximum heart rate and calculate other heart rate information. To ensure accuracy of the watch's advanced functions, this information must be programmed in the Programming Sequence.

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The Sportline 240 Stopwatch is a multifunction stopwatch that offers timers for splits and single events; month, day and time settings; an alarm; a shock-resistant case; and a 40-inch lanyard for easy carrying. Learning to operate the various functions is relatively simple, taking only a few minutes.

Instructions for the Sportline Stopwatch 240 | SportsRec

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Press the "Reset" button while in "Time" mode to begin changing the time on your watch. The part of the time you are changing will begin blinking. Press the "Start/Stop" button to increase the value of the part of time, then press the "C" button to move to the next area. When the time is correct, press the "Mode" button.

Sportline Stopwatch Directions | SportsRec

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Set the time and date of your sports watch. The "Set" or "A" key found on the watch will allow you to change the time and date when pressed. After entering the set mode, you need to press either "C" or "Mode" to enter the correct time and date. The "A" or "Set" button will be pressed again when the correct information is displayed on screen.

Instructions for Sports Watches | Livestrong.com

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. Sportline will replace your stopwatch ...

Instructions for the Sportline Stopwatch 228 | 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

Sportline — HeartRateMonitorsUSA.com

Although the exact method for setting a sports timer stopwatch varies somewhat depending on the model, the general steps remain the same. You can master the basic functions on the stopwatch within minutes, and, with a little practice, you can utilize the watch's full potential. Whether you're timing a short ...

How to Set a Sports Timer Stopwatch | SportsRec

Sportline Stopwatches are a cheap and efficient way of taking timings at sporting events, as well as during training. Functions of the watch also include a clock and alarm setting. As with many stopwatches, the buttons to control the settings are deliberately limited to aid simplicity. If the hourly chime is set, then ...

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