

## Sportline Step Counter User Guide

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### Sportline Step Counter User Guide

Press the "Mode" button on the face of the pedometer. For a Sportline 360, this is the bottom button on the left side. The location of the mode button will vary by model. Press the button until the display reads "Step" mode.

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To find out what your stride is, walk or run 10 steps and then measure the dis- tance with a tape measure from the first step's toe to the 10th step's toe. 2. Divide your total distance by 10 to get your average stride length.

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Manual - Sportline 360 Total Fitness Step Counter

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Press "Mode" to choose between Step Mode or Distance Mode. Press the "Mode" button to determine if you want the distance calculated in miles or kilometers. If the setting is desirable then skip Step 4. Press "Mode" until you see "Step" in the display.

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