

SPORTLINE®

DUO 1060

DUO 1060

SPEED AND DISTANCE HEART RATE MONITOR

Download from www.Somanuals.com. All Manuals Search And Download.

TABLE OF CONTENTS

INTRODUCTION	1
HOW TO USE THIS MANUAL	1
WARNINGS & CAUTIONS	2
CARE & MAINTENANCE	3
CUSTOMER SUPPORT	3
WATCH FUNCTIONS	4
KEYS AND THEIR FUNCTIONS	5-6
ACQUIRING HEART RATE	7-8
MAIN OPERATING MODES	9-10
SETTING THE WATCH FUNCTIONS	11
SETTING TIME & DATE	11
SETTING USER PROFILE	12
SELECTING YOUR TARGET HEART RATE ZONE	13
SETTING YOUR TARGET HEART RATE ZONE	14
SETTING DAILY ALARM	15
SETTING DUAL TIME ZONE	16
OPERATING THE WATCH	17
DISPLAY ICONS AND THEIR MEANINGS	17
HEART RATE/EXERCISE TIMER SUB MODES	18
HEART RATE/EXERCISE TIMER DETAIL VIEW	19-20

TABLE OF CONTENTS

OPERATING THE WATCH (cont.)

OPERATING THE EXERCISE TIMER	21
FITNESS RECOVERY TRACKER	22
INTELLITRACK HEART RATE VISUAL DISPLAY	23
HEART RATE/EXERCISE MEMORY	24
SETTING INTERVAL TRAINING MODE	25
OPERATING INTERVAL TRAINING MODE	26
OPERATING THE CHRONOGRAPH	27
VIEWING CHRONOGRAPH MEMORY	28
SETTING & OPERATING THE COUNTDOWN TIMER	29
VIEWING THE EL BACKLIGHT SYSTEM	29
REPLACING THE WATCH BATTERY	30
REPLACING THE CHEST TRANSMITTER BATTERY	31
BATTERY SAFETY INFORMATION	32
TROUBLE SHOOTING	33
RANGES & SPECIFICATIONS	34
FCC COMPLIANCE	35
WARRANTY	36

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.

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 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 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 3 seconds (see page 10 for more information on Power Down mode).

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: 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 experience any problems with this product or have questions, please first contact our Customer Service Team at 1-800-338-6337. We are ready to help.

WATCH FUNCTIONS

TIME

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

HEART RATE

- Finger-Touch or Chest Strap Transmitter HR acquisition
- 4 user-selected HR Zones
- HR Zone Alert
- Calorie Consumption
- Fat Burn Measurement
- HR Zone Memory Recall
- Intellitrack HR Feature
- 7 Workout Memory

TIMER

- 1-second resolution
- Range: 23 hours, 59 minutes, 59 seconds
- Audible alarm

CHRONOGRAPH

- 1/100 second resolution
- 23 hours, 59 minutes, 59.99 seconds
- 100 laps
- Lap/Split Memory Recall

PEDOMETER

- Strides
- Exercise Time
- Distance
- Speed

OTHER

- EL Backlight System

KEYS AND THEIR FUNCTIONS

HEART RATE SENSOR

EL LIGHT KEY

MODE KEY

START/STOP KEY

(S/S)

LAP/VIEW KEY

(L/V)

HEART RATE SENSOR



KEYS AND THEIR FUNCTIONS

MODE KEY

- Scroll through operating modes
- **PRESS & HOLD:** Enter/Exit a programming sequence
- Set values being adjusted in programming sequence
- **PRESS & HOLD:** Enter/Exit Memory Recall in Exercise and Chronograph modes

START/STOP KEY (S/S)

- Turn Alarm ON or OFF in Alarm mode
- Start/Stop Exercise Timer
- Start/Stop Interval Training
- Start/Stop Countdown Timer
- Start/Stop Chronograph
- Increase setting values being adjusted in programming sequence
- **PRESS & HOLD:** Reset Exercise Timer, Chronograph or Interval Training

LAP/VIEW (L/V)

- Decrease setting values being adjusted in programming sequence
- Start new Lap in Chronograph mode
- Reset Countdown Timer
- Scroll through current heart rate information in Exercise mode
- **PRESS & HOLD:** Activate Power Save mode from Time of Day mode

LIGHT KEY

- Activates (EL) backlight system

HEART RATE SENSORS

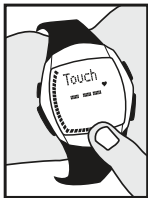
- Acquires Finger Touch Heart Rate

ACQUIRING HEART RATE

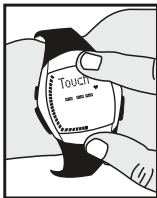
ACQUIRING HEART RATE: FINGER TOUCH

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

1. With the watch attached to 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 5 seconds.



OR



ACQUIRING HEART RATE

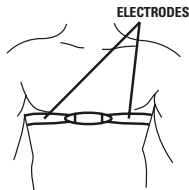
ACQUIRING HEART RATE WEARING THE CHEST STRAP TRANSMITTER

The Chest Strap Transmitter provides constant heart rate information throughout the duration of your workout. To ensure a proper heart rate display, the chest transmitter must be properly adjusted. Snap the plastic tabs at the end of the elastic belt into the holes at the end of the transmitter and adjust the strap so that the transmitter fits tightly below the pectoral muscles, as shown in the drawing.

NOTE: Users with significant chest hair may have a problem obtaining contact between the transmitter electrodes and their skin, resulting in poor performance. It may be necessary for these individuals to shave the area of their chest beneath the transmitter.

NOTE: In dry and cold climates it may take a few minutes for a layer of perspiration to form between the chest strap and the skin. Moistening the electrodes with saliva or ECG conductive gel can speed up this process.

NOTE: If Chest strap heart rate is captured, finger touch heart rate will be disabled.



MAIN OPERATING MODES

The Sportline Duo 1060 has 7 main operating modes: Time, Heart Rate/Exercise Timer, Interval, Chronograph, Alarm, Countdown Timer and Dual Time. Scroll through modes by **PRESSING** the **MODE** key. You may acquire Finger Touch Heart Rate by **TOUCHING & HOLDING** the Heart Rate Sensor in any operating mode.



MAIN OPERATING MODES

POWER SAVE MODE

Power Save mode allows you to conserve battery life when the monitor is not being used. To activate Power Save mode:

1. In Time mode, **PRESS & HOLD** the **MODE & LAP/VIEW** keys for 5 seconds. The display will go blank.
2. To deactivate Power Save mode and resume normal operation, **PRESS ANY KEY**.

POWER DOWN MODE

Power Down 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** keys for 5 seconds. The display will go blank.
NOTE: Time/Date, User Profiles and Memory files will be preserved.
2. To deactivate Power Save mode and resume normal operation, **PRESS & HOLD 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. **PRESS & HOLD** the **START/STOP** key in Time mode. 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.



**PRESS & HOLD
LAP/VIEW**

**PRESS ANY KEY TO
RESUME OPERATION**



**PRESS & HOLD
START/STOP**

SETTING THE WATCH FUNCTIONS

SETTING TIME AND USER PROFILE

The Sportline Duo 1060 uses an advanced algorithm based on your User Profile to estimate your maximum heart rate and calculate other heart rate information. In this Programming Sequence, you will program the Time & Calendar functions as well as set your User Profile. This sequence must be completed to ensure accuracy of the watch's 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 **LAP/VIEW (L/V)** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
3. Adjust Minutes by **PRESSING START/STOP** (to increase) or **LAP/VIEW** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
4. Adjust Hour by **PRESSING S/S** or **L/V**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
5. Adjust Year by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
6. Adjust Month by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
7. Adjust Day by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
8. Adjust 12/24-hour format by **PRESSING S/S** or **L/V**. Set Format by **PRESSING MODE**.
10. Turn Hourly Chime ON or OFF by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
11. Turn Key Beep ON or OFF by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.

CONTINUED ON NEXT PAGE



ADJUST: S/S or L/V



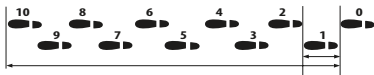
SET: MODE

SETTING THE WATCH FUNCTIONS

12. Select Gender (M=male, F=female) by **PRESSING** the **START/STOP (S/S)** or **LAP/VIEW (L/V)** key. Set Gender by **PRESSING** the **MODE** key.
13. Adjust Year of Birth (BIRTH in upper line of display) by **PRESSING** the **S/S** or **L/V** key. Set by **PRESSING MODE**.
14. Select Units (Metric or Imperial) by **PRESSING S/S L/V**. Set by **PRESSING MODE**.
15. Adjust Height by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
16. Select Weight Units (LB=pounds, KG=kilograms) by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
17. Adjust Weight by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
18. Select Activity Level (LOW, MEDIUM or HIGH) by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
19. Adjust Walking Stride by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
NOTE: See "How to Measure your Stride Length" below.
20. Adjust Running Stride by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
21. Adjust Display Contrast by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
22. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence & resume Operating mode.

HOW TO MEASURE YOUR STRIDE LENGTH

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.



TIP: To more accurately set Stride: run/walk a defined distance (i.e. 100 yards/meters). Count the number of steps/strides. Divide number of steps/strides by the distance (in inches or centimeters) to get your average stride length.

SETTING THE WATCH FUNCTIONS

The Sportline Duo 1060 allows you to select from 3 preset Heart Rate Target Zones (ACTIVE, FAT BURN and ENDURANCE) and 1 user-defined Target Zone. The watch tracks time IN, ABOVE and BELOW Target Zone during exercise.

SELECTING 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 50% to 85% of your maximum heart rate depending on your fitness level and objectives.

Active Zone: 50% - 60% 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.

Fat Burning Zone: 60% - 75% of maximum heart rate.

Exercising in this zone strengthens the cardiovascular system and nearly all the calories burned are from fats.

Endurance Zone: 75% - 85% 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. Cardiovascular strengthening, increased metabolism and elevated caloric burn are the primary benefits.

SETTING THE WATCH FUNCTIONS

SETTING HEART RATE TARGET ZONES (continued)

The Sportline Duo 1060 automatically calculates your Maximum Heart Rate from your User Profile and uses this information to display Heart Rate Zones.

NOTE: This information must be programmed prior to selecting Target Zone. See page 12.

1. In Heart Rate mode, **PRESS & HOLD** the **MODE** key until **SETTING** appears in the upper line of the display to enter the Programming Sequence.
NOTE: The watch will automatically scroll through Distance, Fitness, History and Setting.
2. Select Target Zone (Active, FatBurn, Enduranc or MyZone=User Defined) by **PRESSING** the **START/STOP (S/S)** or **LAP/VIEW (L/V)**. Set Target Zone by **PRESSING MODE**.
3. Select Zone Alarms (Above Zone and Below Zone) ON or OFF by **PRESSING S/S** or **L/V**. Set Zone Alarms by **PRESSING MODE**.
NOTE: Zone Alarm is an audible signal that sounds when you are above or below your selected Target heart Rate Zone.
4. Adjust MyZone Lower Limit by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
5. Adjust MyZone Upper Limit by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
6. Adjust FITNESS Interval in minutes (see "Fitness/Recovery Tracker" on page 22) by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
7. Adjust Pedometer Sensitivity Level (SENSE) by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
8. Adjust SLEEP Time (if no activity, the watch will automatically deactivate pedometer) by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
9. **PRESS & HOLD MODE** to exit the Programming Sequence.



ADJUST: S/S or L/V



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DAILY ALARM

The Sportline Duo 1060 features 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 S/S** or **L/V**. Set by **PRESSING MODE**.
3. Adjust Minutes by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
4. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Time mode.
5. Turn Alarm ON or Off by **PRESSING** the **START/STOP (S/S)** key.



ADJUST: S/S or L/V



SET: MODE

SETTING THE WATCH FUNCTIONS

SETTING DUAL TIME ZONE

To set Dual Time:

1. In Dual Time mode, **PRESS & HOLD** the **MODE** key to enter the programming sequence.
2. Adjust by **PRESSING S/S** or **L/V**. Set by **PRESSING MODE**.
NOTE: Dual Time is linked to the primary Time and is adjustable in 30-minute intervals.
3. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Dual Time mode.



ADJUST: S/S or L/V













SET: MODE

OPERATING THE WATCH

DISPLAY ICONS AND THEIR MEANING

The following table shows the watch's display icons and their meaning:

symbol	what it means
	Heart Rate is below selected Target Zone
	Heart Rate is above selected Target Zone
	Heart Rate is in selected Target Zone
MAX	Maximum Heart Rate for workout
AVG	Average Heart Rate for workout

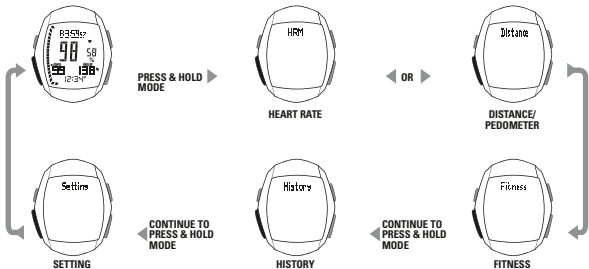
symbol	what it means
	Pedometer is activated
	Heart Rate is being detected
	Exercise Timer is running
	Heart Rate as a percentage of calculated Maximum Heart Rate
	Hourly Chime is activated
	Daily Alarm is activated
	Low Battery warning

OPERATING THE WATCH

HEART RATE/EXERCISE TIMER SUB MODES

The Sportline Duo 1060 has 5 Exercise sub modes (HRM, Distance, Fitness, History and Setting). To scroll through Exercise sub modes:

1. **PRESS & HOLD** the **MODE** key. The sub modes name will appear in the upper display line.
2. To select sub mode, continue to **PRESS & HOLD** the **MODE** key. When the sub mode you want appears in the upper display line, **RELEASE** the **MODE** key.



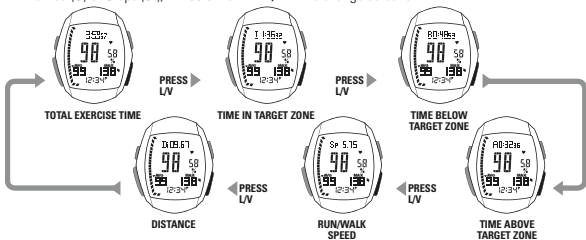
OPERATING THE WATCH

HEART RATE/EXERCISE DETAIL VIEW

In Heart Rate/Exercise Timer mode, there are 2 primary viewing modes, Heart Rate (HRM) and Pedometer (Distance). In HRM view, current heart rate is displayed in the center line and average and maximum heart rate are displayed in lower display line. To select viewing mode:

HRM VIEW:

1. **PRESS & HOLD** the **MODE** key. When HRM appears, **RELEASE MODE**.
2. Scroll through Exercise Detail, **PRESS LAP/VIEW**.
3. Change lower display line detail view from Average & Max Heart Rate, to Calories (KC), Fat Burned (G) or Steps (St), **PRESS & HOLD LAP/VIEW** to change selection.



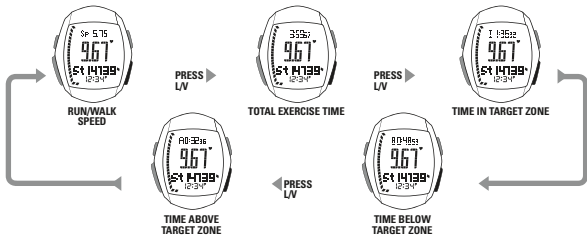
OPERATING THE WATCH

HEART RATE/EXERCISE DETAIL VIEW (cont.)

In Pedometer (Distance) view, distance is displayed in center line and steps (St) are displayed in lower line. To select Pedometer (Distance) mode as the primary display function:

PEDOMETER (DISTANCE) VIEW:

1. **PRESS & HOLD** the **MODE** key. When **DISTANCE** appears, **RELEASE MODE**.
2. Scroll through Exercise Detail, **PRESS LAP/VIEW**.
3. Change lower display line detail view from Steps (St) to Calories (KC), Fat Burned (G) or Current Heart Rate, **PRESS & HOLD LAP/VIEW KEY** to change selection.



OPERATING THE WATCH

OPERATING THE EXERCISE TIMER:

1. To START timing, **PRESS** the **START/STOP (S/S)** key. Pedometer Icon (🚶) will be visible in upper right of display.
2. To select Pedometer (Distance) or Heart Rate (HRM) viewing mode **PRESS & HOLD MODE** (see pages 19-20).
2. To STOP timing, **PRESS** the **S/S** key.
3. Scroll through Exercise Detail, **PRESS LAP/VIEW**.
4. To RESET the Exercise Timer, **PRESS & HOLD** the **S/S** key for 2 seconds.

NOTE: Workout is automatically saved to Memory (See "Workout Memory Recall" page 24).



START/STOP: S/S



**RESET:
PRESS & HOLD S/S**

OPERATING THE WATCH

FITNESS RECOVERY TRACKER

An important measure of fitness is the amount of time it takes for your heart rate to return to normal levels once your workout is complete. The Sportline Duo 1060 is equipped with a Fitness/Recovery tracker that measures and displays your heart rate range for a user definable time interval (see "Setting Heart Rate Target Zones" page 14). This feature is usefull to track your level of fitness throughout your training program.

To operate Fitness/Recovery tracker:

1. When you have finished your workout, **PRESS & HOLD** the **MODE** key until **FITNESS** appears in the upper display line. **RELEASE** the **MODE** key.
2. **PRESS** the **START/STOP** key to begin timing. Lower display line will show your beginning heart rate in left field and current heart rate in right field.
3. When time is complete, the watch will display your heart rate range.
NOTE: Lower display line will show your beginning heart rate in left field and ending heart rate in right field.
4. **PRESS** the **MODE** key to return to Exercise mode.



**PRESS & HOLD MODE
RELEASE MODE**



START: S/S



TIMING COMPLETE

OPERATING THE WATCH

VIEWING THE INTELLITRACK HEART RATE VISUAL DISPLAY

The Intellitrack visual display allows you to view your current heart rate in relation to your target zone at a single glance. The outer edge of the display screen is marked with a scale running clockwise from 0-100 Percent of Maximum Heart Rate. The visual bars display the range of your selected Target Heart Rate Zone. A single segment displays your current heart rate in relationship to your selected zone.



IN TARGET ZONE



OUT OF TARGET ZONE

NOTE: When you are in Target Heart Rate Zone, the visual bars indicating the zone range will flash on and off. The bar indicating Heart Rate will display constant.

NOTE: The Intellitrack visual display is an approximation for quick reference only and may have a variance of 1-5 beats per minute.

OPERATING THE WATCH

HEART RATE/EXERCISE MEMORY

The Sportline Duo 1060 has a Memory mode that allows you to view detailed feedback from your last 7 workouts.

NOTE: Workouts are saved most recent (Work-1) to oldest (Work-7).

1. In Exercise Mode, **PRESS & HOLD** the **MODE** key (release when HISTORY appears in upper display line) to access Memory files.
2. Scroll through Memory files (Work-1 through Work-7) by **PRESSING START/STOP (S/S) or LAP/VIEW (L/V)**.
3. Select Workout for detailed view by **PRESSING MODE**.
4. Scroll through individual workout data by **PRESSING S/S or L/V**.
5. To Exit Memory, **PRESS MODE** to return to Memory files. **PRESS & HOLD MODE** to resume Heart Rate/Exercise mode.



SCROLL THROUGH FILES: S/S or L/V



SELECT: MODE



TOTAL EXERCISE TIME
AVERAGE HR
MIN/MAX HR



TIME ABOVE TARGET ZONE
TIME IN TARGET ZONE
TIME BELOW TARGET ZONE



AVERAGE SPEED
DISTANCE
MAXIMUM SPEED



STEPS
FAT BURNED
CALORIES BURNED

OPERATING THE WATCH

INTERVAL TRAINING MODE

The Sportline Duo 1060 is equipped with an Interval Training Mode for advanced interval workouts. This mode allows you to select 1-30 intervals and as many as 3 phases per interval. Each phase has a User-Definable Heart Rate Target Zone.

SETTING INTERVALS:

1. In Interval Training mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
2. Adjust Interval Count (1-30) by **PRESSING START/STOP (S/S)** or **LAP/VIEW (L/V)**. **PRESS MODE** to set.
3. Adjust Phase 1 lower heart rate limit by **PRESSING START/STOP (S/S)** or **LAP/VIEW (L/V)**. **PRESS MODE** to set.
4. Adjust Phase 1 upper heart rate limit by **PRESSING START/STOP (S/S)** or **LAP/VIEW (L/V)**. **PRESS MODE** to set.
5. Adjust Minutes by **PRESSING START/STOP (S/S)** or **LAP/VIEW (L/V)**. **PRESS MODE** to set.
6. Adjust Seconds by **PRESSING START/STOP (S/S)** or **LAP/VIEW (L/V)**. **PRESS MODE** to set.
7. Repeat steps 3-7 for Phases 2 and 3. Set time to zero (00:00) if additional phases are not wanted.
8. **PRESS & HOLD MODE** to exit the Programming Sequence.



ADJUST: S/S or L/V



SET: MODE

OPERATING THE WATCH

OPERATING INTERVAL TRAINING MODE

The lower display line details interval (in descending order) and phase as well as time remaining in the phase. The dynamic memory (upper display line) allows you to view detailed heart rate and pedometer information during and after the workout. Visual alerts tell you where you are in relationship to your Target Heart Rate Zone(s) (see "Viewing the Intellitrack Heart Rate Visual Display" page 23). Current heart rate is displayed in the center line. Intervals remaining and interval phase and time remaining for current interval are displayed in the lower line. An audible alert sounds when each interval phase is finished and when workout is complete.

To Start timing:

1. **PRESS START/STOP (S/S)** to begin timing.
2. Scroll through dynamic memory by **PRESSING LAP/VIEW**.
3. **PRESS S/S** to stop timing any time. **PRESS S/S** again to resume.
4. Reset Interval Timer, **PRESS & HOLD S/S** while timer is stopped.

Dynamic memory view:



RUN/WALK SPEED

PRESS
L/V



DISTANCE

PRESS
L/V



TIME ABOVE
TARGET HR ZONE(S)

PRESS
L/V



TIME IN
TARGET HR ZONE(S)

PRESS
L/V



TIME BELOW
TARGET HR ZONE(S)



START/STOP
TIMING: S/S



RESET:
PRESS & HOLD S/S

OPERATING THE WATCH

OPERATING THE CHRONOGRAPH

The Sportline Duo 1060 is equipped with a 10-hour, 100-lap Chronograph. The top line of the display shows total elapsed time. The center display line shows your current lap time. The lower display line shows current heart rate and current lap. You may change the information display in the top line. Select from Split (total elapsed time), Speed, Distance and Steps. **PRESS & HOLD** the **MODE** key while the chronograph is running. The display will automatically scroll through the options. **RELEASE** the **MODE** key when the item you want is displayed.

To operate the Chronograph:

1. Start timing, **PRESS START/STOP (S/S)**.
2. Start a new lap, **PRESS LAP/VIEW (L/V)**.
3. Scroll through top line display options, **PRESS & HOLD MODE**. **RELEASE MODE** when the item you want to view is displayed.
4. Stop timing, **PRESS S/S**.
5. Reset Chronograph, **PRESS & HOLD S/S** with Chronograph stopped.

***NOTE:** To view Chronograph Memory (see following page) do not reset the Chronograph.*



**START/STOP TIMING:
PRESS S/S**



**TIME A LAP:
PRESS L/V**

OPERATING THE WATCH

VIEWING THE CHRONOGRAPH MEMORY

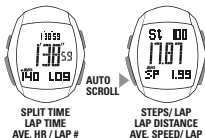
The Sportline Duo 1060 has a Chronograph Memory that recalls information from your previous workout.

NOTE: To view Chronograph Memory, do not reset the Chronograph.

To view Chronograph Memory:

1. With the Chronograph stopped, **PRESS & HOLD** the **MODE/SET (MODE)** key. RECALL will appear in the upper display line.
2. The display will automatically scroll through total workout data.
3. To view individual lap data (split time, lap time, average heart rate for lap, steps, distance and speed), **PRESS S/S OR L/V**. The display will automatically scroll between display sets (see illustrations below).
4. Return to Chronograph mode, **PRESS & HOLD MODE**.

Lap data view:



ACCESS MEMORY:
PRESS & HOLD MODE



TOTAL DISTANCE
TOTAL TIME
AVE. SPEED



AVE. LAP TIME
AVE/MAX HR

OPERATING THE WATCH

SETTING THE COUNTDOWN TIMER

The Sportline Duo 1060 is equipped with a 10-hour Countdown Timer. To set Timer:

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

OPERATING THE COUNTDOWN TIMER

The Sportline Duo 1060 is equipped with a 10-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 **LAP/VIEW** key.

VIEWING THE BACKLIGHT SYSTEM

The Sportline Duo 1060 is equipped with an electroluminescent (EL) Backlight System for viewing the display in low light conditions. To operate the Backlight:

1. **PRESS** the **EL** key. Backlight will illuminate for approximately 5 seconds.
2. **AUTO BACKLIGHT: PRESS & HOLD** the **LIGHT** key. The light icon (☼) will be visible in upper right of display. The backlight will illuminate on any key press.

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



ADJUST: S/S or L/V



SET: MODE

REPLACING THE WATCH BATTERY

The Sportline Duo 1060 uses a single CR2032 lithium 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 function will not activate
3. Backlight System does not operate

To replace the battery of your Sportline Duo 1060, 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 Sportline Duo 1060 Heart Rate Watch, you may contact Customer Support by calling 1-800-338-6337.

REPLACING THE CHEST TRANSMITTER BATTERY

The Sportline Duo 1060 features a wireless heart rate transmitter, powered by a CR2032 3v Lithium battery. Under normal conditions you can expect to get approximately 300-400 hours of heart rate transmitter use with a fresh battery. To replace the battery:

1. Using a coin, turn the battery door counter clockwise until the door comes free of the watch.
2. Take care not to damage the O-ring seal for the battery compartment and carefully remove the old battery.
3. Place a new battery in the battery compartment with the positive (+) side toward the battery door.
4. Place the battery door over the opening and tighten it down by using a coin and turning in a clockwise direction.
5. If the O-ring has been damaged, replace it before reinstalling the battery door. Most jewelers and watch shops should have replacement O-ring seals.



NOTE: Extreme care should be taken when replacing the battery to ensure the unit remains fully water resistant. Failure to properly replace the battery and correctly seal the unit may cause the unit to become damaged and may void the warranty.



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 chest area (for Chest-Strap measurement) or finger (for Finger-Touch measurement). Tap water may help if conductive gel is not available.

CAUSE: CHEST STRAP IS NOT CONTACTING WITH SKIN

SOLUTION: Make sure the chest strap is firmly over the chest and the Watch is securely on wrist.

CAUSE: MUSCLE TREMORS CAUSED BY PRESSING ON SENSORS TOO HARD (FINGER TOUCH)

SOLUTION: Decrease finger pressure on the Sensor Pads.

CAUSE: DEAD SKIN ON WRIST, FINGER OR CHEST.

SOLUTION: Rub off excessive dead skin with a towel

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

SOLUTION: Wipe chest / wrist and the back of Chest Strap/ watch with a tissue or soft towel.

CAUSE: HAIRY SKIN

SOLUTION: Apply conductive gel to chest area or wrist.

CAUSE: LOW BATTERY

SOLUTION: Replace the battery in watch/transmitter and try again.

CAUSE: ELECTRICAL FIELD INTERFERENCE FROM RF DEVICES (CHEST-STRAP MEASUREMENT) SUCH AS OVERHEAD POWER LINES, ETC.

SOLUTION: Leave the area where RF source potentially exist.

RANGES & SPECIFICATIONS

TIME

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

ALARM

- Daily alarm
- Alarm duration: 30 seconds

CHRONOGRAPH

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

HEART RATE

- Range: 30-240 beats per minute
- 4 Heart Rate Target Zones
- Calorie Tracking Range: 0-9999
- Fat Burn range: 0 - 1296 g

PEDOMETER

- 999,999 Steps
- 99 hours, 59 minutes, 59 seconds
- Maximum Distance: 62.13 mi / 99 km

COUNTDOWN TIMER

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

OTHER

- Electroluminescent (EL) backlight
- Water resistant up to 50 meters
- Battery: CR 2032 (X2)

FCC COMPLIANCE

The device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the product.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the transmitting equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio technician for help.

WARRANTY

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

If at any time within five (5) year 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	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.)
©2009 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

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. ©2009

SP4963IS01ROD



DUO 1060

SPEED AND DISTANCE HEART RATE MONITOR

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>