

***SPORTLINE***® **SOLO 960**

**SOLO 960**  
**HEART RATE MONITOR + SPEED AND DISTANCE**

## TABLE OF CONTENTS

<b>INTRODUCTION</b>	<b>1</b>
<b>HOW TO USE THIS MANUAL</b>	<b>1</b>
<b>ACTIVATING THE WATCH FROM POWER DOWN MODE</b>	<b>1</b>
<b>WARNINGS &amp; CAUTIONS</b>	<b>2</b>
<b>CARE &amp; MAINTENANCE</b>	<b>3</b>
<b>CUSTOMER SUPPORT</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>POWER SAVE &amp; POWER DOWN MODES</b>	<b>8</b>
<b>VIEWING THE BACKLIGHT</b>	<b>8</b>
<b>MAIN OPERATING MODES</b>	<b>9-10</b>
<b>SETTING THE WATCH FUNCTIONS</b>	<b>11</b>
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 & OPERATING THE COUNTDOWN TIMER	16

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## TABLE OF CONTENTS

<b>1</b>	<b>OPERATING THE WATCH</b>	<b>17</b>
<b>1</b>	DISPLAY ICONS AND THEIR MEANINGS	17
<b>1</b>	OPERATING THE Pedometer/EXERCISE TIMER	18
<b>2</b>	VIEWING EXERCISE DETAIL	18
<b>3</b>	VIEWING EXERCISE DATA IN MEMORY	19
<b>3</b>		
<b>4</b>	<b>RANGES &amp; SPECIFICATIONS</b>	<b>20</b>
<b>5-6</b>	<b>REPLACING THE WATCH BATTERY</b>	<b>21</b>
<b>7</b>	<b>BATTERY SAFETY INFORMATION</b>	<b>22</b>
<b>8</b>	<b>TROUBLE SHOOTING</b>	<b>23</b>
<b>8</b>	<b>WARRANTY</b>	<b>24</b>
<b>10</b>		

**11**  
11  
12  
13  
14  
15  
16

**SOLO 960 Heart Rate Monitor + Speed and Distance**

## 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 5 seconds (see page 8 for more information on Power Down mode).

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## 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.

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**2**

## 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.

3

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## WATCH FUNCTIONS

### TIME

- Time/Day/Date/Month
- 12-/24-hour formats
- Daily Alarm

### HEART RATE

- ECG Accurate Heart Rate
- Heart Rate Zones settable in 1-beat increments

### EXERCISE TIMER

- 1/100 Second Resolution
- 10-hr / 30 Laps
- Lap data recall

### PEDOMETER

- Steps
- Distance
- Speed
- Average Speed
- Exercise Time

### COUNTDOWN TIMER

- 10-hr
- 1-second resolution

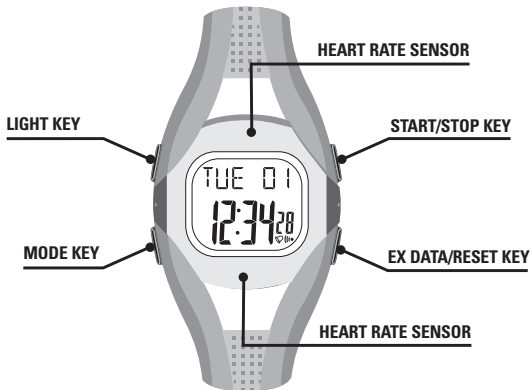
### OTHER

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

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**4**

## KEYS AND THEIR FUNCTIONS



5

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## 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 programming sequence
- Return to Time of Day from Exercise mode

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

- Access Daily Alarm from Time of Day mode
- Start/Stop Exercise Timer
- Start a new lap in Exercise mode
- Start/Stop Countdown Timer
- Increase setting values during programming sequence
- Scroll through data in Memory mode

### EX DATA/RESET KEY (EX/R)

- Access Exercise mode from Time of Day
- Scroll through Exercise sub modes
- **PRESS & HOLD:** Reset Exercise Timer & Countdown Timer
- Decrease setting values during programming sequence
- Return to Exercise mode from Heart Rate
- Scroll through data in Memory mode

### HEART RATE SENSOR

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

### EL/LIGHT KEY

- Activates (EL) backlight system

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**6**

## ACQUIRING HEART RATE

### ACQUIRING HEART RATE: FINGER TOUCH

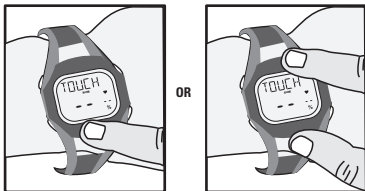
Heart rate may be acquired from any operating mode (not in any Setting Sequence).

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.



## 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 **EX DATA/RESET (EX)** key 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 & LIGHT** 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 5 seconds.

### VIEWING THE BACKLIGHT SYSTEM

The Sportline Solo 960 is equipped with an electroluminescent (EL) Backlight System for viewing the display in low light conditions. To operate the Backlight:

**PRESS** the **EL** key. Backlight will illuminate for approximately 5 seconds.

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



**PRESS & HOLD  
EX**

**PRESS ANY KEY TO  
RESUME OPERATION**

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**8**

## MAIN OPERATING MODES

The Sportline Solo 960 has 5 main operating modes: Time, Exercise, Memory, Countdown Timer and Alarm.

- Scroll through Time, Memory and Countdown Timer by **PRESSING** the **MODE** key.
- Access Exercise by **PRESSING** the **EXERCISE DATA/RESET (EX)** key from Time of Day.
- View Daily Alarm by **PRESSING** the **START/STOP (S/S)** key from Time of Day.
- Acquire Finger Touch Heart Rate by **TOUCHING & HOLDING** the Heart Rate Sensor in any operating mode.



## MAIN OPERATING MODES

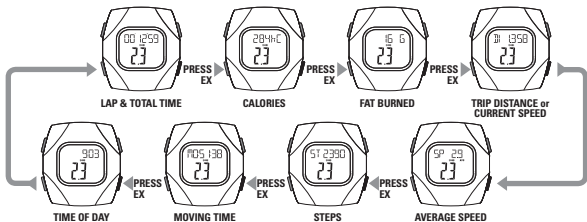
The Sportline Solo 960 has 9 Exercise/Pedometer sub modes.

- Access Exercise/Pedometer mode by **PRESSING** the **EXERCISE DATA/RESET (EX)** key from Time of Day mode.
- Select Speed or Distance constant display by **PRESSING & HOLDING** the **EX** key until selection appears in display.

**NOTE:** Scan On/Off and Reset All may also be selected, see pg. 18 for more details

- Scroll through Exercise Time, Calories, Fat Burned, Trip Distance, Current Speed, Average Speed, Steps, Moving Time and Time of Day by **PRESSING** the **EX** key.
- Exit Exercise/Pedometer mode and return to Time of Day, **PRESS** the **MODE** key.

**NOTE:** See Operating the Pedometer/Exercise Timer, page 18



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10

## SETTING THE WATCH FUNCTIONS

### SETTING TIME AND USER PROFILE

The Sportline Solo 960 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.

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 **EX DATA/RESET (EX)** key. Advance to Set Minutes by **PRESSING** the **MODE** key.
  3. Adjust Minutes by **PRESSING S/S** (to increase) or **EX** (to decrease). Set Minutes and advance to Set Hour by **PRESSING** the **MODE** key.
  4. Adjust Hour by **PRESSING S/S** or **EX**. Set Hour and advance to Set Year by **PRESSING** the **MODE** key.
  5. Adjust Year by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
  6. Adjust Month by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
  7. Adjust Day by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
  8. Adjust 12/24-hour format by **PRESSING S/S** or **EX**. Set Format by **PRESSING MODE**.
  10. Turn Hourly Chime ON or OFF by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
  11. Turn Key Beep ON or OFF by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
- CONTINUED ON NEXT PAGE**



ADJUST: S/S or EX



SET: MODE

II

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## SETTING THE WATCH FUNCTIONS

12. Select Gender (M=male, F=female) by **PRESSING** the **START/STOP (S/S)** or **LAP/VIEW (EX)** 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 **EX** key. Set by **PRESSING MODE**.
14. Select Units (Metric or Imperial) by **PRESSING S/S EX**. Set by **PRESSING MODE**.
15. Adjust Height by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
16. Adjust Weight by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
17. Adjust Walking Stride by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.  
*NOTE: See "How to Measure your Stride Length" below.*
18. Adjust Running Stride by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
19. Adjust Sensitivity Level (1 = least sensitive, 5 = most sensitive) by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**. *NOTE: If you find your pedometer is off by a few steps, adjusting the sensitivity will help to more accurately track your steps.*
20. Turn Daily Reset ON or OFF (Exercise data will automatically reset to zero at 3:00 a.m.) by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
21. **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 feet/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.

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12

## SETTING THE WATCH FUNCTIONS

The Sportline Solo 960 allows you to select from 3 preset Heart Rate Target Zones (HEALTH, FAT BURN and AEROBIC) and 1 user-defined Target Zone. The watch displays if you are IN, ABOVE or BELOW the selected 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.

*NOTE: While the monitor allows you to adjust the Upper and Lower zone limits of the preset Target Zones, it is recommended that you leave these limits at the factory defaults.*

#### **Health Zone: 50% - 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.

#### **Fat Burning Zone: 55% - 75% of maximum heart rate.**

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

#### **Aerobic Zone: 65% - 80% 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.

13

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## SETTING THE WATCH FUNCTIONS

### SETTING HEART RATE TARGET ZONES (continued)

The Sportline Solo 960 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. Access Exercise mode by pressing **EX DATA/RESET (EX)** in Time of Day mode.
2. In Exercise mode, **PRESS & HOLD** the **MODE** key to enter the Programming Sequence.
3. Select Target Zone (Health, FatBurn, Aerobic or User Defined) by **PRESSING START/STOP (S/S) or EX DATA/RESET (EX)**. Set Target Zone by **PRESSING MODE**.
4. Select Zone Alarms (Above Zone and Below Zone) ON or OFF by **PRESSING S/S or EX**. 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.

5. Adjust Zone Lower Limit by **PRESSING S/S or EX**. Set by **PRESSING MODE**.
6. Adjust Zone Upper Limit by **PRESSING S/S or EX**. Set by **PRESSING MODE**.
7. **PRESS & HOLD MODE** to exit the Programming Sequence.



ADJUST: S/S or EX



SET: MODE

**SOLO 960 Heart Rate Monitor + Speed and Distance**

14

## SETTING THE WATCH FUNCTIONS

### SETTING DAILY ALARM

The Sportline Solo 960 features a Daily Alarm. To set Alarm:

1. In Time mode, **PRESS & HOLD** the **START/STOP** key to enter the programming sequence.
2. Turn Alarm ON or Off by **PRESSING** the **START/STOP (S/S)** or **EX DATA/RESET** key. Set by **PRESSING MODE**.
3. Adjust Hour by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
4. Adjust Minutes by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
5. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Time mode.



ADJUST: S/S or EX



SET: MODE



ON/OFF: S/S or EX

15

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## SETTING THE WATCH FUNCTIONS

### SETTING THE COUNTDOWN TIMER

The Sportline Solo 960 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 **EX DATA/RESET (EX)** . Set by **PRESSING MODE**.
3. Adjust Minutes by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
4. Adjust Seconds by **PRESSING S/S** or **EX**. Set by **PRESSING MODE**.
5. **PRESS & HOLD** the **MODE** key to exit the Programming Sequence and return to Timer mode.

### OPERATING THE 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 **EX** key.



ADJUST: S/S or EX



SET: MODE



START/STOP TIMING:  
PRESS S/S



RESET:  
PRESS & HOLD EX




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

16

## OPERATING THE WATCH

### DISPLAY ICONS AND THEIR MEANING

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

symbol	what it means
 <b>ZONE</b>	Heart Rate is below selected Target Zone
<b>ZONE</b> 	Heart Rate is above selected Target Zone
 <b>ZONE</b>	Heart Rate is in selected Target Zone
<b>MAX</b>	Maximum Heart Rate for workout
<b>AVG</b>	Average Heart Rate for workout

symbol	what it means
	Heart Rate is being detected
	Memory Mode
	Heart Rate as a percentage of calculated Maximum Heart Rate
	Hourly Chime is activated
	Daily Alarm is activated
	Low Battery warning

## OPERATING THE WATCH

### OPERATING THE PEDOMETER/EXERCISE TIMER

The Sportline Solo 960 is equipped with a 10-hour Exercise Timer with detailed exercise data display.

To operate Exercise Timer:

1. Access Exercise mode by **PRESSING** the **EXERCISE DATA/RESET (EX)** key from Time of Day.
2. To start timing, **PRESS THE START/STOP (S/S)** key.
3. Time a lap, **PRESS** the **S/S** key.
4. Stop timing, **PRESS & HOLD** the **S/S** key.
5. Reset Timer, **PRESS & HOLD** the **EX** key until RESET ALL appears in the display. Release the key. All exercise data will be reset to zero.

**Note:** DO NOT Reset if you wish to view lap detail in Memory. To view Chronograph Memory, see page 19.

### VIEWING EXERCISE DETAIL

- Select Speed, Distance or SCAN mode (the display flashes from Speed to Distance every 3 seconds) by **PRESSING & HOLDING** the **EX** key. Release the key when your selection appears in the display.

**Note:** In SCAN mode, the screen alternately displays Speed & Distance. You may not scroll through Exercise Detail (see below). To deactivate SCAN mode, **PRESS & HOLD EX** until SCAN OFF appears in the display.

- Scroll through Exercise Time, Calories, Fat Burned, Trip Distance, Current Speed, Average Speed, Steps, Moving Time and Time of Day by **PRESSING** the **EX** key (see Page 10 "Pedometer/Exercise Timer Sub Modes").



**START TIMING:**  
PRESS S/S

**STOP TIMING:**  
PRESS & HOLD S/S



**TIME A LAP:**  
PRESS S/S



**RESET:**  
PRESS & HOLD EX

**SOLO 960 Heart Rate Monitor + Speed and Distance**

18

## OPERATING THE WATCH

### VIEWING EXERCISE DATA IN MEMORY

The Sportline Solo 960 has a Memory mode that allows you to view detailed feedback from your current workout. Total time, individual lap times, and average speed for workout and by lap are detailed.

**NOTE:** Exercise Timer must not be reset to view Memory detail.

1. Access Memory mode by **PRESSING** the **MODE** key.
2. Scroll through Lap details by **PRESSING START/STOP (S/S)** or **EX DATA/RESET (EX)**.
3. To Exit Memory, **PRESS MODE**.



## 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

### EXERCISE TIMER

- Resolution: 1/100 second
- Measuring range: 9 hours, 59 minutes, 59.99 seconds
- 30 Lap

### HEART RATE

- Range: 40-200 beats per minute
- 4 Heart Rate Target Zones

### PEDOMETER

- 9,999 Steps
- 9 hours, 59 minutes, 59 seconds
- Maximum Distance: 9.999 mi / km
- Calorie Tracking Range: 0-9999 k-cal
- Fat Burn range: 0 - 9999g

### COUNTDOWN TIMER

- Resolution: 1 second
- Measuring Range: 9 hours, 59 minutes, 59 seconds

### OTHER

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

**SOLO 960 Heart Rate Monitor + Speed and Distance**

**20**

## REPLACING THE WATCH BATTERY

The Sportline Solo 960 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
4. The Low Battery icon is visible

To replace the battery of your Sportline Solo 960, 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 Solo 960 Heart Rate Watch, you may contact Customer Support by calling 1-800-338-6337.



## 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 wheelee 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.*

**SOLO 960 Heart Rate Monitor + Speed and Distance**

**22**

## TROUBLE SHOOTING

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

**CAUSE: DRY SKIN**

**SOLUTION:** Apply conductive gel thoroughly finger. 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 THE WATCH FROM DETECTING ECG HEART RATE**

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

**CAUSE: HAIRY SKIN**

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

**CAUSE: LOW BATTERY**

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

## 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: **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.)  
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### 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](http://www.sportline.com)

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**24**

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