

Operation Manual

Features

Display week, year, month, day, hour, minute, second. (2000–2099 Calendar)

12/24 H Format selectable

Pedometer

Daily Alarm and Chime hourly

1/100 second Chronograph with split count

Dual time

Count Down (Upper limit : 24H)

Low Voltage detection

EL backlight

Full Display Test Function

LIGHT (A KEY)

MODE(B KEY)



(D KEY) START

(C KEY) RESET

EL backlight

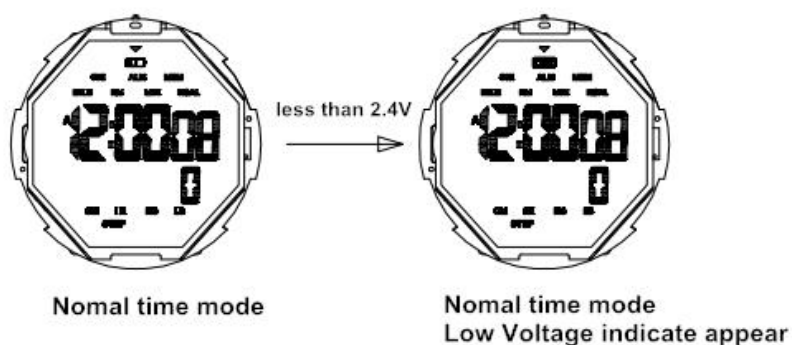
In any mode, press A key, the light can be delayed by 3 seconds.

Full Display

In any mode, press D key, C key, and B key in turn will display all.
Press any key, exit the full display view and return to the current display view.

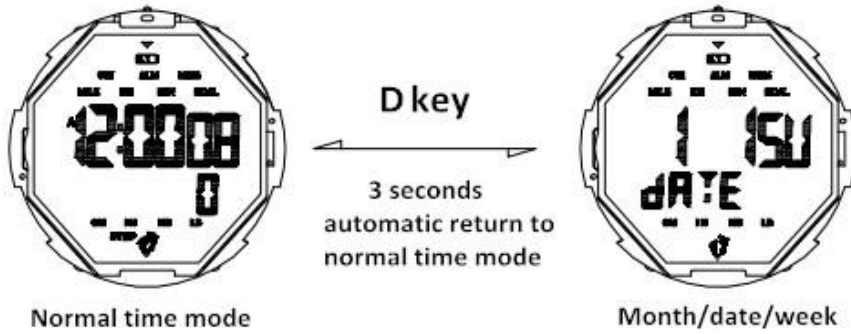
Low Voltage

When the battery voltage is less than 2.4V, the low voltage detection indicator will be displayed.



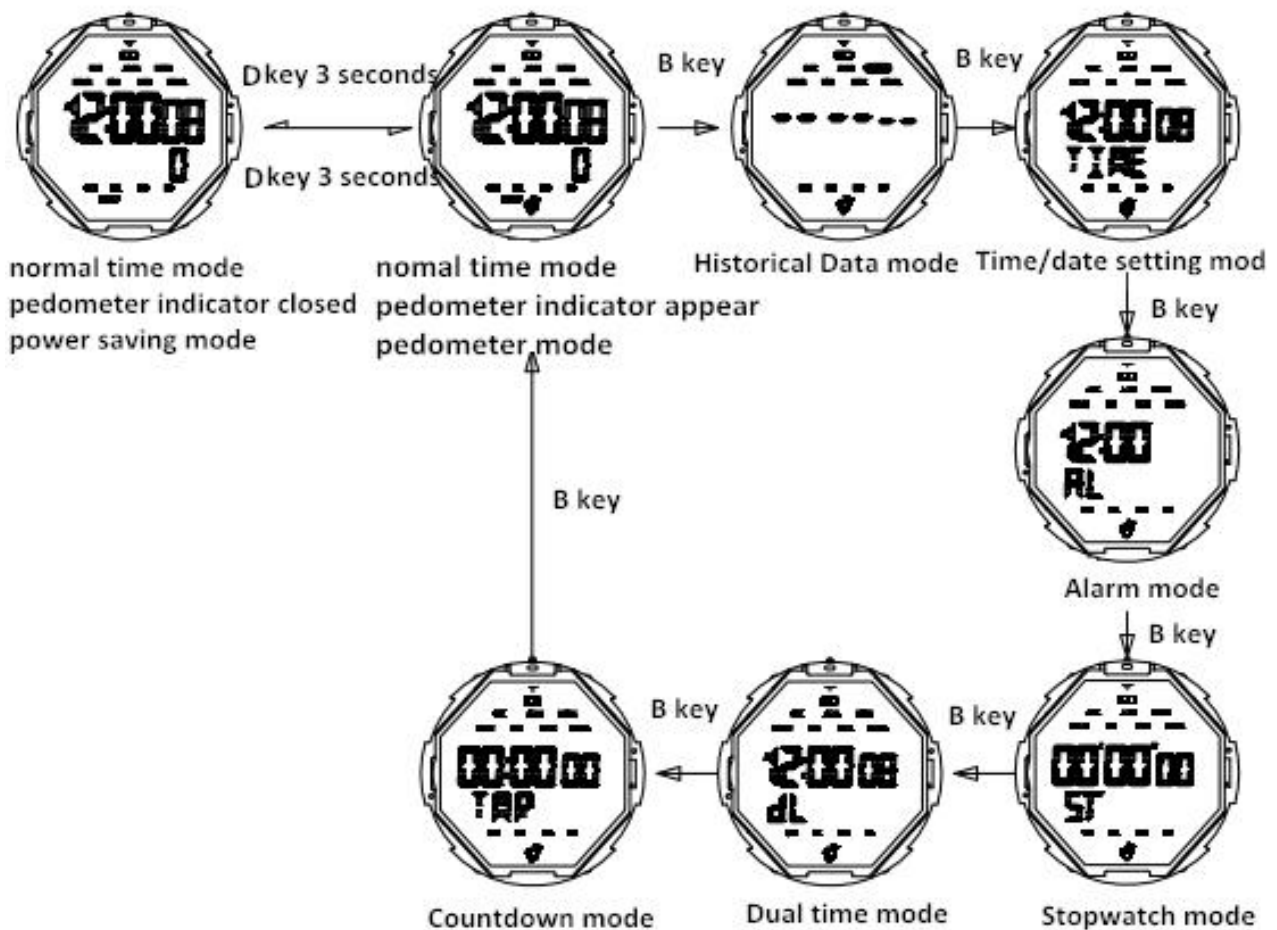
Month, day, week view

Press D key :



Mode

Press B key to select different modes.



Normal Time Mode

In normal time mode, press B key twice to the mode with TIME letter. press and hold A key for few seconds to time setting, right now "Year" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "Year" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "month" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "date" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "hour" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

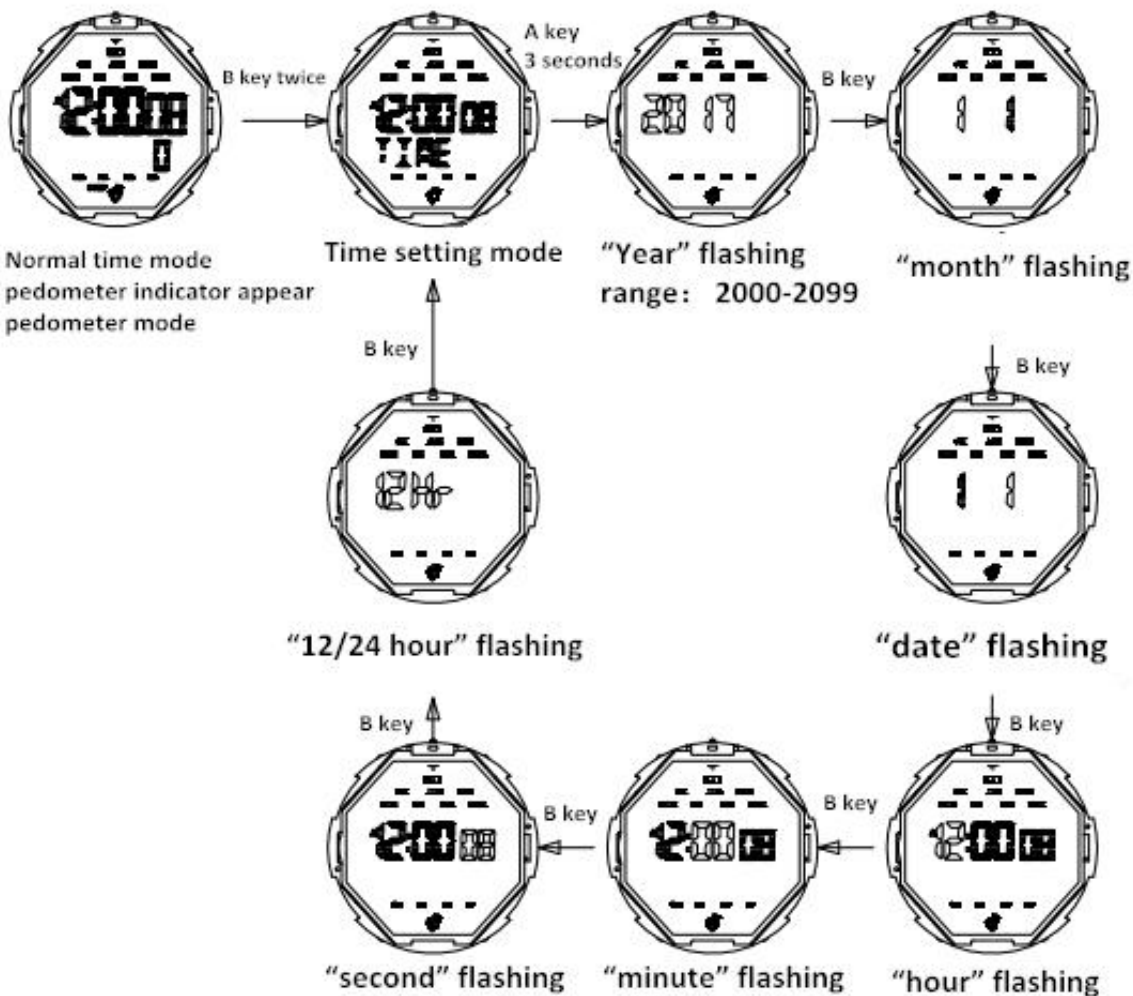
Press B key, "minute" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "second" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "12/24 hour system" start flashing. Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key to exit the Setting Mode.

Press B key to select other setting items (flashing) as following sequence.



- ❶ When the 12-hour clock is selected, the indicator PM (afternoon) appears on the left of the number of hours , indicates the time between noon and 11:59 pm.However, between midnight and 11:59 in the morning,there will be no indicator on the left of the hour.
- ❶ When “second” flashing , press C key or D key, If the second value is between 00-29, the value remains unchanged. if the second value is between 30-59,When this second value returns to 00, the value increases by 1.

Pedometer Function

—. User's information setting mode.

1. In normal time mode, press and hold D key for 3 seconds to pedometer setting. right now the pedometer indicator appears.

Press and hold A key for 3 seconds, "gender" flashing, M stands for men, F stands for women. Press D key or C key to convert M and F.

Press B key, "unit" flashing, Press D key or C key to convert Metric system and Imperial system.

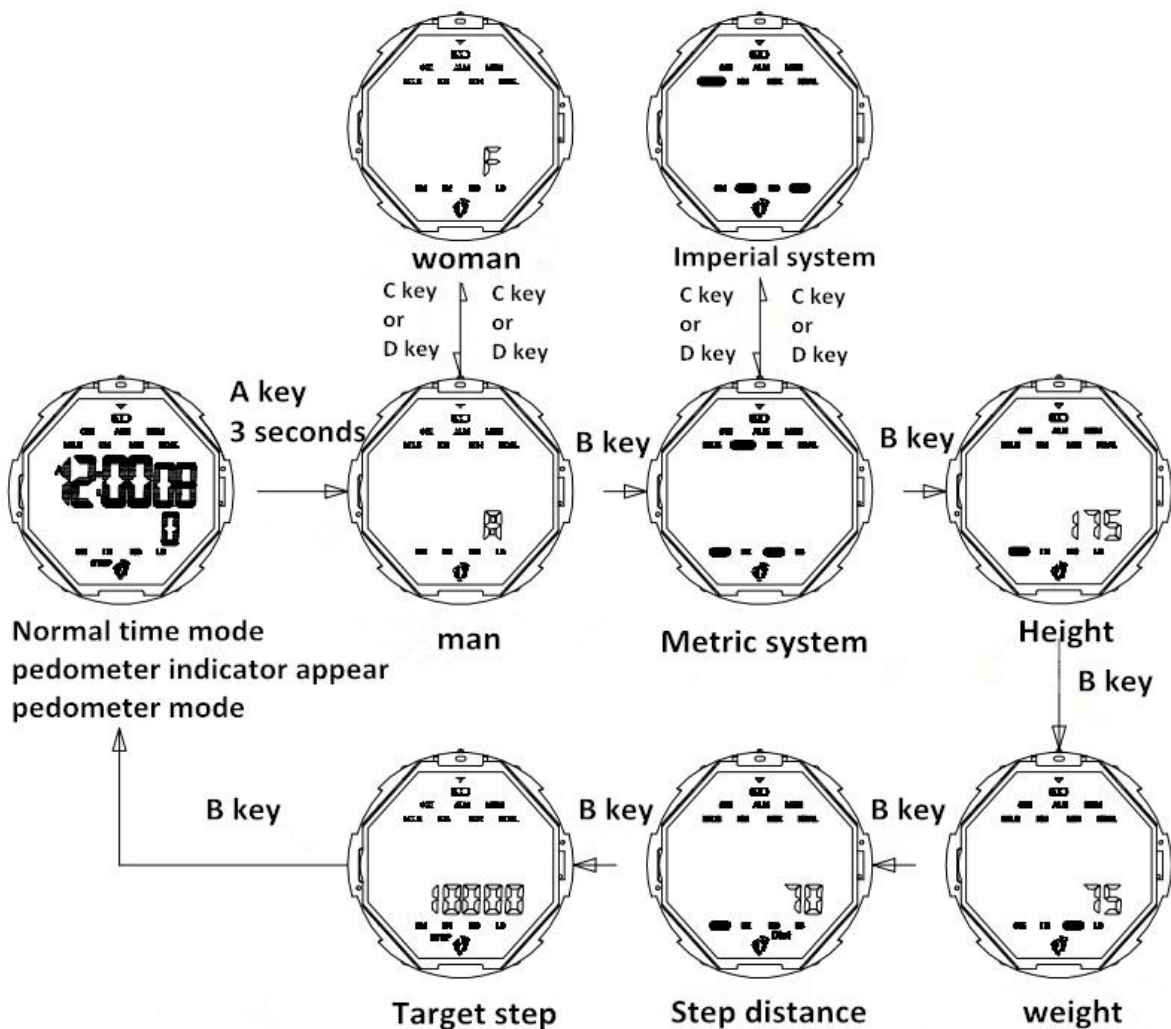
Press B key, "height" flashing, Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "weight" flashing, Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "Step distance" flashing, Press D key to increase the setting value. Press C key to decrease the setting value.

Press B key, "Target step" flashing, Press D key to increase the setting value. Press C key to decrease the setting value.

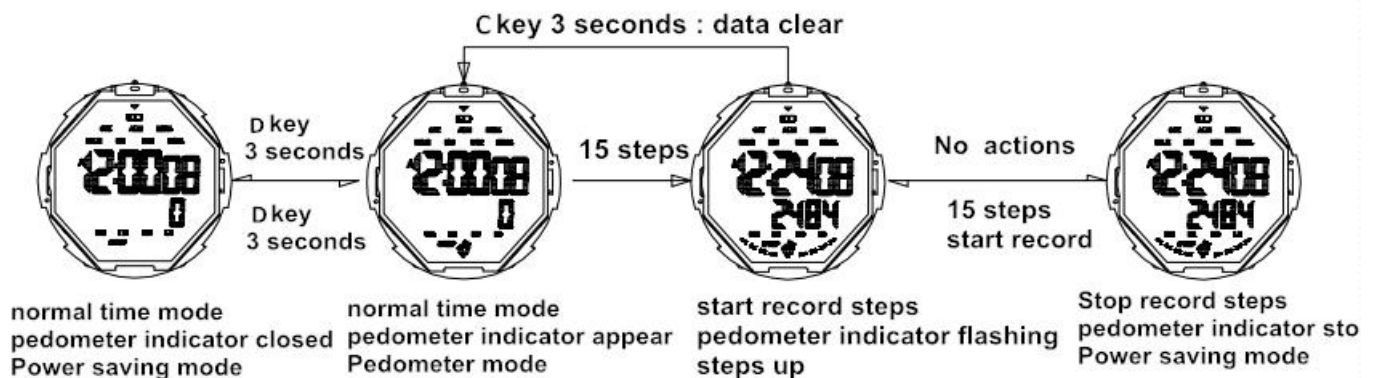
Press B key to exit the Setting Mode.



- ❶ In normal time mode, press and hold D key for a few seconds to on/off turn pedometer function.
- ❶ Setting weight: Adjustable range: 20-200kg/44Lb-441Lb.
- ❶ Setting step distance: Adjustable range: 20-120cm/8-471in.
- ❶ Setting target steps : Adjustable range: 1000-100000.
- ❶ In user's information setting mode, no button operation for 30 seconds(except EL key), automatically exit the setting mode.

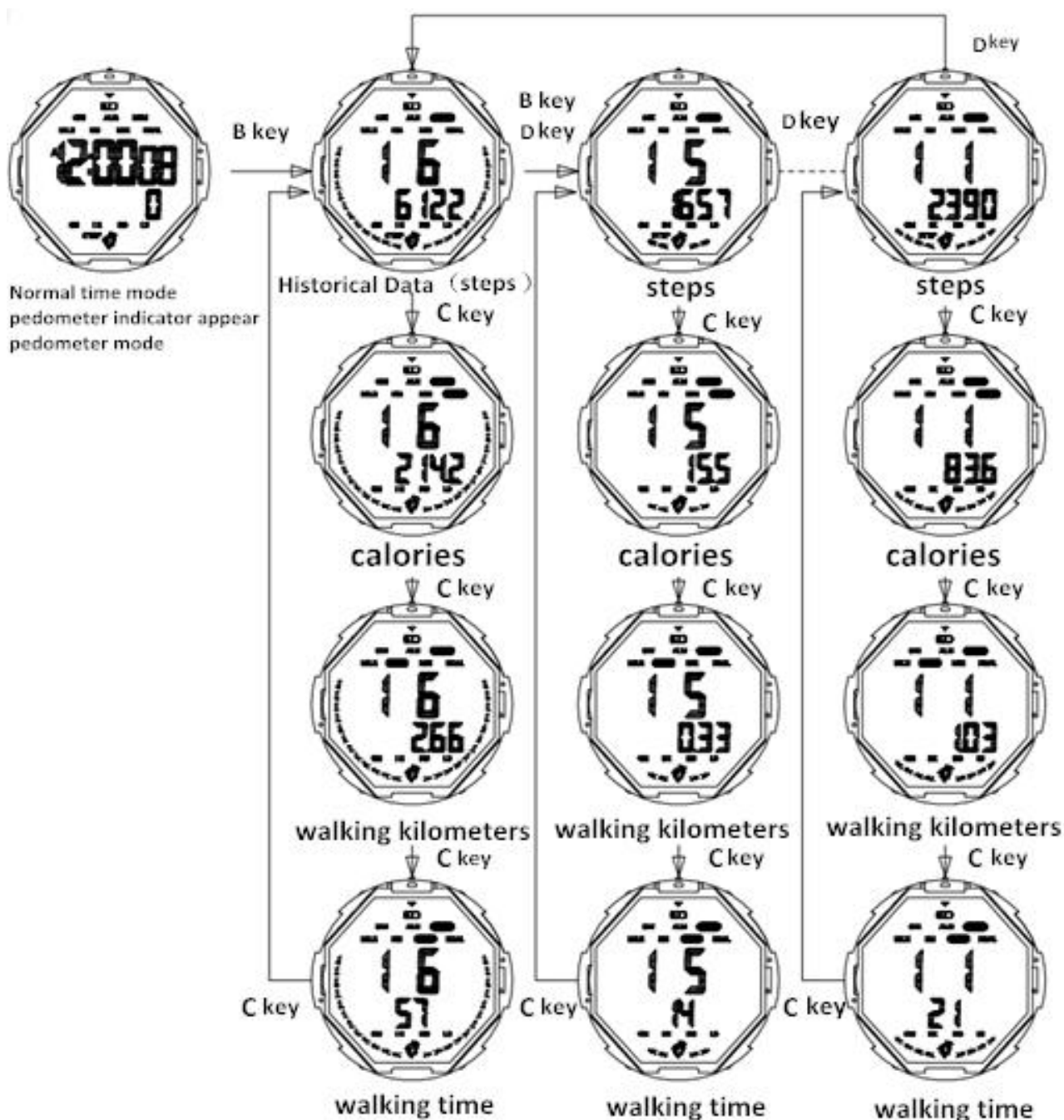
二 . Pedometer operation, power saving mode and clear function

- ❶ when the pedometer mode on, continuous walking over 15 steps will start record steps, these 15 steps are also counted in the total steps. less than 15 steps can't record steps. No any action will enter the pedometer power saving mode.
- ❶ In normal pedometer mode, press and hold C key for 3 seconds, all step data in the current mode can be cleared .
- ❶ Turn off pedometer mode when step counting is not required, which can save power and battery life.



Historical Data Function:

1. In normal pedometer mode,press B key to Historical Data mode.
2. Press D key to view historical Dates, press C key to view the data of the date choosed: Steps, calories, walking kilometers, walking time and target step percentage completion rate.



- ❶ Data can be stored within 31 days . If the storage record is full, the oldest record will be automatically cover.
- ❶ In Historical Data mode. Press C key for 3 seconds, all historical data can be cleared.

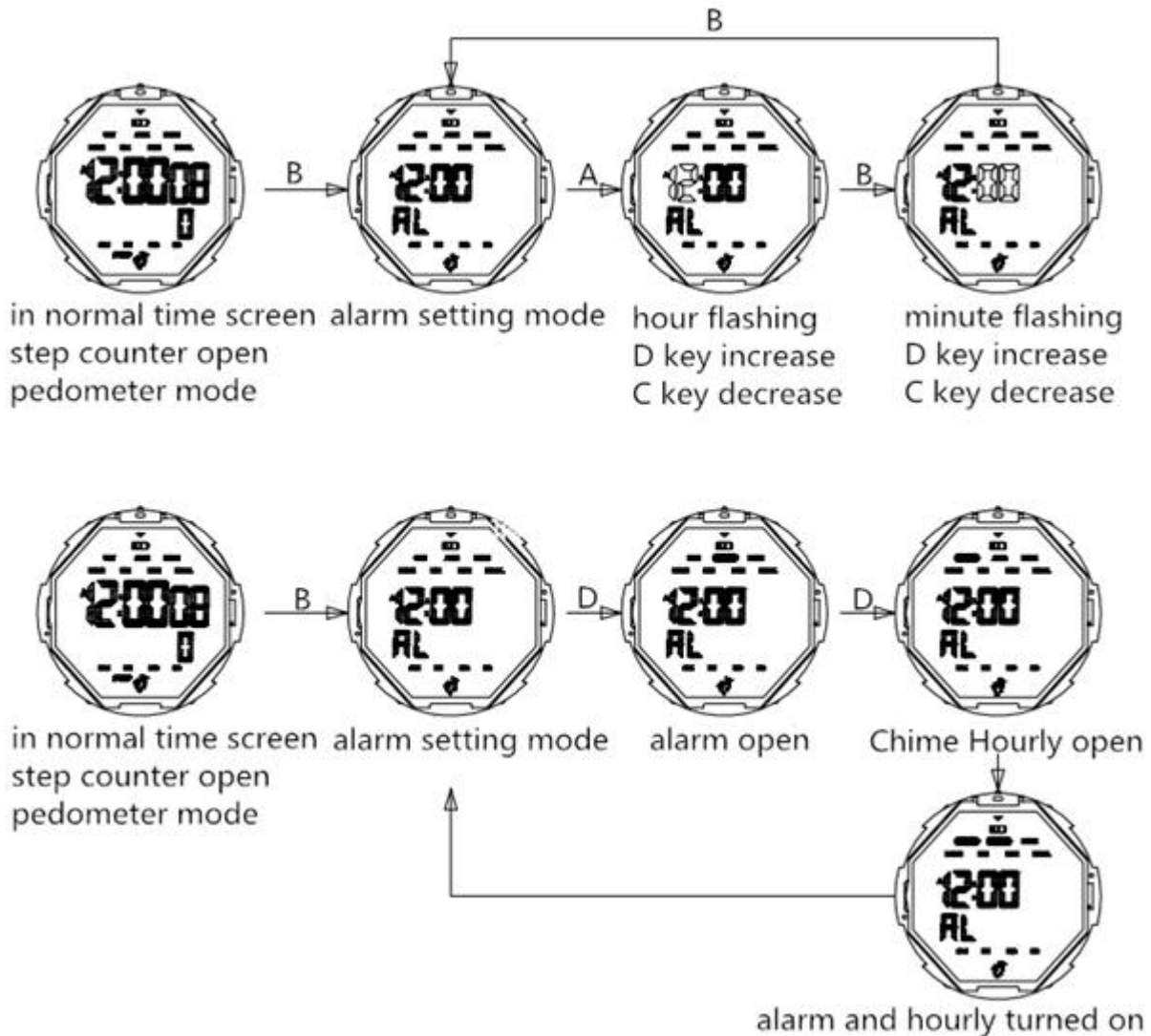
Alarm function

- ❶ Alarm settings finished,pressed B key,it will return to alarm function screen,pressed B key to

enter next mode.

- ❶ After the daily alarm function is turned on, it will sound for about 20 seconds when it reaches the preset time, pressed D or C key to stop alarm.
- ❶ This watch has Chime Hourly function. When this feature is turned on, the watch will beep sounds each hour.
- ❶ If you do not perform any operation for 30 seconds, it will automatically save data and exit the setting screen.

Press A key to select setting items (flashing) as following sequence.



- ❶ In normal time, pressed A key to enter alarm setting screen
- ❶ Pressed D key to increase the flashing setting value, pressed C key to decrease the flashing setting value.
- ❶ When using the 12 hour clock, note that the morning (no indicator appears) and afternoon (indicator P will appear) settings for the alarm time must be correct.
- ❶ After setting the alarm, press B key to exit .
- ❶ In any mode, the alarm will sound for 20 seconds at the preset time.
- ❶ In any mode, the alarm and the hourly beeper will ring.

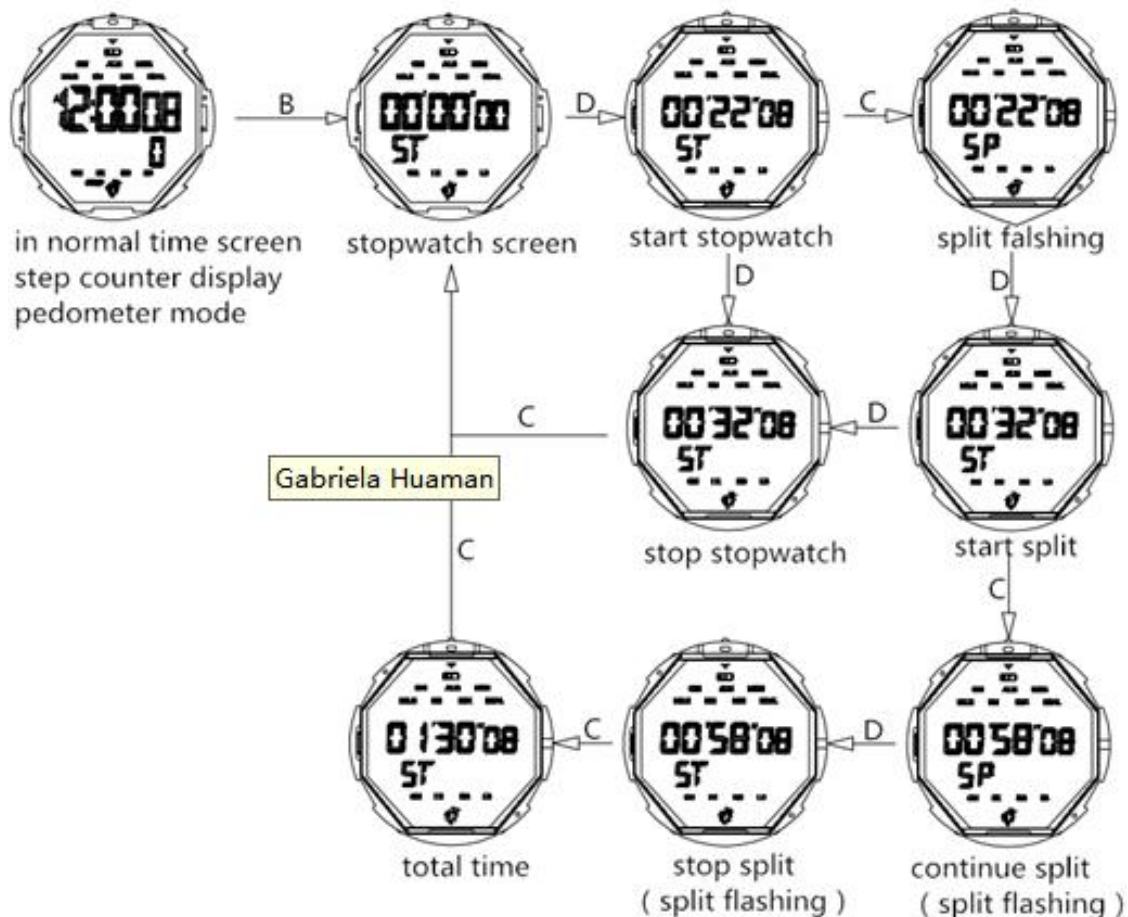
- ❶ In alarm mode, press D or C key to turn on/off the alarm indicator and the hourly beeper indicator.
- ❶ When turned on, alarm and hourly beeper on indicator appear in all function screens.

Stopwatch Function

The stopwatch function can be used to measure elapsed time, halfway time and finish time of two contestants.

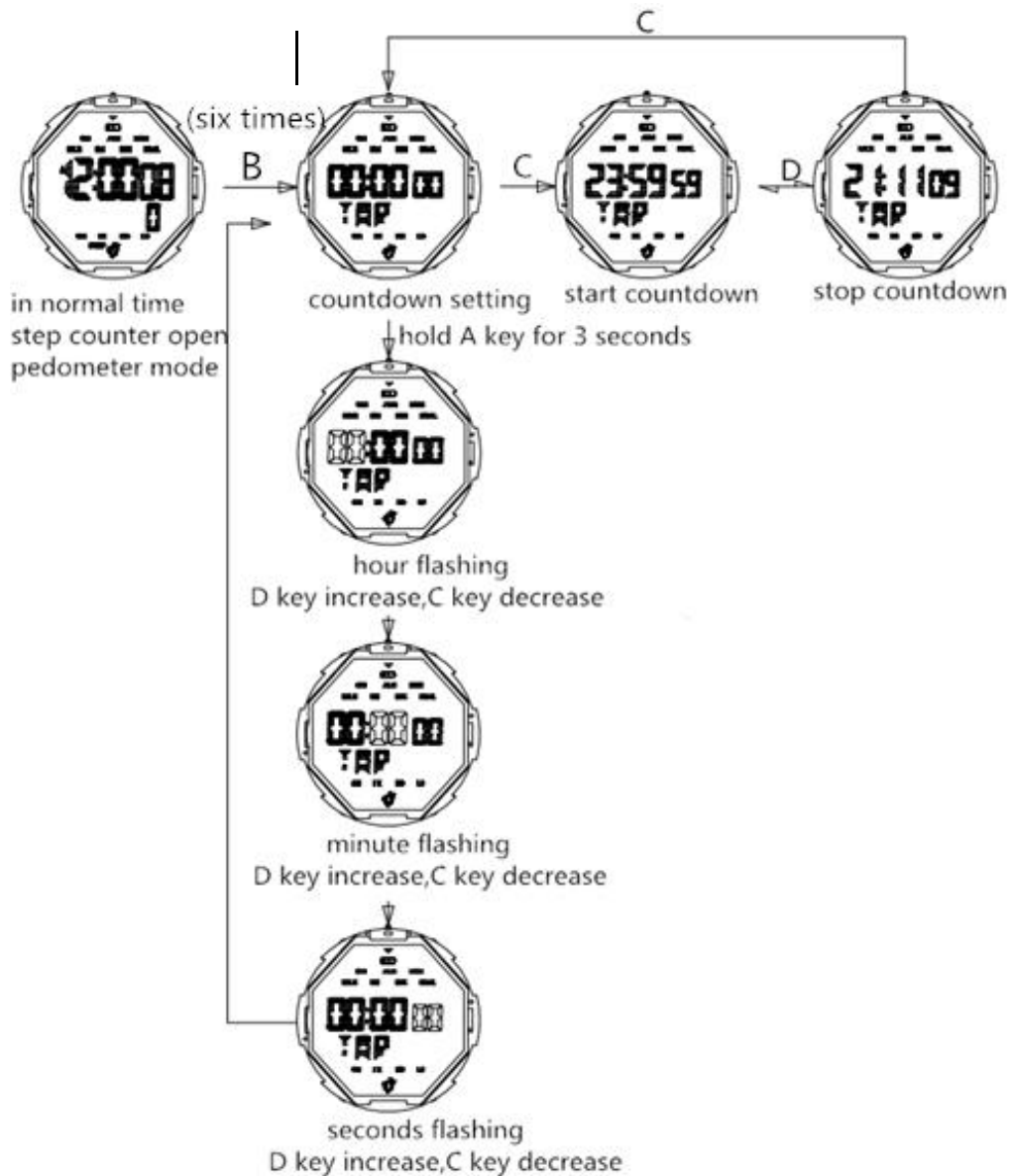
- ❶ Split is a continuous cumulative data.
- ❶ The measurement range is 23 hours 59 minutes 59.99 seconds.
- ❶ Accurate to 1/100 second in the first half hour and accurate to 1/60 second in the second half hour.
- ❶ When the time limit is reached, the stopwatch starts at 0 again, and continue to measure time.
- ❶ If the stopwatch not start at 0, even if switch to other model, it will continue to measure time.
- ❶ After operation finished, press B key to enter next mode.

Stopwatch Display



Countdown function

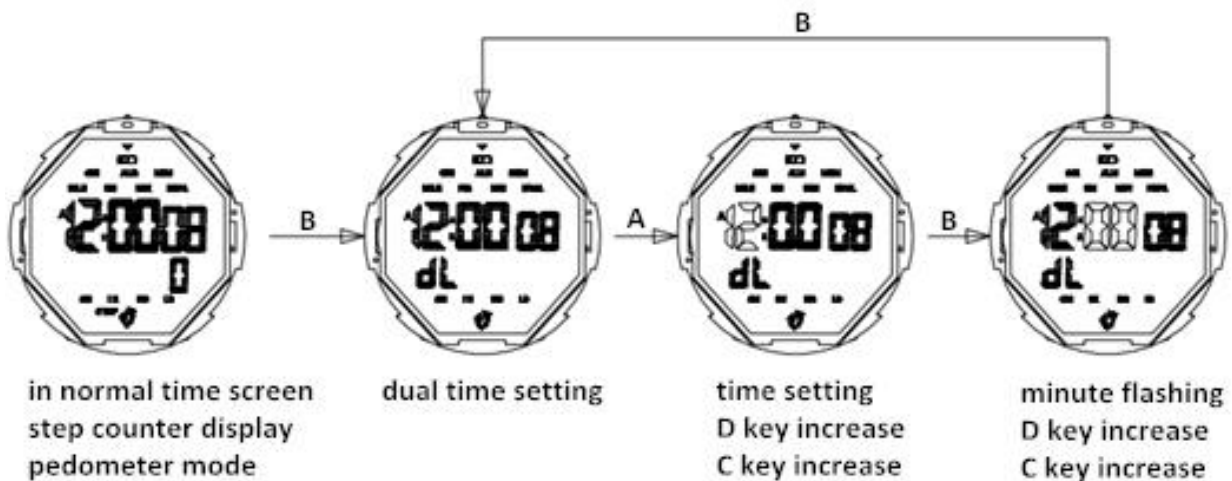
- ❶ Hours, minutes and seconds of countdown screen setting are displayed by pressed A key. After setting finished, pressed B key to enter next mode.
- ❷ Initial time starting at 24:00 00
- ❸ The countdown time can be set from 1 minute to 24 hours.
- ❹ When the countdown reaches to zero, the alarm sounds for about 20 seconds, Press D at this time to stop ringing. After the alarm stops sounding, the countdown time will automatically return to the initially set start time.
- ❺ If the countdown is not stopped, even if you exit the countdown timer function screen, the countdown will continue.
- ❻ If you do not perform any operation for 30 seconds, it will automatically save data and exit the setting screen.



- ❶ When the setting is flashing,press B key to change the value.
- ❶ If the countdown start time sets to 24 hours, please set 0:00 00.
- ❶ Press B key to exit the setting screen.
- ❶ To stop the countdown completely, first pause the countdown (press D key), and then press C key again.At this point, the countdown time will return to the initial setting time.

Dual Time Function

- ❶ Hours and minutes of the timer function are displayed in the dual time function screen.
- ❶ Operation finished,pressed B key,it will automatically save data and exit dual time setting screen,then pressed B key,entered next mode.
- ❶ If you do not perform any operation for 30 seconds,it will automatically save data and exit the setting screen.



Process time

- ❶ In normal time mode,pressed B key,then hold A key for few seconds to dual time setting.
- ❶ When the setting is flashing,press B key to change the value.
- ❶ Press D key to increase the flashing setting valve.
- ❶ After setting dual time,press B key to exit the setting screen.