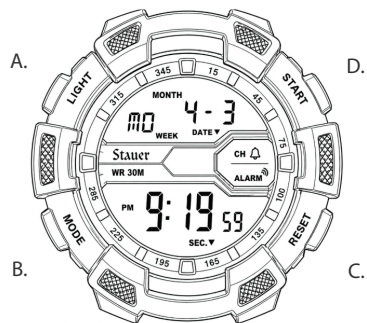


WATCH DISPLAY



- A - Light (backlight)
B - Mode
C - Reset
D - Start / Stop

TIME SETTING

TO SET THE TIME & DATE

1. From Real Time mode, press **MODE (B)** three times. The seconds digits will flash.
2. Press **START (D)** to zero the seconds, or press **RESET (C)** to step through following sequence: Hour → Minute → Month → Day → Weekday → Second.
3. Press **START (D)** to adjust the flashing digits.
4. When setting Hour, "H" indicates 24-hour format; "A" or "P" indicates 12-hour AM/PM format.
5. Press **MODE (B)** to return to Real Time Display.

NOTE: Adjusting seconds between 30–59 rounds up to the next minute; between 00–29 the minute is unchanged.

CHRONOGRAPH

USING THE CHRONOGRAPH

This chronograph measures up to 23 hours, 59 minutes, 59.99 seconds.

1. Press **MODE (B)** once to enter the Stopwatch mode.
2. Press **START (D)** to start/stop counting.
3. Press **RESET (C)** to reset the stopwatch to zero.
4. To record split times, press **RESET (C)** button while the stopwatch is running to turn the split timer on/off.
5. Press **MODE (B)** at any time to exit the stopwatch mode. Watch will return to the Real Time mode.

DAILY ALARM

ALARM & CHIME

1. Press **MODE (B)** two times to enter Alarm mode.
2. Press **START (D)** to toggle the Alarm on/off, or the hourly Chime on/off.
3. **To set the alarm:** press **RESET (C)** to select Hour or Minute, press **START (D)** to adjust the flashing item, then press **RESET (C)** to confirm. Press **MODE (B)** to return to Real Time mode.

SNOOZE

When the alarm sounds, press **RESET (C)** or **START (D)** to silence it. Press **MODE (B)** to turn Snooze on/off. With Snooze on, the alarm repeats after 5 minutes and auto-stops after 20 seconds.

IMPORTANT

Press and hold **LIGHT (A)** at any time for the EL backlight (about 3 seconds).

This watch is rated **WR 30M** — resistant to light splashes and rain only. Do not swim, shower, or submerge.

Do not press any button while the display is changing between modes.

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SAFETY GUIDE

WARNING

1. The battery is only replaced at a professional service center; consumers should not replace it themselves.
2. Remove and immediately recycle or dispose of used batteries according to local regulations, and keep away from children. DO NOT dispose of batteries in household trash or incinerate.
3. Even used batteries may cause severe injury or death.
4. Call a local poison control center for treatment information.
5. Battery type: CR2025
6. Nominal voltage: 3.0V
7. Non-rechargeable batteries are not to be recharged.
8. Do not force discharge, recharge, or disassemble. Doing so may result in injury from venting, leakage, or explosion.
9. Ensure batteries are installed correctly according to polarity (+ and -).
10. Do not mix old and new batteries, or different brands or types of batteries.
11. Remove and recycle or dispose of batteries from equipment not used for an extended period, according to local regulations.
12. Always completely secure the battery compartment. If it does not close securely, stop using the product, remove the batteries, and keep them away from children.

! WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



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