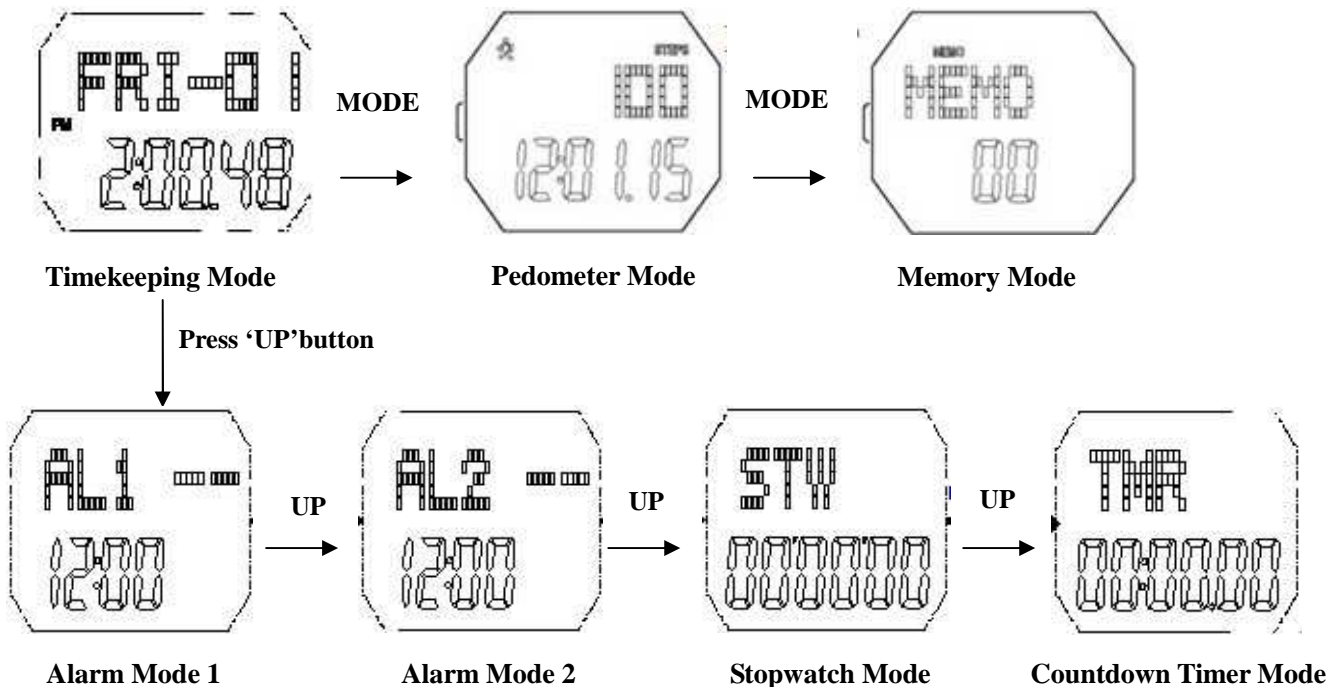




A . Features

- 11 digits LCD screen display hour, minute, second, day of the week, date.
- 12-hour / 24-hour time format.
- Full automatic calendar from 2000 to 2099(year).
- Two groups of alarm and hourly time signal.
- G-Sensor pedometer.
- 50-day automatically record data (including date, stride length, calorie, mileage).
- Stopwatch(1/100 second stopwatch and split time). The maximum display range of stopwatch is 23 hours, 59 minute and 59.99 seconds.
- Countdown timer.
- Button tone.
- EL backlight. (This button with no function of button tone.)

B . Product Function Modes



1 . Buttons instruction.

【MODE】

- To switch the interface display: Time Mode → Step Counter Mode → Memory Mode
- In any mode, Press and hold 'MODE' button to enter setting screen.
- In setting mode, to switch between the settings.

【UP】

- In Timekeeping Mode, press 'UP' button shortly to switch modes repeatedly: Alarm 1 → Alarm 2 → Stopwatch → Countdown timer.
- In Pedometer Mode, press 'UP' button shortly to switch settings repeatedly: Step counter / Time display mode → Step counter / Exercise time display mode → Calorie / Mileage display mode.
- Press down 'UP' button to view the previous exercise record.
- Press and hold 'UP' button for long time to lock / unlock the 'MODE' button.

【DOWN】

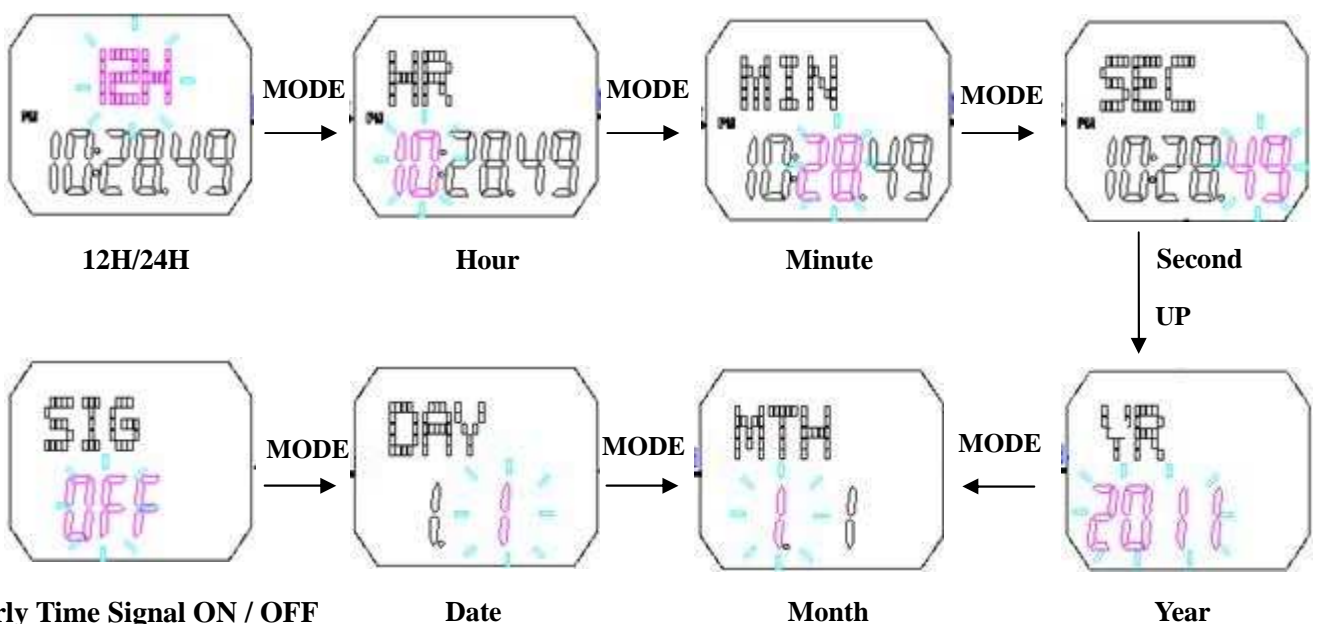
- In the Alarm Mode, press 'DOWN' button to turn on / off alarm.
- Press 'DOWN' button to turn on / Pause the stopwatch & countdown timer.
- In the Memory Mode, press 'DOWN' button to view downward the previous exercise record.
- In setting mode, press 'DOWN' button shortly to increase the value, hold down it for long time to increase the value at a high speed.

【EL】

- Press 'EL' button to illuminate the EL backlight for 4 seconds.
- In the Stopwatch Mode, Press 'EL' button to turn on / cancel Split time(SPL).
- When countdown at paused state, press 'EL' button shortly to return to the original setting value.
- In the Pedometer Mode, press 'EL' button shortly after hold down this button for 3 seconds, the steps will reset to zero.
- In the Memory Mode, press 'EL' button shortly after hold down this button for 3 seconds, all data will clear.


2.To set time and date

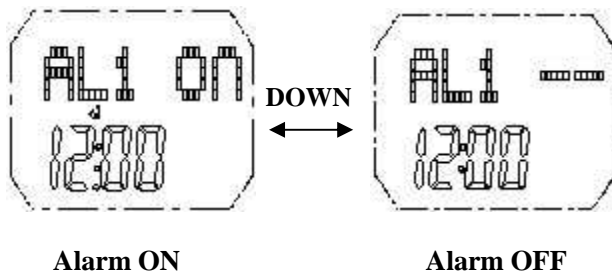
- In the Timekeeping Mode, Press and hold **【MODE】** for 2 seconds, '12-hour/24-hour' indicator starts to flash, which indicates enter time setting screen.,
- Press **【MODE】** shortly to switch settings among : 12-hour/24-hour time format → Hour → Minute → Second → Year → Month → Date → Hourly Time Signal ON / OFF → Exit. Please see below figures:



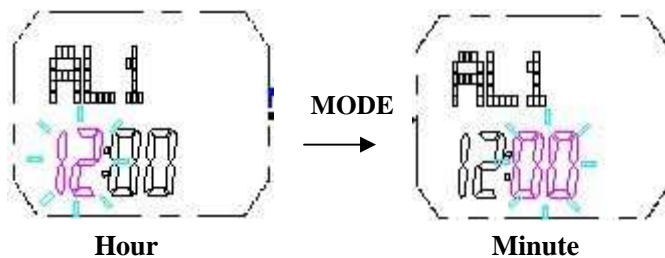
- Press **【UP】** or **【DOWN】** to adjust the value upward or downward. Press and hold **【UP】** or **【DOWN】** for 2 seconds to quick adjust the value.
- Once year, month, date are set, the day of the week will automatically update.
- At time setting state, if you do not perform any button within 30 seconds, the watch will automatically exit from setting mode, then return to Time Display Mode.

3. To set alarm

- In time display mode, press **【UP】** to switch to Alarm Mode.
- Press **【DOWN】** shortly to turn on / off the alarm ( ON). When alarm is turned on, alarm icon will appear in all modes.



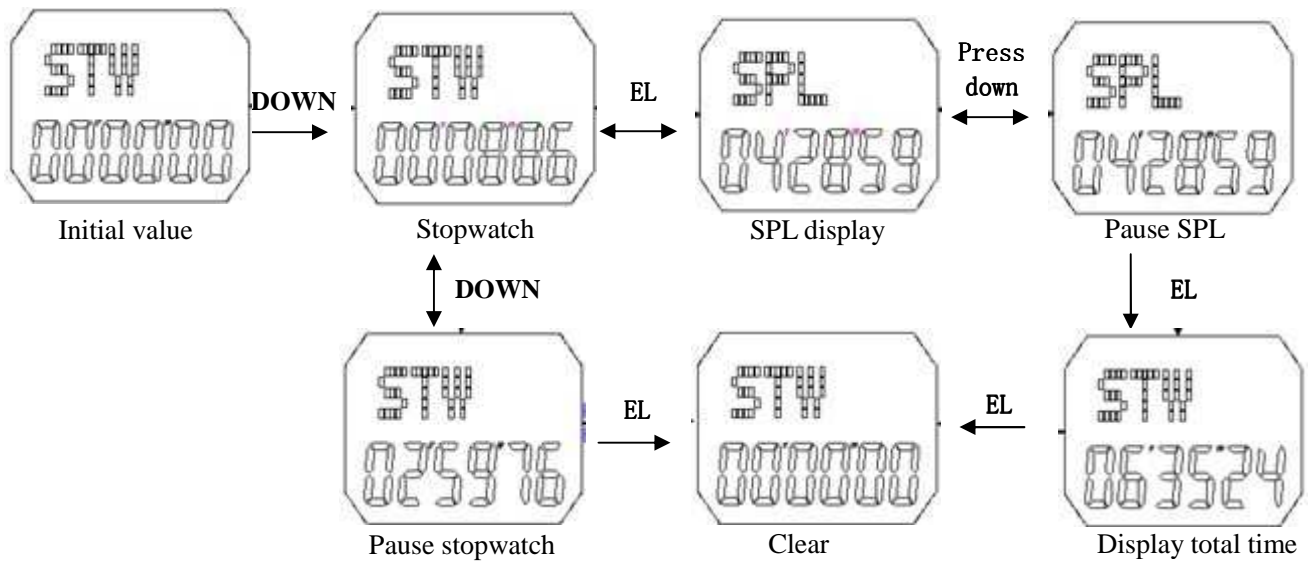
- Press and hold **【MODE】** for 2 seconds to enter alarm setting screen. Press **【MODE】** shortly to switch settings between: Hour → Minute. Shown as below:



- Press **【UP】** or **【DOWN】** to adjust the value upward or downward. Press and hold **【UP】** or **【DOWN】** for 2 seconds to quick adjust the value.
- Alarm icon flashes when alarm time is reached. Alarm tone sounds with ‘BiBi’ for one minute. Press any button to stop after it starts to sound.
- If you do not perform any button within 30 seconds, the watch will automatically exit from setting mode, then return to alarm display mode.

Note: After entering alarm setting state, alarm will automatically turn on, alarm icon displays.

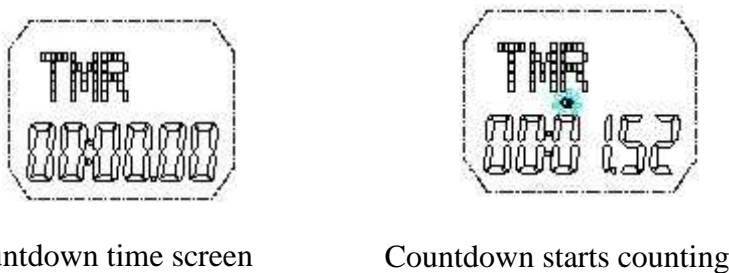
4. Stopwatch mode



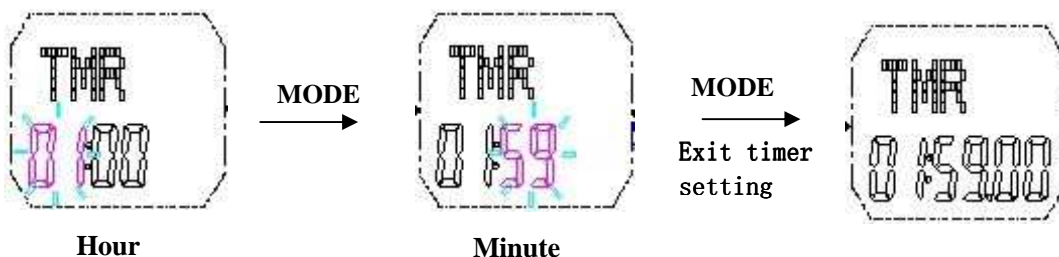
- Press **【MODE】** to switch to stopwatch screen, the initial value of the stopwatch is 00'00"00.
- Press **【DOWN】** shortly to turn on / pause the stopwatch. At stopwatch paused state, press **【EL】** to clear the data.
- During stopwatch is counting, press **【EL】** to turn on split time(SPL). 'SPL' indicator flashes on the screen. The stopwatch continues counting, press **【EL】** once more to release the SPL function..
- When stopwatch reaches its maximum limit (59'59"99). It will restart counting.

Note: To turn on split time (SPL), then switch to other settings screen, split time (SPL) will automatically cancel, but stopwatch continues counting.

5. Countdown timer mode



- Press **【MODE】** to switch to countdown time screen, the initial value of the stopwatch is 00: 00.00.
- Press and hold **【MODE】** for 2 seconds to enter countdown time setting screen. Press **【MODE】** shortly to switch settings between: Hour → Minute. Shown as below:

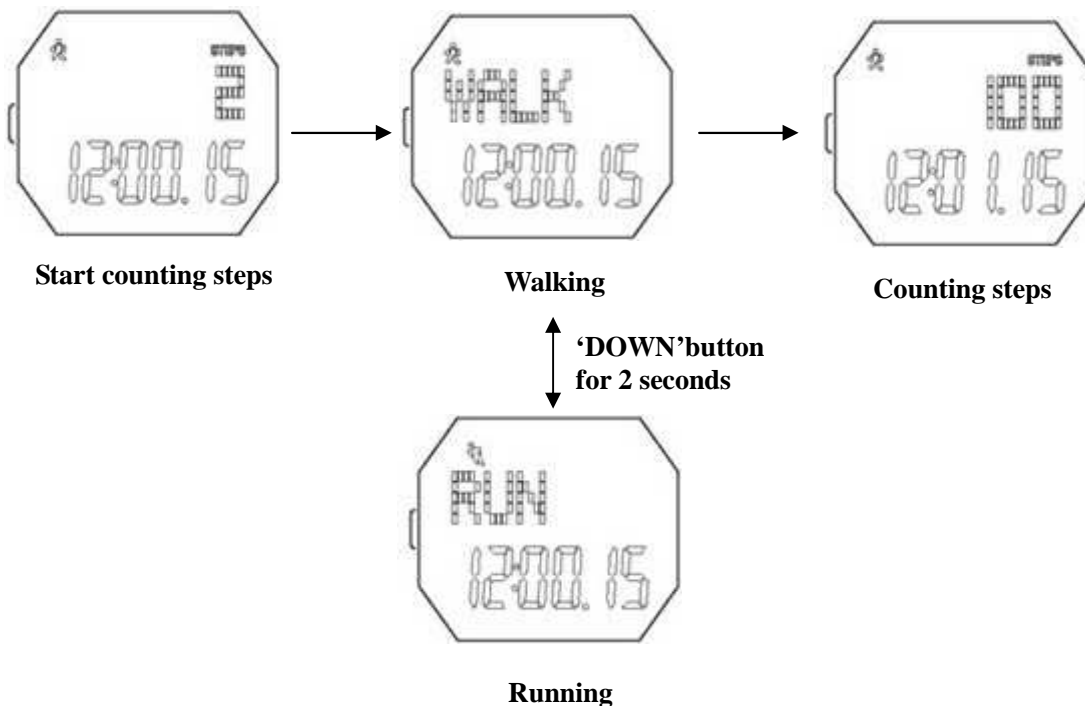


- Press **【UP】** or **【DOWN】** to adjust the value upward or downward. Press and hold **【UP】** or **【DOWN】** for 2 seconds to quick adjust the value.
- Countdown timer will not start counting if the countdown time is zero. When the countdown time is not zero, press **【UP】** to start / pause counting down.
- When countdown at paused state, press **【EL】** to return and display the countdown setting value.
- When countdown timer is turned on, countdown icon will flash to display in all modes. But if stop counting, the countdown icon will disappear.
- The screen displays 00: 00.00 when countdown is complete. Countdown icon disappears. Countdown alerts with 'BiBi' for one minute. Press any button to stop after it starts to sound.
- Stop the alert tone, then display countdown setting value.
- Only countdown alerts when countdown completed time and alarm time are reached at a same time.
- At countdown setting state, if you do not perform any button within 30 seconds, the watch will automatically exit from setting mode, then return to Countdown Timer Mode.

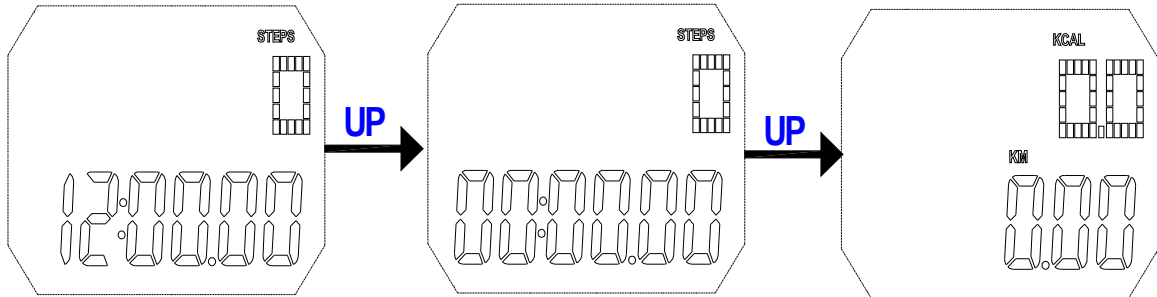
Note: Countdown time automatically clear after entering countdown time setting screen.

6. Pedometer mode

- Press **【MODE】** to switch to Pedometer Mode. At this time, you can start to walk or run
- Press **【DOWN】** for 2 seconds to toggle the mode between walking and running, please see below figures:

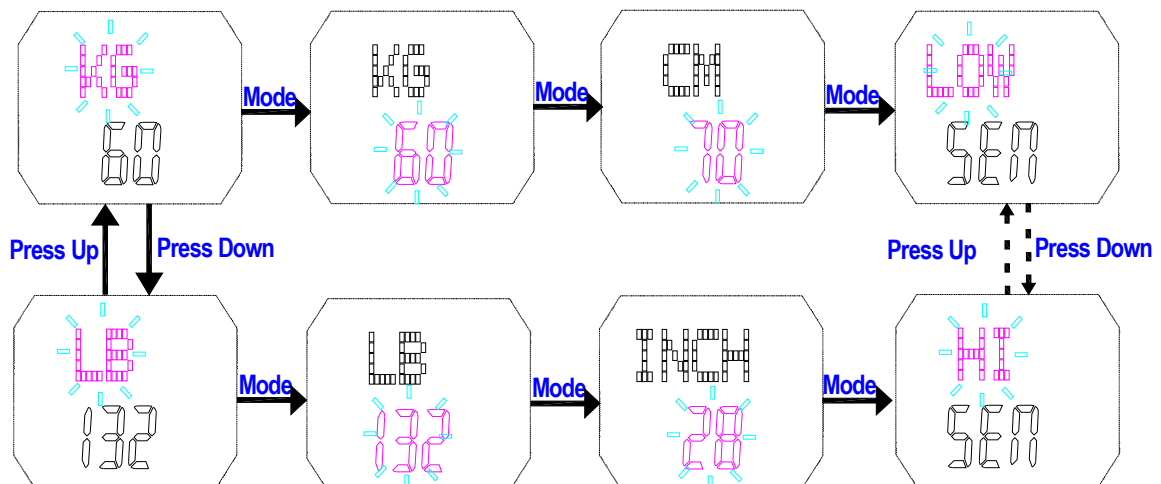


- When pedometer is counting, press and hold **【MODE】** for 2 seconds to switch between WALK and RUN. With icon flashes.
- In RUN state, the watch can display 130 to 200 steps per minute. While in WALK state, the watch can display 90 to 130 steps per minute.
- Press **【UP】** shortly to switch settings repeatedly: Step counter / Time display mode → Step counter / Exercise time display mode → Calorie / Mileage display mode Please see below figure:



Step counter / Time display mode Step counter / Exercise time display mode Calorie / Mileage display mode

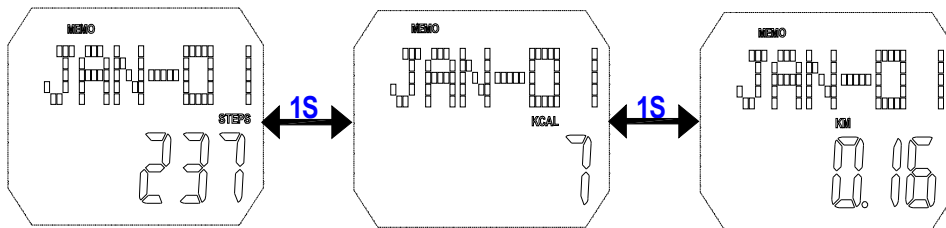
- **Step counter / Time display mode:** Step and Time are both displayed on the screen. Step displays on the top of the screen. Time displays on the bottom of the screen. The maximum display range of the step is 999999 steps.
- **Step counter / Exercise time display mode:** Step and Exercise time are both displayed on the screen. Step displays on the top of the screen. Exercise time displays on the bottom of the screen. The maximum display range of the step is 999999 steps, and the maximum display range of the exercise time is 23 hours, 59 minutes, 59 seconds.
- **Calorie / Mileage display mode:** Calorie and Mileage are both displayed on the screen. Calorie displays on the top of the screen. Mileage displays on the bottom of the screen. The maximum display range of the calorie is 99999.9 kilocalorie, and the maximum display range of the mileage is 9999.99km or 9999.99 mile.(Calorie should accurate to the first decimal digit, while Mileage should accurate to the second decimal digit).
- In ‘Step counter / Time display mode’ or in ‘Step counter / Exercise time display mode’, press and hold **【MODE】** for 2 seconds to enter setting screen or view the users’ profile. Meanwhile, metric unit flashes.
- At users’ profile setting state, press **【MODE】** to switch to settings among: Metric unit of measurement / Imperial unit of measurement → Weight → Stride length → Sensibility of G-Sensor. Shown as below:



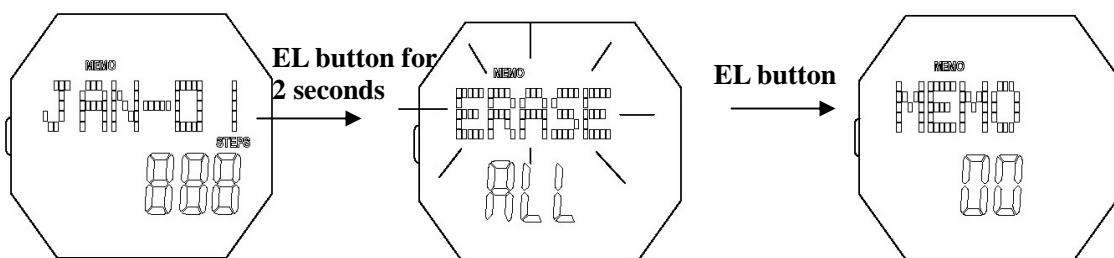
- **Metric unit / Imperial unit:** The default unit is metric unit. Press **【UP】** or **【DOWN】** to switch the unit between metric and imperial. After adjusting metric / imperial setting, weight and stride length will automatically recover the default value.
- **To set weight:** The default weight is 60KG (132LB) .Adjustable range is 30-200KG/66-440LB.
- **To set stride length:** The default stride length is 70CM (28INCH) . Adjustable range is 30-150CM/12-59INCH.
- Press **【UP】** or **【DOWN】** to adjust the value upward or downward, press and hold **【UP】** or **【DOWN】** for 2 seconds to fast adjust the value.
- **Sensibility of G-Sensor:** Default grade is MIDDLE. Grade of G-sensor: LOW→MIDDLE→HI.
- **In Step counter / Time display mode,** press and hold **【EL】** for 2 seconds, ‘Typeface of ERASE’ flashes on the screen and prompts whether the value needs to be cleared or not. The value of step, calorie and distance will automatically be cleared by pressing **【EL】** shortly. Shown as below:
- In users’ profile setting screen, if you do not perform any button within 30 seconds, the watch will automatically exit from setting mode.
- In Pedometer Cleared Mode, if you do not perform any button within 4 seconds or press any button (EL button not included), the watch will automatically exit from records cleared screen, then return to the Pedometer Mode.

7. Memory mode

- Press **【MODE】** to switch to Memory mod. The default display is 00.
- Previous exercise records display on the top of the screen. Previous step records display on the bottom of the screen. Calorie and Mileage automatically switch between each other every one second. (Calorie should accurate to the first decimal digit, while Mileage should accurate to the second decimal digit).




- Press **【UP】** or **【DOWN】** to view the previous exercise records upward or downward.
- Press and hold **【EL】** for 2 seconds, ‘Typeface of ERASE’ flashes on the screen and prompts whether the value needs to be cleared or not. The previous records will be automatically cleared by pressing **【EL】** shortly. Shown as below:



- In Pedometer Cleared Mode, if you do not perform any button within 4 seconds or press any button (EL button not included), the watch will automatically exit from records cleared screen, then return to Memory Mode.
- The watch will automatically exit from Memory Mode if there is no button perform for 30 second. Then return to Time Display Mode.

8. Modes protection

- In Watch Mode or Pedometer Mode, press and hold **【UP】** for 2 seconds to lock ‘MODE’ button and then switch to other settings screen. When in Watch Mode, please avoid activating the Pedometer Mode, which will result in power consumption.
- Avoid exiting form Pedometer Mode when the watch is counting the step.
- In Pedometer Mode, if locking function is turned off, the watch will automatically return to time mode if you do not perform any button within 10 minutes. While if locking function is turned on, watch will not return to Timekeeping Mode if you do not perform any button within 10 minutes.

Note: If locking function is turned on, the locking icon “

C. Specification (Below parameters for reference only)

- Module dimension : $\Phi 33.2\text{mm}$
- Module thickness (including buzzer) : 7.9mm
- Working temperature range : $-10^{\circ}\text{C} \sim 60^{\circ}\text{C}$
- Working voltage : 3.0V
- Time accuracy : $\pm 30\text{sec/month}$
- Battery code and capacity : CR2025(capacity: 170m Ah)
- Static average current : $\leq 5.0\mu\text{A}$ (Static maximum current : 10.0u A)
- Alarm average current : $\leq 3.5\text{mA}$ (Alarm average current : 6.0u A)
- EL backlight average current : $\leq 8.21\text{mA}$ (EL maximum current : 12m A)
- Current for using pedometer : $\leq 3.5\text{mA}$
- Battery life (90%) : ≥ 18 months

According these standards to calculate battery life: EL backlight illuminates 3 times (9 seconds) per day. Alarm tone sounds for 30 seconds per day. Pedometer uses for an hour per day.

	Prepared	Checked	Approved
Name	李觉		宋检望
Date	13/06/06	13/06/06	13/06/06