[Pacer operation]
The pacer feature helps you to systematically improve your fitness program and jogging ability. It computes the length of your stride with any chosen pace to give elapsed time, distance covered and speed.

How to read displays in the pacer mode (10)
Each press of the [ ] button (while in JO mode) changes the display in the following sequence:

1. [Elapsed time] [Distance covered] [Number of strides]

2. [Pacer speed] (Press [ ] 4 times)

3. [Time of day] (Press [ ] 5 times)

4. [Km/h] (Press [ ] 6 times)

5. [Mile/h] (Press [ ] 7 times)

Note: In any of the above displays, pressing the ( ) button returns the display to elapsed time.

To move into another mode from JO this ( ) must be first pressed.

1. Press [ ] to set the pacer signal (audible pips)
2. Press [ ] to begin pacer signals
3. Press [ ] to return to elapsed time display
4. Press [ ] to set the pacer signal (if the light blinks, go to step 2)

While in the pacer mode, pressing ( ) or ( ) or ( ) changes the speed of the audio signals.

A tone confirms start/stop operation. The tone sounds at 10-minute intervals. If the ( ) button is pressed while the stopwatch is working, the display is reset to zero.

[Stopwatch operation]

1. Net time measurement
2. Lap time measurement
3. 1st and 2nd place times

Set the clock to the required time.

Press [ ] to start.

Press [ ] to stop.

Press [ ] to reset.

[Setting time and calendar]

Set the clock to the required time.

Press [ ] to set.

Press [ ] to reset.

[Daily alarm]

Example: Setting 6:30 AM

Operation: 1:30 AM

Perform the four basic calculations. An incorrect function command is corrected by pressing the correct button.

E:2-digit entry (7-digit for negatives)

F: Appears when a number is set as a constant.

G: Clears entry for correction

H: Enter numbers. For decimal places, use the ( ) key in its logical sequence.

Be sure to press the ( ) button when starting calculations.

[Setting daily alarm]

Every time the ( ) button is pressed in the alarm mode, the alarm-ON mark ( ) appears or disappears. When the alarm-ON mark is lit, the buzzer sounds for 30 seconds at the preset time every day until cleared. To stop the buzzer while sounding, press the light button.

[Daily alarm]

Example: Setting 6:30 AM

Operation: 1:30 AM

Perform the four basic calculations. An incorrect function command is corrected by pressing the correct button.

E: 2-digit entry (7-digit for negatives)

F: Appears when a number is set as a constant.

G: Clears entry for correction

H: Enter numbers. For decimal places, use the ( ) key in its logical sequence.

Be sure to press the ( ) button when starting calculations.