REVIEWING THE DISPLAY

1. Press B in regular timekeeping mode to set time and calendar.
2. Press W on a time signal to correct seconds.
3. Press C to shift flashing digit(s). Digit(s) to be changed.

SETTING TIME AND CALENDAR

A signal confirms start/stop and split/reset operation. Speed of pacer signals can set form 60 times per minute to 210 times per minute. Each press of B increases digit (or decreases digit) by 1. Keep pressed to change at high speed.

PACER STOPWATCH

A signal confirms start/stop and split/reset operation. Speed of pacer signals can set form 60 times per minute to 210 times per minute. Each press of B increases digit (or decreases digit) by 1. Keep pressed to change at high speed.

EXERCISE COUNTDOWN TIMER

1. Press B to set new time.
2. Press C to shift flashing digit.

DAILY ALARM OPERATION

1. Press B to set new time.
2. Press C to shift flashing digit.

*Alarm time is displayed in the 24-hour system when timekeeping is in 24-hour system.*