

Speed and Distance

A multi-function watch which helps
You counting your steps

USER MANUAL

1.0 Introduction

Thank you for purchasing this Watch.

This Watch provides Home Time, Dual Time, Daily Alarm, Chronograph, Pedometer and Timer functions.

Besides, this watch can calculate the speed, distance traveled and calories consumption during your walk.

To get the most of your purchase, be sure to read this manual carefully and keep it on hand for later reference when necessary. And it is advised to use this Watch in conformity with the below notes:

- Avoid exposing the Watch to the extreme conditions.
- Avoid rough uses or severe impacts to the Watch.
- Do not open the Watch case unless it is performed by a certified service agency.
- Clean the Watch occasionally with a soft and moistened cloth.
- Store the Watch in a dry place when it is not in use for a long time.

2.0 Buttons Overview

[EL] EL Button

- To turn on the EL back light for about 3 seconds
- Hold for 3 seconds, back light will turn on for further 5 seconds

[S/R] Stop / Reset Button

- To activate the 'stop' function in Workout Mode.
- Hold to reset the workout session
- To increase the setting value during setting display

[S/S] Shift / Save Button

- Shift the view data in Workout Mode
- Hold to save the workout session
- To decrease the setting value during setting display

[ST/L] Start / Lap Button

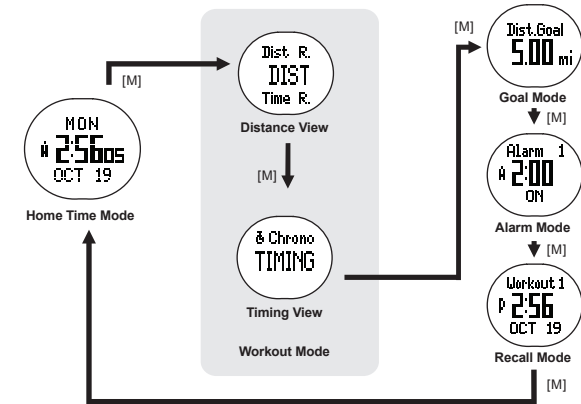
- To start in Workout Mode
- Make a Lap in Workout Mode

[M] Mode Button

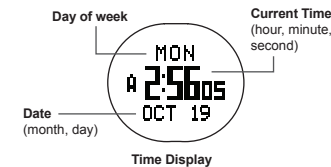
- To select among function modes: Time, Workout (Distance > Timing View), Goal, Alarm and Recall Mode
- Hold down to select/exit setting display in the following modes: Time, Workout, Goal and Alarm
- To select among different setting items in setting mode



2.1 Major Function Modes



3.0 Home Time Mode



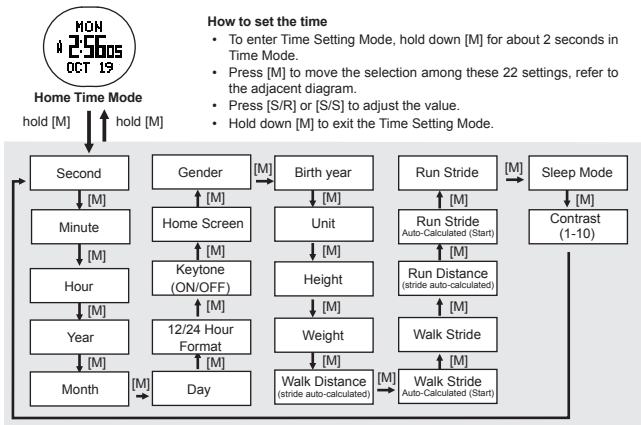
Home Screen

- The watch will return to Home screen selection if no key is pressed for 30 seconds in Workout Mode.
- Home screen selection: None, Time Mode (TIME), Timing View (TIMING), Distance View (DIST).

Sleep Mode

- When the workout session is started and no motion is detected during this preset period, workout session will be stopped automatically.

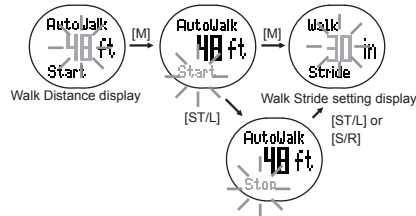
3.1 Home Time Mode - General Setting Display



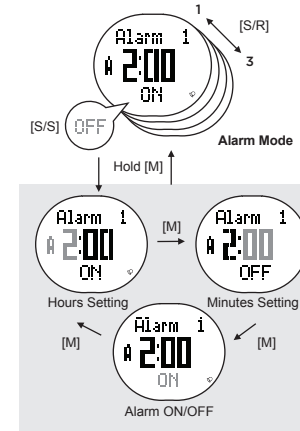
3.2 Time Setting Mode - Walk / Run Stride

Walk / Run stride setting

- In order to get accurate result for the workout session, you have to input your personal stride length.
- The watch provides auto-stride calibration or input the stride manually.
- Enter Walk/Run Distance display; enter your known distance which you have to walk/run later, press [M] to confirm.
- When you are ready, press [ST/L] and start the walking/running along the distance. (OR you can press [M] to go to Stride Setting display directly)
- When finishes, press [ST/L] or [S/R] to stop, the calibrated stride length will be shown in Stride Setting display.
- You can also press [S/R] or [S/S] to adjust the stride now, press [M] to confirm.



4.0 Alarm Mode



Alarm Mode

- In the Alarm Mode, user is able to set 3 different alarm times. Each alarm time can turn ON/OFF individually.
- Alarm ON and OFF.
- In Alarm Mode, press [S/R] to select the Alarm 1~3 and press [S/S] to turn ON / OFF.

Alarm Setting Mode

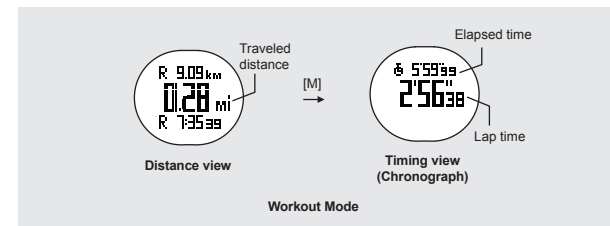
- Press [S/R] to select the Alarm 1~3.
- Hold [M] to enter Alarm Setting Mode.
- Press [M] to select Hour, Minute and Alarm ON/OFF.
- Press [S/R] or [S/S] to set the value.
- When finish setting, hold [M] to confirm and exit.

5.0 Workout Mode - Display

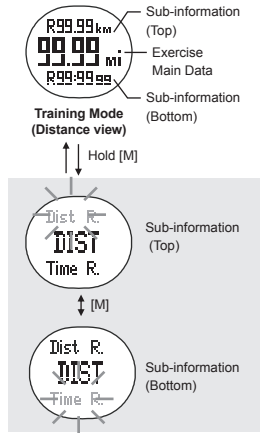
Workout Mode

Under workout mode, user can monitor the training process in 2 views:

- Distance View - Show distance in middle row with sub-information in top and bottom row.
- Timing View - 2 kinds of timing function for training purpose.



5.1 Workout Mode - Distance View - Sub-information display



Selection of sub-information

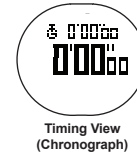
Under Distance View, user can select desired sub-information shown at the top and bottom row.

- In Distance View, press [S/S] to change the sub-information of bottom row directly.
- Hold [M] to enter the setting mode.
- Press [M] to change between top / bottom row.
- Press [S/R] / [S/S] to change the sub-information.
- Hold [M] to confirm and exit the setting mode.

10.0 mi	Distance	Distance
R 10.0 mi	Dist R.	Remaining Distance
R 2:00:00	Time R.	Remaining Time
⌚ 0:00:00	⌚ Chrono	Chronograph
20.9 KC	Calories	Calories
80% █	%Goal	% Goal Complete
1:00 PM	Time	Current Time

Sub-information Data

5.2 Workout Mode - Timing View



Chronograph

- If no phase-training is needed, select this display.
- This display will provide the elapsed time and lap time information.

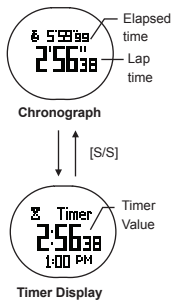


Timer

- It has one timer only with repeat function, for training purpose under one time basis.
- When it is selected in Timing View and workout session is started*, it will start running concurrently.
- When timer reaches zero, it will "Bi-Bi-Bi" for 30 seconds.
- If Repeat function is on, it will re-start again.
- Sound pattern: Beep once per min at last 10 min; beep once per 10 sec at last min; beep once per sec at last 5 sec; bi-bi-bi for 30 seconds when finish.

* Refer to Chapter 5.4 for the details

5.2 Workout Mode - Timing View



Workout Mode

Under Workout Mode - Timing View, it has total 2 Timing functions for user to select:

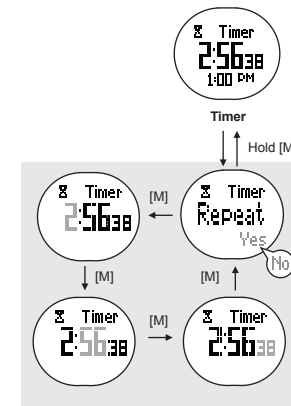
- Timer - perform training phases at one time basis.
- Chronograph - no training phase, just review the elapsed time of workout.

To select among the 2 Timing functions

- Press [S/S] to select as adjacent diagram when workout is stopped.

Remark: When workout is started, the Timing function cannot be changed.

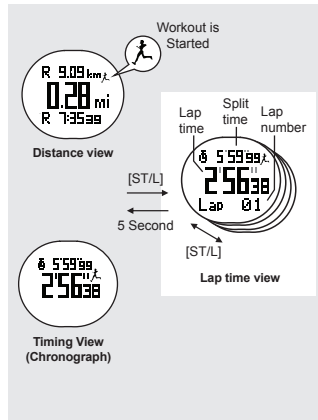
5.3 Workout Mode - Timing View - Timer Setting




Timer setting

- Hold [M] under Timer to enter setting mode.
- Press [S/R] or [S/S] to turn Repeat function On (Yes) or Off (No), press [M] to confirm.
- Press [S/R] or [S/S] to adjust timer value and press [M] to next setting.
- Hold [M] to exit when finish setting.

5.4 Workout Mode - Operation

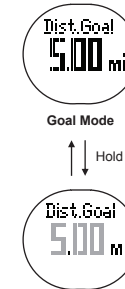


Start / Stop Training

- Under Workout Mode (Distance/ Timing View), press [ST/L] to start the workout session.
- " " icon will be shown on the right top corner to indicate.
- Chronograph, Timing counter and pedometer's sensor will all run concurrently.
- Press [ST/L] can take a Lap Record during counting.
- Press [S/R] to stop as workout finishes.

Remark:
If no motion is detected in specific period, the Workout session will be stopped automatically. (Refer to Chapter 3.1)

6.0 Goal Mode - Setting

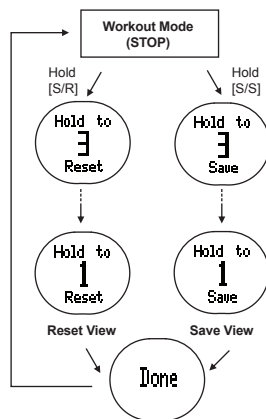


Goal distance setting

- In Goal Mode, user is able to set the target goal distance for the workout.
- Hold [M] under Goal Mode.
- Press [S/R] or [S/S] to set the goal distance value.
- Hold [M] to confirm and exit Goal Mode setting.

Note: The Goal distance is also used to calculate Remaining Distance and Remain Time in Workout Mode.

5.5 Workout Mode - Save / Reset Workout session



To Save the Workout session

- Hold [S/S] when the workout session is stopped.
- Display will show "Save" and count down from 3 to 0.
- When counts down to zero, message "DONE" is shown.
- Release [S/S] and workout session is saved into Recall Mode.

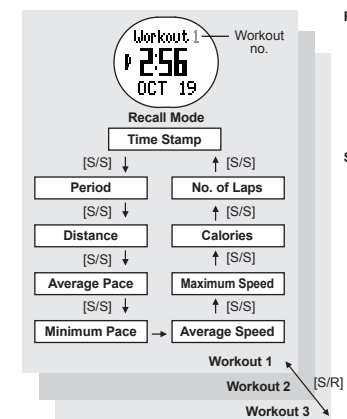
Remark: If maximum 9 workout sessions are already stored insides Recall Mode, the oldest session will be cleared automatically after save.

* Refer to Chapter 7.0 for Recall Mode

To Reset the Workout session

- Hold [S/R] when the workout session is stopped.
- Display will show "Reset" and count down from 3 to 0.
- When counts down to zero, message "DONE" is shown.
- Release [S/S] and workout session is reset.

7.0 Recall Mode - Summary Display



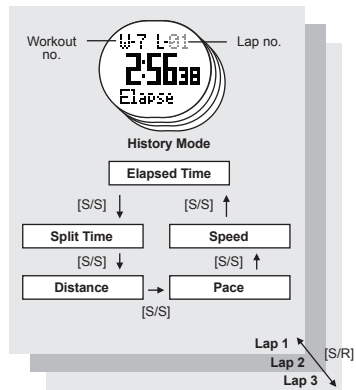
Recall Mode

- User can review the Workout Session in details here.
- It can store up to 9 Workout Sessions with 100 Lap Records.
- Each workout contains Summary and Lap Record display.

Summary Display

- User can review the summary information for workout session.
- Press [S/R] to select the Workout session.
- Press [S/S] to review the summary information as adjacent diagram.
- Press [ST/L] to enter Lap Record display.

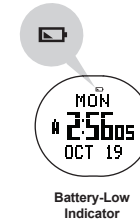
7.1 Recall Mode - Lap Record Display



Lap Record Display

- User can review the information for each lap.
- Press [S/R] to select the lap record.
- Press [S/S] to review the lap information as adjacent diagram.
- Press [ST/L] to return to Summary Display.

8.0 Low Battery Indication



Battery-Low Indicator

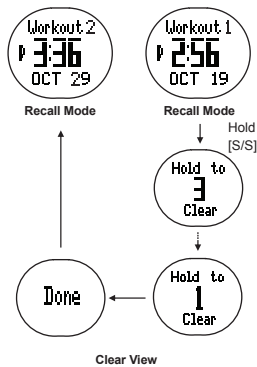
Battery Low Detection

- When the battery-low indicator appears on the display, it means that the capacity of the battery is low. It is recommended to replace the battery with a new battery.
- However, if the appearance of battery-low indicator is caused by using the Watch under very cold condition, the indicator will be disappeared when normal temperature returns.

NOTE: It is recommended to complete the battery replacement by a certified service agency, because this Watch contains precise electronic sensors and components.

IMPORTANT: If the battery has been replaced, all memory will be cleared.

7.2 Recall Mode - Clear Workout



- User can clear workout session to spare the memory.
- Select the Workout Session by pressing [S/R].
- Hold [S/S], display will show "Clear" and count down from 3 to 0.
- When counts down to zero, message "DONE" is shown.
- Release [S/S] and workout session is cleared.

9.0 Care and Maintenance

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

10.0 Precautions for Straps

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

11.0 Precautions for Water Resistance

All watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
	Light spray perspiration, light rain, etc	Bathing, etc	Swimming, etc
3 ATM (30 meters)	✓		
5 ATM (50 meters)	✓	✓	
10 ATM (100 meters)	✓	✓	✓

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.

12.0 Precautions for Battery

Battery Replacement

If the watch is out of battery, you are recommended to go to the authorized service center for correct battery replacement in order to retain a valid warranty and avoid any damage on the water resistance function.

WARNING!

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.

13.0 Specifications

Current Time Mode

- Time System: am, pm, hour, minute, second
- Time Format: 12-hour or 24-hour format
- Calendar: Month, date and day of week display (Auto-Calendar function for leap year and day of week)
- Calendar range: 2000 ~ 2099

Alarm Mode

- 3 Daily alarms
- Alarm Sound: 30 seconds

Workout Mode

- Chronograph - 1/100s resolution, max 99H59M59S
- Distance Measuring: max 99.99 km or 62.13 mile
- Calorie Burnt: max 9999 kc
- Timer: max 23H59M59S

Workout Mode

- Max 9 workouts with Max 100 Lap records

Goal Mode

- Distance: max 99.99 km or 62.13 mile

Others

- Back Light Type: Electro-Luminescent (EL) back light
- 10 LCD level contrast adjustments
- 5 ATM water resistance