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</tbody>
</table>

## A-1 Basic operation

### Buttons and how it works in general

- **Button A ([SET/LIGHT] Key)**
  - Turn on backlight
  - Start set up

- **Button B ([MODE/TIME] Key)**
  - Switch modes
  - Select next menu in set up

- **Button C ([START/LAP] Key)**
  - Start/Stop measuring
  - Add value in set up

- **Button D ([Stop/Reset] Key)**
  - Reset measured data
  - Decrease value in set up
**A-2 Modes introduction**

- **Introduction of 10 Modes and How to switch**
  This watch has 10 modes.
  Each time you press button B, mode switches in order of below.

- **Current time mode** (Page 6-)
  [TIME] appears on the screen.
  Current time, calendar, weather forecast and temperature are shown.

- **Compass mode** (Page 9-)
  [COMP] appears on the screen.
  Compass related information is shown.

- **Barometer mode** (Page 13-)
  [BARO] appears on the screen.
  Current barometric pressure and history of 30 hours are shown.

- **Altimeter mode** (Page 15-)
  [ALTI] appears on the screen.
  Current altitude and history of 8 hours are shown.

- **Altimeter data mode** (Page 17)
  [ALTI DATA] appears on the screen.
  Maximum altitude and accumulated altitude are shown.

- **Chronograph mode** (Page 18-)
  [CHRO] appears on the screen.
  You can use Chronograph with accuracy of 1/100 seconds.

- **Chronograph data mode** (Page 20)
  [CHRO DATA] appears on the screen.
  You can check data of chronograph.

**A-3 Modes introduction**

- **Alarm mode** (Page 21-)
  [ALRM] appears on the screen.
  You can use alarm.

- **Timer mode** (Page 23-)
  [TIMER] appears on the screen.
  You can use timer.

- **Pedometer mode** (Page 25-)
  [PEDO] appears on the screen.
  You can measure steps, calories, speed and distance.

*Hold button B to go back to current time mode directly.
B - 1 Current time mode (TIME): General guide

■ Information on the screen

Calendar, Weather forecast
Current time
Temperature

■ Dual time
Hold button C in current time mode, to start dual time mode.
T2 appears at upper left on the screen to indicate time zone 2 is displayed.
Hold button C again, to go back to time zone 1.

■ Lock current time mode
Press button D while holding button C, to lock current time mode.
Icon [ ] indicates to be locked.
While locked, any key cannot switch mode from current time mode.
Press button D while holding button C again, to unlock this.

B - 2 Current time mode (TIME): General guide

■ Weather forecast
In current time mode, one of 4 icons shows weather forecast.

Weather forecast icon
Sunny
Sunny with cloud
Cloudy
Rainy

*Icon does not show current weather.
*This forecast is based on current barometric pressure and its history. If you move a lot in short term, forecast will not be much accurate.
*This forecast cannot correspond dramatical change in short term.

■ Shortcut keys for Compass and Barometer
Press button C in current time mode, to choose Compass mode (Page 9).
Press button D in current time mode, to choose Barometer mode (Page 13).
If you switch mode in this way, you can go back to current time mode by pressing button B once.
B-3 Current time mode (TIME): Set up

■ How to Set up
To start set up, hold button A in current time mode.
Screen shows ‘ADJUST HOLD’ at first, and then goes to set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Each time you press button B, you can switch to the next menu.

Press button A to save and finish set up immediately.

*Press either button C or D to switch Time zone, 24-Hour/12-Hour, and Unit for altitude.
MR stands for meter, and FT stands for feet.
*Press either button C or D to reset second to 00. (You only can set second to 00.)
*If you don’t press any button for more than 30 seconds, it automatically goes back to current time mode.

C-1 Compass mode (COMP): General Guide

■ Information on the screen

■ Direction and Azimuth
Screen shows Direction and Azimuth on compass mode.
Azimuth here means the angle formed between North and the direction this watch is heading.
Please refer to the next page for more information.

■ Idle
If you leave it on compass mode for more than 1 minute, this watch starts idling.
While idling, Direction or Azimuth will not be shown.
Press either button C or D to recover to compass mode.

Cautions about Compass
- As ordinary azimuth magnet, this watch shows magnetic north, which is slightly different from real north. Please refer to the page 11 to calibrate this difference.
- To maintain compass accuracy, please set up compass time to time. (Please refer to page 12 regarding compass set up.)
- To maintain compass accuracy, please do not use this watch under such conditions below:
  1. Near some Magnetic products, metal products, or Electric appliances
  2. In some vehicle, or ferro-concrete buildings
- When you put off this watch, please do not leave it near magnets or magnetic objects (such as Mobile phones, Speakers, or PCs).
C-2 Compass mode (COMP): Direction and Azimuth

■ Direction of object
Compass mode can show you the direction and azimuth of one object from one spot.

■ About Direction
When you are at point A in the right picture, point B is at East. Likewise, point C is at Southeast.
This watch can show 16 directions shown in below table.

■ About Azimuth
The number on the screen shows Azimuth: the angle formed between North and the direction this watch is heading.
When you are at point A in the right picture, point B is at 90° degrees. Likewise, point C is at 135° degrees.
Below table shows the relationship between azimuth and direction on this watch.

<table>
<thead>
<tr>
<th>Display</th>
<th>Direction</th>
<th>Azimuth</th>
<th>Display</th>
<th>Direction</th>
<th>Azimuth</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>North</td>
<td>348° - 10°</td>
<td>S</td>
<td>South</td>
<td>168° - 190°</td>
</tr>
<tr>
<td>NNE</td>
<td>North-northeast</td>
<td>11° - 32°</td>
<td>SSW</td>
<td>South-southwest</td>
<td>191° - 212°</td>
</tr>
<tr>
<td>NE</td>
<td>Northeast</td>
<td>33° - 55°</td>
<td>SW</td>
<td>Southwest</td>
<td>213° - 235°</td>
</tr>
<tr>
<td>ENE</td>
<td>East-northeast</td>
<td>56° - 77°</td>
<td>WSW</td>
<td>West-southwest</td>
<td>236° - 257°</td>
</tr>
<tr>
<td>E</td>
<td>East</td>
<td>78° - 100°</td>
<td>W</td>
<td>West</td>
<td>258° - 280°</td>
</tr>
<tr>
<td>ESE</td>
<td>East-southeast</td>
<td>101° - 122°</td>
<td>WNW</td>
<td>West-northwest</td>
<td>281° - 302°</td>
</tr>
<tr>
<td>SE</td>
<td>Southeast</td>
<td>123° - 145°</td>
<td>NW</td>
<td>Northwest</td>
<td>303° - 325°</td>
</tr>
<tr>
<td>SSE</td>
<td>South-southeast</td>
<td>146° - 167°</td>
<td>NNW</td>
<td>North-northwest</td>
<td>326° - 347°</td>
</tr>
</tbody>
</table>

C-3 Compass mode (COMP): Magnetic declination

■ What is Magnetic declination?
Magnetic north and the direction to the north pole is slightly different. This watch shows Magnetic north, same as ordinary azimuth magnet. This difference is called Magnetic declination.

Below table shows big cities over the world and Magnetic declination there. This watch can modify Magnetic declination. (Please refer to page 12.)

<table>
<thead>
<tr>
<th>Country</th>
<th>Big city</th>
<th>Magnetic declination (3E)</th>
<th>Country</th>
<th>Big city</th>
<th>Magnetic declination (3E)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Afghanistan</td>
<td>Kabul</td>
<td>3E</td>
<td>Netherlands</td>
<td>Amsterdam</td>
<td>0E</td>
</tr>
<tr>
<td>Australia</td>
<td>Canberra</td>
<td>12E</td>
<td>New Zealand</td>
<td>Wellington</td>
<td>22E</td>
</tr>
<tr>
<td>Austria</td>
<td>Vienna</td>
<td>3E</td>
<td>Norway</td>
<td>Oslo</td>
<td>2E</td>
</tr>
<tr>
<td>Bahrain</td>
<td>Manama</td>
<td>2E</td>
<td>Pakistan</td>
<td>Islamabad</td>
<td>2E</td>
</tr>
<tr>
<td>Bangladesh</td>
<td>Dhaka</td>
<td>0E</td>
<td>Philippines</td>
<td>Manila</td>
<td>1W</td>
</tr>
<tr>
<td>Belgium</td>
<td>Brussels</td>
<td>0E</td>
<td>Portugal</td>
<td>Lisbon</td>
<td>3W</td>
</tr>
<tr>
<td>Brazil</td>
<td>Brasilia</td>
<td>21W</td>
<td>Russia</td>
<td>Moscow</td>
<td>10E</td>
</tr>
<tr>
<td>Canada</td>
<td>Ottawa</td>
<td>14W</td>
<td>Singapore</td>
<td>Singapore</td>
<td>0E</td>
</tr>
<tr>
<td>Chile</td>
<td>Santiago</td>
<td>3E</td>
<td>South Africa</td>
<td>Cape Town</td>
<td>24W</td>
</tr>
<tr>
<td>China</td>
<td>Beijing</td>
<td>6W</td>
<td>Spain</td>
<td>Madrid</td>
<td>2W</td>
</tr>
<tr>
<td>China</td>
<td>Hong Kong</td>
<td>2W</td>
<td>Sweden</td>
<td>Stockholm</td>
<td>5E</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>San Jose</td>
<td>1W</td>
<td>Switzerland</td>
<td>Bern</td>
<td>1E</td>
</tr>
<tr>
<td>Cuba</td>
<td>Havana</td>
<td>4W</td>
<td>Taiwan</td>
<td>Ta-pei</td>
<td>4W</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>Prague</td>
<td>3E</td>
<td>Thailand</td>
<td>Bangkok</td>
<td>1W</td>
</tr>
<tr>
<td>Denmark</td>
<td>Copenhagen</td>
<td>3E</td>
<td>UAE</td>
<td>Abu Dhabi</td>
<td>2E</td>
</tr>
<tr>
<td>Egypt</td>
<td>Cairo</td>
<td>4E</td>
<td>United Kingdom</td>
<td>London</td>
<td>2W</td>
</tr>
<tr>
<td>Finland</td>
<td>Helsinki</td>
<td>8E</td>
<td>United States</td>
<td>Washington, DC</td>
<td>11W</td>
</tr>
<tr>
<td>France</td>
<td>Paris</td>
<td>1W</td>
<td>United States</td>
<td>Juneau</td>
<td>22E</td>
</tr>
<tr>
<td>Germany</td>
<td>Berlin</td>
<td>3E</td>
<td>United States</td>
<td>Phoenix</td>
<td>11E</td>
</tr>
<tr>
<td>Greece</td>
<td>Athens</td>
<td>4E</td>
<td>United States</td>
<td>Little Rock</td>
<td>1E</td>
</tr>
<tr>
<td>Hungary</td>
<td>Budapest</td>
<td>4E</td>
<td>United States</td>
<td>Sacramento</td>
<td>14E</td>
</tr>
<tr>
<td>India</td>
<td>New Delhi</td>
<td>1E</td>
<td>United States</td>
<td>Denver</td>
<td>9E</td>
</tr>
<tr>
<td>Indonesia</td>
<td>Jakarta</td>
<td>1E</td>
<td>United States</td>
<td>Atlanta</td>
<td>4W</td>
</tr>
<tr>
<td>Israel</td>
<td>Jerusalem</td>
<td>4E</td>
<td>United States</td>
<td>Honolulu</td>
<td>10E</td>
</tr>
<tr>
<td>Italy</td>
<td>Rome</td>
<td>2E</td>
<td>United States</td>
<td>Boston</td>
<td>15W</td>
</tr>
<tr>
<td>Japan</td>
<td>Tokyo</td>
<td>7W</td>
<td>United States</td>
<td>Saint Paul</td>
<td>1E</td>
</tr>
<tr>
<td>Jordan</td>
<td>Amman</td>
<td>4E</td>
<td>United States</td>
<td>Jackson</td>
<td>0E</td>
</tr>
<tr>
<td>Kenya</td>
<td>Nairobi</td>
<td>0E</td>
<td>United States</td>
<td>Santa Fe</td>
<td>9E</td>
</tr>
<tr>
<td>Korea</td>
<td>Seoul</td>
<td>8W</td>
<td>United States</td>
<td>Oklahoma City</td>
<td>5E</td>
</tr>
<tr>
<td>Malaysia</td>
<td>Kuala Lumpur</td>
<td>0E</td>
<td>United States</td>
<td>Salem</td>
<td>16E</td>
</tr>
<tr>
<td>Mexico</td>
<td>Mexico City</td>
<td>6E</td>
<td>United States</td>
<td>Harrisburg</td>
<td>12E</td>
</tr>
<tr>
<td>Nepal</td>
<td>Kathmandu</td>
<td>0E</td>
<td>United States</td>
<td>Salt Lake City</td>
<td>12E</td>
</tr>
</tbody>
</table>
C-4 Compass mode (COMP): Set up

- **When to set up**
  - You may need to set up compass at such situations.
  - After changing battery
  - After you travel far away from last set up
  - When you doubt compass is working properly
  - *If you don’t set up compass for a long time, compass may be inaccurate.

- **How to set up**
  - To start set up, hold button C in compass mode.
  - Screen shows ‘CAL HOLD’ at first, and then goes to set up.
  - While screen shows 'CAL' and pointer turns around, keep the watch straight to the ground and turn it clockwise.
  - After the pointer turns around once, set up of Magnetic declination starts automatically.
  - For example in Washington DC, U.S. please set to 11W.
  - Press button B to save and finish set up.

D-1 Barometer mode (BARO): General guide

- **Information on the screen**
  - Barometer chart
  - Current pressure
  - Current time

- **History of barometer**
  - This watch can record barometric pressure of past 30 hours, and show it as a chart.
  - You can check the tendency of barometric pressure with it.

  - Pressure is getting down.
  - Pressure is going up.
D-2 Barometer mode (BARO): Set up

**How to set up barometer**
To start set up, hold button A in barometer mode.
Screen shows 'ADJUST HOLd' at first, and then goes to set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Each time you press button B, you can switch to the next menu.

![Weather icon](image1) ![Pressure at sea-level](image2)

Press button B at the last menu to save and finish set up.
*Weather icon changes each time you press either button C or D. (Please refer to page 7 to see weather icons.)
*Please set up barometer carefully. This function affects other functions of this watch.

E-1 Altimeter mode (ALTI): General guide

**Information on the screen**

- Altimeter chart
- Current altitude
- Current time

**Altitude history**
This watch can record altitude of past 8 hours, and show it as a chart.

**How to save altitude data**
Hold button C in altimeter mode to save data.
Screen shows 'STORE DATA' at first, and then records current altitude and time.
Recorded data is stored on Altimeter data mode. (Please refer to page 17.)

![Altitude data recording](image3) ![Record completed](image4)

*If 'FULL DATA' is displayed when holding button C, 10 altitude data is already recorded.
Please delete altitude data to save another data. (Please refer to page 17.)
E-2 Altimeter mode (ALTI): Set up

■ How to set up altimeter
To start set up, hold button A in barometer mode.
Screen shows 'CAL HOLd' at first, and then goes to set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Press button B to save and finish set up.

Setting up altimeter

*Please set up altimeter carefully. This function affects other functions of this watch.

F-1 Altimeter data mode (ALTI DATA): General guide

■ Information on the screen

**Maximum altitude** / Accumulated altitude / Time stamp (Hour and Minute)

**Time stamp (Date)**

■ Data you can see
Summary shows Maximum altitude (MAX) and Accumulated altitude (ACC).
Each data (DATA 01-10) shows the altitude and time at the moment of recorded.

■ Switching data
Each time you press either button C or D, screen shows the data in below order.

Summary  
Data 01  
Data 02

Data 04  
Data 03

■ Delete altitude data
Choose the data you want to delete, and then hold button A to delete it.
Screen shows 'CLEAR DATA' at first, and then deletes.
G-1 Chronograph mode (CHRO): General guide

■ Information on the screen

Lap time
Total time
Lap number

■ Chronograph mode
This mode works as stopwatch.
Before start to measure, '00:00,00' appears in the middle.

■ How to use
Press button C to start chronograph.
Press button D to stop.
Press button C to resume chronograph again.
When it is stopped, press button D to reset it.

G-2 Chronograph mode (CHRO): Split time

■ How to use lap time
Lap time helps you to split the measured time at a certain length.
This watch can take up to 10 lap times.
While chronograph is working, press button C to record lap time.

Lap number and time will appear for 3 seconds, and then it automatically goes back to main time.
Press button D to stop chronograph, as in page 18.

■ How to save chronograph data
Hold button A while chronograph is stopped, to save data.
Screen shows 'NEXT HOLD' at first, and then records chronograph data.
Recorded data is stored on Chronograph data mode. (Please refer to page 20.)

If 'FULL DATA' is displayed when holding button A, 5 chronograph data is already recorded.
Please delete chronograph data to save another data.
(Please refer to page 20.)
*To check split time in detail, you need to save chronograph data.
H-1 Chronograph data mode (CHRO DATA): General guide

- **Information on the screen**
  - Lap time
  - Total time
  - Lap number

- **Switching data**
  Each time you press button C, Lap number goes forward. Each time you press button D, Run number goes forward.

- **Delete chronograph data**
  Choose the data you want to delete, and then hold button A to delete it. Screen shows 'CLEAR DATA' at first, and then deletes.

I-1 Alarm mode (ALRM): General guide

- **Information on the screen**
  - Alarm time
  - ON/OFF

- **Alarm mode**
  You can set 2 alarms (AL-1, AL-2). AL-1 and AL-2 works individually.

- **How to use**
  Press button D to switch AL-1/AL-2.

  ![Alarm Indicator]

  Press button C to switch ON/OFF. Icon [ ] shows alarm is ON.
I-2 Alarm mode (ALRM): Set up

How to set up alarm
Choose either AL-1/AL-2, and hold button A.
Screen shows 'ADJUST HOLd' at first, and then start set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Each time you press button B, you can switch to the next menu.

Press button A to save and finish set up.

*Time zone here (TIME-1/TIME-2) correspond to the Time zone in Current time mode.
*Either button C or D turn ON/OFF Chime and Beep sound.
Indicator [ ] shows Chime and Beep sound is ON.
*After set up either alarm, that alarm will be automatically ON.
*If you don't press any button for more than 30 seconds, it automatically goes back to alarm mode

J-1 Timer mode (TIMER): General guide

Information on the screen

Timer mode
In timer mode, this watch counts down the time you set.
You can set up to 99:59, 59.
Every time you set up timer, that time will be recorded for your next use.

How to use
*Please refer to page 24 to see how to set up.
Press button C to start timer.
Press button C again to stop timer.
Press button D while timer is stopped, to reset timer (It will reset to the last setting).
When timer reaches 0, alarm will sound.
Any button will stop this sound.
This timer counts up, after timer reaches 0.
Press button C to stop this count up.
Press button D while count up is stopped, to reset timer.
J-2 Timer mode (TIMER): Set up

How to set up timer
To start set up, hold button A in timer mode.
Screen shows 'ADJUST HOLd' at first, and then goes to set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Each time you press button B, you can switch to the next menu.

How to set up timer

<table>
<thead>
<tr>
<th>Hour (Second digit)</th>
<th>Hour (First digit)</th>
<th>Minute (Second digit)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<th>Minute (First digit)</th>
<th>Second (Second digit)</th>
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Press button A to save and finish set up.
*If you don’t press any button for more than 30 seconds, it automatically goes back to timer mode.

K-1 Pedometer mode (PEDO): General guide

Information on the screen

![Screen showing steps and calories]
- Steps/Speed
- Calorie/Distance

Switching data
Either pair of Steps/Calorie or Speed/Distance will be shown.
Press button C to switch these data.

![Screen showing steps and speed]
- Step/Calorie
- Speed/Distance

Pedometer ON/OFF
Press button D to turn ON/OFF pedometer function.
Foot print icon indicates pedometer is ON.
*When pedometer is OFF, this watch does NOT count steps.

Delete pedometer data
Hold button D in pedometer mode, to delete pedometer data.
K-2 Pedometer mode (PEDO): Set up

■ How to set up pedometer
To start set up, hold button A in pedometer mode.
Screen shows ‘ADJUST HOLD’ at first, and then goes to set up.
Press button C to add value, and button D to decrease.
By holding either button can change value quickly.
Each time you press button B, you can switch to the next menu.

Height 175 cm  Weight 62 kg  Gender MALE  Age 53

Stride 75 cm  Target steps 0 10 000

Press button A to save and finish set up.
*If you don’t press any button for more than 30 seconds, it automatically goes back to pedometer mode.

■ How to know the length of your step
Please count how many steps you need to walk certain distance.
Example: 10 steps to walk 6.24 meters = Your stride is 62 cm.
To get data more accurate, you may need to set it more accurate.

L-1 Maintenance

■ Battery and its replacement
-Battery icon [ ] shows the remains of the battery.
-Please ask watch/clock shop around you, to replace the battery. This watch uses sensor which is easily damaged. Please do not open this watch and replace the battery by yourself.
If you do it by yourself and watch is damaged, we don’t offer any warranty.

■ Remarks about maintenance
-Do not disassemble this watch.
-Do not give too much shock on this watch.
-Do not drop this watch to the ground or floor.
-Do not put chemical liquid on this watch, such as gasoline, acetone or alcohol.
-Keep this watch away from being wet, or under much humid.
-Do not leave this watch with dead battery. It may cause battery leak or other damage to this watch. Please have the battery replace immediately.
-If you don’t use it for a long time, please put the battery off from this watch.
-The battery taken out from this watch must be kept away from little child/baby. In case he/she swallows the battery, please consult a doctor immediately.
-Do not use this watch under much magnetic field or much electricity.
-Do not put this watch into water. If it gets wet, wipe out immediately with clean and dry cloth.