1.0 Introduction

Thank you for purchasing this Watch. Your Watch features electronic sensors which measures and shows the outdoor conditions: weather forecast, temperature, air pressure, altitude and compass directions. Your Watch also provides the essential information about your body during exercise, like current heart rate, walking steps, traveling speed, distance, etc. Your Watch also includes current time, daily alarm, chronograph, timer and world time function.

To get the most of your purchase, it is advisable to use this Watch in conformity with the below notes:
- Be sure to carefully read this manual and keep it on hand for later reference when necessary.
- Avoid exposing your Watch to extreme conditions for an unreasonable time.
- Avoid rough usages or severe impacts to your Watch.
- Do not open the Watch’s case unless a certified service agency because your Watch contains precise electronic sensors and components.
- Clean your Watch with a soft cloth occasionally that working for a longer use life of your watch.
- Keep your Watch away from magnets or the appliances which contains magnetic objects such as mobile phones, speakers and motors.
- Store your Watch in a dry place when it is not in use.

2.0 Button Layout

**Mode Button [M]**
- To select among Current Time, Daily Alarm, Chronograph, Timer and World Time Modes.
- To select among the setting items under setting display.

**Sensor button [S]**
- To select between timekeeping and sensor menu.
- To select between Trip, Barometer and Compass mode in sensor menu.

**Start/Stop Button [S/S]**
- To activate the ‘Start’ or ‘Stop’ function under Chronograph, Timer and Trip Mode.
- To select the current city time.
- To increase the setting value under setting display.

**Lap/Reset Button [L/R]**
- To activate the ‘Reset’ function under Chronograph, Timer and Trip Mode (stop counting).
- To enter Battery Status View.
- To decrease the setting value under setting display.
- To turn on the EL back light for about 3 seconds.

3.0 Major Function Mode - Timekeeping and Sensor Mode

**3.1 Compass Mode**

**3.2 Compass Mode**

**3.3 Alarm Mode**

**3.4 Chronograph Mode**

**3.5 Timer Mode**

**3.6 World Time Mode**

**4.0 Current Time Mode - Function Display**

**4.1 Current Time Mode**

**4.2 Day of Week Display**

**4.3 Temperature Display**

**4.4 Current Time Mode**

**4.5 Sea Level Pressure Tendency Display**

**4.6 Altitude Tendency Display**

**4.7 Current Time Mode**

**4.8 Day of Week Display**

**4.9 Weather Forecast Display**

**4.10 Current Time Mode**

**4.11 World Time Mode**

Functional Display
- The Current Mode includes 4 kinds of functional display:
  - Day of Week Display
  - Temperature Display
  - Sea Level Pressure Tendency Display
  - Altitude Tendency Display

To select among different functional display, press the [S/S] button following the adjacent diagram.
4.1 Current Time Mode - Weather Forecast Feature
Weather Forecast Feature
A special feature of the Watch is the coming weather predicting function. It works by analyzing the changes of the past air pressure.

How to Indicate the Coming Weather
The Watch provides 5 different symbols to indicate the forecast weather, which includes:
- Sunny
- Cloudy with Sun
- Cloudy
- Raining
- Storm

The symbols will be shown only in Current Time Mode and World Time Mode.

IMPORTANT: Since the Watch predicts the coming weather by using the data of the changes in the air pressure, it highly recommended to stay at the same altitude for at least 24 hours for a higher accuracy prediction.

IMPORTANT: The Watch predicts the weather by adopting general weather prediction principles, it is NOT capable to reflect the dramatic changing of weather within a very short period of time.

Note: To allow storm prediction, see 7.1 to set storm alert On/Off.

4.2 Current Time Mode - Setting the Current Time

How to Set Current Time
- To select the setting display, press and hold the[M] button for about 2 seconds in Current Time Mode: In setting display the flashing "SET" icon will appear.
- In setting display, press the [M] button to change the selection following the adjacent Current Time Setting Sequence.
- When the digits are flashing (selected), press the [S/S] or [L/R] button to increase / decrease the number (hold down the button change the number at a higher speed).
- When the setting is completed, press and hold the[M] button to exit the setting display.

5.0 Trip Mode - Function Display

Main Trip Display
- The Trip Mode includes 3 kinds of Goal Type display:
  - Distance Display
  - Step Display
  - Calories Display
- See Trip Setting mode to select Goal Type display

Functional Display
- The Trip Mode includes 7 kinds of functional display:
  - Steps Display
  - Current Heart Rate Display
  - Travelled Time Display
  - Current Speed Display
  - Calories Display
  - Current Altitude Display
  - Record Display
- To select among different functional display, press the [L/R] button following the adjacent diagram.

Note: If Distance / Step / Calories are selected in Goal Type display, functional display will not be shown again in the upper row.

5.1 Trip Mode - Using the Trip function

How to Start/Stop Trip Mode
- The watch has a built-in 3-axis accelerometer sensor which monitors and records your physical activity. One of the 3 types (Steps, Distance and Calories) can be selected as the trip goal and display on the watch.
- When Trip Mode start, icon will start flashing.
- During the Trip, Highest Peak point will save to peak record automatically when Trip mode is activated.

How to Record Trip Point Data
- When Trip Mode is started, press and hold [L/R] to save your trip point record. [Start] will appear.
- Max 30 Trip point data can be saved and recall.
- If smart lap by distance is On, the watch will save your Trip point record at preset distance interval.
- See Trip record recall to check the Trip Point Data.

Main Trip Display
- The Trip Mode includes 3 kinds of Goal Type display:
  - Distance Display
  - Step Display
  - Calories Display
- See Trip Setting mode to select Goal Type display

Functional Display
- The Trip Mode includes 7 kinds of functional display:
  - Steps Display
  - Current Heart Rate Display
  - Travelled Time Display
  - Current Speed Display
  - Calories Display
  - Current Altitude Display
  - Record Display
- To select among different functional display, press the [L/R] button following the adjacent diagram.

Note: If Distance / Step / Calories are selected in Goal Type display, functional display will not be shown again in the upper row.

Note: Personal data such as Birthday, Gender, Height and Weight have to be input to get more accurate estimation of distance and calories burnt.
5.2 Trip Mode - Setting

How to Set Trip Mode
- Press and hold [M] to enter Trip mode setting.
- Press [M] to select among the settings:
  - Trip Mode Hold
  - Goal Data:
    - Goal Type: Distance, Calories
    - Goal Date
    - Factory Default
  - Calibrate Absolute Altitude
  - Altitude Alarm On / Off
- If altitude alert is set On, when the current altitude is equal to or higher than the preset altitude level, the watch starts beeping for about 10 seconds and " " icon starts flashing.
- After the first beeping, the watch will beep again for every 2 minutes if the current is still equal or higher than the preset value.

Note: Altitude alarm will be sounded in Trip Mode only.

5.3 Trip Mode - Heart Rate Zone

What is Heart Rate Zone
Some particular training/exercise objectives like 'Aerobic', 'Fat burn', or 'Health' require the trainee/exercise to maintain his/her heart rate (exercise pace) within one particular heart rate zone during the exercise.

WARNING: Consult a doctor or trainer prior to setting the heart rate alert zone for a serious Cardio-fitness training.

How to select a Heart Rate Zone (for Heart Rate Zone Alert)
In general, a user may get the cardio-fitness training advice from those prestigious organization websites, for example: www.heart.org

This Watch includes three pre-defined heart rate zones ('Aerobic', 'Fat bum', 'Health') and one user-defined Heart rate zone ('My Zone') for selection. The Upper and Lower limits of these Zones are shown in the adjacent diagram.

Heart Rate Zone setting based on the percentage of Estimated Max Heart Rate (EMHR):

EMHR = 220 - Age

Example: Your age is 20
    - (Your EMHR is 200)
    - If you current Heart Rate is 100
      - 50% 65%
    - 65% 80% 90%
    - 75% 85% 95%

%EMHR = 100/200

5.4 Trip Mode - Heart Rate Zone Alert

Audio Indication
- 'beep' 'beep' 'beep'
- The Above Heart Rate Zone
- No beep sound
- The Desirable Heart Rate Zone
- 'beep'
- The Below Heart Rate Zone

The Different Heart Rate Zones and the Corresponding Indications
- When enter Trip Mode (Trip is not started), Heart Rate Measurement will be activated for 1 minute.
- Various audio indications will be show according to his/her heart rate and the pre-set limits.
- Please refer to chapter 5.2 for detail on how to set and turn ON/OFF the Zone Alert.

5.5 Trip Mode - Trip Record Recall (Highest peak record)

To Reset Highest Peak Record
- In Highest Peak Record view, press [S/S] to select between time data stamp and altitude view.

Highest Peak record
- Max 10 highest Peak record can be recall.
- In Trip Mode - Record View display, Press and Hold [M] to enter Trip Record Recall Mode, Press [M] to enter highest peak record. Press [L/R] to select between 1 - 10 highest peak record.
- In Highest Peak Record view, press [S/S] to select between time data stamp and altitude view.

Trip Mode Distance Display
- In Trip Mode - Record View display, Press and Hold [M] to enter Trip Record Recall Mode, Press [L/R] to reset Peak records.
Functional Display

- The Barometer Mode includes 3 kinds of Functional display:
  - Current Temperature Display
  - Sea Level Pressure Display
  - Sea Pressure Chart Display
- Press and hold [S/S] to select Temperature / Baro Unit.
- Press [L/R] to enter Sea Pressure Chart display.
- Press [L/R] to move cursor left cyclically, then the respective pressure record will appear on the display.

Note: If you want to have an accurate reading of air temperature, you must remove the watch from the wrist (for 20 - 30 minutes) that allows no body temperature effect on your watch.
6.1 Barometer Mode - Setting

Barometer setting
- In Barometer mode, press and hold [M] to enter setting mode. Press [M] to select among the settings.
- When Storm alert is ON, 30 second beep alert will be given and “       ” will shown in Current and World time mode when the watch predicts the upcoming weather is stormy.
- Before calibrate the sea level pressure, consult the nearest observatory to get the sea and air pressure of your current position.

Important:
- Storm alert is triggered when pressure drops quickly with a certain period of time. But sometimes, a very fast pressure changes maybe due to altitude changes. This pressure changes due to altitude variation may result in exactly the same pattern as storm alert false alarm may occur.

Note:
- Input an incorrect pressure during the adjustment procedure may results an incorrect pressure reading in the future.

7.0 Compass Mode - Tips and Precautions

Keep the Watch away from Magnetic sources, like:
- Speakers,
- Motors,
- Mobile phones and etc.
Avoid measuring direction when:
- Close to a magnetic object
- Close to a metallic object
- Close to an electrical appliance
- Inside a moving object

Perform compass calibration or magnetic declination compensation process when:
- The Watch is using for the first time,
- The battery has been replaced.
- The bearing direction digits are flashing, and the compass bearing and compass direction are flashing
- The compass uses a location that is apart from the place in which the compass had been calibrated,
- The user intends to regulate the precision of the digital compass.

7.1 Compass Mode - Compass Directions and Bearings

NOTE:
- This Watch includes both compass directions and compass bearings.

<table>
<thead>
<tr>
<th>Marks</th>
<th>Compass Directions</th>
<th>Compass Bearing</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>North</td>
<td>359° - 01°</td>
</tr>
<tr>
<td>NE</td>
<td>North Northeast</td>
<td>34° - 37°</td>
</tr>
<tr>
<td>E</td>
<td>East</td>
<td>01° - 09°</td>
</tr>
<tr>
<td>SE</td>
<td>South East</td>
<td>09° - 18°</td>
</tr>
<tr>
<td>S</td>
<td>South</td>
<td>18° - 23°</td>
</tr>
<tr>
<td>SW</td>
<td>South West</td>
<td>23° - 31°</td>
</tr>
<tr>
<td>W</td>
<td>West</td>
<td>31° - 39°</td>
</tr>
<tr>
<td>NW</td>
<td>North West</td>
<td>39° - 48°</td>
</tr>
</tbody>
</table>

7.2 Compass Mode - Compass Display

NOTE:
- If NO key has been operated for about 1 minute, the Watch will go to IDLE Mode automatically. Press [S/S] or [L/R] to resume the compass to normal operation.
- If distortion is detected, the compass bearing and compass direction are flashing. See 7.4 to restore the compass to normal operation when distortion occurs.
7.3 Compass Mode - Backward Bearing and Compass Lock

NOTE:
- When the ‘Backward Bearing indicator’ 🔄 is appeared, the Watch is showing the backward bearing direction of the navigating direction.
- When the ‘Lock’ indicator 🗝️ is appeared, the compass direction, bearing direction and the magnetic north pole pointer are locked and would not be changed.
- The Compass Lock will be released automatically when the Watch enter IDLE Mode.

7.4 Compass Mode - Calibrating the Compass

Calibration Display
- In Compass Mode, press and hold [M] to enter Compass Calibration display
- To start rotation calibration, press [S/S] button once. The pointers will start rotating, turn the watch (keep parallel to the horizon) in the same direction of the rotation pointers for more than 2 turns.
- Press [S/S] or [L/R] button to stop the calibration when the 2-turn rotation calibration is completed.
- When the pointer stop rotation, hold [M] button to back to the Compass Mode or press [M] button once to set the magnetic declination.

7.5 Compass Mode - Setting Magnetic Declination

What is Magnetic Declination
- The Magnetic North Pole which is slightly different from the True North Pole. This Watch, like most magnetic compasses, points to the Magnetic North Pole, while everything measured from a map is related to the True North Pole.
- The angular difference between Magnetic North Pole and True North Pole is called magnetic declination. Its amount (degrees and minutes) and direction (easterly and westerly) depend on where you are in the world.
- For serious compass user or whom intends to perform accurate navigation, this Watch must be adjusted for magnetic declination.

Magnetic Declination Information
- Most topographic maps include a small arrow which shown magnetic north pole and or the magnetic declination information.
- This manual includes the magnetic declination for some major cities. See the coming chapter Magnetic Declination at Major Cities for more detail.
- For the cities are not included in the list, please refer to the online magnetic declination calculator at:

7.6 Compass Mode - Magnetic Declination at Major Cities

<table>
<thead>
<tr>
<th>No.</th>
<th>Country/Phase</th>
<th>Major City</th>
<th>Declination</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Afghanistan</td>
<td>Kabul</td>
<td>25°</td>
</tr>
<tr>
<td>2</td>
<td>Australia</td>
<td>Canberra</td>
<td>10°</td>
</tr>
<tr>
<td>3</td>
<td>Austria</td>
<td>Vienna</td>
<td>6°</td>
</tr>
<tr>
<td>4</td>
<td>Belgium</td>
<td>Brussels</td>
<td>0°</td>
</tr>
<tr>
<td>5</td>
<td>Brazil</td>
<td>Brasilia</td>
<td>3°</td>
</tr>
<tr>
<td>6</td>
<td>Canada</td>
<td>Ottawa</td>
<td>8°</td>
</tr>
<tr>
<td>7</td>
<td>China</td>
<td>Beijing</td>
<td>20°</td>
</tr>
<tr>
<td>8</td>
<td>Chile</td>
<td>Santiago</td>
<td>40°</td>
</tr>
<tr>
<td>9</td>
<td>Colombia</td>
<td>Bogota</td>
<td>3°</td>
</tr>
<tr>
<td>10</td>
<td>Costa Rica</td>
<td>San Jose</td>
<td>1°</td>
</tr>
<tr>
<td>11</td>
<td>Croatia</td>
<td>Zagreb</td>
<td>1°</td>
</tr>
<tr>
<td>12</td>
<td>Cuba</td>
<td>Havana</td>
<td>0°</td>
</tr>
<tr>
<td>13</td>
<td>Czech Republic</td>
<td>Prague</td>
<td>2°</td>
</tr>
<tr>
<td>14</td>
<td>Denmark</td>
<td>Copenhagen</td>
<td>0°</td>
</tr>
<tr>
<td>15</td>
<td>Egypt</td>
<td>Cairo</td>
<td>3°</td>
</tr>
<tr>
<td>16</td>
<td>Estonia</td>
<td>Tallinn</td>
<td>0°</td>
</tr>
<tr>
<td>17</td>
<td>Finland</td>
<td>Helsinki</td>
<td>3°</td>
</tr>
<tr>
<td>18</td>
<td>France</td>
<td>Paris</td>
<td>0°</td>
</tr>
<tr>
<td>19</td>
<td>Germany</td>
<td>Berlin</td>
<td>8°</td>
</tr>
<tr>
<td>20</td>
<td>Greece</td>
<td>Athens</td>
<td>3°</td>
</tr>
<tr>
<td>21</td>
<td>Hungary</td>
<td>Budapest</td>
<td>-6°</td>
</tr>
<tr>
<td>22</td>
<td>India</td>
<td>New Delhi</td>
<td>1°</td>
</tr>
<tr>
<td>23</td>
<td>Indonesia</td>
<td>Jakarta</td>
<td>1°</td>
</tr>
<tr>
<td>24</td>
<td>Ireland</td>
<td>Dublin</td>
<td>0°</td>
</tr>
<tr>
<td>25</td>
<td>Israel</td>
<td>Tel Aviv</td>
<td>0°</td>
</tr>
<tr>
<td>26</td>
<td>Italy</td>
<td>Rome</td>
<td>0°</td>
</tr>
<tr>
<td>27</td>
<td>Japan</td>
<td>Tokyo</td>
<td>1°</td>
</tr>
<tr>
<td>28</td>
<td>Jordan</td>
<td>Amman</td>
<td>2°</td>
</tr>
<tr>
<td>29</td>
<td>Kenya</td>
<td>Nairobi</td>
<td>0°</td>
</tr>
<tr>
<td>30</td>
<td>Korea</td>
<td>Seoul</td>
<td>0°</td>
</tr>
<tr>
<td>31</td>
<td>Kuwait</td>
<td>Kuwait</td>
<td>1°</td>
</tr>
<tr>
<td>32</td>
<td>Lebanon</td>
<td>Beirut</td>
<td>1°</td>
</tr>
<tr>
<td>33</td>
<td>Libya</td>
<td>Tripoli</td>
<td>1°</td>
</tr>
<tr>
<td>34</td>
<td>Luxembourg</td>
<td>Luxembourg</td>
<td>1°</td>
</tr>
</tbody>
</table>

Note: The declination values are approximate and may vary slightly depending on the location. For accurate navigation, refer to the online magnetic declination calculator.
7.7 Compass Mode - Magnetic Declination Mode

What is Magnetic Declination
- Check the "Magnetic Declination at Major Cities" to get the magnetic declination of the city which is close to your current position. That angle will be inputted into the Watch during the calculation.
- In Compass Calibration display, press [M] to enter Magnetic Declination Display.
- Press [S/S] or [L/R] button to increase / decrease the number. (Hold down the button changes the number at a higher speed.)
- Hold [M] to confirm and exit the adjustment display.

8.0 Daily Alarm Mode - Daily Alarm 1, Daily Alarm 2 and Chime Display

Daily Alarm 1 and Daily Alarm 2
- The Watch includes two daily alarms: Daily Alarm 1 and Daily Alarm 2. The Daily Alarm 1 and Daily Alarm 2 are working independently.
- Press the [S/S] button to switch among the Daily Alarm 1, Daily Alarm 2 and Chime Display following the adjacent diagram.

How to Set the Alarm 1 and Alarm 2
- To select the setting display, hold the [M] button for about 2 seconds in Alarm 1 (2) Display, then the flashing "SET" icon will appear.
- In setting display, press the [M] button to change the selection between minute and hour.
- When the digits are flashing (selected), press the [S/S] or [L/R] button to increase / decrease the number (Hold down the button change the number at a higher speed).
- When the set is completed, press and hold the [M] button to exit the setting display.

9.0 Chronograph Mode - Start/Stop the Chronograph

The Watch includes a function elapsed times, accumulative elapsed time and lap times - Chronograph Mode.
- The display shows the 'All Zeros' display when the chronograph is being selected the first time or the chronograph has been reset.

How to Start/Stop the Chronograph
- When the chronograph is stopped (not counting). press the [S/S] button once to start the chronograph; press the [S/S] button once again to stop the chronograph.
- The elapsed time between the two keystrokes will appear on the display.
- Repeat the above mentioned steps to get the accumulative elapsed time of which the chronograph is running.

How to Reset the Chronograph
- To record a new set of elapsed time, held down the [L/R] button for 2 seconds to reset the chronograph to 'All Zeros' display when the chronograph was stopped.

NOTE: When the chronograph is reset, the record lap time(s) will be deleted at the same time.
10.0 Timer Mode - Setting the Target Time

- The timer starts counting from the Target Time to zero.
- The watch includes 6 quick-set values: 1, 3, 5, 10, 15, and 45 minutes setting the Target Time faster.
- The user target time can be set by the user; see 10.1 for the details of the setting.

10.1 Timer Mode - Setting the User Target Time

- The setting range is up to 99 hours 59 minutes 59 seconds.

10.2 Timer Mode - Using the Countdown Timer

- The Watch will prompt (during the counting) as follows:
  1. Beep once every minute for the last 10 minutes, i.e., 10'00", 9'00", and etc.
  2. Beep once every 10 seconds for the last minute, i.e., 0'50", 0'40", and etc.
  3. Beep once every second for the last 5 seconds.
  4. Beep for 30 seconds when timer reaches zero (press any button to stop the beep instantly).
- The target time will be reloaded automatically.

9.1 Chronograph Mode - Recording and Recalling Lap Time

- The chronograph can measure elapsed time without stopping the counting - Lap time.
- The Chronograph Mode allows recording lap time up to 100 laps.
- When the chronograph is counting, press the [L/R] button once to record a lap time (this key operation will not affect the counting).
- The lap number and lap time will appear on the display for 10 seconds, and it returns to counting display automatically.
- Repeat the steps mentioned above to get another lap time.

- To record a new set of lap times, hold the [L/R] button for 2 seconds in the Chronograph Stop Display.
- To recall lap times, hold the [M] button in the Chronograph Display (not counting).
- When the total time display is appeared, press the [S/S] or [L/R] button to check the next/previous lap time.
- Hold down the [M] button any time to back to the Chronograph Display.

- How to Recall Lap Times
  - To recall lap times, hold the [M] button in the Chronograph Display (not counting).
  - When the Total Time Display is appeared, press the [S/S] or [L/R] button to check the next/previous lap time.
  - Hold down the [M] button any time to back to the Chronograph Display.

- How to Reset Lap Times
  - To record a new set of lap times, hold the [L/R] button for 2 seconds in the Chronograph Stop Display.
11.2 World Time Mode - Setting

About UTC (Coordinated Universal Time)
- Since the sun shines time on different places is different. Therefore, our world is divided into several time zones so that people in different places can get a more accurate and common time.

- All the time zone calculations are relative to coordinated Universal Time (UTC). For example, the time zone of London is 'UTC +0'. Los Angeles is 8 hours behind the time of UTC. Therefore, Los Angeles' time zone is 'UTC-8'.

Setting of the User - defined city
- In World Time Setting Mode, press and hold [M] to enter World Time Setting Mode display. Press the [S/S] / [L/R] button in steps of 15 minutes to set the correct UTC.
- When setting is completed, hold down the [M] button to finish.

12.0 Battery Status View and Low Battery indication

Battery Status View
- Press [L/R] in Current Time mode to enter Battery Status View
- Press [L/R] or wait for 3 seconds, it will resume previous display.

Low Battery indication
- When the battery is running low, Low Battery indicate "        " and 0% "          " will be shown in Battery Status View.
- See following chapter to recharge the battery.
12.0 Power Saving Mode

- This Watch has a Power Saving Function which can turn Off the LCD display so that the battery can last longer.
- In the Power Saving Mode, the watch function is still working normally. (i.e. The timekeeping function is still running in Power Saving Mode.)

How to enter/exit the Power Saving Mode

- To enter the Power Saving Mode, hold down the [L/R] button in Current Time Mode for about 5 seconds and the LCD display will be turned Off.
- Press any Button in Power Saving Mode to exit this mode and the LCD display will be resumed.

13.0 Specifications - Timekeeping Mode

Current Time Mode
- Hour, minute, second, am, pm, month, date
- Day of week, weather forecast, temperature, sea level pressure history display or altitude history.
- Time System: 12-hour or 24-hour format
- Daylight Saving Time (DST)

Calendar System
- Auto-Calendar pre-programmed from the year 2000 to 2099
- Weather Forecast: 5 symbols to indicate the predicted weather

Daily Alarm Mode
- 2 daily alarms - Hourly chimes
- Alarm Sound
- Sounds for 30 seconds at preset time

Countdown Timer Mode
- Resolution: 1 second resolution
- Measuring range: 99 hours 59 minutes 59 seconds
- Quick Set: 6 quick set Values (1, 3, 5, 10, 15, 45 minutes) and 1 User Define.

13.1 Specifications - Sensor Mode

Trip Mode - Pedometer
- 3 Target Goal: Distance, Steps and Calories
- Step range: 0-99999
- Moving Timer: 0:00:00 to 9:59:59
- Distance Measurement: max. 99 km
- Speed Measurement: max. 65 km/h
- Maximum 30 Trip point data recall
- Maximum 10 Peak Points recall

Trip Mode - Altimeter
- Resolution: 1m (1ft)
- Measuring range: -706m to 9164m (-2316ft to 30067ft)
- Sampling Interval: First 5 min: 1 sec; After 5 min: 1 minute

13.1 Charging the battery

To charge the battery
- Make sure the 2 connection pads on the case back are dry.
- Align the clip guide and pins with the notch and contacts at the bottom of the watch.
- Make sure the clip is secured.
- Plug the other end of the USB cable into one of the PC’s USB connectors.
- The display will indicate the battery in charging animation.
- When the battery is finished charging, the display will indicate "FULL".

Battery charging animation

Power Saving Mode

Battery is fully charged

13.2 Specifications - Barometer Mode

Resolution/ Measuring Range: 300 hPa/mbar to 1100 hPa/mbar (8.85 inHg to 32.48 inHg)
- Sampling Interval: First 5 min: 1 sec; After 5 min: 1 minute
- History Recall: Maximum 24 hours history recall

Thermometer
- Resolution: 0.1 ˚C (0.1˚F)
- Measuring range: -10.0 ˚C to 60.0 ˚C (14.0 ˚F to 140.0 ˚F)

Barometer Mode
- Resolution: Measuring Range: 300 hPa/mbar to 1100 hPa/mbar (8.85 inHg to 30.48 inHg)
- Sampling Interval: First 5 min: 1 second; After 5 min: 1 minute
- History Recall: Maximum 24 hours history recall

Backlight
- Electro-Luminescent (EL) backlight

Battery
- Watch: 3V lithium battery (CR2032) 1 piece