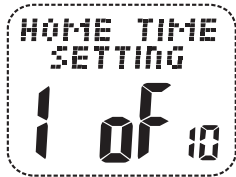
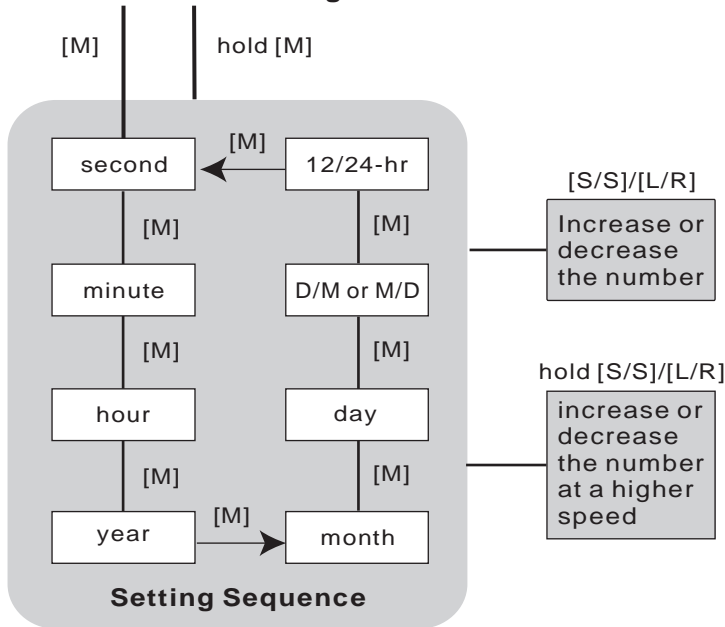


# Time Mode Quick Setup



## Home Time Quick Setting



## How to Set the Time

1. To select the setting display, press/hold the [M] button for 2 seconds in the Home Time Mode. 'HOME TIME SETTING' will appear.
2. Press the [M] button in the 'HOME TIME SETTING' Mode, the 'Second' digits will start flashing:

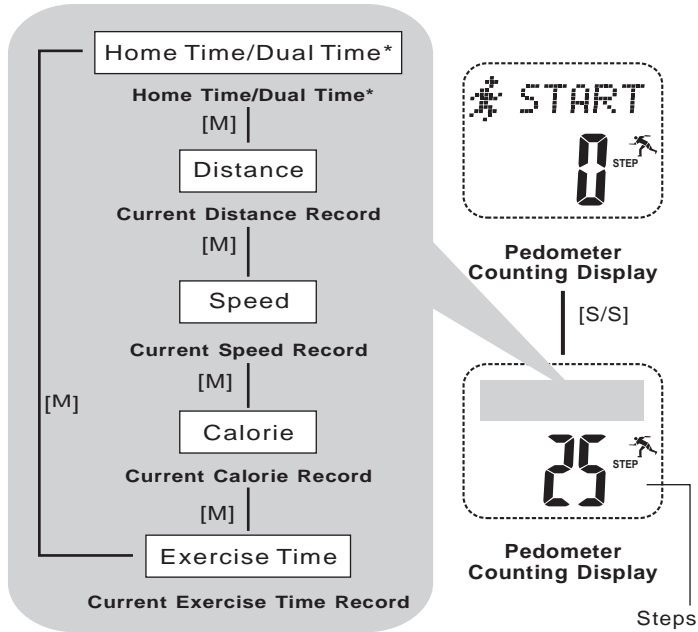
In setting display, press the [M] button to move the flashing following the adjacent diagram to select among different settings.

When the second digits start flashing, press the [S/S] or [L/R] button to reset them to zero.

During one of the settings (minute, hour, year, month and day) is flashing, press the [S/S] or [L/R] button to change the number (hold down the button to change the number at a higher speed).

When the setting is completed, hold the [M] button for 2 seconds to exit the setting display. The Watch will also exit the setting display if NO button has been pressed for 1 minute.

# Speed & Distance Quick Setup



**Remark\*:** It depends on which display format you selected.

## How to Start the Speed & Distance Function

1. In Home Time Mode press (L/R).
2. Press (S/S) and the animated runner will appear. Begin to walk/run and after approximately 12 steps the watch will log data.

**IMPORTANT:** Allow your arm to move as you walk or run. If you hold the watch still for a prolonged period, the results may skew.

## Speed & Distance Sub Modes

The following five readings can be shown on the upper display in Pedometer Mode:

**Home Time/Dual Time, Distance, Speed, Calorie Expenditure & Exercise Time**

The step reading is persistent on the lower display in Pedometer Mode.

## How to View the Functional Display

Once users start doing exercise and start the pedometer as well, the corresponding data will be updated to the display each second.

Press the [M] button to view among the home time/dual time, current distance, current speed, calorie expenditure and current exercise time following the adjacent diagram.

**NOTE:** Complete interactive instructions are available online at [www.tech4o.com](http://www.tech4o.com). These instructions will take you through -step by step- all of the functions of the watch. This is the recommended learning method. Call 1.800.572.8822 and speak to a customer service representative. Weekdays 8am- 5pm Eastern Time.