

Thank you for your purchase of this sports watch. It will bring more happy for your outdoor sports. It incorporates altimeter, barometer, compass, pedometer, altimeter trend chart, air pressure trend chart, thermometer, world time, clock, stop watch, countdown timer and weather forecast etc. The following user guide provides step by step instructions for operation. Every chapter describes one mode with LCD display and operation setting method. Just enjoy it.

1. Features:

- Time functions: hour, minute, second, year(2000-2099), month, date, weekday, 12H/24H
- Pedometer, step counter, calorie, distance record
- Alarm clock (2 sets alarm clock, hourly alarm)
- Countdown timer(99:59:59 ~ 0)
- Stopwatch (0 ~ 99:59:59), 11 sets of data
- 10 level contrast adjustment of LCD
- Corporates digital compass, altimeter, barometer, thermometer, air pressure trend and altitude trend
- 24hours air pressure trend chart
- 12hours altitude trend chart & Climb rate
- Weather forecast
- Worldtime funtions (daylight saving time switch automatically)
- Button tone on or off
- Battery life remind
- EL backlight

1

2. LCD display and controls



Button:

- Ⓐ **Light / Lock button:** EL backlight and lock mode
- Ⓑ **Mode/View button:** Set and switch functions
- Ⓒ **Comp/- button:** Compass function and decrease data
- Ⓓ **A.B/+ button:** Altimeter function or Barometer function and increase data

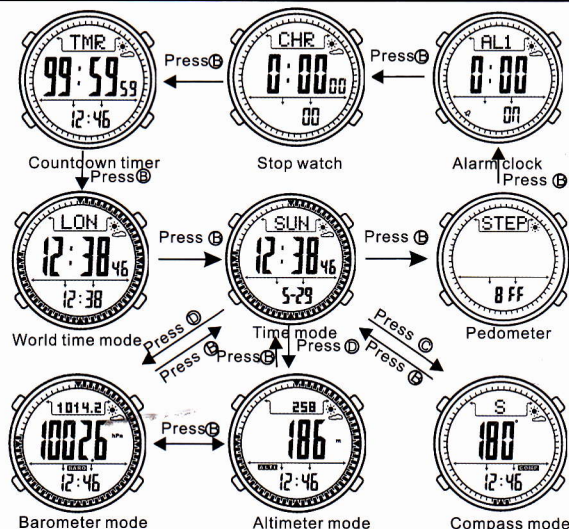
Icon:

	Setting mode		12 hours format
	Battery remind		Lock mode
	Weather forecast		Alarm clock
	Altitude / barometric trend chart		Turn on pedometer, stop watch and countdown timer
	Air pressure trend arrow		

2

3. Function mode

LCD display of function mode



3

3.1 Time mode

LCD display:

- Upper: Week
- Middle: Time
- Below: Date

Button function:

- Press **A** EL backlight will be turned on 6 seconds
- Press **B** to enter pedometer mode, long it to enter time setting mode.
- Press **C** to enter compass mode
- Press **D** to enter altimeter / barometer mode, long press it to switch among week, temperature, altitude chart, barometric chart



Week

Long press **D**



Barometric chart



Temperature

Long press **D**



Altitude chart

4

Time setting mode

Under time mode, long press button B to enter setting mode

LCD display:

- Upper: SET
- Middle: Week
- Below: Weather forecast

Button function:

- Press **A** EL backlight will be turned on 6 seconds
- Press **B** to switch among hour, minute, second, year, month, date, MMDD/DDMM, 12/24H, LCD contrast, button tone, temperature unit, altitude unit, air pressure unit, pedometer weight. Selected item will be flashed, long press it to save and exit setting mode. SET icon will be disappeared.
- Press **C** to decrease data, long press it to decrease data quickly
- Press **D** to increase data, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, SET icon will be disappeared.

3.2 Pedometer mode

Under time mode, press button B to enter pedometer mode. Then press button D to turn on pedometer. "RUN" icon will be displayed on LCD screen.

LCD display:

- Upper: STEP
- Middle: Steps
- Below: Sports time

Button function:

- Press **A** EL backlight will be turned on 6 seconds.
- Press **B** to enter alarm clock mode, pedometer is turned off at the same time. Long press it to enter pedometer setting mode.
- Press **C** to switch between steps mode and calorie mode.
- Press **D** to turn on or off pedometer. When turn off pedometer, long press it to clear zero.

5



Pedometer mode



Step mode



Calorie mode

Press C

Pedometer setting mode

Under pedometer mode, long press button B to enter pedometer setting mode.

Button function:

- Press **A** EL backlight will be turned on 6 seconds
- Press **B** to switch setting items including clear zero, weight and step length. long press it to save and exit setting mode. "SET" icon will be disappeared.
- Press **C** to decrease data, long press it to decrease data quickly
- Press **D** to increase data, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, "SET" icon will be disappeared.



Clear zero for step



Weight setting



Step length setting

Press B

Press B

3.3 Alarm clock mode

Under time mode, press button B two times to enter alarm clock mode.

LCD display:

- Upper: AL1 (alarm clock group)
- Middle: Weather forecast
- Below: Alarm time

Button function:

- Press **A** EL backlight will be turned on 6 seconds, long press it to enter lock mode. "L" icon will be displayed on LCD. When system is locked, it will not exit to time mode automatically after 30 seconds. Long press button A again to exit lock mode.
- Press **B** to enter stop watch mode, long press it to enter alarm clock setting mode to set current alarm clock.
- Press **C** to turn on or off alarm clock. "A" icon will be displayed on LCD when turn on alarm clock.
- Press **D** to switch alarm clock group among AL1 (1st group), AL2 (2nd group), Chime (hourly alarm)



Alarm clock setting mode

Under alarm clock mode, long press button B to enter alarm clock setting mode. Under hourly alarm mode, long press button B can not enter setting mode.

Button function:

- Press **A** EL backlight will be turned on 6 seconds
- Press **B** to switch hour and minute, long press it to save and exit setting mode. "SET" icon will be disappeared.
- Press **C** to decrease data, long press it to decrease data quickly
- Press **D** to increase data, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, "SET" icon will be disappeared.



6

7

3.4 Stopwatch mode

Under time mode, press button B three times to enter stopwatch mode.

LCD display:

- Upper: CHR or data group (1L, 2L ...)
Weather forecast
- Middle: hour, minute, second
- Below: millisecond

RUN (When stopwatch is working, it will be displayed)

Button function:

- Press **A**, EL backlight will be turned on 6 seconds, long press it to enter lock mode. "🔒" icon will be displayed on bottom right of LCD. Long press it again to exit lock mode.
- Press **B** to enter countdown timer mode, long press it to check LAP data (Only when stopwatch stops working).
- Press **C** to record one LAP data. System can record 11 groups of LAP data. 1L to 11L will be displayed on upper of LCD. (Only when stopwatch is under working.) Long press it to clear zero (Only when stopwatch stops working).
- Press **D** to turn on or off stop watch. When stopwatch is turned on, "RUN" icon will be displayed on below of LCD.

PS: A LAP is one full circuit in a race. LAP is one run around a track.



8

LAP checking

Under stopwatch mode, when stopwatch is stopped working and there is LAP data, long press button B to enter LAP checking mode.

Button function:

- Press **A**, EL backlight will be turned on 6 seconds
- Press **B** to return back to stop watch,
- Press **C** to check last LAP, long press it to check last LAP groups quickly till to TTL.
- Press **D** to check next LAP, long press it to check next LAP groups quickly till to TTL.

PS: TTL is total running time.

3.5 Countdown timer mode

Under time mode, press button B four times

to enter countdown timer mode.

LCD display:

- Upper: TMR
Weather forecast
- Middle: Countdown timer
- Below: Time

Button function:

- Press **A**, EL backlight will be turned on 6 seconds, long press it to enter lock mode. "🔒" icon will be displayed on bottom right of LCD. Long press it again to exit lock mode.
- Press **B** to enter world time mode, long press it to enter countdown timer setting mode (Only when countdown timer stops working).
- Press **C** to clear zero (Only when countdown timer stops working).
- Press **D** to turn on or off countdown timer. When countdown timer is turned on, "RUN" will be displayed on below of LCD.



9

Countdown timer setting mode

Under countdown timer mode, long press button B to enter countdown timer setting mode.

Button function:

- Press **A**, EL backlight will be turned on 6 seconds
- Press **B** to switch hour, minute and second.

Long press it to save and exit setting mode. "SET" icon will be disappeared.

- Press **C** to decrease data, long press it to decrease data quickly
- Press **D** to increase data, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, "SET" icon will be disappeared.



3.6 World time mode

Under time mode, press button B five times to enter world time mode.

PS: Before using world time, firstly please set the time zone which you locate. Please refer below time zone setting method.

LCD display:

- Upper: Abbreviation of the city
Weather forecast
- Middle: World time
- Below: Current Time

Button function:

- Press **A**, EL backlight will be turned on 6 seconds, long press it to enter lock mode. "🔒" icon will be displayed on bottom right of LCD. Long press it again to exit lock mode.
- Press **B** to enter time mode, long press it to enter time zone setting mode.
- Press **C** to check last city, long press it to check last cities quickly.
- Press **D** to check next city, long press it to check next cities quickly.



10

Under world time mode, the order of city name is as below,

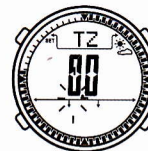
LON	→	PAR	→	CAI	→	ANK	→	JED	→	THR	→	DXB	→
KBL	→	KHI	→	DEL	→	DAC	→	RGN	→	BKK	→	HKG	→
TYO	→	ADL	→	SYD	→	NOU	→	WLG	→	PPG	→	HNL	→
ANC	→	LAX	→	DEN	→	CHI	→	NYG	→	CCS	→	RIO	→

Time zone setting mode

Under world time mode, long press button B to enter time zone setting mode.

Button function:

- Press **A**, EL backlight will be turned on 6 seconds
- Press **B** to switch data setting, long press it to save and exit setting mode.
- "SET" icon will be disappeared.
- Press **C** to decrease data, long press it to decrease data quickly
- Press **D** to increase data, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, "SET" icon will be disappeared.



11

City list of worldtime

Code	City	GMT	Other major cities in same time zone
LON	London	0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
PAR	Paris	1	Milan, Rome, Madrid, Amsterdam, Algiers, Hamburg, Frankfurt, Vienna, Stockholm, Berlin
CAI	Cairo	2	Athens Helsinki, Istanbul, Beirut, Damascus, Cape town
ANK	Ankara	2	Ankara
JED	Jeddah	3	Kuwait, Riyad, Aden, Addis, Ababa, Nairobi, Moscow
THR	Tehran	3.5	Shiraz
DXB	Dubai	4	Abu Dhabi Muscat
KBL	Kabul	4.5	Kabul
KHI	Karachi	5	Male
DEL	Delhi	5.5	Mumbai Kolkata Colombo
DAC	Dhaka	6	Chittagong
RGN	Yangon	6.5	Yangon
BKK	Bangkok	7	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	HongKong	8	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
TYO	Tokyo	9	Seoul, Pyongyang (SEL Seoul)
ADL	Adelaide	9.5	Darwin
SYD	Sydney	10	Melbourne, Guam, Rabaul
NOU	Noumea	11	Pt Vila
WLG	Wellington	12	Christchurch, Nadi, Nauru Is
PPG	Pago Pago	-11	Pago Pago
HNL	Honolulu	-10	Papeete
ANC	Anchorage	-9	Nome
LAX	Los Angeles	-8	San Francisco, Las Vegas, Vancouver, Seattle/Tacoma, Dawson City
DEN	Denver	-7	El Paso, Edmonton
CHI	Chicago	-6	Houston, Dallas/Ft. Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-5	Montreal, Detroit, Miami, Boston, Panam City, Havana, Lima, Bogota
CCS	Caracas	-4.5	La Paz, Santiago, Pt Of Spain
RIO	Rio De Janeiro	-3	Sao Paulo, Buenos Aires, Brasilia, Montevideo

12

Using first time or replacing battery, press **[C]**, it will enter into compass calibration. To get more accuracy data, under compass mode, long press **[C]**, it will enter into compass calibration.

C.How to calibrate compass?

When enter into calibration, circle on LCD display will rotate, "Cal" will display on the top.

Keep watch level, rotate it clockwise with equal speed and slowly till it exits calibration automatically and enter into compass mode.

If there is no operation in 30 seconds, compass will go to IDLE mode.

If there is still not any operation in 30 seconds, it will go back to time mode.

If calibrating is not successfully, compass calibration mode will be displayed on LCD when enter into compass mode. Then we should calibrate it again.

Magnetic Declination

Under compass mode, long press button B to enter into magnetic declination.

Press C or D to decrease or increase data.

Long press B to save and exit setting.

Magnetic declination is defined as the angle between magnetic north (the direction the north end of a compass needle points) and true north. Only a GPS can determine true north by knowing your exact orientation on the earth. All digital compasses measure magnetic north. The declination is positive when the magnetic north is east of true north. The declination is negative when the magnetic north is west of true north. To determine the declination for your location, visit:

<http://www.ngdc.noaa.gov/geomagmodels/Declination.jsp>

For example, Phoenix, AZ produces the following result: Declination = 10° 59' E changing by 0° 6' W/year (or +10 degrees 59 minutes changing 6 minutes per year). To convert to decimal format: Declination = 10° + 59/60 (°/") = 10.98° (rounded to the nearest integer, Declination = 11°). Enter +11 into the display. This will offset magnetic north by +11 degrees (or 11 degrees to the East) to true north. Note that the magnetic declination changes as a function of time for

14

3.7 Digital compass mode

Under time mode, press button C to enter digital compass mode.

LCD display:

– Upper: Bearing code (such as NE, SW, ESE etc.)

Weather forecast

– Middle: Degree (This degree is measured degree between north to current position)

– Below: Time

– Outer ring: Three black points (Always indicating North)

Button function:

– Press **[C]**, EL backlight will be turned on 6 seconds, long press it to enter lock mode. "🔒" icon will be displayed on bottom right of LCD. Long press it again to exit lock mode.

– Press **[A]** to enter time mode, long press it to enter magnetic declination setting.

– Press **[C]** to enter restart compass, long press it to enter compass calibration.

PS: Under lock mode, if there is no operation in 60 seconds under compass mode, compass will go to IDLE mode. Press button C to restart compass.

If system is not locked, and under compass mode, if there is no operation in 60 seconds, compass will go to IDLE mode.

If there is still no operation in 30 seconds, it will go back to time mode. Press button C to restart compass.

Compass calibration :

A. When should we calibrate compass?

Using first time or after replacing battery, press **[C]** to enter compass mode. It requests calibrate compass first.

To let compass working more accuracy, we should calibrate compass regularly.

When compass decline degree too much, we should calibrate compass

B. How to enter into compass calibration?

Your location. In the above example, the declination changes -6 minutes (or 0.10° per year, or about 1° every 10 years). Thus, time function is insignificant.

3.8 Barometer mode

Under time mode, press button D to enter barometer / altimeter mode.

Under altimeter mode, long press button D to switch to bar

LCD display:

– Upper: Sea level air pressure, temperature or

sea level air pressure trend chart

Weather forecast

– Middle: Air pressure

– Below: Time

Button function:

– Press **[A]**, EL backlight will be turned on 6 seconds, long press it to enter lock mode. "🔒" icon will be displayed on below right of LCD. Long press it again to exit lock mode.

– Press **[B]** to enter time mode

– Press **[C]** to check sea level air pressure for last hour. The line of air pressure trend chart will be changed at same time. (Only when sea level air pressure trend chart display on upper of LCD.)

– Press **[D]** to switch among sea level air pressure, temperature, sea level air pressure trend chart.

Long press it to switch between altimeter / barometer mode.



Sea level air pressure

Temperature

Sea level air pressure trend chart

15

3.9 Altimeter mode

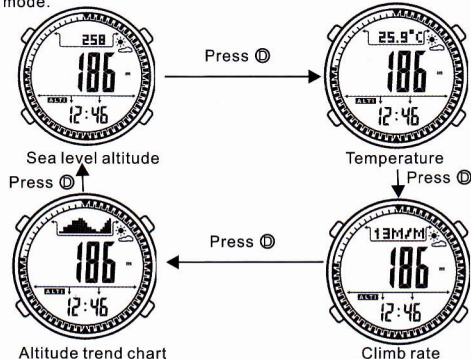
Under time mode, press button D to enter into altimeter / barometer mode.
Under barometer mode, long press D to enter into altimeter mode.

LCD display:

- Upper: Sea level altitude, temperature, climb rate or altitude trend chart
- Middle: Climb altitude
- Below: Time

Button function:

- Press EL backlight will be turned on 6 seconds, long press it to enter lock mode. " " icon will be displayed on below right of LCD. Long press it again to exit lock mode.



16

- Press to enter time mode, long press it to enter altitude setting mode.
- Press to switch among sea level altitude, temperature, climb rate and altitude trend chart. Long press it to switch between altimeter / barometer mode.

Unit of climb rate: M/M or Ft/M.

M/M means meter/minute. Ft/M means feet/minute.

Altimeter setting mode

Under altitude mode, long press button B to enter altimeter setting mode.

LCD display:

- Upper: SET
ZERO, ALTI or SEAP
Weather forecast
- Middle: CAL or setting data

Button function:

- Press , EL backlight will be turned on 6 seconds
- Press to switch setting items: Clear zero for climb altitude, sea level altitude and sea level air pressure. Long press it to save and exit setting mode. "SET" icon will be disappear.
- Press to decrease data or clear climb altitude zero, long press it to decrease data quickly
- Press to increase data or clear climb altitude zero, long press it to increase data quickly
- If there is no operation in 30 seconds. It will save and exit setting mode, "SET" icon will disappear.

How to clear zero for Climb altitude when start climbing?

- Under time mode, press button D to enter altitude mode
- Long press button B to enter altitude setting mode
- Press button C or D to clear zero for climb rate
- Long press button B to save and exit setting mode.
- If there is no operation in 30 seconds. It will save and exit setting mode also.

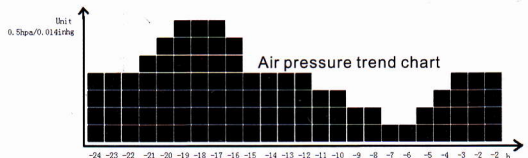
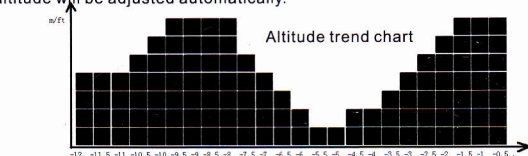
17



Clear zero for climb altitude Sea level altitude setting Air pressure setting

Sea level altitude setting VS. Sea level air pressure setting?

In altitude setting mode, when we set sea level altitude, sea level air pressure will be adjusted automatically. When we set sea level air pressure, sea level altitude will be adjusted automatically.



18

感谢您购买此款运动手表，它将为您户外运动增添更多乐趣！此款运动手表集合了高度，气压，指南针，计步器，登山速率，高度趋势变化图，气压趋势变化图，温度，世界时间，时钟，跑表，倒计时，天气预报等多功能于一身的运动手表。

此《用户指南》说明了产品功能、工作方法以及操作方法。每一主要章节都说明了一种模式及其视图，并提供这些视图的设置和使用信息，使您可以最大程度地享受您所钟爱的户外活动。

1. 基本特性:

- 时间功能：时、分、秒、年（2000-2099）、月、日、星期、12H/24H
- 闹铃提醒功能（2组闹铃提醒，整点提醒功能）
- 倒计时功能（99小时59分59秒~0）
- 跑表功能（0~99小时59分59秒99）可同时记录11组数据
- 10级LCD对比度调整
- 指南针、高度、气压、温度、气压变化曲线，高度变化曲线
- 24小时气压变化趋势图
- 计步，步速测量，路程，卡路里，运动时间记录
- 12小时海拔高度变化趋势图及登山速率
- 天气预报
- 世界时间功能（夏令时自动判断）
- 按键音开关
- 电池电量提醒功能
- EL背光功能

19