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
- Incorporates digital compass, altimeter, barometer, thermometer, air pressure trend and altitude trend
- 24 hours air pressure trend chart
- 12 hours altitude trend chart & Climb rate
- Weather forecast
- World time functions (daylight saving time switch automatically)
- Button tone on or off
- Battery life remind
- EL backlight

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:
- SET: Setting mode
- A/P: 12 hours format
- Battery remind: Lock mode
- Weather forecast: Alarm clock
- Air pressure trend arrow: Turn on pedometer, stop watch and countdown timer

3. Function mode

- Countdown timer
- Stop watch
- Alarm clock
- World time mode
- Time mode
- Pedometer
- Barometer mode
- Altimeter mode
- Compass mode
**3.1 Time mode**

LCD display:
- Upper: Week Weather forecast
- Middle: Time
- Below: Date

Button function:
- Press A EL backlight will be turned on 6 seconds
- 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

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**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: SET
  - Week Weather forecast
- Middle: Time
- Below: Date

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

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**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)
  - Weather forecast
- Middle: Alarm time
- Below: ON/OFF

Button function:
- Press A, EL backlight will be turned on 6 seconds, long press it to enter lock mode. “!” 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 C to enter stop watch mode, long press it to enter alarm clock setting mode to set current alarm clock.
- Press D to turn on or off alarm clock. “!” icon will be displayed on LCD when turn on alarm clock.
- Press E to switch alarm clock group among AL1 (1st group), AL2 (2nd group), Chime (hourly alarm)

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**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 E 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 F to decrease data, long press it to decrease data quickly
- Press G 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.

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**Weight setting**

Under pedometer mode, long press button B to enter weight 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.
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 …)
- 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. “SET” 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 stopwatch. 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.

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.

3.5 Countdown timer mode
Under time mode, press button B four times to enter countdown timer mode.
LCD display:
- Upper: TMR
- Middle: Countdown timer
- Below: Time

Button function:
- Press A, EL backlight will be turned on 6 seconds, long press it to enter lock mode. “SET” 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.

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
- 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. “SET” 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.

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 WLG PPG HNL

Time zone setting mode
Under world time mode 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.
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.

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

B. How to check Sea level air pressure for last hour?
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.)

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.)
- Middle: Degree (This degree is measured degree between north to current position)
- Below: Time
Outering: Three black points (Always indicating North)

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

C. 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
- 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[A] to enter time mode
- Press[A] 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[A] 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
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. “lock” icon will be displayed on below right of LCD. Long press it again to exit lock mode.
- 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
- 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.

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.

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、计时、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，使您可以在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
- 倒计时功能（2组闹钟提醒，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）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