Digital Sports Watch

USER’S GUIDE

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Introduction

This Athletic Works Digital Watch is an easy-to-use timepiece designed for everyday use. Its included functions are:
• Stopwatch with split time function
• Daily Calendar
• Alarm and Hourly Ring
• Backlight

Specifications: This watch has a stainless steel caseback. It is water resistant up to 100ft. It uses one 3V button cell. The battery life depends on how frequent the alarm, backlight, and hourly chime are used. These guidelines will instruct the consumer on how to use this product's various functions, easily and efficiently.

Button Layout

<table>
<thead>
<tr>
<th>Button</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Button:</td>
<td>Turns on the backlight to temporarily read in the dark. Light lasts for three seconds before turning off.</td>
</tr>
<tr>
<td>Mode Button:</td>
<td>Changes the display modes.</td>
</tr>
<tr>
<td>Start/Stop Button:</td>
<td>Displays the current day, month, and weekday.</td>
</tr>
<tr>
<td>Reset Button:</td>
<td>Displays the current Alarm time.</td>
</tr>
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## Mode Selection

This watch has three display modes to select from: Clock Mode (CLK), Stop-Watch Mode (STW), and Alarm Time Mode (ALM). Press the MODE button once to alternate from one mode to the next, respectively.

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## Setting the Time and Date

1. In CLK, continue to press the MODE button until the second digits blink.
2. Click the START/STOP button to reset the seconds to zero (00).
3. Press the RESET button and the minute digits will blink.
4. Click the START/STOP button to set the minutes. Hold down on the button to increase the speed.
5. Press the RESET button and the hour digits will blink.
6. Click the START/STOP button to set the hours.
7. You can select between 12-hour and 24-hour display modes. A “P” indicator signifies it to the afternoon 12-hour setting and a “H” means that it is the 24-hour setting.
8. Continue this pattern to set the day of the month, month, and day of the week, respectively.
9. Press the MODE button to finish and exit back to CLK.

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## Setting the Daily Alarm

1. In CLK, press the MODE button until the hour digits will blink.
2. Click the START/STOP button to set the hours.
3. Press the RESET button and the minute digits will blink.
4. Click the START/STOP button to set the minutes.
5. Press the MODE button to finish and exit back to CLK.

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## Using the Daily Alarm/Hourly Ring

1. To show the Alarm Time, press and hold the RESET button in CLK.
2. Press and hold the RESET and START/STOP button to turn on/off the alarm. An indicating bell symbol will appear when the function is on. The alarm will now sound at a pre-set time everyday.
3. Press and hold the RESET and MODE button to turn on/off the hourly ring. The ring will make a sound every hour on the hour. When all of the days-of-the-week are highlighted then function is on and visa-versa.

**NOTE:** This also turns on the 12-hour and 24-hour display mode.
**Stopwatch Mode**

1. In CLK, press the MODE button to switch to STW.
2. Press the START/STOP button to start the counting and press it again to stop. A beep will be heard each time if done correctly.
3. To reset the watch to 00:00, stop the counting with the START/STOP button and then press the RESET button.

- This mode also has a split function which maintains the total time of each person.
4. Press the RESET button while the timer is going to check the split time.
5. Press it again to return to the on-going time.
6. To stop the Split time function, press the START/STOP button once and then the RESET button to reset it.

**NOTE:** The stopwatch will start over to 00:00 once the timer reaches 59 minutes and 59.99 seconds.

**Caution Guidelines**

Do not expose or store watch to extreme sunlight or temperatures for long periods of time, or physically mishandle it. Doing so may cause unnecessary wear-and-tear or damage to the screen.

**Troubleshooting**

If you have any questions regarding the digital watch, its functions, or are in need of a repair for the piece (if it is still in warranty), visit at www.advancegroupinc.com for help and instructions to help solve any unresolved issues.

**Sources**

Pictures *(P)* included are modified from:


**P2.** P2. Title picture: <http://www.vtarmynavy.com/digital-compass-watch.htm>