FX TRAINER



S1. Start/Lap Button
S2. Stop/Reset Button
S3. Mode Button
S4. Light Button

DISPLAY MODES:
The watch has five display modes: HOME TIME (T1) / FOREIGN TIME (T2), CHRONOGRAPH (CHRONO), RECALL, TIMER and ALARM.

To change from one display mode to another, press S3 button once.

TO SELECT THE ALERT MANNER OF BUTTON OPERATION, TIMER AND ALARM
In NORMAL TIME / FOREIGN TIME mode, press and hold S3 button to select the alert manner setting of button operation, timer and alarm in the sequence of audio only [ ], vibration and audio [ ] + [ ], and vibration only [ ] .

HOME AND FOREIGN DISPLAY:
To display FOREIGN TIME mode, press and hold S1 button when HOME TIME mode is displayed. The mode description (T2) will be displayed and blink for approximately 3 seconds before switching over to FOREIGN TIME mode. To change back to HOME TIME mode, press and hold S1 button again.

TO SET THE TIME AND CALENDAR:
1. Press S3 button to select HOME TIME / FOREIGN TIME mode.
2. Press and hold S2 button, the message "HOLD TO SET" will be displayed for approximately 2 seconds and the time zone setting will blink.
3. Press S1 button to toggle between HOME TIME (TIME 1) and FOREIGN TIME (TIME 2) to set.
4. Press S3 button, the hour digits will blink. Press S1 button to set the hour digits. Holding down the button will speed up the process.
5. Press S3 button, the minute digits will blink. Press S1 button to set the minute digits. Holding down the button will speed up the process.
6. Press S3 button, the second digits will blink. Press S1 button to reset the second digits to zero.
7. Press S3 button, the month digits will blink. Press S1 button to set the month digits.
8. Press S3 button, the date digits will blink. Press S1 button to set the date digits.
9. Press S3 button, the year digits will blink. Press S1 button to set the year digits.
10. Press S3 button, the hour format setting will blink. Press S1 button to toggle between 12-hour (12HR) format and 24-hour (24HR) format. The P.M. indicator may be displayed to indicate the time period 12:00 P.M. – 11:59 P.M. in 12-hour format.
11. Press S3 button, the calendar format setting will blink. Press S1 button to toggle between month-date (MM-DD) format and date-month (DD-MM) format.
12. Press S3 button, the hourly chime (CHIME) setting will blink. Press S1 button to toggle between ON and OFF for the hourly chime setting.
13. Press S3 button, the "BEEP" setting will blink. The "BEEP" option will cause the watch to beep / vibrate (depends on the alert manner setting) anytime a button is pressed. Press S1 button to toggle between ON and OFF for the beep setting.
14. When finished making all the settings, press S2 button to confirm.

NOTE: The day (of the week) is automatically set in accordance with the date.

NOTE: The Year digits range from 2008 to 2099.

TO USE CHRONOGRAPH:
1. Press S3 button to select CHRONOGRAPH mode.
2. The maximum number of laps that can be stored in a new workout will be displayed. If the lap memory is full, the message "FULL" will be displayed and a beep will be emitted.
3. The chronograph will then be displayed in its current state – stopped, running or reset.
4. To resume a stopped counting, press S1 button to resume from where it left off.
5. To start a new counting, reset the chronograph to zero first.
   Press and hold S2 button, the message "HOLD TO CLR" will be displayed for approximately 2 seconds and the counter will be reset to zero.

For changing the chronograph display format:
In CHRONOGRAPH mode,
1. Make sure the chronograph is in the reset state and there is no previous lap record.
2. Press S4 button to toggle between LAP format and SPL format.
3. If LAP format is selected, the lap time of the registered will be displayed during lap taking.
   If SPL format is selected, the split time of the registered lap will be displayed during lap taking.

NOTE: Definitions of lap time and split time:
a) Lap time – individual lap time.
b) Split time – cumulative lap time.

NOTE: The selected chronograph display format will apply to both chronograph counting and chronograph recall function.

For the measurement of elapsed time:
In CHRONOGRAPH mode,
1. Press S1 button to start counting.
2. To stop counting, press S2 button.
3. To restart counting and resume from where it left off, press S1 button.
4. To reset to zero, press S2 button to stop counting, then press and hold S2 button. The message "HOLD TO CLR" will be displayed for approximately 2 seconds and the counter will be reset to zero.

For the measurement of split time:
In CHRONOGRAPH mode,
1. Press S1 button to start counting.
2. While the chronograph is running, press S1 button once to register a lap.
3. Depends on the chronograph display format chosen, the lap time (if LAP format is chosen) or split time (if SPL format is chosen) of the registered lap will be displayed. The lap number of the registered lap will be blinking at the top line of the display.
   After approximately 10 seconds, the current elapsed time and the lap number of the current lap will be displayed.
4. Repeat the last step until all the laps have been registered.
5. To stop counting, press S2 button. The total elapsed time and the lap number of the final lap will be displayed.
6. To reset to zero, press and hold S2 button. The message "HOLD TO CLR" will be displayed for approximately 2 seconds and the counter will be reset to zero.

For using the five-second countdown start:
In CHRONOGRAPH mode,
1. Make sure the chronograph is in the reset state and there is no previous lap record.
2. Press and hold S2 button, the number "5" will blink for approximately 2 seconds, and then the five-second countdown start will be activated.
3. Press S1 button to initiate the five-second count down.
4. After 5 seconds (count down to zero), a long beep will be emitted and the chronograph will be initiated.

NOTE: The chronograph can count up to a maximum time of 99:59:59.99 (99 hours:59 minutes:59.99 seconds). If the chronograph has reached the maximum time as specified, press and hold S2 button to reset the chronograph to zero.

NOTE: You can leave the chronograph running while switching over to other operating modes. The chronograph indicator [ ] will be displayed in HOME TIME mode and FOREIGN TIME mode when the chronograph is in use.

For saving the lap record:
In CHRONOGRAPH mode,
1. Upon finishing a counting, press and hold S4 button, the message "HOLD TO SAVE" will be displayed for approximately 2 seconds.
2. If there is sufficient memory, the set of lap record will be stored and the remaining available lap memory will be displayed.
   If there is insufficient memory, the set of lap record will be stored along with as many of the oldest splits as possible and the message "FULL" will be displayed.

TO USE THE RECALL MODE:
1. Press S3 button to select RECALL mode,
2. If there is lap record stored, the date stamp (showing the day, date and

month) of a stored set of lap record will blink at the upper line of the display.
If there is no lap record stored, the message "no DATA" will be displayed.
3. Press S1 button to cycle the date stamp(s) of the stored lap record(s). This has no effect if there is no lap record stored.
4. When the date stamp of the desired set of lap record is displayed, press S2 button to select.
5. Press S1 button to cycle the details of the selected set of lap record in the sequence of: total elapsed time (TOTAL), fastest lap (BEST), slowest lap (SLOW) and individual lap records in sequential order.

To delete individual set of lap record:
In RECALL mode,
When the date stamp of the desired set of lap record is displayed, press and hold S2 button. The message "HOLD TO DEL" will be displayed for approximately 2 seconds, and the set of lap record will be deleted.

To delete all lap records:
In RECALL mode,
In the lap record selection page where the date stamp(s) of the stored lap record(s) is blinking, press and hold S4 button.
The message "ALL DEL" will be displayed for approximately 2 seconds. All stored lap records will then be deleted and the remaining available lap memory will be displayed.

NOTE: When displaying the fastest/slowest lap, the message "BEST"/"SLOW" and the corresponding lap number will toggle every 2 seconds at the upper line of the display.

NOTE: When displaying the individual lap record, press S4 button to toggle between LAP format and SPL format.

TO SET THE TIMER:
1. Press S3 button to select TIMER mode. The timer will be displayed in its current state – stopped, running or reset.
2. If the timer is in stopped state, press S2 button once to reset the timer. If the timer is running, press S2 button to stop the counting, then press S2 button again to reset the timer.
3. When the timer is in reset state, press and hold S2 button, the message "TIMER SET" will be displayed and the Countdown Interval Selection "INT-01" will blink.
4. Press S1 button to select the Countdown Interval Selection to set.
5. Press S3 button, the hour digits will blink. Press S1 button to set the hour digits. Holding down the button will speed up the process.
6. Press S3 button, the minute digits will blink. Press S1 button to set the minute digits. Holding down the button will speed up the process.
7. Press S3 button, the second digits will blink. Press S1 button to set the second digits. Holding down the button will speed up the process.
8. Press S3 button, the "Action-at-End" setting will blink. Press S1 button to select among Countdown-Countdown-Stop (CD-STP), Countdown-Countdown-Repeat (CD-REP) and Countdown-Count-Up (CD-UP).
9. When finished making all the settings, press S2 button to confirm.

To set all Countdown Interval Reset Time(s) to zero:
In TIMER mode,When the timer is in stopped state, press and hold S2 button. The message "CLR" will be displayed and all Countdown Interval Reset Time(s) will be set to zero.

NOTE: Definitions of Action-at-end setting option:
a) Countdown-Countdown-Stop – the timer will stop when the countdown reaches zero.
b) Countdown-Count-Up – the timer will count up to a maximum of 9 hours 59 minutes and 59 seconds when the countdown reaches zero.
c) Countdown-Countdown-Repeat – the timer will repeat the countdown when the countdown reaches zero.

NOTE: The timer can be set up to a maximum of 23 hours 59 minutes and 59 seconds.

TO USE THE TIMER:
1. Press S3 button to select TIMER mode. The timer will be displayed in its current state – stopped, running or reset.
2. To resume a stopped counting, press S1 button to resume from where it left off.
3. To start a new counting, reload the timer first. Press S2 button to stop counting, then press S2 button again to reset the Countdown Interval(s) to the preset value.
4. When the countdown interval 1 has reached zero and there is no other Countdown Interval(s) set to non-zero value, the timer will stop and a Timer Alert Melody will be emitted.
If a Countdown Interval has reached zero and there is other countdown interval(s) set to non-zero value, a Timer Interval Alert Melody will be emitted and the TIMER will continue to the next Countdown Interval.
5. To stop counting, press S2 button. Press S1 button to resume from where it left off.
6. To reset the TIMER, press S2 button to stop counting. Press S2 button again to reset the Countdown Interval(s) to the preset value.

NOTE: You can leave the timer running while switching over to other operating modes. The timer indicator [⧖] will be displayed in HOME TIME mode and FOREIGN TIME mode when the timer is in use.

TO SET THE ALARM TIME:
1. Press S3 button to select ALARM mode.
2. Press and hold S2 button, the message "ALARM SET" will be displayed, and the alarm entry number will blink.
3. Press S1 button to select the alarm entry to set.
4. Press S3 button, the hour digits will blink. Press S1 button to set the hour digits. Holding down the button will speed up the process.
5. Press S3 button, the minute digits will blink. Press S1 button to set the minute digits. Holding down the button will speed up the process.
6. Press S3 button, the alarm frequency setting will blink. Press S1 button to cycle among daily (DAILY), Sunday weekly (SU WKY), Monday weekly (MOWKY)... Saturday weekly (SA WKY). If DAILY is set, the alarm shall alert at the designated time every day. If a day is selected, the alarm shall alert weekly, but only on that day.
7. When finished making all the settings, press S2 button to confirm.

NOTE: The alarm will automatically be activated after being set.

TO TURN ON/OFF THE ALARM:
In ALARM mode,
1. Press S2 button to select among ALARM 1 (ALM 1) and ALARM 2 (ALM 2) and ALARM 3 (ALM 3) to set.
2. Press S1 button to toggle between ON and OFF of the alarm.
3. If the alarm is OFF, the message "OFF" will be displayed. If the alarm is ON, the alarm indicator [🔔] will be displayed.

WHEN AN ALARM GOES OFF:
An alarm tune will be emitted and / or the watch will vibrate (depends on the alert manner setting) at the designated time when the alarm is activated.

To stop the tune and / or vibration, press any button. If the alarm is done without any user interruption, the watch will automatically enter a snooze mode. The alarm will go off again after 5 minutes.

To deactivate the snooze mode, press S3 button to select ALARM mode, then press S1 button to deactivate the alarm.

NOTE: The ALARM indicator [🔔] will keep flashing in NORMAL TIME / FOREIGN TIME mode and ALARM mode when the watch has entered the snooze mode.

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