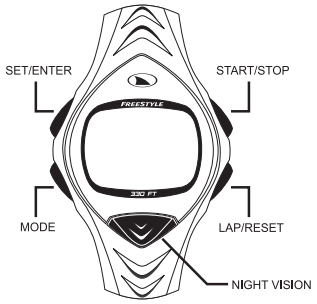
FREESTYLE
endurance

#881 AGGRESSOR™ WATCH INSTRUCTIONS

FEATURES:

- **CUSTOM FITNESS MODULE**
- **50 LAP MEMORY**
- **BUILT IN PEDOMETER**
- **PACE TRAINING FEATURE**
- **CHRONOGRAPH**
- **CUSTOM MATRIX DISPLAY**
- **3 INTERVAL TRAINING TIMERS**
- **3 DAILY TIMERS**
- **WATER-RESISTANT TO 330FT/100M**
- **NIGHT VISION™ ILLUMINATION**

KEY REFERENCES



Note: Button call-outs are on the back of case.

HOW TO SET THE TIME

This watch has two time modes, T1 and T2. The second timer may be used to track the time in a different time zone. These modes are represented by the segments "T1" or "T2" in the top right corner of the display. To toggle between T1 and T2, press and hold LAP/RESET for two seconds.

To set these time modes, press and hold SET/ENTER for three seconds. The segment "12H" will flash. This represents time in 12 hour mode. To change the time to 24 hour mode, press START/STOP.

Once 12 or 24 hour mode is selected, press MODE. The segment "M-D" will flash. This means that the date will be displayed showing the month first and day second. Press LAP/RESET to change to "D-M", showing the day first and month second.

Press MODE again to set the hour. Press LAP/RESET to advance the digits or START/STOP to decrease the numbers. AM and PM are displayed by an "A" or "P" at the top left corner of the screen.

Once the hour is set, press MODE to set the minutes. Press LAP/RESET to advance the digits and START/STOP to decrease the digits.

Continue following the steps above to set the seconds, year, month and day. Once the time is set, press SET/ENTER to exit the setting mode.

To display the time in large digits, press SET/ENTER. Press it again to return to normal time screen.

USING THE CHRONOGRAPH

From time mode, press MODE to enter the chronograph mode. Press START/STOP to start the chronograph. Press LAP/RESET while the chronograph is running to record the lap and split time, which will be displayed for five seconds. The chronograph will return to the current running time.

Press LAP/RESET again to record the next lap and split time. When the timing session is complete, press START/STOP to stop the chronograph.

Press and hold RESET to reset the chronograph to zero. The lap times of this session are automatically stored in memory. When memory is full, the screen will display "LAP- -".

HOW TO RECALL LAP TIMES

Each exercise session is segmented and dated so that it is easy to recall your lap times.

Press MODE until you reach the "MEMO" mode. The digits "SEG 01" and the day/date of segment one will be displayed momentarily. The first lap time of segment one will then be displayed.

Press START/STOP to select the recorded segment of choice. Once a segment is selected, press LAP/RESET to scroll through the recorded lap times. The lap number will be displayed on the top row, the lap time is displayed on the middle row and the bottom row displays the total elapsed time.

To show the best lap of the segment, press SET/ENTER. Press it again to go back to memory mode.

HOW TO CLEAR MEMORY

To clear the stored data in memory mode, press and hold SET/ENTER for four seconds. When the words "NO DATA" appear on the screen, the data has been cleared. Press MODE to exit Memory mode.

HOW TO SET AND USE THE COUNTDOWN TIMERS

This watch has four timers; one free timer and three interval training timers. The free timer is a stand-alone timer that may be set to countdown/stop, countdown/repeat or countdown/countup. The interval training timers are linked so that when the first timer counts down to zero, timer two will automatically begin to countdown, and so on.

To set the free timer, press MODE until you enter TIMER mode. Press LAP/RESET to select the free timer.

Once the free timer is selected, press and hold SET/ENTER for three seconds. The hour digit will flash. Press START/STOP to advance the digits and LAP/RESET to decrease the digits.

Once the hour is set, press MODE to set the minutes. Use the same procedure to set the seconds and countdown options.

To set the interval timers, press LAP/RESET to select Timer 1, Timer 2 or Timer 3. They have a preset value which may be changed.

Once the timer is selected, press and hold SET/ENTER for three seconds. The hour digit will flash. Press START/STOP to advance the digits and LAP/RESET to decrease the digits.

Once the hour is set, press MODE to set the minutes. Use the same procedure to set the seconds. When finished setting Timer 3, press SET/ENTER. The segment "REP-00" will flash. You can enter up to 99 repetitions of the interval timers. Press LAP/RESET to increase the digits and START/STOP to decrease the digits. Press SET/ENTER to exit the interval timer setting mode.

Once the timers are set, press START/STOP to start the timers. Press SET/ENTER to reset timers to preset time.

HOW TO SET AND USE THE PEDOMETER

Before using the pedometer feature, it is necessary to program the watch with your stride length and pacer speed. Accurate measurement of this data will allow you to achieve precise, individual results.

MEASURING YOUR STRIDE LENGTH:

1. Walk or run twelve steps, marking the spot at the beginning of your first step.
2. Measure the distance traveled in feet or meters from the beginning of your first step to the end of your last step.
3. Compute your single stride length by dividing the total distance measured by twelve.

EXAMPLE: For a total distance measuring 387 inches, the single stride length is:

$$\frac{387 \text{ in.}}{12} = 32.25 \text{ inches}$$

Round off your single stride length measurement to the nearest inch or cm. In this case, it would be 32 inches.

DETERMINE YOUR PACE SPEED:

Determining your pace speed is up to you, the user, and what you feel is a comfortable pace to walk or run, based on your general fitness level. The pace speed is measured in miles per hour (MPH) or kilometers per hour (KPH). To calculate a comfortable pace, determine how many minutes it will take to walk or run a mile (or kilometer). Divide that number into 60 minutes. This number is your pace speed.

EXAMPLE: If you want to run 10 minute miles, divide 60 by 10, which equals 6. Your pace speed is 6 MPH.

PROGRAMMING THE PEDOMETER:

After calculating your stride length and pace speed, you can program the pedometer. Press MODE until you enter the PEDO mode. Press and hold SET/ENTER for three seconds. The segment "FT" will flash. You can use the imperial or metric system of measurements. To use the metric system, press LAP/RESET to flash "M" for meters.

Once the measurement system is selected, press MODE to set your stride length. Press LAP/RESET to increase the inches. Press START/STOP to flash the feet . Press LAP/RESET to increase the digits.

Once the stride length is entered, press MODE to enter the pace speed. Press LAP/RESET to increase the decimal value. Press START/STOP to flash the miles. Press LAP/RESET to increase the digits. Press SET/ENTER to exit the setting mode and return to the pedometer mode.

Press START/STOP to begin using the pedometer. Walk or run in cadence with the beep of the watch to accurately determine the distance of your exercise.

READING THE PEDOMETER DISPLAY:

The top line of the screen shows the number of steps you have taken. The middle line shows your total distance. The bottom line displays your total elapsed time.

HOW TO SET AND USE THE PACE TRAINER

This watch features a pace trainer that you may use as a tool to help you achieve your fitness goals. It allows you to set a time goal for a preset distance.

For example: If you are training for a marathon, and want to practice running at a certain pace for each mile, the pace trainer allows you to customize each mile (lap) with a preset pace speed.

PROGRAMMING THE PACE TRAINER:

Before programming the training pacer, you must determine your stride length. Refer to "Measuring Your Stride Length" in the pedometer section. You also need to determine the distance of each lap that you are going to run.

To program the pace trainer, press MODE until you enter the pacer mode. Press SET/ENTER for three seconds. The segment "FT" will flash. You may use the imperial or metric system of measurements. To use the metric system, press LAP/RESET to flash "M" (for meters).

Once the measurement system is selected, press MODE to set your stride length. Press LAP/RESET to increase the inches. Press START/STOP to flash the feet . Press LAP/RESET to increase the digits.

Once the stride length is entered, press MODE to enter the distance. Press LAP/RESET to increase the decimal value. Press START/STOP to flash the miles. Press LAP/RESET to increase the digits.

Once the distance is set, press MODE to enter the time. Press LAP/RESET to increase the seconds. Press START/STOP to flash the minutes. Press LAP/RESET to increase the minutes. Press START/STOP to flash the hour. Press LAP/RESET to increase the hour.

Once the time is set for lap 1, press MODE to set the time for lap 2. Use the same procedure as above to set the time for lap 2. Continue this process as needed.

Once the time for all the laps are entered, press SET/ENTER to exit the setting mode and return to the pacer mode.

Press START/STOP to begin using the training pacer. Walk or run in cadence to the beep of the watch.

READING THE PACER DISPLAY:

The top line of the display shows the total number of steps. The middle line shows the total distance. The bottom line displays the lap number.

HOW TO SET AND OPERATE THE ALARMS

This watch has three daily alarms, one weekly alarm and one scheduled alarm.

To set these alarms, press MODE until you enter the alarm mode. Once in the alarm mode, press LAP/RESET to select the alarm you want to set.

Once the alarm is selected, press and hold SET/ENTER for three seconds. The hour digits will flash. Press LAP/RESET to advance the digits and START/STOP to decrease the digits. Press MODE to set the minutes, using the same buttons as above. For the weekly and scheduled alarms, you will set the date using the same method.

Once the alarm is set, it is automatically turned on. To turn it off, press START/STOP. The “ON” segment will disappear.

Press any key to turn off the alarms.

CARE AND MAINTENANCE

1. Back case cover should only be removed by an authorized watch repair specialist.
2. Always rinse your watch in fresh water after immersion in salt or chlorinated water.
3. Do not expose watch or band to chemicals such as gasoline, aerosol sprays, paint or solvents.
4. Periodically clean with a soft cloth and fresh water.

WARRANTY INFORMATION

FreeStyle warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for a period of ten (10) years under normal use. The warranty excludes batteries, crystal, watch case plating, and strap/ bracelet/ band. The warranty excludes normal wear and tear and abuse.

Special note: FreeStyle® watches are designed and engineered to be highly water-resistant, and to withstand the most active of lifestyles. The most important component in keeping your watch water-resistant is the case back O-ring, which prevents water from entering the watch through the case back.

Water leakage most often occurs after improper battery replacement. We strongly recommend having a certified jeweler, watch repair technician or FreeStyle's service center replace your battery. Water leakage due to improper battery replacement is not covered under warranty.

Visit our website at:
www.freestyleusa.com