FREESTYLE

716 & 634 XTERRA WATCH INSTRUCTIONS

FEATURES:

- CURRENT TIME (HR., MIN., & SEC.) DAY AND DATE
- CHRONOGRAPH WITH SPLIT AND LAP TIMER
- 100-LAPS CHRONOGRAPH RECALL • TWO DAILY ALARMS, TWO WEEKDAY ALARMS, TWO DATE ALARMS & HOURLY CHIME
- COUNTDOWN INTERVAL TIMER WITH FIVE PROGRAMMABLE SEGMENTS, AND COUNTDOWN STOP TIMER.
- DUAL TIME
- OPTIONAL 24-HR. TIME (MILITARY TIME)
- WATER RESISTANT TO 300 FT.
- NIGHT VISION™ ELECTROLUMINESCENT BACKLIGHTING

KEY REFERENCES



D - Clear
A - Stop
E - Lap
B - Light
C - Mode

NORMAL TIME MODE

(The term “mode” means the function status of the watch.) “Normal time mode” shows hours, minutes, seconds, day, date. To set time, see operating instructions on “How to Set Normal Time.”

HOW TO SET NORMAL TIME, DATE AND 24-HOUR FORMAT

Before setting time, you must be in “normal time mode.” Press and hold **CLEAR** button **D** while in “normal time mode” to enter the “set time” mode. Seconds digits will flash. Press **LAP** button **E** to reset the seconds digits to zero. If seconds are greater than 30, the minutes display will increase by one.

Press **MODE** button **C** to cycle through the remaining digits to be set. Advance flashing digits by pressing **LAP** button **E**; hold for rapid advance. Retard digits by pressing **STOP** button **A**. The setting sequence is: seconds, hours, minutes, year, month, date, day, 12/24-hour format, and month-date or date-month.
(Note: In the 12H mode, the “**A**” flag indicates time is in a.m.; “**P**” flag indicates time is in p.m.)
Press **CLEAR** button **D** to complete setting at any time.
Press **LAP** button **E** to change digits to larger format.



HOW TO SET AND VIEW DUAL TIME

From “normal time mode”, press and hold **STOP** button **A** for three seconds. “**T2** “ will appear in the upper right corner of the display. To set dual time, follow the same procedure used to set normal time, as indicated above. To return to normal time mode, press and hold **STOP** button **A** for three seconds. “**T1**” will appear on the upper right corner of the display. To view dual time from normal time mode, simply press **STOP** button **A** momentarily.

HOW TO OPERATE THE CHRONOGRAPH/STOPWATCH

The chronograph stores lap times in segment form. A segment is a group of laps (up to 100) recorded during a single run. Every time the chronograph is used, the lap times for that particular segment are automatically recorded into memory (unless memory is full), along with a segment number and the date.

The chronograph will record a maximum interval of 23 hours, 59 minutes and 59 seconds, and has a resolution of 1/100 second for intervals less than one hour.

To enter the “chronograph mode,” press **MODE** button **C** once from “normal time mode.”

Mode prompt “**CHRON**” will be displayed for one second.



To start the chronograph, press **LAP** button **E**. To use the lap time feature, press **LAP** button **E** while the chronograph is running. The display will pause for a few seconds, then momentarily show the lap number on the top row, the current lap time on the middle row, and the total elapsed time on the bottom row. The chronograph will continue counting.

When the timing session is complete, press **STOP** button **A** to stop the chronograph. Press and hold **STOP** button **A** again, and the number of available laps will appear on the display (CHR-FREE 1-100). Press and hold **CLEAR** button **D** for four seconds to reset the chronograph to zero. The lap times of this session are automatically stored in memory (unless memory is full). When memory is full, the message “FULL” will be displayed, and no additional lap times can be recorded.

HOW TO RECALL LAP TIMES

From “normal time mode”, enter the “recall mode” by pressing **MODE** button **C** twice. Mode prompt “**CH-RC**” will be displayed for one second.



Segment one, and the day and date of segment one will flash momentarily, and then the first lap time of segment one will be displayed.

Press **STOP** button **A** to select recorded segment of choice.



Once a segment is selected, press **LAP** button **E** to view the contents of that specific segment. The display will show the lap number on the top row, the lap time on the middle row and the total elapsed time will appear on the bottom row.

Press **LAP** button **E** to advance through the individual laps of that segment. After viewing the last lap of that segment, press STOP button A to view the next segment.

TO CLEAR THE MEMORY

While in the “recall mode”, press and hold **CLEAR** button **D**, (CLR-HOLD will be displayed), to clear the segment that was last viewed. To clear all stored segments, press and hold **CLEAR** button **D** for six seconds; (CLR-HOLD-ALL will be displayed), and then “NO DATA” will be displayed.

HOW TO SET AND OPERATE THE COUNTDOWN TIMER

From “normal time mode”, press the **MODE** button **C** three times to enter the “timer mode”. Mode prompt “TIMER” will appear for one second. The timer has two different timing modes, and a range from one second to 23 hours, 59 minutes, 59 seconds.

a. Countdown interval timer with five programmable segments (TMR1-5)
b. Countdown stop (TMR) - will countdown from preset time and stop.

Press **STOP** button **A** to select countdown timer choice.



Press and hold **CLEAR** button **D** to enter the setting mode; seconds digits will flash. Press **LAP** button **E** to increase the flashing digit, press **STOP** button **A** to retard the flashing digit. Press **MODE** button **C** to advance from seconds, to minutes, to hours. Once the hours digits are set, interval timer 1-5 digit will flash. Press **LAP** button **E** to select the specific interval timer.

Press **CLEAR** button **D** to complete setting of each individual interval timer. Continue with this procedure until all five interval timers are set.

NOTE: It is not necessary to set all five interval timers. For example, if interval timer #3 is set to all zeroes, then the timer will skip to interval timer #4. The countdown-stop timer is set the same way as the interval timer.

Once all desired timers are set, press **CLEAR** button **D** to exit the setting mode. The timer is now ready to use.

Press **LAP** button **E** to start the timer. Press **LAP** button **E** again to change display format to indicate preset countdown time on the upper middle row, and time counting down on the lower middle row. Press **STOP** button **A** to stop the countdown timer. Press **CLEAR** button **D** to reset timer to preset time.



NOTE: While using the interval timer, the number of completed interval cycles will be indicated on the lower row of the display (REP-00).

HOW TO OPERATE THE ALARM

The Xterra™ has an hourly chime and six different alarms: two daily alarms (AL-1 & AL-2), two weekday alarms (AL-3 & AL-4); and two date alarms (AL-5 & AL-6), which can be set in either normal time or dual time.

Press **MODE** button **C** four times while in normal time mode to enter the alarm mode. Mode prompt “**ALARM**” will be displayed for one second.

"**T1**" or "**T2**" (indicating normal time (T1) or dual time (T2)) and AL1-6, (indicating which of the six alarms), will be displayed on the lowest row. Alarm time will be displayed on the lower middle row. Daily, weekly or date alarm will be displayed on the upper middle row. The top row will indicate whether or not the alarm is armed.

TO SET DAILY ALARMS

Press STOP button **A** to select which of the two daily alarms (AL1-2), you wish to set. Press and hold **CLEAR** button **D** to enter the alarm set mode.



Hours digits will flash. Press LAP button **E** to advance hour digits.

Press **MODE** button **C**; minutes digits will flash. Press LAP button **C** to advance minutes digits. Press **MODE** button **C**, "**T1**" (normal time) OR "**T2**" (dual time) will flash. Press **LAP** button **E** to select either "**T1**" or "**T2**." (Note: When setting the alarm time in the 12-hr. format, the AM or PM flag will be displayed on the left side of the display. "**A**" designates that alarm time is set for a.m., and "**P**" designates that alarm time is set to p.m.) When setting is complete, press SET button **D** to exit the setting mode.

TO SET WEEKDAY ALARMS

Press **STOP** button **A** to select which of the two weekday alarms, (AL3-4), you wish to set. Press and hold **CLEAR** button **D** to enter the "alarm set" mode. Hours digits will flash. Press **LAP** button **E** to advance hours digits. Press **MODE** button **C**; minutes digits will flash. Press **LAP** button **E** to advance minutes digits. Press **MODE** button **C**; day will flash. Press **LAP** button **E** to advance day. Press **MODE** button **C**, second day will flash. Press **LAP** button **E** to advance second day. Following indicates how day alarm operates:

MO-MO = MONDAY ONLY
MO-FR = MONDAY TO FRIDAY

Press **MODE** button **C**; "**T1**" (normal time) OR "**T2**" (dual time) will flash. Press **LAP** button **E** to select either "**T1**" or "**T2**". When setting is complete, press **SET** button **D** to exit the setting mode.

TO SET DATE ALARMS

Press **STOP** button **A** to select which of the two date alarms, (AL5-6), you wish to set. Press and hold **CLEAR** button **D** to enter the alarm set mode. Hours digits will flash. Press **LAP** button **E** to advance hour digits. Press **MODE** button **C**; minutes digits will flash. Press **LAP** button **E** to advance minutes digits. Press **MODE** button **C**; month digits will flash. Press **LAP** button **E** to advance months digits. Press **MODE** button **C**; date digits will flash. Press **LAP** button **E** to advance date digits.



Press **MODE** button **C**; "T1" (normal time) OR "T2" (dual time) will flash. Press **LAP** button **E** to select either "T1" or "T2". When setting is complete, press **SET** button **D** to exit the setting mode.

To arm or disarm any of the six alarms or hourly chime, press **STOP** button **A** to select desired alarm or hourly chime; then press **LAP** button **E** to arm (ON) or disarm (OFF) the alarm.

HOW TO OPERATE THE NIGHT VISION™ ELECTRO-LUMINESCENT BACKLIGHT

Press LIGHT button **B** to activate the Night Vision™ electro-luminescent backlight. Do not press this while submerged in water.

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 U.S.A. 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.

Neither this warranty, nor any other warranty expressed, is assumed for any incidental or consequential damages, including but not limited to the mathematical accuracy of the product. Some states do not allow limitations on how long an implied warranty lasts, or the exclusions of or limitations on consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact your authorized Freestyle® dealer for warranty information.

If your watch requires servicing not covered under our warranty (battery, crystal, strap/bracelet/band, watch case plating), or refurbishing, complete the return form (next column) and return with your watch.

Visit our website at:
www.freestyleusa.com