



INSTRUCTION MANUAL

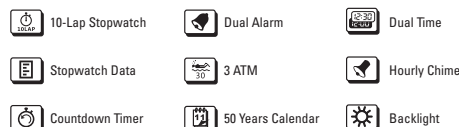
DIGITAL MOVEMENT (L008)

1. Introduction

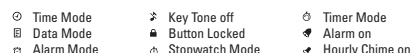
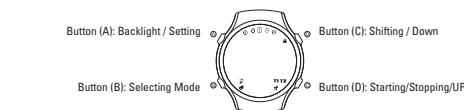
Thank you for purchasing a Reebok watch. Please read this operation instruction to know the functions, the way of operation and the safety information of our product.

This multi-function watch combines dual time, calendar, stopwatch, countdown timer and alarm, and it also has the function of 10 laps stopwatch. The watch factory-set is in the sleeping status, you must remove the sleeping status referring to chapter 12 before using.

2. Function



3. Buttons and Icons



4. Selecting Mode

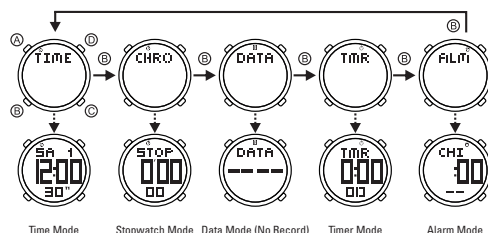
This is a multi-function watch, so you must select the corresponding mode before using the function.

In general, our watch is in the time mode with displaying time, date and week.



The watch will return to the time mode from the other mode if no button is operated within 1 to 2 minutes, except if the stopwatch or the countdown timer is running.

Press Button (B) to scroll through the modes; stopwatch mode, data mode, timer mode, alarm mode and timer mode. (The watch displays the mode title for a second, then enters into the corresponding mode.)



5. Time

5.1. Selecting Display Time

Our watch has dual time identified with T1/T2.

In the time mode, press down button C until the symbol T1 (or T2) stops flashing, the watch displays T1 (or T2).



5.2. Setting Time and Date

1) Select T1 or T2 which you want to set in time mode.

2) Press down button (A) until the hour digit starts flashing (it means the watch is in the setting status).

3) Press button (B) to select the setting item: the hour, minute, second, 12/24 hour format, year, month, date, key tone on/off. (You cannot set the seconds in T2).

4) Press button C or button (D) to change the setup or values, or press down button (C) or button (D) to change the values quickly

5) After finishing, press button (A) to confirm.

The watch contains 50 year calendar (2010-2059). The week will be reset automatically after the year, month and date have been set.

In the time mode, the icon ☼ appears after the key tone is turned off, and the watch does not beep when you operate buttons.



6. Stopwatch

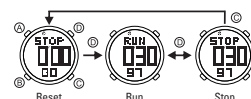
The stopwatch is precise to 0.01 second. The maximum time of the stopwatch is 99 hours, 59 minutes, 59 seconds.

6.1 Single Stopwatch

Stopwatch is used to measure one person's running time. The way is as following:

Select the stopwatch mode (see chapter 4), press button (D) to start, stop or restart the stopwatch.

Press button (C) to reset the data when the stopwatch stops.



6.2 Lap Stopwatch

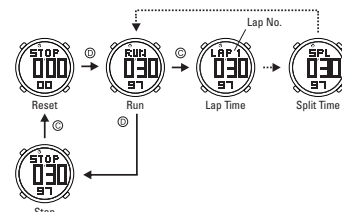
Lap stopwatch is used to record the lap time and split time. It can record 10 lap tom and the way is as following:

1) In the stopwatch mode, press button (D) to run the stopwatch.

2) At the end of each lap, press button (C), the watch displays the lap time and split time for about 5 seconds each, then returns to the running screen.

3) At the end of the last lap, press button (C), the press button (D) to stop the stopwatch;

4) Press button (C) to reset when it stops.



The watch can record 10 lap time at most. The time will be included in the tenth lap after 10 laps.

If the stopwatch is not stopped, it will continue running until 99 hours, 59 minutes, 59 seconds, even if the watch exits from the stopwatch mode.

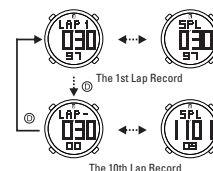
In the time mode, the flashing icon ⌚ means the stopwatch is running.

6.3. Viewing Lap Stopwatch Data

After using the lap stopwatch, you can view the lap stopwatch data in the data mode.

Select the data mode (see chapter 4), then press button (D) to scroll through each lap record. The lap time and the split time are displayed alternately in each lap record.

In the data mode, press button (C) to enter the stopwatch mode directly.



7. Countdown Timer

The watch can count down from a preset time to zero. When zero is reached, it will chime. Press any button to stop the chime. The maximum preset time is 99 hours, 59 minutes and 59 seconds.

7.1 Setting Initial Time

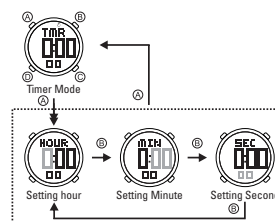
1) Select the time mode (see chapter 4), press down button (A) until the hour digit begins flashing (It means the watch is in the setting status.);

2) Press button (B) to select the setting items: hour, minute and second;

3) Press button (C) or button (D) to change the values, or press down button (C) or button (D) to change the values quickly;

4) After finishing setting, press button (A) to confirm.

You can set initial time only when the timer stops.

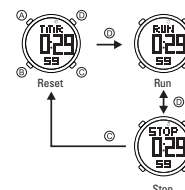


7.2 Using Countdown Timer

After setting the initial time, press button (D) to start, stop, or restart the timer.

When the timer stops, press button (C) to reset the initial time.

The watch chimes for several seconds when zero is reached.



The watch will start form 99 hours, 59 minutes and 59 seconds if the initial time is not set.

If the timers is not stopped, it will continue to run until the zero is reached even if the watch exits from the timer mode.

In the time mode, the flashing icon ⌚ means that the timer is running.

8. Alarm

To set the hourly chime and alarm of T1 and T2 in the alarm mode.

8.1 Setting Alarm Time

1) Select the alarm mode (see chapter 4) then press button (C) to select the setting alarm: T1, T2.

2) Press button (A) until the hour digits begin flashing, press button (B) to scroll through the setting items: hour and minute.

3) Press down button (C) or button (D) to change the values, or press down button (C) or button (D) to change the values quickly;

4) After finishing the setting, press button (A) to confirm.



The alarm will be turned on after you set the alarm.

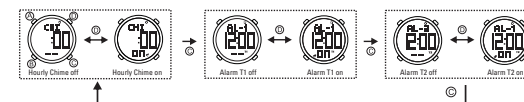
8.2. Turning on/off Hourly Chime and Alarm

The watch will beep twice every hour on the hour if the hourly chime is turned on. It will chime for about 20 seconds at the alarm time if the alarm is turned on, and press any button to stop the chime.

The way of turning on or off hourly chime and alarm is as following:

1) Select the alarm mode (see chapter 4), then press button (C) to scroll through the setting items: hourly chime, alarm T1 and alarm T2;

2) Press button (D) to turn on or off.



In the time mode, the icon ☼ means the hourly chime is turned on; the icon ☼ means at least one alarm is turned on.

9. Button Lock

In order to prevent mis-operation due to pressing one button accidentally when you wear the watch, you can lock the buttons. The way is as following:

In the time mode, press down button (D) until the icon 🔒 appears that means the buttons are locked, press down button (D) until the icon 🔒 disappears that means the buttons are unlocked.

You can only operate the buttons when the buttons are unlocked.

10. Backlight

The screen will remain illuminated for about 3 seconds when you press button (A) except in the setting status or if the buttons are locked.

11. Water resistant

The watch is water resistant to 3 ATM. It is no problem to wear our watch while daily grooming and raining, except swimming, diving and going to the sauna.

In order to maintain the waterproof function:

1) Please replace the rubber ring regularly (generally 1-2 years). If not replaced, the watch may be damped due to the aging of the material.

2) Do not press any button under the water.

12. Sleeping Status

If you do not wear this watch for a long time, please change the watch into the sleeping status. In the sleeping status, the watch keeps time only without displaying it to save battery energy.

In the time mode, press button (A), (B), (C), (D) together to enter the sleeping status. In the sleeping status, press down button (A), (B), (C), (D) together to remove the sleeping status, and return to the time mode and display the current time.

13. Safety Information

In order to avoid fire, please do not crush, puncture or even throw the used battery into fire or water. Please recycle or deal with it in a reasonable way.

The watch complies with industrial standards. If there is any allergic reaction or skin irritation, please stop wearing it and consult a doctor.

The watch consists of precision electronic parts, please do not dismantle by yourself or use roughly.

Please do not wear the watch in the environment of extreme cold or hot conditions as well as rapidly changing temperature.

Please do not wear the watch in environments with strong magnetism or electricity.

When cleaning our watch, please use soft cloth and clean water without detergent, solvents and pesticide.

If there are abnormal functions of our watch or water mist in the watch, please find a qualified service centre for repair.

Please find a qualified service centre to replace the battery.

14. Product Specification

Time: +/- 1 sec / day or +/- 30 secs. / month

Operating Temperature: 0 - 50 (32 F - 122 F)

Storage Temperature: -10 - 60 C (14 F - 140 F)

Battery: CR2025

Battery Storage Life: 18 months

Battery Use Life: 12 months

Water Resistance: 3 ATM

For all manuals and further information, please go to: www.reebokwatches.com

WEEE-Reg.-Nr. 90181372 Batt.-G.-Nr. 15010902

