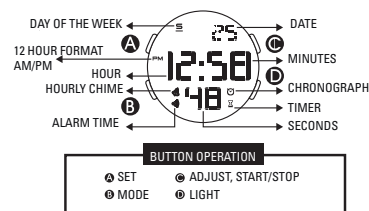




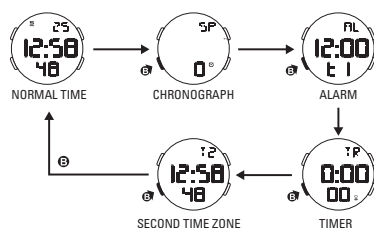
## INSTRUCTION MANUAL

DIGITAL MOVEMENT  
SHARP

### REGULAR DISPLAY AND BUTTON



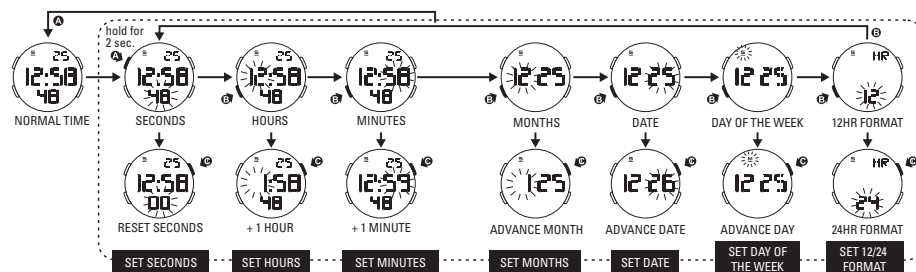
### 1. HOW TO CHANGE THE DISPLAY MODE



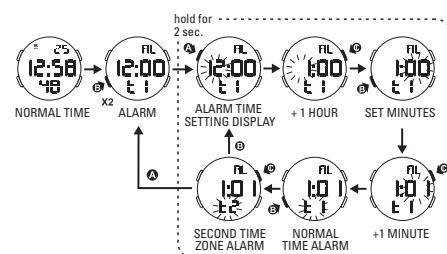
### 2. HOW TO DISPLAY CALENDAR



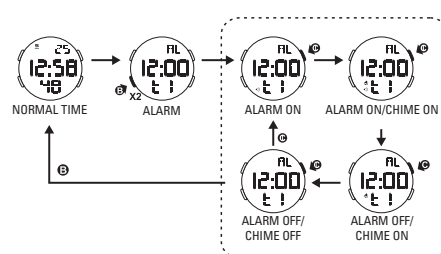
### 3. HOW TO SET NORMAL TIME



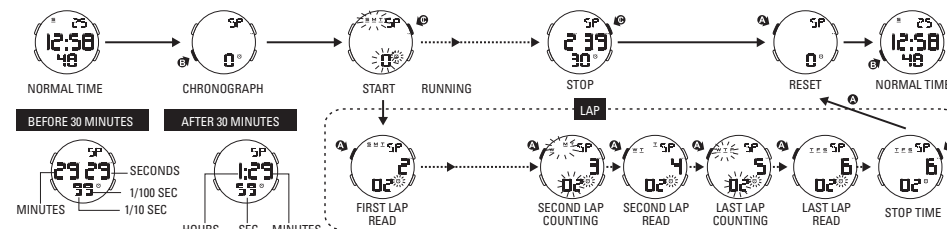
### 4. HOW TO SET ALARM TIME



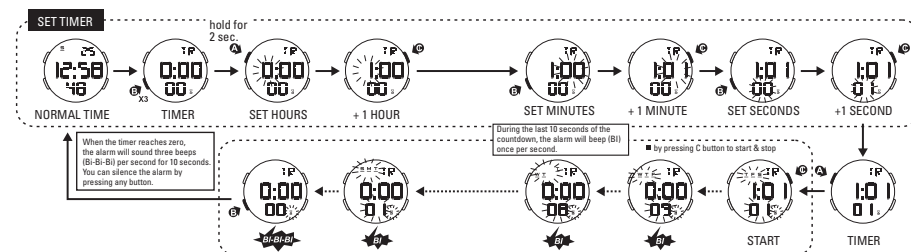
### 5. HOW TO SET ALARM AND CHIME DISPLAY



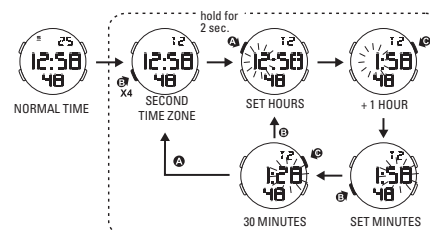
### 6. HOW TO USE THE CHRONOGRAPH



### 7. HOW TO USE TIMER



### 8. HOW TO SET SECOND TIME ZONE



### 9. HOW TO USE EL LIGHT

NOTE:

1. This watch features an electro-luminescent (EL) backlight, which tends to lose illuminating power after very long use.
2. The illumination provided by backlight might be hard to see under direct sunlight.

### 10. CARE OF YOUR WATCH

1. This watch contains precise electronic components. Never attempt to open the case or remove the back cover.
2. Do not operate buttons while underwater, or while swimming or diving.
3. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.
4. Avoid severe impact. The watch is designed to withstand impact under normal use. Do not subject it to severe impacts or rough usage, and do not drop it onto hard surfaces.
5. Avoid exposing the watch to temperature extremes.
6. Clean the watch with a soft cloth and clean water only. Avoid using chemicals, especially soap.
7. Keep your watch away from strong electric fields and static electricity.

### 11. FEATURES AND SPECIFICATIONS

1. Standard display mode: Hour, Minutes, Seconds, Month, Day of the week.
2. Functions:
  - Month, Date, AM/PM and Electro-Luminescent light,
  - Alarm function with buzzer signal output,
  - Chronograph function with lap operation,
  - Hourly chime,
  - 12/24h hour format switch option,
  - Timer,
  - Second time zone.
3. Accuracy at normal temperature (25 C): +/- 30 seconds a month.
4. Normal operating temperature range: 10 C – 40 C.

For all manuals and further information, please go to: [www.reebokwatches.com](http://www.reebokwatches.com)

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

