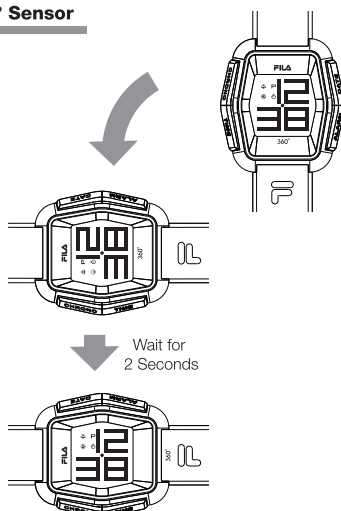




3 360° Sensor

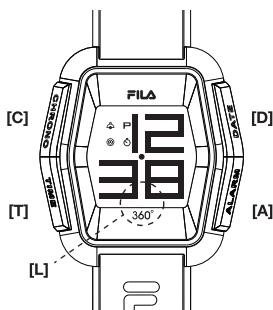


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www.fila.com/watch

User MANUAL FM-731.1

1 Design of the Watch

Thank you for purchasing this watch.
Please read this manual thoroughly before using the watch!



Time Button [T]

- Press to select the Current Time mode on other displays.
- Hold to enter the Time Setting mode.

Alarm Button [A]

- Press to show the Alarm Display.
- Hold to enter the Alarm setting.
- To decrease the value in the setting mode; hold to decrease the value at a faster speed.
- To toggle On/Off.
- Press to record Split time in Chronograph Mode

Date Button [D]

- Press to show the Date Display.
- To increase the value in the setting mode; hold to increase the value at a faster speed.
- Press to Start / Stop the Chronograph
- To toggle On/Off.

Chronograph Button [C]

- Press to select the Chronograph Mode.
- Hold to turn on the light for 3 seconds.

Touch Light [L]

- Touch to turn on the light for 3 seconds.

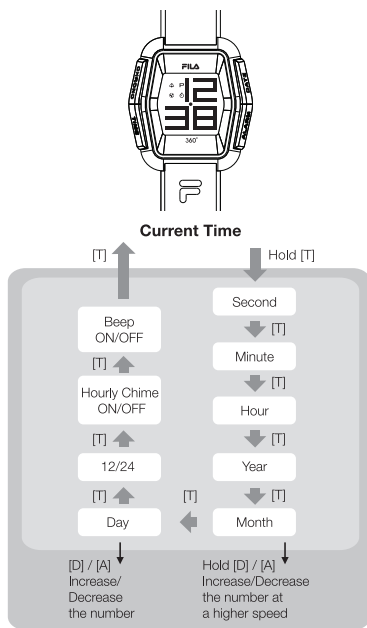
NOTE: Check the coming chapters for more details.

2 Specifications

- Digital movement
- 360° sensor
- Chronograph
- Date
- Alarm
- PC case and Silicon strap
- EL Backlight
- 3 ATM

* These specifications might be changed without prior notice.

4 Current Time Display



Your watch can display the current time in upright position no matter how you place the watch. The first row of the watch displays the Hour and the second row displays the Minute. The flashing dot at the centre of the watch is the movement of second.

How to set the Current Time

Hold [T] to enter the Time Setting Mode; the second digits will flash. Press [D] or [A] to increase or decrease the value respectively. (Hold these buttons to increase or decrease the value at a faster speed.)

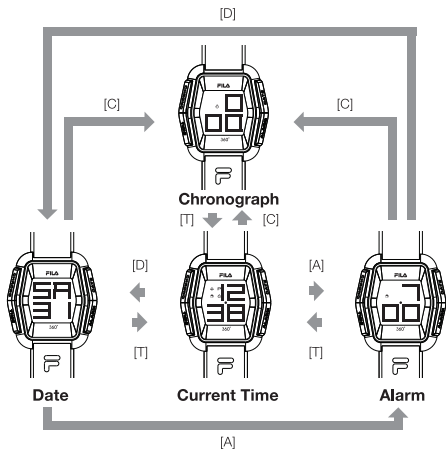
Press [T] to move to the next setting display; press [D] or [A] to increase or decrease the value respectively. (Hold these buttons to increase or decrease the value at a faster speed). Repeat this process to set the minute, hour, year, month, day, 12-hour or 24-hour format, Hourly Chime and Keytone following the adjacent diagram until it returns to the Current Time mode.

NOTE: In the setting process, hold [T] to return to the current time mode or it will return to the current time mode if no key is pressed for more than 1 minute.

When the Hourly Chime is turned on, an icon "🔔" will be display on the left of the hour.

5

How to Switch to Other Modes

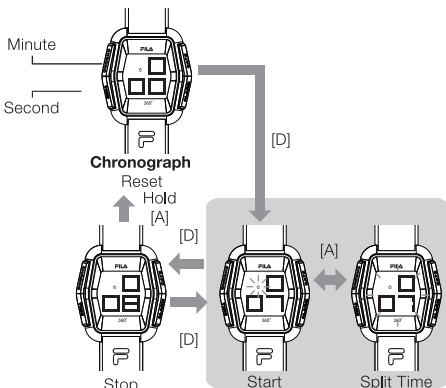


How to Switch to Other Displays

- Press [T] to show the Current Time Display.
- Press [A] to show the Alarm Display. The first row on the screen is hour and the second row is minute. It will return to the Current Time mode when no key is pressed for 5 seconds.
- Press [D] to show Date Display. The first row on the screen is Day of Week and the second row is Day of Month. It will return to the Current Time mode when no key is pressed for 5 seconds.
- Press [C] to show Chronograph Display. The first row on the screen is Minute and the second row is Second.
- Hold [A] to enter the Alarm Setting mode.
- Hold [D] in Current Time Display to enter the Power Saving mode.

6

Chronograph Mode



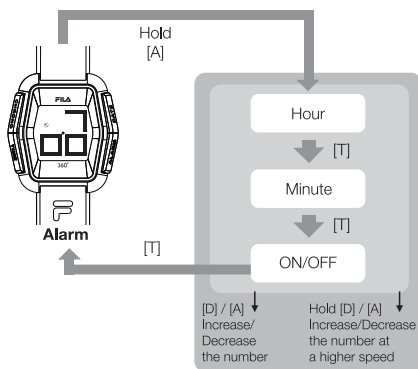
- Press [C] to enter the Chronograph display.
- Press [D] to start counting. When the Chronograph is running, the icon "⌚" will be flashing.
- When the Chronograph is running, Press [A] to take the Split time. When the Split is shown (Counting time is frozen), the chronograph is still running.
- Press [A] to return to running display.
- Press [D] to Stop Counting.

How to reset the Chronograph

- When the Chronograph is stopped, hold [A] to reset.

7

Alarm Setting Mode



- Hold [A] to enter the Alarm Setting display; the hour digit will flash. Press [D] or [A] to increase or decrease the value respectively. Hold these buttons to increase or decrease the value at a faster speed.
- Press [T] to move to the minute display. Press [D] or [A] to increase or decrease the value respectively. Hold these buttons to increase or decrease the value at a faster speed.
- Press [T] to move to the Alarm ON display. Press [D] or [A] to turn on or off the alarm.
- Press [T] to finish setting and return to Alarm Display.

NOTE: The Alarm will be turned on automatically when any changes have been made to the Alarm setting. When the Alarm is turned on, an icon "⌚" will be displayed on the left of the hour. The Alarm will beep for 30 seconds at the preset time. Press any key to stop the sound.

8

Care and Maintenance

- This watch contains electronic components. Never attempt to open the case or remove the back cover.
- Avoid exposing the watch to extreme temperature, chemicals which will damage the watch.
- Keep the watch away from the conditions of strong electric field and static electricity.
- Avoid rough usage or severe impact. The watch is designed to withstand impact under normal use. It is advisable to subject it to severe impact or rough usage.
- Clean your watch occasionally with a soft moistened cloth only. Avoid using chemicals, especially soap as the waterproof gasket will corrode.
- Store the watch in a dry place when it is not in use.

9

Precautions for Straps

- Exposure to water often makes a strap fragile and it may soon tear.
- Don't apply perfume or moisturizers around your wrist as the chemicals can erode the metal, leather and plastic of watch straps.
- The strap's condition will depend on the owner's wearing habits as well as the climate of the place where the person lives. An original replacement on straps is possible to be re-ordered through an authorized service center.
- PU straps are usually very hardwearing, please wash them with mild soapy water only.
- There may be discoloration for light color and transparent straps after normal wear for some time.
- In case if there is any severe or persistent skin reaction, such as severe redness, itching, rash or hives, you should stop wearing this watch, and consult your doctor.

10

Precautions for Water Resistance

All FILA watches are designed to withstand use as indicated on the below chart.

Indication	Water-related use		
Level of resistance	Light spray perspiration, light rain, etc	Bathing, etc	Swimming, etc
3ATM (30 meters)	⌚		
5ATM (50 meters)	⌚	⌚	
10ATM (100 meters)	⌚	⌚	⌚

- Water damage may occur if the push buttons are pressed under water.
- Should water or condensation appear in the watch, please check the watch immediately as corrosion of electronic parts can occur inside the case.

11

Precautions for Battery

Battery Life

The battery in your FILA watch is estimated to last for 2 years.

Battery Replacement

If the watch is out of battery, you are recommended to go to the authorized FILA service center for correct battery replacement in order to retain a valid warranty and avoid any damage on the water resistance function.

WARNING!

Always keep watch batteries away from children. If swallowed, contact a doctor immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.