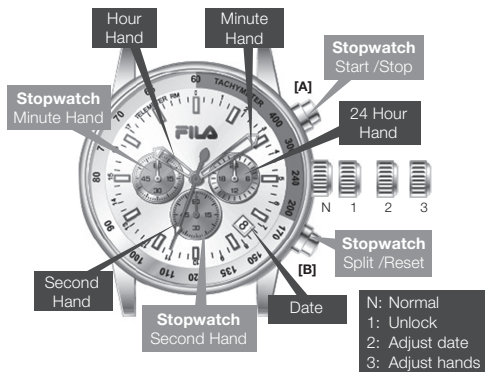


1

Design of the Watch

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



2

Specifications

- Time Module VD53
- Chronograph with date
- Stainless steel case and leather strap / silicon strap
- 5 ATM

* These specifications might be changed without prior notice.

3

Date and Time Setting



1. Turn the crown counter clockwise to unlock.
2. Pull out the crown to the position 2.
3. Turn the crown clockwise to adjust the date.
4. Pull out the crown to the position 3 when the second hand is at the 12 o'clock position. It will stop on the spot and rotate the hour and minute hands by turning the crown. (Check the 24 hour hand is set correctly.)
5. Push the crown back in to the normal position in accordance with a time signal.
6. Push and turn the crown clockwise to lock.

NOTE

- Before setting the time, check the stopwatch second and minute hands are in the '0' (12 o'clock) position. Please see next chapter for details.
- Do not set the date hand between 9:00p.m. and 1:00a.m. Otherwise, it may not turn properly. If it is necessary to set the date during that time period, change the time to any time outside it, set the date and then reset the correct time.
- When the crown is at the position 3. Do not press any button. Otherwise, the chronograph hands will move.



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MANUAL

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4

Resetting Stopwatch Position Hands

Please do one of the following steps to reset the stopwatch hand.



1. - **Stopwatch is stopped:** Press [B] to reset the stopwatch 1/10 second, second and minute hands to "0" position.
- **Stopwatch is counting:** Press [A] to stop counting then press [B] to reset all stopwatch hands.
- **Split time is displayed:** Press [B] to release split time, [A] to stop counting then press [B] to reset the stopwatch.

If either of the stopwatch hands are not in the "0" position, reset them according to the procedure below.



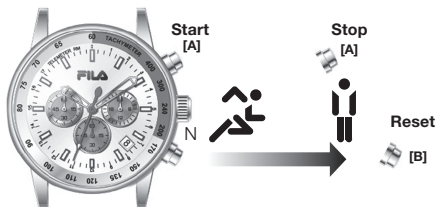
1. Turn the crown counter clockwise to unlock.
2. Pull out the crown to the position 3.
3. Press [A] or [B] to reset the stopwatch second and minute hands to "0" position.
4. Push the crown back to the normal position.
5. Push and turn the crown clockwise to lock.

Note: By pressing [A], the hands move counter clockwise. By pressing [B], the hands move clockwise.

5

Using the Stopwatch

Standard Measurement

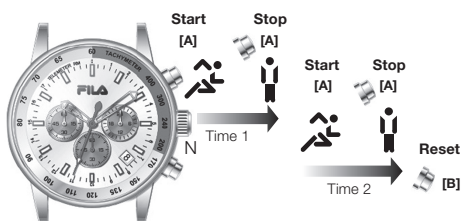


1. Press **[A]** to start counting, press **[A]** to stop counting.
2. Press **[B]** to reset the stopwatch.

The Measurement time is indicated by the stopwatch hands that move independently of the center and 24 hour hands.

The stopwatch can measure up to 60 minutes in seconds.

Accumulated Elapsed Time Measurement

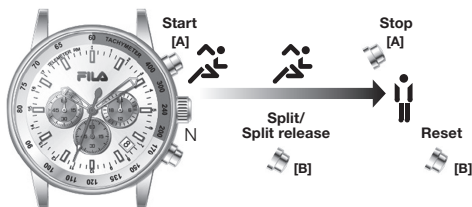


Time 1 + Time 2 = Accumulated Elapsed Time

1. Press **[A]** to start counting, press **[A]** to stop counting.
2. Press **[A]** to start continuously counting.
3. Press **[A]** to stop and review the accumulated elapsed time.
4. Press **[B]** to reset.

Note: Restart and stop the stopwatch can be repeated as many times as necessary by pressing **[A]**.

Split Time Measurement



1. Press **[A]** to Start counting, press **[B]** to take the split time / release split.
2. Press **[A]** to Stop counting.
3. Press **[B]** to reset.

Note: Measurement and release of the split time can be repeated as many times as necessary by pressing **[B]**.

6

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.

7

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.
- 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.

8

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	Diving, etc
3ATM (30 meters)	F			
5ATM (50 meters)	F	F		
10ATM (100 meters)	F	F	F	
20ATM (200 meters)	F	F	F	F

- 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.

- * Always set the crown in the normal position.
- * Crowns and pushers must not be operated underwater.
- * Make sure the crown is fully locked. The watch will not be water resistant if the crown is not locked correctly.

9

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.