



38-150

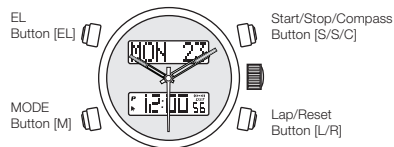
www.fila.com/watch

User MANUAL

FM-756.1

1 Design of the Watch

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



MODE Button [M]

- To select the display among Current Time, World Time, Alarm, Chronograph and Timer Modes.
- If has setting display : Hold down the button to enter the Setting Display.
- In Setting display: To select among different settings.

Start/Stop/Compass Button [S/S/C]

- To select Compass Mode.
- To start or stop Chronograph / Timer running.
- To select the next city in the World Time Mode.
- In Setting Display: To increase the setting value.

Lap/Reset Button [L/R]

- To activate the 'lap' or 'reset' function in the Chronograph Mode.
- To select the previous city in the World Time Mode.

- In Setting Display: To decrease the setting value.

EL Button [EL]

- To turn on the EL backlight for 3 seconds.

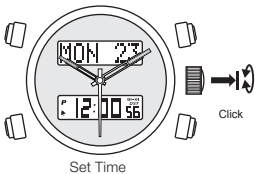
NOTE: Press any button to activate your Watch under Power Saving Mode. For more information, please refer to Chapter 11.

2 Specifications

- Compass Mode
- Chronograph Mode
- Current Time Mode
- Time System
- Calendar System
- Daily Alarm Mode
- Alarm Sound
- Backlight
- Battery
- World Time Mode

* These specifications might be changed without prior notice.

3 Setting Analog Watch



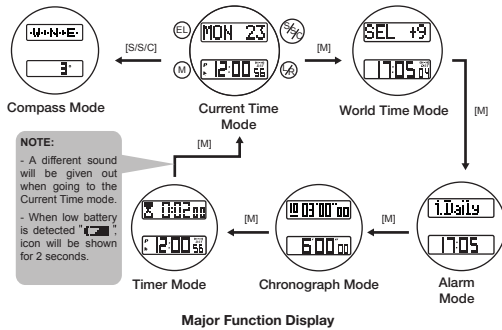
How to Set the Analog Watch

- To set time, gently pull out the crown to the 'click' position.
- Then turn the crown either clockwise or counter clockwise until the time is set correctly.
- When the time is set, gently push the crown back to its original position to resume normal operation.

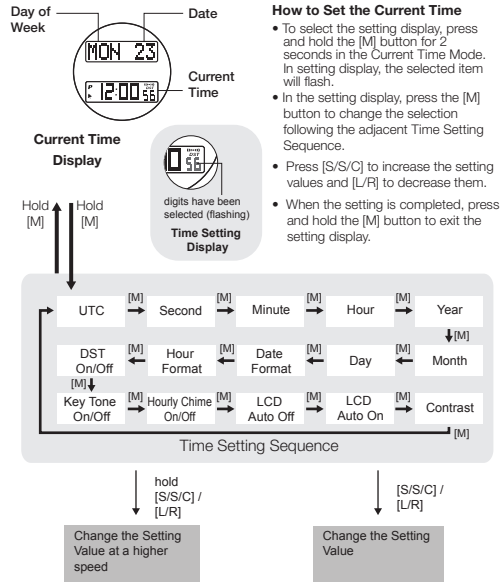
NOTE:

When low battery is detected, the second hand will move per 2 seconds.

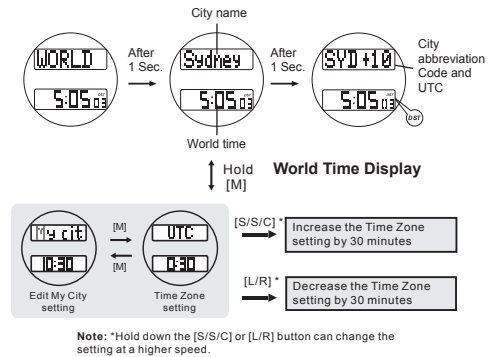
4 Major Function Display



5 Current Time Display - Setting the Time



5.1 World Time Mode - Basic functions and setting



View the World Time

- Press [M] button until enter world time mode.
- Press the [S/S/C] or [L/R] button to select the world time city. The city name will be shown firstly and then show the city abbreviation code with UTC afterwards.
- Toggle the Daylight Saving Time (DST)
- Hold down the [L/R] button to toggle the daylight saving time.
- When Daylight Saving Time is on, time will be increased by an hour.

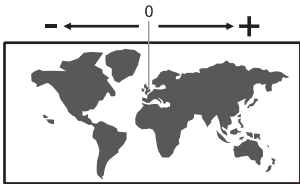
Setting of the My city

- Hold the [M] button in the World time mode, the letter in the first row will flash.
- Press the [S/S/C] button to select the letter and make your own name for the city. Then, press the [L/R] button to move the cursor to the right.
- Repeat this process until you have set the name for the user-defined city.
- Press [M] to move the setting to the UTC setting display. Press the [S/S/C] / [L/R] button to set the correct UTC.
- When setting is completed, hold down the [M] button to finish.

5.2 World Time Mode - City Abbreviation Code Table

1. AKL Auckland	11. BUE Buenos Aires	21. DUB Dublin	31. LAX Los Angeles	41. NYC New York	51. STO Stockholm
2. AMS Amsterdam	12. CAI Cairo	22. DXB Dubai	32. LIM Lima	42. OSL Oslo	52. SYD Sydney
3. ANC Anchorage	13. CAS Casablanca	23. FRA Frankfurt	33. LIS Lisbon	43. PAR Paris	53. TPE Taipei
4. ATH Athens	14. CCS Cebu	24. HEL Helsinki	34. LON London	44. RIO Rio De Janeiro	54. TYO Tokyo
5. BCN Barcelona	15. CHI Chicago	25. HKG Hong Kong	35. LUX Luxembourg	45. ROM ROME	55. VIE Vienna
6. BER Berlin	16. CPH Copenhagen	26. HNL Honolulu	36. MEL Melbourne	46. SCL Santiago	56. YTO Toronto
7. BJS Beijing	17. CPT Cape Town	27. IST Istanbul	37. MEX Mexico	47. SEL Seoul	57. YVR Vancouver
8. BKK Bangkok	18. DAC Dhaka	28. JER Jerusalem	38. MNL Manila	48. SFO San Francisco	58. ZRH Zurich
9. BOM Bombay	19. DEL New Delhi	29. JKT Jakarta	39. MOW Moscow	49. SHA Shanghai	59. MY My City
10. BRU Brussels	20. DEN Denver	30. KHI Karachi	40. NOU Noumea	50. SIN Singapore	

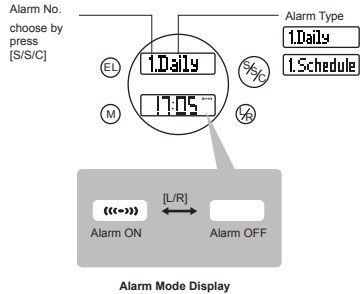
5.3 World Time Mode - Time Zone



About UTC (Coordinated Universal Time)

- Since the sun shines on different places on the Earth is different, the time of different places is different. Therefore, our world is divided into several time zones so that people in different places can get a more accurate and common time.
- All the time zone calculations are relative to coordinated Universal Time (UTC). For example, the time zone of London is 'UTC +0'. Hong Kong is 8 hours ahead the time of UTC. Therefore, Hong Kong's time zone is 'UTC +8'.

6 Daily Alarm Mode - Basic functions and setting



Alarm Mode

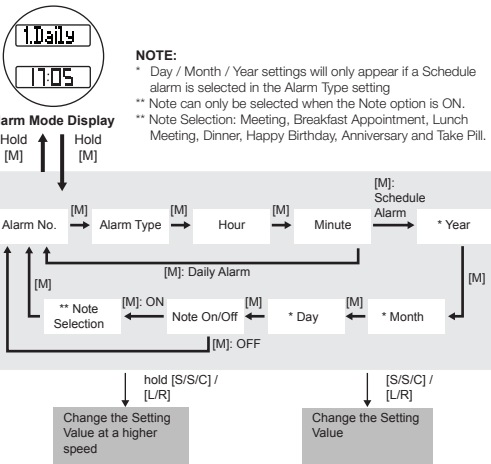
- There are 5 daily OR schedule alarms.
- Each schedule alarm can set a note (meeting, breakfast appointment, lunch meeting, dinner, happy birthday, anniversary and take pill) as a reminder.
- Schedule alarm can be set to sound on a particular date.

Using the Alarm

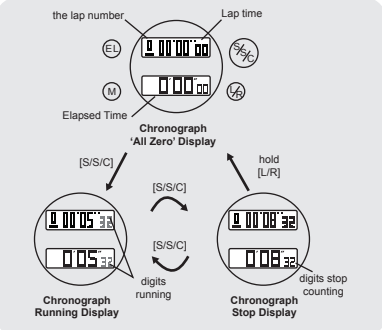
- Press the [S/S/C] button to select different alarms.
- To turn ON/OFF an alarm, select the target alarm and press the [L/R] button to turn it ON or OFF.
- To set an alarm, select the target alarm and hold down the [M] button to enter the setting display.
- When the alarm is beeping, press any key to stop the sound.

NOTE

When the Schedule Alarm is selected, the date of the alarm will be scrolled once.



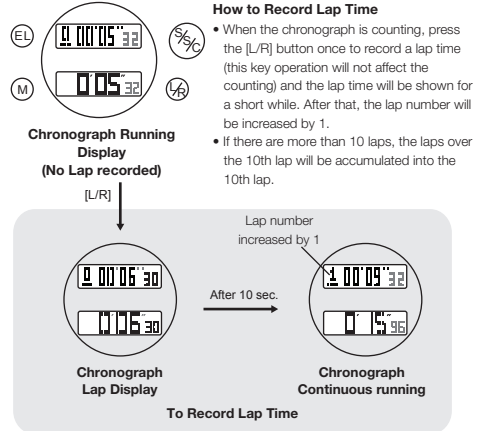
7 Chronograph Mode- Start/ Stop the chronograph



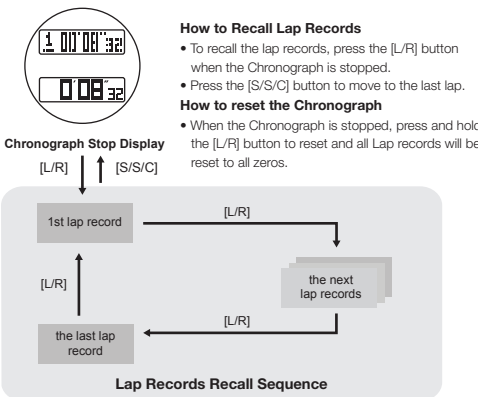
Chronograph Mode

- The Watch includes a function to measure elapsed time, lap time - Chronograph Mode.
- The display shows the 'All Zeros' display when the chronograph is selected the first time or the chronograph has been reset.

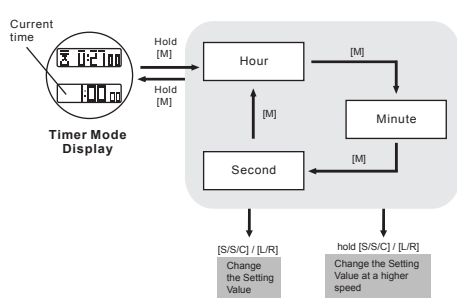
7.1 Chronograph Mode - Record the Lap Time



7.2 Chronograph Mode - Record the Lap Records

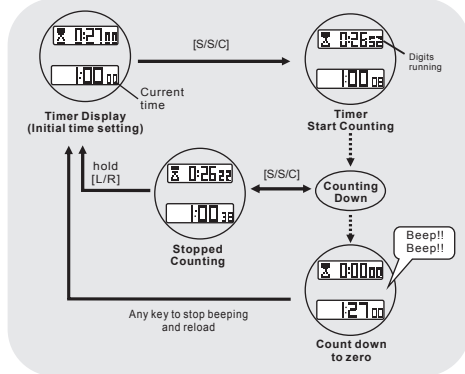


8 Timer Mode - Setting the Timer



- The Timer starts counting from a preset value to zero and stops at zero.

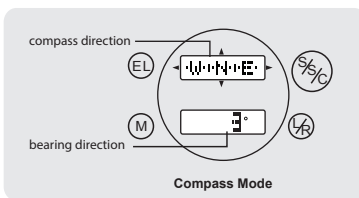
8.1 Timer Mode - Start / Stop the Timer



Alert:

- It will beep one per 10 second at last minute.
- It will beep one per seconds at last 5 seconds.
- It will beep for 30 seconds when reach zero.

9 Compass Mode - Precautions



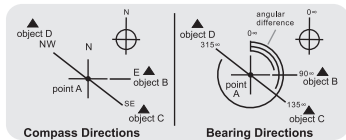
Precautions for using the Compass

- Keep your Watch away from magnets or any appliances which may contain magnetic objects such as mobile phones, speakers, motors and etc.
- The Watch, like most magnetic compass, points to the magnetic north which is slightly different from the true north. Check the 'What is Magnetic Declination' section for more details.
- Perform the compass calibration from time to time, because the calibration can ensure the precision of the compass.
- To achieve an accurate result, you should avoid measuring direction on the following conditions:
 - The watch is placed close to the magnetic objects,
 - The watch is placed close to the metal objects,
 - The watch is placed close to the electrical appliances
 - The watch is placed inside a moving object or a ferroconcrete building.

9.1 Compass Mode - Compass Directions and Bearing Directions

The Direction of an Object

- The direction of an object from a point can be specified in either compass directions or bearing directions.
- The Watch includes both compass directions and bearing directions.



Compass Directions	Bearing Directions
North	349° - 11°
North Northeast	12° - 33°
Northeast	34° - 56°
East Northeast	57° - 78°
East	79° - 101°
East Southeast	102° - 123°
Southeast	124° - 146°
South Southeast	147° - 168°
South	169° - 191°
South Southwest	192° - 213°
Southwest	214° - 236°
West Southwest	237° - 258°
West	259° - 281°
West Northwest	282° - 303°
Northwest	304° - 326°
North Northwest	327° - 348°

The Compass Directions

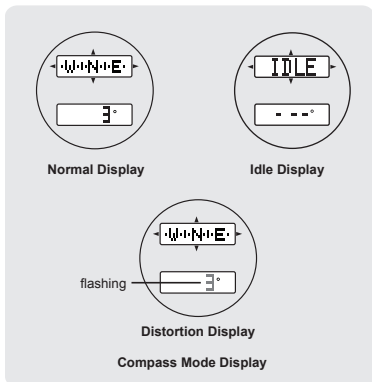
- The compass directions are shown in the adjacent table.
- For example, in the figure on the left, the compass direction of object B from point A is due East. The compass direction of object C from point A is Southeast. The compass direction of object D from point A is Northwest.

The Bearing Directions

- The Bearing direction of an object is defined as the angular difference between North and the object. (Assume 0° for due North, and the measuring range is from 0° to 359°).
- For example, in the figure on the left, the bearing direction of object B from point A is 90°. The bearing direction of object C from point A is 135°. The bearing direction of object D from point A is 315°.

9.2

Compass Mode - Different Displays



Normal Display

- In the Compass Mode, normally the upper row of the display shows the compass direction.
- The lower row of the display shows the bearing direction.

Remark:

Analog movement will be stopped temporarily during compass measurement.

IDLE Display

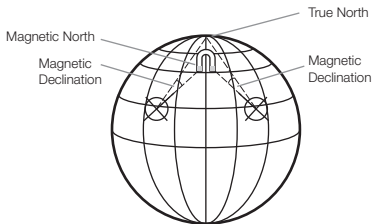
- If no key is pressed for 1 minute, the watch will go to the IDLE Mode automatically.
- To activate the compass again, press any button.

Distortion Display

- If distortion is detected, the bearing direction will flash.
- Please refer to the coming section "Calibrating the Compass" to restore the compass to normal operation when distortion is detected.

9.3

Compass Mode - Compass Directions and Bearing Directions



What is Magnetic Declination

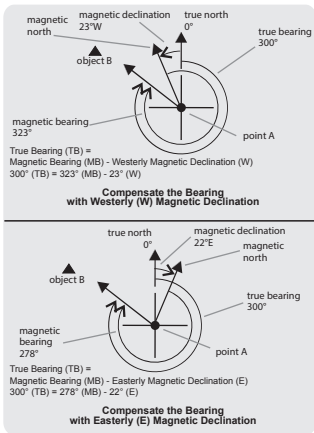
- The Magnetic North Pole is slightly different from the True North Pole.
- Like most magnetic compass, the Watch points to the Magnetic North Pole. On the contrary, everything measured on a map is related to the True North Pole.
- The angular difference between Magnetic North Pole and True North Pole is called magnetic declination. Its magnitude (degrees and minutes) and direction (easterly and westerly) depend on where you are in the world.
- For advance compass user who intends to perform an accurate navigation, the compass must be adjusted for magnetic declination.
- The Watch also includes a compensation setting for Magnetic Declination. Check the coming section "Calibrating the compass - Magnetic Declination Mode" for more details.

Magnetic Declination Information

- Most topographic maps include a small arrow which shows the magnetic north pole and magnetic declination information.
- For the benefit of the user, this manual includes the magnetic declinations for some major cities. Check the coming section "Magnetic Declination at Major Cities" for more details.
- For those cities which their names are not included in the list, please check the online magnetic declination information at:
1. <http://ngdc.noaa.gov/geomag-web/>
2. <http://www.geomag.nrcan.gc.ca/calc/mdcal-eng.php>

9.4

Compass Mode - Compass Directions and Bearing Directions



Magnetic Declination Compensation

- To compensate for an object's bearing, either subtract westerly (W) magnetic declination or add easterly (E) magnetic declination with the magnetic bearing.
- Example 1: Westerly magnetic declination 23° and the compass needle points 323°.
 - TB = MB - W. When MB = 323°; W = 23°
 - TB = 323° - 23°
 - TB = 300°
 - The true bearing is 300°.
- Example 2: Easterly magnetic declination 22° and the compass needle points 278°.
 - TB = MB + E. When MB = 278°; E = 22°
 - TB = 278° + 22°
 - TB = 300°
 - The true bearing is 300°.
- The Watch allows you to compensate the compass bearing at a place where the magnetic declination is either Westerly declination or Easterly declination.
- Check the coming section "Calibrating the Compass" for more details of the setting.

9.5

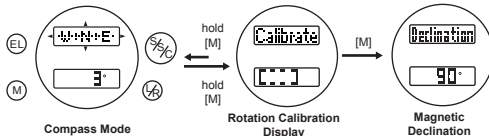
Compass Mode - Magnetic Declination in Major Cities

No.	Country/Place	Major City	Declination
1	Afghanistan	Kabul	+3E
2	Australia	Canberra	+12E
3	Austria	Vienna	+3E
4	Bahrain	Manama	+2E
5	Bangladesh	Dhaka	+0E
6	Belgium	Brussels	+0E
7	Brazil	Brasilia	-21W
8	Canada	Ottawa	-14W
9	Chile	Santiago	+3E
10	China	Beijing	-6W
11	China	Hong Kong	-2W
12	Costa Rica	San Jose	-1W
13	Cuba	Havana	-4W
14	Czech Republic	Prague	+3E
15	Denmark	Copenhagen	+3E
16	Egypt	Cairo	+4E
17	Finland	Helsinki	+8E
18	France	Paris	-1W
19	Germany	Berlin	+3E
20	Greece	Athens	+4E
21	Hungary	Budapest	+4E
22	India	New Delhi	+1E
23	Indonesia	Jakarta	+1E
24	Israel	Jerusalem	+4E
25	Italy	Rome	+2E
26	Japan	Tokyo	-7W
27	Jordan	Amman	+4E
28	Kenya	Nairobi	+0E
29	Korea	Seoul	-8W
30	Malaysia	Kuala Lumpur	+0E
31	Mexico	Mexico City	+6E
32	Nepal	Kathmandu	+0E
33	Netherlands	Amsterdam	+0E
34	New Zealand	Wellington	+22E
35	Norway	Oslo	+2E
36	Pakistan	Islamabad	+2E
37	Philippines	Manila	-1W
38	Portugal	Lisbon	-3W
39	Russia	Moscow	+10E
40	Singapore	Singapore	+0E
41	South Africa	Cape Town	-24W
42	Spain	Madrid	-2W
43	Sweden	Stockholm	+5E
44	Switzerland	Bern	+1E
45	Taiwan	Taipei	-4W
46	Thailand	Bangkok	-1W
47	UAE	Abu Dhabi	+2E
48	United Kingdom	London	-2W
49	United States	Washington, DC	-11W
50	United States	Juneau	+22E
51	United States	Phoenix	+11E
52	United States	Little Rock	+1E
53	United States	Sacramento	+14E
54	United States	Denver	+9E
55	United States	Atlanta	-4W
56	United States	Honolulu	+10E
57	United States	Boston	-15W
58	United States	Saint Paul	+1E
59	United States	Jackson	+0E
60	United States	Santa Fe	+9E
61	United States	Oklahoma City	+5E
62	United States	Salem	+16E
63	United States	Harrisburg	-11W
64	United States	Salt Lake City	+12E

NOTE: Since magnetic declinations will be changed with time, it is recommended to check the updated data from following sites: <http://www.magnetic-declination.com> & <http://www.ngdc.noaa.gov/geomagmodels/Declination.jsp>

9.6

Compass Mode - Compass Calibration



Compass Calibration

When to Calibrate the Compass

- The Watch has to employ a compass calibration in one of the following conditions:
 - The Watch is being used for the first time,
 - The battery is replaced,
 - The bearing direction digits are flashing,
 - The compass is used in a location that is apart from the place in which the compass has been calibrated,
 - The user intends to maintain the precision of the digital compass.

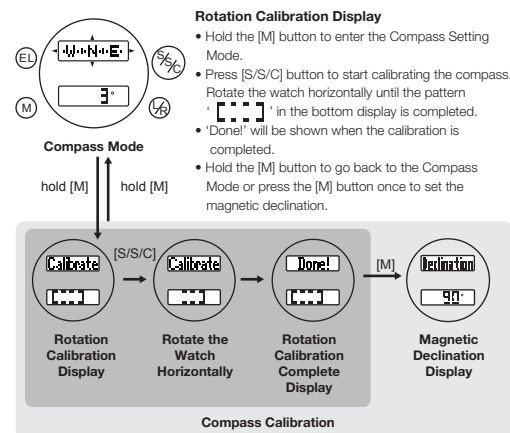
How to Calibrate the Compass

- The compass calibration includes two different processes: Rotation Calibration Mode and Magnetic Declination Setting.
- It is advisable to conduct both calibrations from time to time to achieve a more accurate reading.

IMPORTANT: If the compass has not been calibrated, the direction made by the compass may be inaccurate.

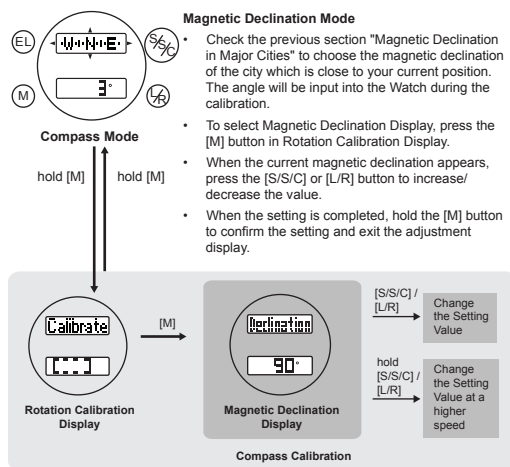
9.7

Compass Mode - Compass Rotation Calibration Mode



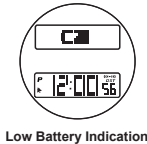
9.8

Compass Mode - Magnetic Declination Mode



10

Low Battery Detection



Low Battery Indication

Low Battery Detection

- When low battery is detected, the battery-low icon '⚡' will appear for 2 seconds when entering the Time Mode. It is recommended to replace the battery with a new battery.
- However, if the appearance of low-battery indicator is caused by using the Watch under very cold condition, the indicator will disappear when normal temperature returns.

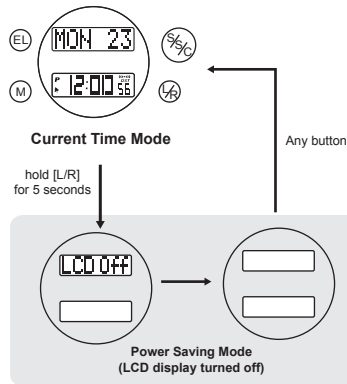
For 3-hand movement, the second hand will move per 2 seconds during low battery.

NOTE: It is recommended to complete the battery replacement by a certified service agency because this Watch contains delicate electronic sensors and components.

NOTE: The memory will be cleared when the battery is replaced. Follow the previous section "Calibrating the Compass" to calibrate the compass before using the Compass.

11

Power Saving Mode



Power Saving Mode

- This Watch has a Power Saving Function which can turn off the LCD display so that the battery can last longer.
- In the Power Saving Mode, the watch function still works normally. (i.e. The timekeeping function is still running in Power Saving Mode.)

How to enter/exit the Power Saving Mode

- To enter the Power Saving Mode, hold down the [L/R] button in Current Time Mode for about 5 seconds. "LCD Off" will be shown before it turns off.
- Press any key in Power Saving Mode to exit this mode and the LCD display will be resumed.

12

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 hard wearing, 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.

13

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.

14

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)	F		
5ATM (50 meters)	F	F	
10ATM (100 meters)	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.

15

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.