

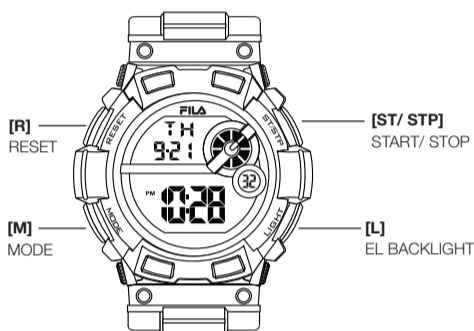


FILActive
 38-110
 www.fila.com/watch

User
 MANUAL
 FM-751.1

1 Design of the Watch

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

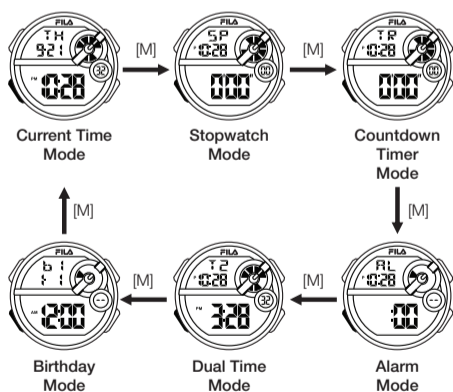


2 Specifications

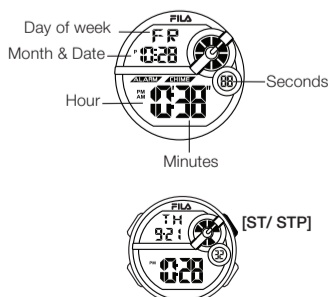
- Birthday
- Dual Time
- 5 Alarms
- Countdown Timer
- 100 Years Calendar
- Chime
- Stopwatch
- 100m Water Resistant
- EL Backlight
- Battery (CR 2025)

* These specifications might be changed without prior notice.

3 Major Function Modes



4 Current Time Mode



12/24H Format

In the Current Time mode, press [ST/STP] to switch between 12/24H formats.

4.1 Current Time Mode - Time Setting



1. In the timekeeping mode, press [R] the seconds to flash (flashing indicated in set mode).



2. Press [ST/STP] to reset the seconds.



3. Press [M] change to the next selection.



4. Press [ST/STP] to increase the number, press and hold to change at high speed.

5. Repeat step 3 and 4, the selection in the following sequence: Seconds – Hour – Minutes – Year – Month – Date.
6. Press [R] to exit the set state, after you set (The day of week is auto displayed in accordance with year, month and date setting).

5 Stopwatch Mode - A Lap Time



1. In the stopwatch mode, press [ST/STP] to start the stopwatch.



2. To stop the stopwatch by pressing [ST/STP] again.



3. Press [R] to reset the stopwatch.

5.1 Stopwatch Mode - Split Time



1. In the stopwatch mode, press [ST/STP] to start the stopwatch.



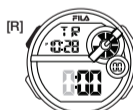
2. Press [R] to display the split time, stopwatch timing continues internally.



3. Press [R] to clear the split time and to continue time measurement.

4. Repeat step 2 and 3, you can measure the multi split time.
5. Press [ST/STP] to stop the stopwatch.

6 Countdown Timer Mode



1. In the countdown mode, press [R] the hour to flash (flashing indicated in set mode).



2. Press [ST/STP] to increase the hour, press and hold to increase at high speed.



3. Press [M] change to the next selection.



4. Press [ST/STP] to increase the number, press and hold to change at high speed.

5. Repeat step 3 and 4, the selection in the following sequence: Hour – Minutes – Seconds.

6. Press [R] to exit the set state, after you set.

6.1 Countdown Timer Mode - Use Countdown Timer



1. Press [ST/STP] to start the countdown.

2. To pause the countdown by pressing [ST/STP] again.

7 Alarm Mode - Alarm and Chime



1. In the alarm mode, press [L] to select chime, Alarm 1 - Alarm 5.

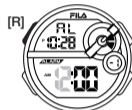


2. In the chime state, press [ST/STP] to on/off the chime.



3. In the Alarm 1 - Alarm 5 state, press [ST/STP] to on/off the alarm.

7.1 Alarm Mode - Alarm Setting



1. In the alarm mode, press [R] the hour to flash (flashing indicated in set mode).



2. Press [ST/STP] to increase the hour, press and hold to increase at high speed.



3. Press [M] to select the minutes.



4. Press [ST/STP] to increase the minutes, press and hold to increase at high speed.

5. Press [R] to exit the set state, after you set.

Setting and operation of the Alarm 1 - Alarm 5 are the same.

8 Dual Time Mode



1. In the dual time mode, press [R] the hour to flash (flashing indicated in set mode).



2. Press [ST/STP] to increase the hour, press and hold to increase at high speed.



3. Press [M] to select the minutes.



4. Press [ST/STP] to change the minutes (Press once change 30 minutes).

5. Press [R] to exit the set state, after you set.

9 Birthday Mode - Birthday



1. In the birthday mode, press [ST/STP] to ON ("on") / OFF ("--") the birthday.

9.1 Birthday Mode - Birthday Setting



1. In the birthday mode, press [R] the month to flash (flashing indicated in set mode).



2. Press [ST/STP] to increase the month, press and hold to change at high speed.



3. Press [M] change to the next selection.



4. Press [ST/STP] to increase the number, press and hold to change at high speed.

5. Repeat step 3 and 4, the selection in the following sequence: Month - Date - Hour - Minutes.

6. Press [R] to exit the set state, after you set.

Press [L] change to the next birthday, the setting same as the above.

10 Backlight



1. In Current Timr mode, press [L] to illuminate the display about 3 seconds.

11 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.

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 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.

13 Precautions for Water Resistance

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

Indication	Water-related use		
	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.

14 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.