



FILActive
38-131
www.fila.com/watch

User
MANUAL
FM-754.1

1 Design of the Watch

Thank you for selecting the Fila Watch. This User Guide is the recommended source of information about your Watch. Please read it carefully and follow all the instructions.



EL Button [EL]

- To turn on the EL back light.

Mode Button [M]

- Change to different modes.
- To decrease the setting value.

Reset [R]

- To select among sub modes: Step, Distance, Calorie and Exercise Time.
- To reset the counter.
- To increase the setting value.

Start/Stop Button [S/S]

- To 'start' or 'stop' the pedometer and chronograph.
- Hold to enter the setting mode: time, unit, step length, weight and the target number of steps.

2 Specifications

Current Time Mode

- Time System: am, pm, hour, minute
- Time Format: 12-hour or 24-hour

Exercise Mode

- Daily Countable Steps Range: 0-99999 steps
- Distance display: 0-999.99 km / 0-999.99 mile
- Exercise Timer: 0- 99999 min
- Calorie Burnt Range: 0-9999.9 calorie
- Memory: 7 days and current day
- 10- segment workout gauge
- Unit selection: Metric (Kg,Km)/Imperial (Lb,Mile)

Chronograph Mode

- Resolution: 1 second
- Measuring Range: 99 hours 59 minutes and 59 seconds
- Synchronization with pedometer

Daily Record Mode

- Past 7-day records
- Steps, Distance, Calories and Exercise time records

Odometer Mode

- Accumulated values of Steps, Distance, Calories and Exercise time records

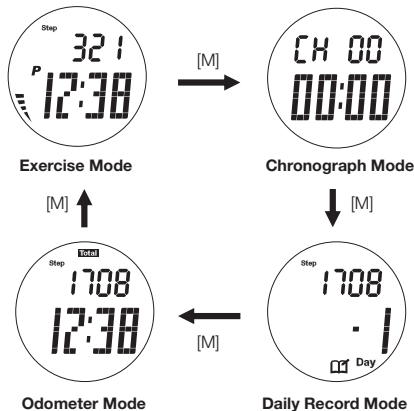
Back Light

- Back Light Type: Electro-Luminescent (EL) back light

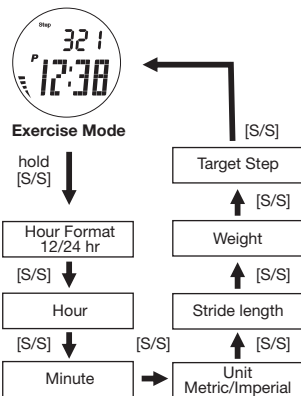
Power Saving Mode

- Low battery indication

3 Major Function Modes



4 Setting Mode



Press [R] to increase or press [M] to decrease the setting. Hold [R] or [M] to make the setting faster.

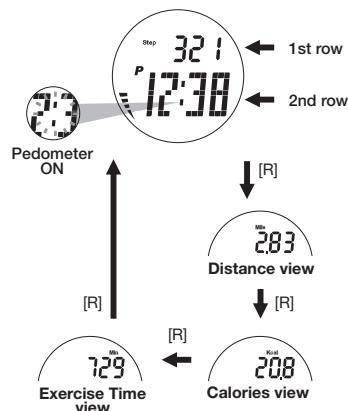
How to make the setting

- In Exercise Mode, hold the [S/S] button to enter the setting selection
- Press the [S/S] button to move the display among different settings
- When the target setting is displayed, press the [R] button to increase or switch the setting. Hold the [R] button to increase the setting faster. Press the [M] button to decrease the setting, hold it to decrease the setting faster.
- To exit the setting mode, press the [S/S] button until you return to the Exercise mode.

NOTE

- If no button is pressed for 1 minute, it will return to the exercise mode automatically.
- Select the desired metric or imperial unit first before using and recording data. All data in the Exercise, Daily Record and Odometer modes will be reset to 0 if the user changes the unit (metric and imperial).

5 Exercise Mode - Pedometer



Exercise Mode Display

- The sub-views: Steps, Distance, Calories and Exercise time will be exhibited in the 1st row of the display.
- Press the [R] button to select the sub-views.
- The current time (hour and minute) is exhibited in the 2nd row of the display.
- Hold the [R] button to erase the data in the Exercise mode.

Pedometer

- In the exercise mode, press the [S/S] button to start or stop the pedometer.
- When the pedometer is ON, the colon will flash. It stops flashing and stays steadily ON when the pedometer is stopped.

NOTE

- The Pedometer and Chronograph can be synchronized.
- If the synchronization is turned ON, turning ON or OFF the Pedometer or Chronograph will activate or stop the other one simultaneously.
- To synchronize the Pedometer and Chronograph, please check chapter 7.

6 Exercise Mode - Workout Gauge



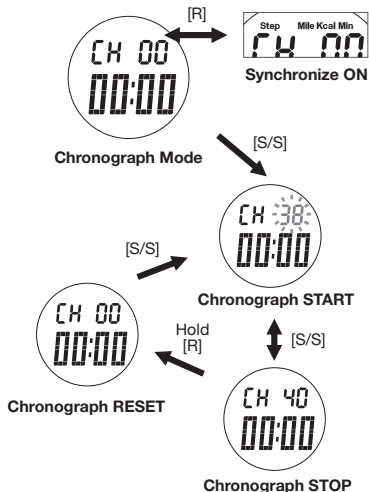
Workout Gauge Display

- To monitor your workout, a 10-segment indicator at the left of the watch shows the percentage of your preset target steps accomplished. (Check chapter 3.0 for detailed setting)
- When the target steps (100%) are done, the 10-segment indicator will flash with a 30-second 'beep beep' audio alert.

NOTE

- The Pedometer and Chronograph can be synchronized.
- If the number of target steps is greater than 1000, it is adjusted at a multiple of 1000.
- If the number of target steps is less than 1000, it will be adjusted at a multiple of 100.

7 Chronograph



Chronograph Mode Display

- Press the [S/S] button to start or stop counting.
- When the stopwatch is stopped, hold the [R] button to reset the stopwatch.

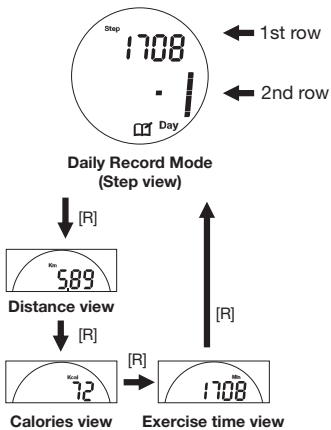
Synchronize with pedometer

- In the chronograph mode, press the [R] button to start or stop synchronization with the pedometer.
- When the synchronization is turned ON, the start/stop operation of the stopwatch will also start/stop the pedometer simultaneously.
- When the synchronization is turned OFF, the stopwatch and pedometer are running independently of each other.

NOTE

- When the synchronization is turned ON, RESETTING the stopwatch will also reset the current pedometer counter.

8 Daily Record Mode



Record Mode Display

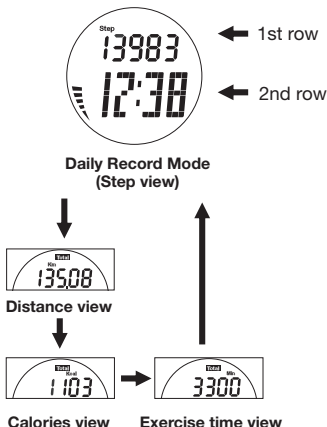
- You can review the exercise records for the past 7 days and current day.
- The sub-views: Steps, Distance, Calories and Exercise time will be exhibited in the 1st row of the display.
- Press the [R] button to select the sub-views.
- The day (-1 ~ -7) is exhibited in the 2nd row of the display.
- Press the [S/S] button to select the record for the past 7 days.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	11			

Example of daily record

Current day: -1

9 Odometer Mode



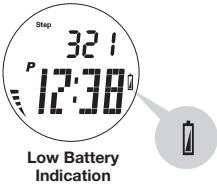
Odometer Mode Display

- You can review the accumulated values of all counters.
- The sub-views: Steps, Distance, Calories and Exercise time are exhibited in the 1st row of the display in sequence.
- Press the [R] button to select the sub-views
- The current time is exhibited in the 2nd row of the display.
- Hold the [R] button to reset all counters. This will clear the current data, daily records and reset all the odometer counters.

Odometer Mode Display

Stride - 80 cm (30 inch)
Weight - 45 kg (100 lb)
Target Step - 5000

10 Low Battery Indication



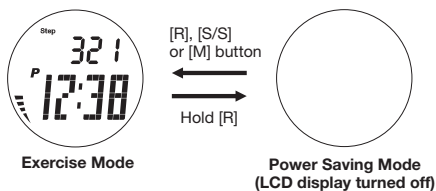
Low Battery Detection

- When the battery-low indicator appears on the display, it means that the capacity of the battery is low. It is recommended to replace it with a new one.
- However, if the appearance of battery-low indicator is caused under very cold condition, the indicator will disappear when normal temperature returns.

NOTE

- It is recommended to replace the battery by a certified service agency because this watch contains delicate electronic sensors and components.
- All records will be cleared when the battery is replaced.

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 is working normally. (i.e. The timekeeping function is running normally in the Power Saving Mode.)

Power Saving Mode

- Stop the pedometer manually first.
- Hold the [R] button in the Exercise Mode for about 5 seconds and the LCD display will be turned off.
- Press the [R], [M] or [S/S] key to turn on the LCD display. A "Bi" sound will be heard when the display is on.

12 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.

13 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.

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.