



SIMPLE DIGITAL WATCH

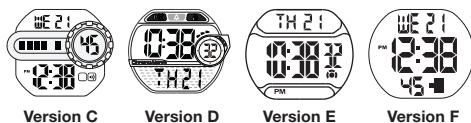
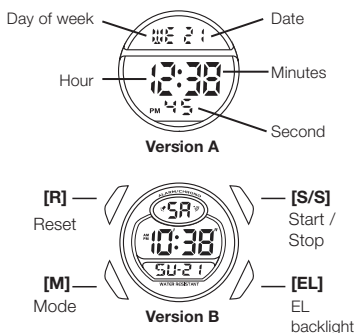
www.fila.com/watch

User  
MANUAL

FM-740.1

## 1 Design of the Watch

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



## 2 Specifications

- Digital movement
- Alarm and hourly chime
- Chronograph
- EL backlight
- Date

\* These specifications might be changed without prior notice.

## 3 Time and Date Setting



### 12/24 Hour Format

- In Normal Time Mode Display, press **[R]** to switch between 12/24 formats.

### Calendar

- In Normal Time Mode Display, press and hold **[S/S]** to display: Year, Month and Date.

### Time Setting

- In Normal Time Mode Display, hold **[R]** for more than three seconds. Second digits will flash. Press **[S/S]** once to reset the second to zero.
- Press **[M]** once: Hour digits flash and then press **[S/S]**\* to adjust.
- Press **[M]** again: Minute digits flash → **[S/S]**\* to adjust.
- Press **[M]** again: Year digits flash → **[S/S]**\* to adjust.
- Press **[M]** again: Month digits flash → **[S/S]**\* to adjust.
- Press **[M]** again: Date digits flash → **[S/S]**\* to adjust.
- Press **[R]** to confirm the adjustment and return to Normal Time Mode.

\* Press and hold to increase at high speed.

## 4 Alarm Time Setting



- In Alarm Mode Display, press **[R]** the hour to flash.
- Press **[S/S]**\* to adjust.
- Press **[M]** to select the minutes, press **[S/S]**\* to adjust.
- Press **[R]** to confirm the settings and return to Alarm Time Mode.

\* Press and hold to increase at high speed.

## 5 Alarm and Hourly Chime

Chime OFF	Chime OFF	Chime OFF	Chime OFF
Alarm ON	Alarm ON	Alarm ON	Alarm ON

(●●●●) or ●)

(●●●●) or ●)



- Press **[S/S]** once again: Chime will be on and Alarm off.
  - Press **[S/S]** once again: Chime and Alarm will be on.
  - Press **[S/S]** once again: Chime and Alarm will be off.
- \* The alarm sounds at the preset time each day for about 60 seconds, press any button to stop

## 6

### Chronograph Mode

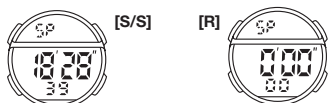
1. In Chronograph Mode Display press [S/S] to start/stop counting. It operates in cumulative counting up to 1/100 second.



2. Split time: While in counting, push [R] once, the Split Time will be display. The chronograph keeps counting. Press [R] once again to return to counting display.



3. Reset: press [S/S] to stop counting and then push [R] to reset the digits to zero.



## 7

### Dual Time Setting



1. In Dual Time Mode Display, press [R] the hour to flash (flashing indicate in set mode).
  2. Press [S/S]\* to adjust.
  3. Press [M] to select the minutes, press [S/S] to adjust (press once change 30 minutes).
  4. Press [R] to confirm the settings and return to Dual Time Mode.
- \* Press and hold to increase at high speed.

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

- Water damage may occur if the press 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 1 year.

#### 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.