





www.fila.com/watch



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 for about 3 seconds

Mode Button [M] Change to different modes. To decrease the setting value. Lap/Reset Button [L/R]

- To view and activate Mode. 'lap' or 'reset' function during Chronograph
- To select between different timer displays. To load or clear the starting value for the timer(s).

 To activate the 'start' or 'stop' Pacer function during Pacer mode
 To set the hourly chime function ON or OFF.
- . To increase the setting value.

- Start/Stop Button [S/S]

 To 'start' or 'stop' the Chronograph Mode and Timer Mode.
- · To select among the setting items during setting display. To switch between 12 and 24 hour form

Specifications

Current Time Mode

- · Time System: am, pm, hour, minute
- Time Format: 12-hour or 24-hour
- Calendar: Month date and day of week display
 (Auto-Calendar function for leap year and day of week)

Alarm Mode

- Daily alarm and hourly chime Alarm sound: 20 seconds
- Chronograph Mode

Resolution: 1/100 second

- Measuring Range: 9 hours minutes 59 minutes 59.99
- Lap memory: 50 lap memories

Countdown Time • Timer: 4 timers

- Resolution: 1 second
- Measuring Range: 23 hours 59 minutes
- Timer Sounds: the Watch will beep once when a timer counts to the last 1 and 0 second.

Pacer Mode

- Setting Range:
- Setting Range:
 40 bpm to 180 bpm
 Setting step: 5 bpm

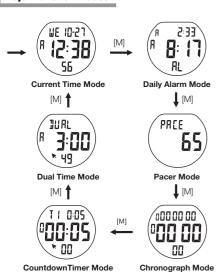
Dual Time Mode

Time System: AM, PM, hour, minute, second

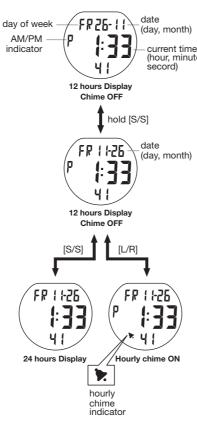
Back Light

 Back Light Type: nescent(EL) back light

Major Function Modes



Current Time Mode - Current Time Display



Current Time Display

When the Current Time Mode is selected, the Watch will show the following items on the display:

- The day of week and date of the current time are exhibited on.
- the 1st row of the display.

 The current time (hour, minute) is exhibited on the 2nd row of
- The current time (second) is exhibited on the 3rd row of the

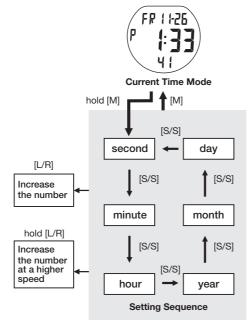
How to Switch between 12 and 24 hour format

To switch between month-day and day-month format, hold down the [S/S] button following the adjacent diagram.

To Set the Hourly Chime ON/OFF

- To set the hourly chime between ON or OFF, press the [L/R] button following the adjacent diagram.
- When the chime indicator 'b' is appeared on the display, the chime is ON. During the hourly chime is ON, the Watch will sound 'beep beep' every hour on the hour (e.g. 1:00 00, 2:00 00, 3:00 00)

5 **Current Time Mode - Setting the Current Time**

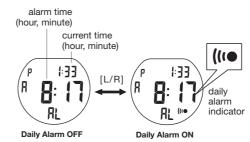


How to Set the Current Time

- To select the setting display, hold down the [M] button for 2 seconds in the Current Time Mode, and then the 'Second' digits will start flashing.
- In setting display, press the [S/S] button to move the flashing following the adjacent diagram to select among different settings.
- During one of the settings (minute, hour, year, month, day) is flashing, press the [L/R] button to change the number (hold down the button to change the number at a higher speed).

 When the second digits start flashing, press the [L/R] button to
- reset them to zero.
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

Daily Alarm Mode - Daily Alarm Mode



Daily Alarm Display

Daily Alarm Mode

- This Watch includes a daily alarm function for the current time.
- . When the daily alarm is ON, the Watch will beep for 20 conds at the alarm time every day

Daily Alarm Display

When the Daily Alarm Mode is selected, the Watch will show the following items on the display:

- The current time (hour, minute) is exhibited on the 1st row of the display.
- The daily alarm time (hour, minute) is exhibited on the 2nd row of the display.

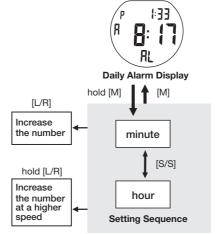
To Set the Daily Alarm ON/OFF

- To set the daily Alarm between ON and OFF, press the [L/R] button in the Daily Alarm Display.
- When the daily alarm indicator '(((i) o ' is appeared, the daily alarm is ON.

To Test the Daily Alarm Sound

To test the alarm sound, hold down the [S/S] button in the Daily Alarm Display. The Watch will beep as long as the button is hold.

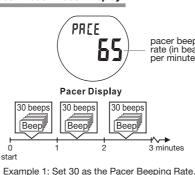


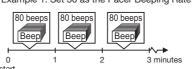


How to Set the Daily Alarm

- To select the setting display, hold down the [MODE] button for 2 seconds in the Daily Alarm Mode, and then the 'minute' digits will start flashing.
- In setting display, press the [S/S] button to move the flashing following the adjacent diagram to select among different settings.
- During one of the settings (minute, hour) is flashing, press the [L/R] button to change the number; hold down the [L/R] button to change the number at a higher speed.
- · When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.







Example 1: Set 80 as the Pacer Beeping Rate.

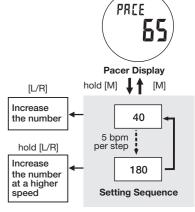
- · This Watch includes a pacer function which generate regular beeps at a pre-defined rate. That pre-defined rate can be set within in a range from 40 to 180 beats per minute (bpm). The pacer will sound more beeps within a minute for a higher
- bpm rate (e.g. 80) setting than a lower bpm rate (e.g. 30)

 When the Pacer Display is selected, the beeping rate is exhibited on the 2nd row of the display

How to Use the Pacer

- When the pacer has been set with a beeping rate, for example 65 bpm, press the [L/R] button once will start the beeping.
 During the Watch is beeping, press the [L/R] button once again
- to stop the beeping.

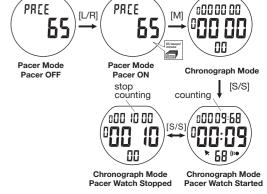
Pacer Mode - Setting the Pacer Beeping Rate



To Set the Pacer Beeping Rate

- To select the setting display, hold down the [M] button for 2 seconds in the Pacer Display, and then the beeping rate digits will start flashing.
- In the setting display, press the [L/R] button to change the number; hold down the button to change the number at a higher speed.
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.



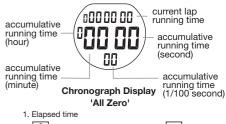


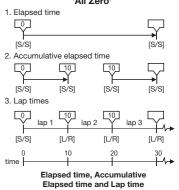
How to Use the Watch as a Pacer Watch

To use the Watch as a pacer watch following the below steps: When the pacer Display is selected, press the [L/R] to turn on

- the pacer function. When Pacer function is on, press the [M] button to switch the display to Chronograph Mode, and then press the [S/S] button once will start the pacer and chronograph function at
- the same time. • Then the watch will became a Pacer Watch which the chronograph is counting and the pacer is beeping at the pre-defined rate.
- During the Pacer Watch is counting and beeping, press the

[S/S] button once will stop the beeping and count 11 Chronograph Mode - Chronograph Mode





Chronograph Mode This Watch includes a stopwatch function which measures:

 Elapsed time, accumulative elapsed time (multi-phase elapsed time) and Lap time (get a elapsed time without stopping the counting).

The measuring capacity of the chronograph:

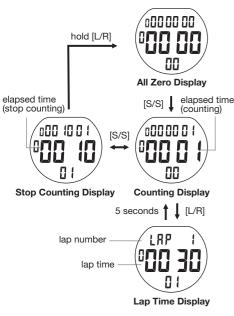
- · Measuring unit: 1/100 second.
- Measuring range: 9 hours, 59 minutes and 59.99 second.
- · Lap Memory: a maximum of 50 laps.

Chronograph Display
When the Chronograph Display is selected, the Watch will show the following items on the display:

 During the chronograph is counting: The current lap time and the accumulative elapsed respectively. NOTE: The current lap time will be the same as the accumulative

elapsed time for lap 1. • During the chronograph is stopped: The current lap time and lap number are exhibited on the 1st row, and the accumulative

elapsed time is exhibited on the 2nd row. During the Lap Display is displaying: The current lap number and the lap time is exhibited on the 1st and 2nd row respectively.



How to Measure Elapse Time

- During the 'All Zero' Display, press the [S/S] button once will start the counting, and press the [S/S] button again will stop he counting
- The elapsed time between the above 2 kev-stokes will be exhibited on the 1st row of the display. Repeat the above key operations to get the accumulative elapsed time.

How to Get a Lap Time

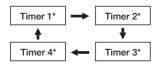
- When the chronograph is counting, press the [L/R] button to get and view the Lap Display for 5 seconds. In the Lap Display, the current lap number and lap time will appear on the 1st and 2nd row of the display respectively.
- · After the 5 seconds, the Watch will return to counting display automatically. Then the new lap time and the accumulative elapsed time will be exhibited on the 1st and 2nd row of the display respectively. Repeat the above key operations to get another lap time.

How to Recall/Reset the Lap Time

- During the chronograph is stopped:

 Press the [L/R] button one by one to review the recorded lap times, or
- Hold down the [L/R] button for about 2 seconds to clear the lap time, and reset the display to 'All Zero' display.

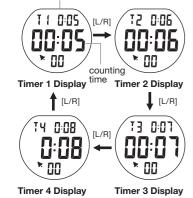
13



Multi-Timer Counting Sequence

* If Timer 1, 2, 3 or 4 which set 0:00 as the starting value, that timer will be

starting value (hour, mintue)



Countdown Timer Mode

vn Timer Mode This Watch includes 4 countdown timers. They are Timer 1, 2, 3 and 4. Using one timer (Single Timer) which can run normal timer function. But combines two or more timers (Multi-Timer) can

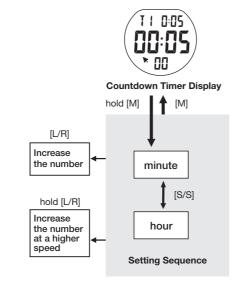
- extend the timer function to measure multi-phase elapse time. The measurement unit of these timers is 1 second, and the starting value of these timers can be set up to a maximum of 23 hours and 59 minutes.
- When a timer which set 0:00 as the starting value, that timer will be excluded from the counting sequence.
- · When the timer is started, the Watch will count repeatingly unless it is topped by pressing the [S/S] button. During the counting, the Watch will beep once when a timer counts to the last 1 and 0

Single Timer and Multi-Timer

- When using Single Timer (one timer), it must excludes other timers from the counting sequence by setting their start value at 0:00.
- When using Multi-Timer, it is counting on a sequence which starts the counting from Timer 1 to another timers following the adjacent

How to Select Different Timer Display

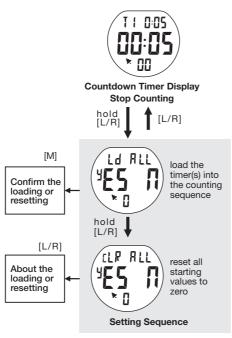
- To select different countdown timer display during the timer is stopped, press the [L/R] button one by one following the adjacent
- · When using Multi-Timer, it is counting on a sequence which starts the counting from Timer 1 to another timers following the adjacen diagram.



How to Set the Countdown Timer

- The following paragraphs will instruct the procedure for setting the timer 1. Ever so, setting the other timers will work on the similar procedure
- . To select the setting display, hold down the [M] button for 2 seconds in the Timer 1 Display, and then the 'Minute' digits start flashing on the display.
- In setting display, press the [S/S] button to move the flashing following the adjacent diagram to select among different settings
- $\bullet~$ When one of the settings (minute, hour) is flashing, press the [L/R] button to change the number (hold down the button to change the number at a higher speed).
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO kev-stoke has been activated for 1 minute.

intdown Timer Mode - Loading and Resetting the Timer

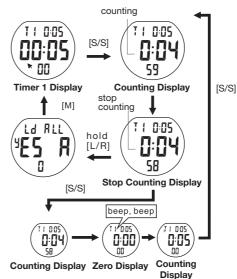


How to Load the Timers

- If the starting value has been set for the timer(s), they must be loaded into the counting sequence before it is ready for counting
- To load the timer(s) into counting sequence, hold down the [L/R] button in Timer Display (when the timer is stopped) until the 'Ld ALL' indicator appeared following the adjacent diagram.
- · When the 'Ld ALL' indicator is appeared, press the [M] or [L/R] to confirm or abort the loading.
- If the Timer Display is returned after the loading, the timer(s) is returned after the loading, the timer(s) is ready to count.

How to Reset the timers

- During the 'Ld ALL' indicator is appeared, hold down the [L/R] button until the 'cLR ALL' indicator appeared following the adjacent diagram.
- \bullet When the 'cLR ALL' indicator is appeared, press the [M] or [L/R] to confirm or abort the resetting
- If the Timer has been reset, all starting values will be reset to 0:00.



How to Use the Single Times

- When using one timer only (Single Timer), excludes other timers by setting their starting values to 0:00.
- Once the starting value has been set for the last timer, it must be loaded into the counting sequence before it is ready for counting. Check previous chapter 15 for more detail on how to load the starting value into the counting sequence.
- Press the [S/S] button to start the counting. The counting will be restarted automatically when it reaches zero unless the counting is stopped by pressing the [S/S] button.

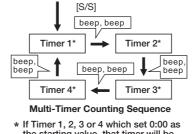
How to Re-load the Timer

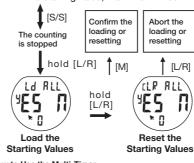
To re-load the timer to its original starting value during the timer is stopped, perform the loading process following the previous

Timer Alarm Sound

During the counting, the Watch will beep once when a timer counts to the last 1 and 0 second.

Countdown Timer Mode - Using the Multi-Timer





How to Use the Multi-Timer

- To use the Multi-Timer function which combines two or more timers to measure multi-phases elapse time, it must set the starting value for each timer.
- Once the starting value has been set for the timer(s), they must be loaded into the counting sequence before it is ready for counting. Check the previous chapter 15 for more detail on how to load the timer into the counting sequence.
- Pressing the [S/S] button will start the counting sequence. The Multi-Timers will starts the counting from Timer 1 to anothe timers following the adjacent diagram. Pressing the [S/S] button once again will stop the counting.
- The Watch will count repeatingly unless it is stopped by pressing the [S/S] button.

Timer Alarm Sound • During the counting, the Watch will beep once when a timer

counts to the last 1 and 0 second.

How to Re-load/Reset the Starting Values

To re-load or reset the Starting Values during the timer is paused, perform the loading or resetting process which mentioned in the adjacent diagram to re-load or reset the starting vales

18 **Dual Time Mode - Dual Time Mode**

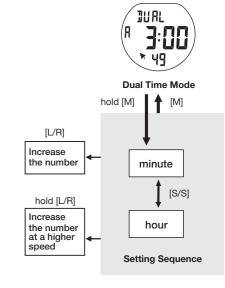


Dual Time Mode

- This Watch includes a dual time which show the current time of the second time zone.
- The second digits are same as the one of current time.

Dual Time Display

When the Dual Time Display is selected, the dual time (hour, minute, second) is exhibited on the 2nd row of the display.



To Set the Dual Time

- To select the setting display, hold down the [M] button for 2 seconds in the Dual Time Mode, and then the 'Minute' digits start
- In the setting display, press the [S/S] button to select the flashing (setting item) as shown in the diagram.
- $\bullet~$ When one of the settings (minute, hour) is flashing, press the [L/R] button to change the number; hold down the button to change the number at a higher speed.
- When the setting is completed, press the [M] button once to exit the setting display. The Watch will also exit the setting display if NO key-stoke has been activated for 1 minute.

20 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.

21 Precautions for Straps

- Exposure to water often makes a strap fragile and it may
- 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.
- 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.

22

Precautions for Water Resistance

All FILA watches are designed to withstand use as indicated on

| Indication | Water-related use | | |
|-------------------------|-------------------------------------------------|-----------------|------------------|
| Level of resistance | Light spray perspiration, light rain, etc | Bathing, etc | Swimming, etc |
| 3ATM (30 meters) | L | | |
| 5ATM (50 meters) | L | 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.

23 **Precautions for Battery**

Battery Life

ry in your FILA watch is estimated to last for 2 years

Battery ReplacementIf 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

