



FILAstyle  
www.fila.com/watch

## User MANUAL

FM-776.1

### 1

#### Design of the Watch

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



#### Mode Button [M]

- Press and hold to enter the setting mode.
- In the Time Setting mode, press [M] to increase the value; hold [M] to increase the value at a faster speed.
- To select the next city on the World Time display.

#### [M] Setting Button [S]

- To select the previous city on the World Time display.
- In Setting Display: To switch to the next setting display.

#### EL Button [EL]

- To turn on the EL backlight for about 3 seconds.

**NOTE:** Check the coming chapters for the detailed

### 2

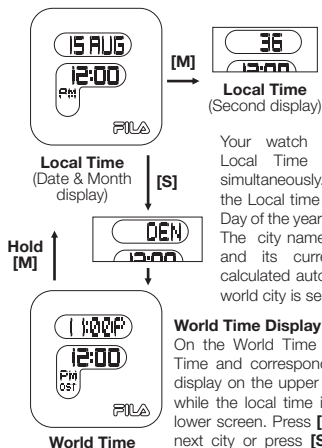
#### Specifications

- Digital movement
- World Time of 25 Cities with 3 Letters Abbreviation
- Date
- Metal case
- 5 ATM

\* These specifications might be changed without prior notice.

### 3

#### How to switch between World Time Display and Local Time Display



Your watch can display both Local Time and World Time simultaneously. It can also display the Local time with second or the Day of the year (Local Time Mode). The city name of the world cities and its current time will be calculated automatically when the world city is selected.

#### World Time Display

On the World Time Display, the World Time and corresponding city name will display on the upper screen alternatively while the local time is displayed on the lower screen. Press [M] to switch to the next city or press [S] to switch to the previous city.

Hold [M] to switch the World Time display to second or the Day of the year display (Local Time Mode) on the upper screen.

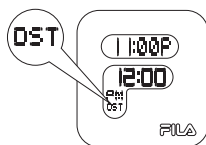
#### Second or the Day of the year Display (Local Time Mode)

On the second or the Day of the year display, press [M] to switch between the second and the Day of the year displays.

On the second or the Day of the year display, press [S] to switch the display to the World Time Display.

### 4

#### How to select the Daylight Saving Time



World Time

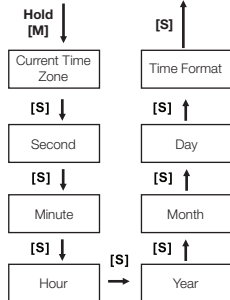
Your watch comes with an Daylight Saving Time function to compensate the adjustment. On the World Time Display, hold [S] to switch ON or OFF the Daylight Saving Time (DST). When it is switched on, the "DST" icon will be displayed at the lower left corner.

This means that the city you have selected is one hour ahead than the common time and exercises the Daylight Saving Time.

## 5 Time Setting Mode



Local Time  
(Date & Month display)



### Setting of the Local Time

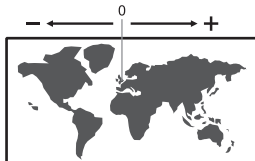
- Hold **[M]** in the Local Time Mode, the name of the world cities on the upper screen will flash. Press **[M]** to advance to the next city and select the local city where you are. When it is done, press **[S]** to move to the next setting display.
- Press **[S]** to move to the next setting display; press **[M]** to advance or change the value. (Hold **[M]** to increase the value at a faster speed). Repeat this process to set the second, minute, hour, year, month, day and 12-hour or 24-hour format following the adjacent diagram until it returns to the Local Time mode.

**NOTE:** In the Time Setting Mode, hold both **[M]** and **[S]** simultaneously will reset the watch to the factory default values. Local Time default values are UTC, 15 Aug 2001, 12:00AM (12-hour format). In this Mode, when no key is pressed for 1 minute, it will return to the Local Time display automatically.

## 6 World Time / Local Time Mode - City Initial Code Table

1. <b>UTC</b> Coordinated Universal Time	2. <b>LON</b> London	3. <b>PAR</b> Paris	4. <b>ROM</b> Rome
5. <b>CAI</b> Cairo	6. <b>MOW</b> Moscow	7. <b>DXB</b> Dubai	8. <b>KHI</b> Karachi
9. <b>DEL</b> New Delhi	10. <b>DAC</b> Dhaka	11. <b>BKK</b> Bangkok	12. <b>SIN</b> Singapore
13. <b>PEK</b> Beijing	14. <b>TYO</b> Tokyo	15. <b>SYD</b> Sydney	16. <b>NOU</b> Noumea
17. <b>AKL</b> Auckland	18. <b>HNL</b> Honolulu	19. <b>ANC</b> Anchorage	20. <b>LAX</b> Los Angeles
21. <b>DEN</b> Denver	22. <b>CHI</b> Chicago	23. <b>NYC</b> New York	24. <b>CCS</b> Caracas
25. <b>RIO</b> Rio De Janeiro			

## 6.1 World Time / Local Time Mode - Time Zone setting



### About Time Zone

- Since the sun shines differently, the time of places on the Earth 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 the time of Greenwich Mean Time (GMT) London or Coordinated Universal Time (UTC). Therefore, the time zone of London is 'UTC +0'. Hong Kong is 8 hours ahead the time of Greenwich. Therefore, Hong Kong's time zone is 'UTC +8'.

## 7 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.

## 8 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.

## 9 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)	☞		
5ATM (50 meters)	☞	☞	
10ATM (100 meters)	☞	☞	☞

- 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.

## 10 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.