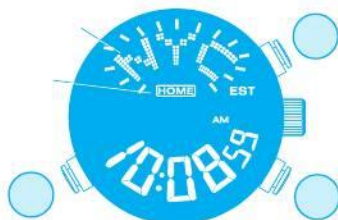
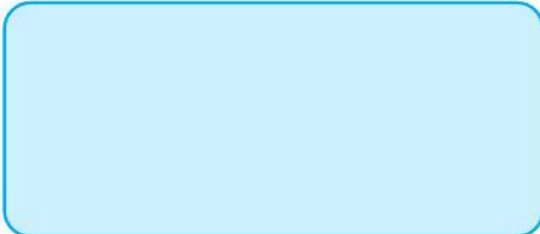
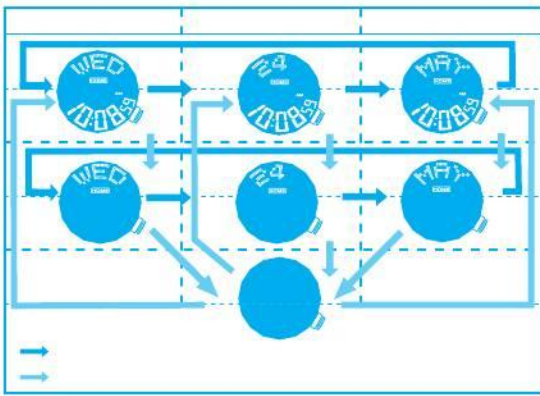
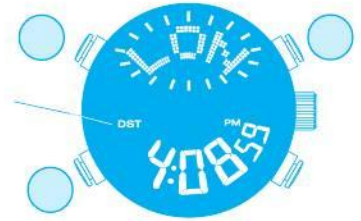
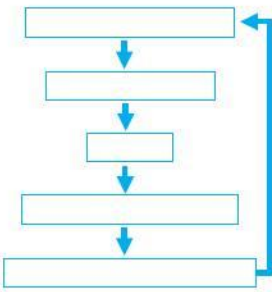
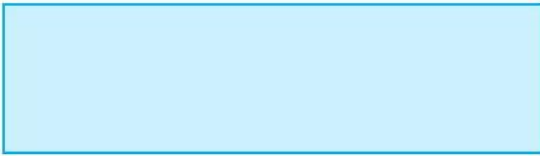
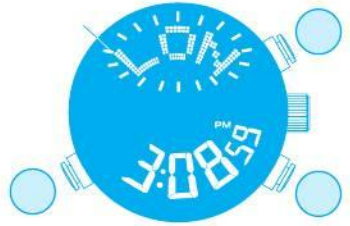
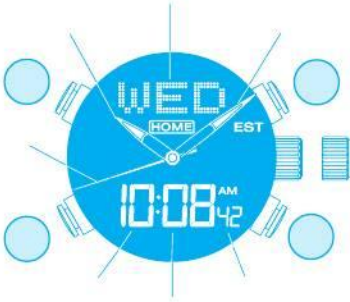
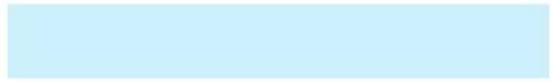
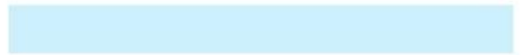
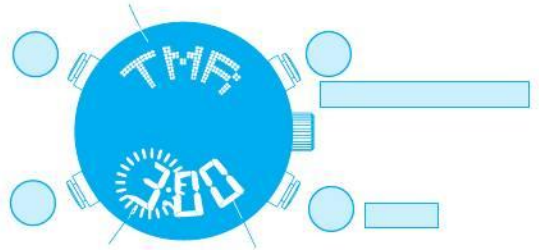
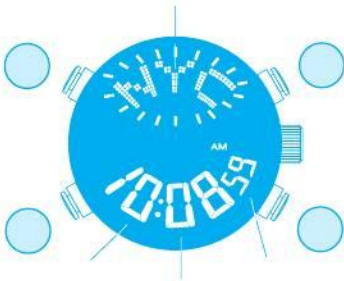
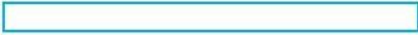
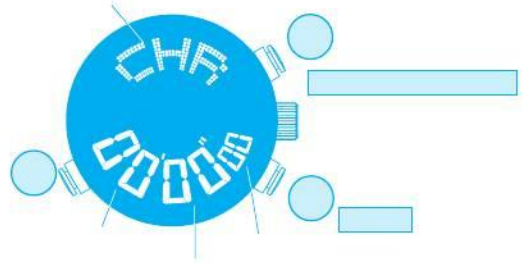
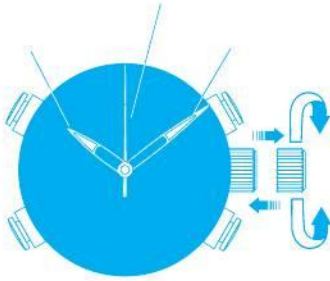


Instruction Manual







TIMER OPERATION

1. Press "C" to start or stop the timer.

Pressing "C" will alternately start or stop the timer.

2. Press "D" to reset.

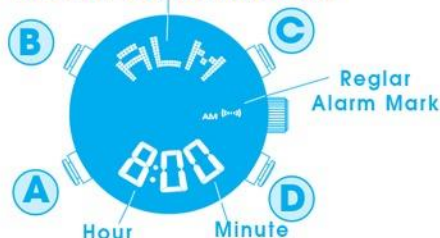
Remember to reset the timer time by pressing "D" for next use.

NOTES

- ❖ Starting from 3 seconds before the set time is up, the timer beeps for 10 seconds. To stop the beep manually while sounding, press any of the buttons.
- ❖ Before start using the timer, reset the timer time by pressing "D."
- ❖ Restart and stop of the timer can be repeated by pressing "C."
- ❖ Even if the TIMER mode is changed to a different mode while the measurement is in progress, it continues counting properly. After the timer is used, however, be sure to stop it as the battery energy is consumed enormously to shorten the battery life.

■ HOW TO USE THE REGULAR ALARM

REGULAR ALARM mode mark



1. Press "A" three times to show the REGULAR ALARM mode.
2. Press and hold "A" for 2 to 3 seconds to show the REGULAR ALARM SETTING display.

The hour digits start flashing.

3. Press "B" to select the item to be adjusted (flashing).

Hour ◯ Minute

4. Press "C" or "D" to set the flashing digits.

The flashing digits move quickly if "C" or "D" is kept pressed.

5. Press "A" to confirm the alarm setting.

The regular alarm mark will be automatically displayed indicating that the regular alarm is engaged.

NOTES

- ❖ If the watch is left untouched in the REGULAR ALARM SETTING display with the digits flashing, it will automatically return to the REGULAR ALARM mode in 1 to 2 minutes.
- ❖ When the 24-hour indication is selected in the TIME/CALENDAR mode, the regular alarm is also displayed in the 24-hour indication.
- ❖ When setting the hour digits in the 12-hour

■ CITIES AND TIME DIFFERENCES

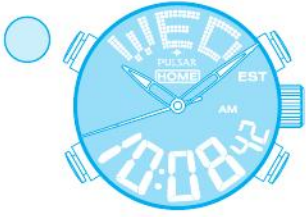
- The use of daylight saving time or a time different from UTC may change in some regions or countries as determined by each country.
- The time zone abbreviations in the United States (PST, MST, CST and EST) are also displayed for applicable cities.

*1 UTC: universal coordinated time

*2 Time difference from UTC (hour)

*3 Daylight saving time/US time zone abbr.

City code	City name	Country or region	*2	*3
UTC	UTC *1	Universal Coordinated Time		
LON	London	The United Kingdom	0	○
CAS	Casablanca	Morocco	0	○
BCN	Barcelona	Spain	+1	○
MAD	Madrid	Spain	+1	○
PAR	Paris	France	+1	○
AMS	Amsterdam	The Netherlands	+1	○
FRA	Frankfurt	Germany	+1	○
MUC	Munich	Germany	+1	○
BER	Berlin	Germany	+1	○
ZRH	Zurich	Switzerland	+1	○
MIL	Milan	Italy	+1	○
ROM	Rome	Italy	+1	○
CPH	Copenhagen	Denmark	+1	○
STO	Stockholm	Sweden	+1	○
VIE	Vienna	Austria	+1	○
PRG	Prague	Czech	+1	○
ATH	Athens	Greece	+2	○
IST	Istanbul	Turkey	+2	○
CAI	Cairo	Egypt	+2	○
TLV	Tel Aviv	Israel	+2	○
MOW	Moscow	Russia	+3	○
RUH	Riyadh	Saudi Arabia	+3	
BGW	Baghdad	Iraq	+3	
THR	Teheran	Iran	+3.5	○
DXB	Dubai	The United Arab Emirates (UAE)	+4	
KBL	Kabul	Afghanistan	+4.5	
KHI	Karachi	Pakistan	+5	
DEL	Delhi	India	+5.5	
DAC	Dacca	Bangladesh	+6	
RGN	Yangon	Myanmar	+6.5	
BKK	Bangkok	Thailand	+7	
SGN	Ho Chi Minh City	Vietnam	+7	



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