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Bluetooth



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Checking the current power reserve

This watch has a power reserve display feature when in [TME], [L-TM], [PR], [CT], or [DCT] mode.

Power reserve indication (Function hand on the upper right sub dial)



- If the current power reserve is not displayed (the watch is in [CAL] or [CHR] mode), change the mode (see page 3a).
- When connecting to iPhone, pay particular attention to the power reserve to ensure sufficient power is available.

The power reserve level

Level	3	2	1	0
Approximate duration of indication at this level	With connecting to iPhone within 6 hours a day			7 months*
	Up to 10 days	Up to 15 days	Up to 5 days	
	Without connecting to iPhone			
	Up to 3 months	Up to 5 months	Up to 2 months	
	Power reserve is sufficient for all features and functions. Optimal performance is achieved at this level.	Power reserve is sufficient for all operations at this level.	Power reserve is getting low. The watch should be fully charged to ensure optimal performance. fully charged.	Power reserve is not sufficient for normal operation. The watch must be fully charged.
			Charge the watch immediately.	

* When the power reserve is at level "0", basic watch functions can be used. However, registering (see page 5bc) and connecting to iPhone (see page 6b) are not available. If the watch is connected to your iPhone and the power reserve becomes at level "0", the connection will be disconnected automatically.

Changing the mode

This watch features eight different modes (functions). Change the mode by rotating the mode hand on the lower sub dial before using each mode.

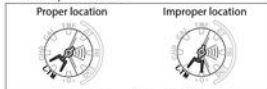


- 1 Pull the crown out to position 1.
The second hand moves to indicate the 30 seconds position.



The second hand indicates the 30 seconds position.

- 2 Rotate the crown to select a mode.
• Each time you rotate the crown, the mode hand on the lower sub dial moves.
Rotate the crown until the mode hand indicates the mode you wish to use.



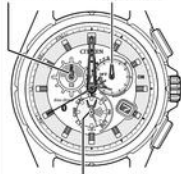
Ex. When selecting [L-TM]

- You may turn the mode hand either clockwise or counterclockwise.
- The hands/indications function differently in each mode. See page 3bc for more details of each mode and the functions of the hands/indications in each mode.

- 3 Push the crown in to position 0 to finish the procedure.

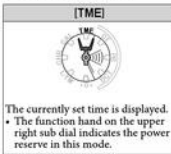
Mode indications and functions

24-hour hand Function hand



Mode hand

Time — [TME]
• Normally, use the watch in [TME] or [L-TM] mode.



Pairing/Connecting/Disconnecting of iPhone — [PR]/[CT]/[DCT]

[PR] (Pairing)	[CT] (Connect)	[DCT] (Disconnect)
Select this when you want to connect (pair/register) the watch to your iPhone for the first time. (See page 5b.)	Select this mode when you want to connect your watch to your iPhone after initial pairing. (See page 6a.)	Select this when you disconnect the watch from your iPhone. (See page 6a.)

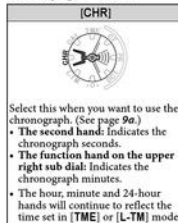
- Time indication is same as either [TME] or [L-TM].

Local time — [L-TM]



- The 24-hour hand on the upper left sub dial, date and day of the week display local time.
- The function hand on the upper right sub dial indicates the power reserve in this mode.

Chronograph — [CHR]



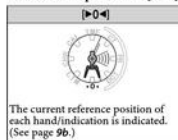
- The second hand indicates the chronograph seconds.
- The function hand on the upper right sub dial indicates the chronograph minutes.
- The hour, minute and 24-hour hands will continue to reflect the time set in [TME] or [L-TM] mode.

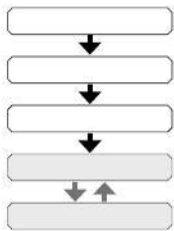
Calendar — [CAL]



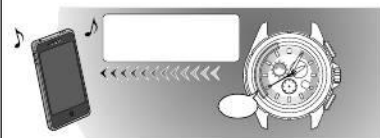
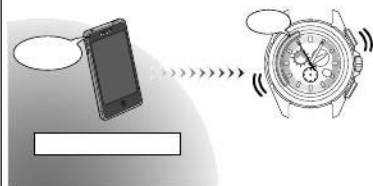
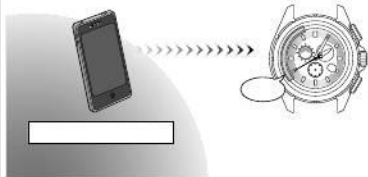
- The second hand indicates the year/month.
- The function hand on the upper right sub dial indicates the day of the week.
- The hour, minute and 24-hour hands will continue to reflect the current time set in [TME] mode.

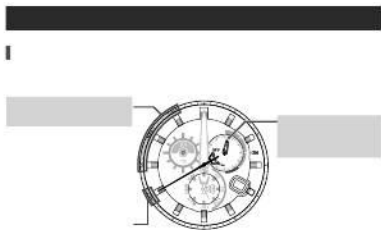
The reference position — [0-0]





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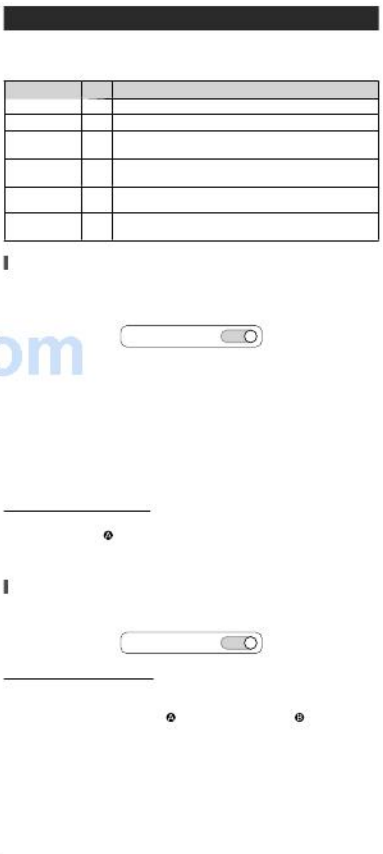
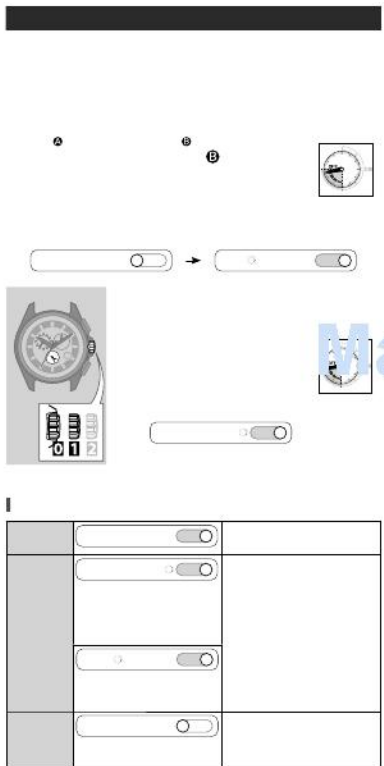
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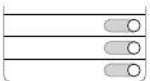
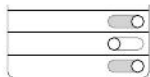
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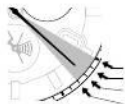
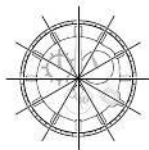
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B



Using local time

[L-TM]

Indicating local time (secondary time)

The watch can indicate the time of another time zone (known as local time) using [L-TM] mode.



1 Change the mode to [L-TM]. (See page 3b.)

The currently set local time (secondary time) is displayed.

- The hour, minute, 24-hour, date and day of week are displayed.
- If a local time (secondary time) has not been set, the time reflected will be that of the time set in [TME] mode.

- If you receive the time info while in [L-TM] mode, both the time set in [TME] and [L-TM] mode are adjusted.

Setting the local time

The setting range of the time difference from the time set in [TME] mode is ± 27 hours in 15-minute increments.

1 Change the mode to [L-TM]. (See page 3b.)

2 Pull the crown out to position 2.

3 Rotate the crown to set the time in 15-minute increments.

- When you rotate the crown quickly a few times, the hands will move continuously. To stop the rapid movement, rotate the crown in either direction.

4 Push the crown in to position 0 to finish the procedure.

Using the chronograph

[CHR]

The 60-minute chronograph can indicate a maximum of 59' 59".

- While in [CHR] mode, notifications will be through watch vibration only. Visual notification by the second hand is disabled in this mode and will be made with another vibration when you change the mode to [TME], [L-TM], [PR] or [CT].



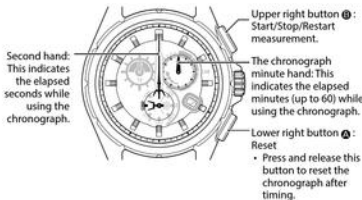
1 Change the mode to [CHR]. (See page 3b.)

The second hand moves to indicate the 0 seconds position to enable you to measure time.

2 Use the chronograph.

- See page 9b for the method of measurement.

3 Change the mode to either [TME] (or [L-TM]) to exit chronograph [CHR] mode. (See page 3b.)



Second hand: This indicates the elapsed seconds while using the chronograph.

Upper right button \odot : Start/Stop/Restart measurement.

The chronograph minute hand: This indicates the elapsed minutes (up to 60) while using the chronograph.

Lower right button \ominus : Reset
• Press and release this button to reset the chronograph after timing.

- After one hour of continuous chronograph operation, the chronograph automatically stops and is reset. Pulling out the crown will also stop and reset the chronograph.
- The time reflected by the hour and minute hands and 24-hour hand on the upper left sub dial will be that of the time set in [TME] or [L-TM] mode.

Checking and correcting the reference position [►0◄]

If the time or date is not shown correctly even after proper reception of the time info, check whether the reference position is correct.

What is the reference position?

The base position of all hands and date to properly indicate the various functions of this watch.

- Position of the hour hand: 12:00
- Position of the minute hand: 12:00
- Position of the second hand: 12:00
- Position of the 24-hour hand on the upper left sub dial: 24:00
- Position of date: midway between 31 and 1
- Position of the function hand on the upper right sub dial: directed towards 6:00

- If the hands and/or date do not reflect the correct reference position, the time, date, and other indications will not be displayed accurately, even if you synchronize the time with your iPhone.

Correct reference positions



Checking the reference position

Check whether the reference position of each hand and indication is accurate.



1 Change the mode to [►0◄]. (See page 3b.)

The hands and date will rotate to the current reference positions stored in memory.

2 Check the current reference position.

By referring to the chart on page 9b, ensure the reference position of each hand and the date are correct.

- If all reference positions are correct, go to step 3 below.
- If some reference positions are incorrect, go to page 9c.

3 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 3b.)

Correct the current reference position

Correct each hand and indication to indicate the correct reference position.



1 Change the mode to [►0◄]. (See page 3b.)

Each hand and indication indicate the current reference position.

2 Pull the crown out to position 2.

This will enable you to correct the reference position.

3 Press and release the upper right button \odot .

Each time you press and release the upper right button \odot , the active hand will move slightly indicating that hand (or date) may be set. The order of movement is:

Date/Function hand \rightarrow Hour, minute and 24-hour hand \rightarrow Second hand \rightarrow return to date/function hand

4 Rotate the crown to correct the reference position of the active hand/indication.






- When you rotate the crown quickly a few times, the hands and indications will move continuously. The second hand will move one full rotation, and the other hands and indications will move until you rotate the crown either clockwise or counterclockwise.

5 Repeat steps 3 and 4 as required.

6 Push the crown in to position 0.

7 Change the mode to either [TME] (or [L-TM]) to finish the procedure. (See page 3b.)



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