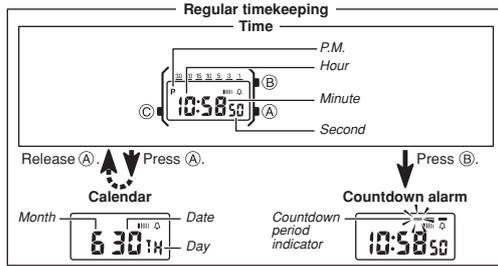
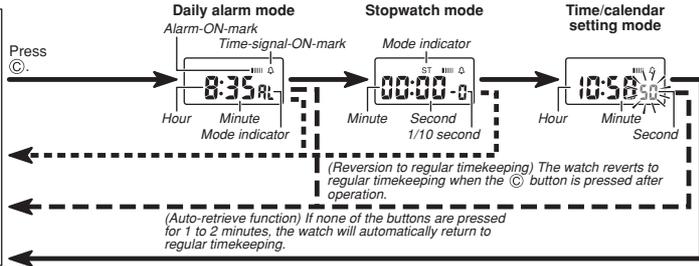


# Operation Guide 3191

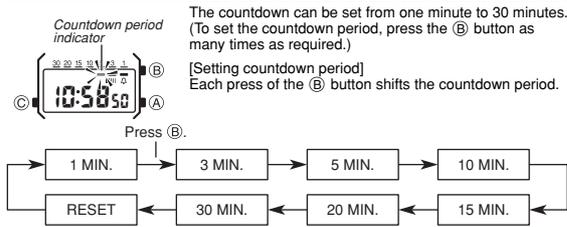
## Reading the display



SU: Sunday MO: Monday TU: Tuesday WE: Wednesday TH: Thursday FR: Friday  
SA: Saturday

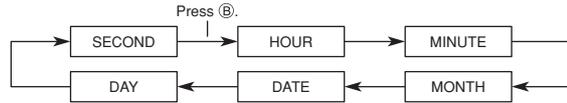


## Countdown alarm operation



## Setting time and calendar

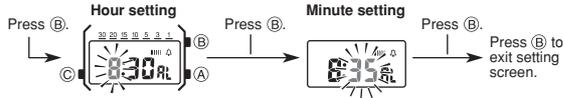
- In the time setting mode, first press (A) on a time signal to correct seconds.
- Press (B) to shift flashing position. The digit(s) to be changed will flash.



- Each press of (A) advances the setting by one. Keep pressed for quick advance.
- Press (C) to complete setting.

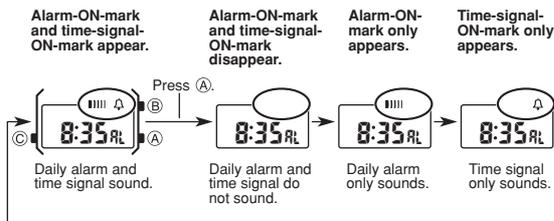
## Setting daily alarm

If the daily alarm is set, the beeper sounds for 20 seconds at the preset time every day until cleared. To stop the beeper, press any button. If the time signal is set, the watch sounds every hour on the hour with a "Be-e-ep" signal. (Sound demonstration) Press and hold the (A) button in alarm mode to sound the beeper.



\* If the (C) button is pressed, the watch reverts to the regular timekeeping mode. (Quick digit advance) When the (A) button is pressed for more than 2 seconds, the digit advances quickly. When released, digit advance will stop.

[ON or OFF setting of daily alarm and time signal]



## Stopwatch operation

A signal confirms start/stop operation. (Working range) The stopwatch display is limited to 59 minutes 59.9 seconds. For longer times, reset and start again.

