

THANK YOU FOR PURCHASING YOUR REEBOK® WATCH.

Please read instructions carefully to understand how to operate your Reebok® watch. CE

FEATURES

Time/date (12/24 hour format • MMDD/DDMM format • two Time Zones • hourly Chime)
Countdown timers (up to 24 hours • stop, start, or start chrono at end • 9 intervals)
Three alarms (Daily/weekday/weekend/weekly • 5-minute backup)
Chronograph (175-lap storage • workout recall by date • average/best time display • on-the-fly lap recall • elapsed time counter)
INDIGLO® night-light with NIGHT-MODE® feature.

BASIC OPERATIONS



When setting, each button has a different function as indicated above. Display indicates when button changes function.

TIME/DATE/HOURLY CHIME

- In TIME mode, press and hold SET/RECALL. Time Zone flashes.
 - Press + or - to select Time Zone 1 or 2.
 - Press NEXT to set hour. Digits flash.
 - Press + or - to change hour. Scroll through 12 hours to change to AM/PM.
 - Press NEXT and + / - to set minutes.
 - Press NEXT and + / - to set seconds to zero.
 - Continue pattern to set day of week, month, date, 12-hour (AM/PM) or 24-hour military time format, MM.DD or DD.MM date format, turn hourly Chime on/off, turn Beep on/off. If you select Beep on, beep will sound every time you push a button except INDIGLO.
 - Press NEXT to set second Time Zone, following procedure above.
 - Press DONE to exit.
- TIPS:
- Press and hold START/SPLIT briefly to peek at second Time Zone.
 - Press and hold START/SPLIT for 4 seconds to change Time Zone displayed.
 - In other modes, press and hold MODE to view Time, release to return to current mode.

CHRONO

Watch counts up to 199 laps (maximum of 100 hours) and stores first 175 laps.

LAP 1	LAP 2	LAP 3	LAP 4
7:11 MIN	7:50 MIN	7:08 MIN	7:30 MIN
7:11 MIN			
SPLIT 1	15:01 MIN		
	SPLIT 2	22:09 MIN	
		SPLIT 3	29:39 MIN
			SPLIT 4

Run Chrono:

- Press MODE until CHRONO appears.
- Press START/SPLIT to start Chrono. Chrono continues to run if you exit the mode.
- Press START/SPLIT to take a split. Lap number appears on top line of display.
- Display will freeze for 10 seconds. Press MODE to release display and see running Chrono.
- Press STOP/RESET to stop or pause Chrono. Press START/SPLIT to resume.
- When workout is completed, you have two options: Press and hold SET/RECALL to store workout or press and hold STOP/RESET to clear workout (both reset chrono to 00:00:00).

- TIPS:
- When Chrono is running,  appears in Time display.
 - When storing a workout, display will indicate available free memory (number of laps remaining to be stored. Each workout stored equals number of laps taken plus one extra lap to store total workout time) or MEMORY FULL.
 - If there is insufficient memory to store entire workout, total time, date, and oldest laps will be stored up to remaining capacity.

Recall Workouts:

1. Press SET/RECALL to enter recall mode. Date of last workout flashes.
2. Press + / - to choose workout to review. Workouts are stored by date. Multiple workouts may be stored on same date.
3. Press NEXT to enter workout details.
4. Press + / - to review Lap/Split times of successive laps, BEST lap, AVG lap.
5. To review other workouts, press NEXT until date flashes then follow steps 2-4.
6. Press DONE to exit.

- TIP:
- To view lap/split times of current workout, while Chrono is running, press SET/RECALL and + / - to scroll through lap/split times, BEST lap, AVG lap. Current lap will not be shown. No other workouts can be viewed while Chrono is running.

Clear Stored Workouts:

1. With Chrono stopped, press and hold STOP/RESET. HOLD TO CLEAR WRKOUT appears.
2. Watch will beep. Last stored workout is erased from memory.
3. To clear all workouts, continue to hold STOP/RESET. HOLD TO CLEAR ALL appears. Watch beeps a second time to indicate all stored workouts are erased. MEMORY 175 will be displayed.

Customize Display Format:

This determines what is shown in first and second lines of the display.

1. Press and hold SET/RECALL.
2. If no workouts have been stored, display will read FORMAT/SET.
3. If workouts have been stored, last workout will be displayed. Press NEXT until format display appears.
4. Press + / - to select LAP/SPL (Split in large digits), SPL/LAP (Lap in large digits), or TOTAL RUN.
5. Press DONE to exit.

NOTE: TOTAL RUN format allows you to view total elapsed time and total activity time (total activity time = total elapsed time - time paused during workout).

Select TOTAL RUN display format as above.

1. Press START/SPLIT to start Chrono.
2. Press STOP/RESET every time you pause/stop during your workout. Display will show time elapsed less paused time (total activity time). Lower display will continue to run, showing total elapsed time since Chrono was started.
3. Press START/SPLIT to resume timing of activity.
4. Repeat to record accumulated activity time and elapsed time.
5. Press STOP/RESET to stop timing. You may clear or store workout.

- TIPS:
- When you have completed a workout in this format, total elapsed time will continue to run until workout is stored or cleared.
 - When recalling TOTAL RUN, only total activity time will be displayed.
 - If you take a split, display will change to SPL/LAP Elapsed time is not stored in memory.

TIMER

1. Press MODE until TIMER appears.
2. Press SET/RECALL. Hour digits flash.
3. Press + / - to change hour.
4. Press NEXT and + / - to set minutes.
5. Press NEXT and + / - to set seconds.
6. Press NEXT and + / - to select STOP AT END or REPEAT AT END or CHRONO AT END.
7. Press DONE to confirm and exit.
8. Press START/SPLIT to start Timer. Timer will continue to run if you exit Timer mode.
9. An alarm melody chimes when Timer reaches zero or before it starts to countdown again.
10. Press STOP/RESET to stop Timer. Press and hold to reset.
11. Press SET/RECALL to change countdown time.

- TIPS:
-  appears in Time display when Timer is running.
 - For repeat Timer operation, repetition number appears at bottom right of screen in both countdown and interval Timers.
 - Maximum number of repeats is 199.
 - In Chrono at End, the display switches to the CHRONO mode at the end of the countdown if Chrono has been reset.

INTERVAL TIMER

You can set multiple Timers that countdown in sequence.

1. Press MODE until INTTMR appears.
2. Set countdown time as in Timer mode above.
3. With interval number flashing, press +/- to set other intervals.
4. Press DONE to complete setting.
5. Press START/SPLIT to start Interval Timer. Other operations are the same as for Timer mode.

- TIPS:
- When first countdown is complete, Timer proceeds to the next non-zero interval that is set. INDIGLO® night-light flashes and beep sounds between each interval.
 - Settings (e.g. REPEAT AT END) of any Interval Timer apply to the entire sequence of intervals.

ALARM

1. Press MODE until ALM 1 appears.
 2. Press SET/RECALL to set alarm.
 3. Hour digits flash. Press + / - to change hour.
 4. Press NEXT and + / - to set minutes, AM or PM (if primary time display is in 12-hour format), DAILY, WKDAYS, WKENDS, or day of the week (weekly alarm).
 5. Press DONE to confirm and exit.
 6. Press START/SPLIT or STOP/RESET to turn Alarm ON or OFF.
 7. To set remaining alarms, press MODE for ALM 2 or ALM 3 and set as above.
- TIPS:
- When Alarm is on,  appears in Time display.
 - When Alarm goes off, INDIGLO® night-light and alarm icon flash and alert sounds. Press any button to silence.
 - If no button is pushed, alert will cease after 20 seconds and Backup Alarm will activate after 5 minutes.

INDIGLO® NIGHT-LIGHT/NIGHT-MODE® FEATURE

1. Press INDIGLO to activate night-light. Electroluminescent technology (U.S. pat. 4,527,096 and 4,775,964) illuminates entire watch face at night and in low light conditions.
2. Continue to press up to 3 seconds to maintain illumination.
3. Press and hold INDIGLO for 4 seconds to activate NIGHT-MODE® feature (U.S. pat. 4,912,688),  will appear.
4. In NIGHT-MODE® feature, push any button to illuminate watch face for 3 seconds.
5. To deactivate NIGHT-MODE® feature, press INDIGLO for 4 seconds. Feature will automatically deactivate after 8 hours.

WATER & SHOCK RESISTANCE

If your watch is water-resistant, meter marking or () is indicated.

Water-Resistance Depth	p.s.i.a.* Water Pressure Below Surface
30m/98ft	60
50m/164ft	86
100m/328ft	160

*pounds per square inch absolute

WARNING: TO MAINTAIN WATER-RESISTANCE, DO NOT PRESS ANY BUTTONS UNDER WATER.

1. Watch is water-resistant only as long as lens, push buttons and case remain intact.
2. Watch is not a diver watch and should not be used for diving.
3. Rinse watch with fresh water after exposure to salt water.
4. Shock-resistance will be indicated on watch face or caseback. Watches are designed to pass ISO test for shock-resistance. However, care should be taken to avoid damaging crystal/lens.

BATTERY

Reebok strongly recommends that a retailer or jeweler replace battery. If applicable, push reset button when replacing battery. Battery type is indicated on caseback. Battery life estimates are based on certain assumptions regarding usage; battery life may vary depending on actual usage. **DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.**

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TIMEX INTERNATIONAL WARRANTY

(U.S. – LIMITED WARRANTY)

Your REEBOK watch is warranted against manufacturing defects by Timex Corporation for a period of TWO YEARS from the original purchase date. Timex and its worldwide affiliates will honor this International Warranty.

Please note that Timex may, at its option, repair your watch by installing new or thoroughly reconditioned and inspected components or replace it with an identical or similar model. **IMPORTANT — PLEASE NOTE THAT THIS WARRANTY DOES NOT COVER DEFECTS OR DAMAGES TO YOUR WATCH:**

- 1) after the warranty period expires;
- 2) if the watch was not originally purchased from an authorized Reebok retailer;
- 3) from repair services not performed by Timex;
- 4) from accidents, tampering or abuse; and
- 5) lens or crystal, strap or band, watch case, attachments or battery. Reebok may charge you for replacing any of these parts.

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To obtain warranty service, please return your watch to Timex at: Hotline Watch, P.O. Box 2740, Little Rock, AR 72203 USA. Please include the following with your watch to cover postage and handling (this is not a repair charge): a US\$ 7.00 check or money order in the U.S.; a CAN\$6.00 cheque or money order in Canada; and a UK£2.50 cheque or money order in the U.K. In other countries, Reebok will charge you for postage and handling. NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.

For the U.S., please call 1-800-448-4639 for additional warranty information. For Canada, call 1-800-263-0981. For Brazil, call 0800-168787. For Mexico, call 01-800-01-060-00. For Central America, the Caribbean, Bermuda and the Bahamas, call (501) 370-5775 (U.S.). For Asia, call 852-2815-0091. For the U.K., call 44 208 687 9620. For Portugal, call 351 212 946 017. For France, call 33 3 81 63 42 00. For Germany, call +43 662 88 92130. For the Middle East and Africa, call 971-4-310850. For other areas, please contact your local Reebok retailer or Reebok distributor for warranty information.