



W-109 774-095011

THANK YOU FOR PURCHASING YOUR REEBOK® WATCH.

Please read instructions carefully to understand how to operate your Reebok® watch. Your model may not have all of the features described in this booklet.

1 General Operation-Features



In general, the buttons do just what you'd expect:

- > **INDIGLO** button (top right of watch case) turns on the INDIGLO® night light, which illuminates the watch face while you hold the button and for three seconds after it is released (six seconds while setting)
- > **MODE/PULSE** button cycles through modes of operation: **Time of Day • Timer • Stopwatch • Alarm • Pulse**
- > **START/STOP** button starts and stops Timer, Stopwatch and Pulse Calculator while in their respective modes, and turns Alarm on and off in **Alarm** mode.
- > **SET/CLEAR** button is used to start (and finish) setting Time of Day, Alarm and to select a pre-set Timer (that's the SET part). When Timer or Stopwatch is stopped, this button clears them (the CLEAR part).

Additional features

- **AUTOMATIC SET RETURN** — While in SET function within any mode or while in Alarm or Pulse, if no button is pressed for 2-3 minutes, the watch will automatically return to Time of Day.

2 Setting Time of Day and Alarm

We've built time setting reminders into the watch to simplify setting the Time of Day and Alarm, and made them consistent — once you know how to set Time, you can set the Alarm.

Press and hold **SET/CLEAR** to begin; a message will appear reminding you to hold button.

After 2 seconds, you'll see a series of reminders, showing you functions of **MODE/PULSE** and **START/STOP** buttons and a reminder to press **SET/CLEAR** button when done.

- > Press **START/STOP** to change value of flashing number.
- > Press **MODE** to move to next digit (or digits) to continue setting time.
- > When done, press **SET/CLEAR** to save changes and exit.

Notes on Setting Time of Day and Alarm

- Pressing any key during reminder messages will cancel them and let you start setting the watch.
- During setting, the reminder arrows will pop-up to help you remember which buttons to press.
- You can set the watch to display time in 24-hour format, sometimes called "military" or "international" time. Press **START/STOP** to change between 12 HR and 24 HR.
- Whenever you set the Alarm, it will automatically arm itself. Refer to the **Alarm** section for more details.

3 Using the Pulse Mode

There are 2 ways to use Pulse Calculator; Go to **Pulse** Mode or use **Pulse** Shortcut when **Timer** or **Stopwatch** is running and displayed. Using your watch to help determine your pulse is easy — just follow these steps:

1. Press **MODE/PULSE** until you get to **Pulse** mode.
2. To take your pulse, press **START/STOP** to begin.
3. The display will tell you to FIND PULSE, allow 3 seconds to do so. It will then show COUNT BEATS and sound a beep. Count 10 pulse beats from that beep and then...
4. Press **START/STOP** to show your heart rate in beats per minute.

Notes on Using the Pulse Calculator

- The easiest way to take your pulse while using this feature is to use the hand on the arm that you put the watch on to find a pulse in your neck, just below your chin. With your hand in this position, you can easily press the **START/STOP** button with your free hand to start and finish Pulse Calculation.
- After you enter Pulse mode a sequence of reminders will appear describing how to use Pulse Calculator. Pressing **START/STOP**, **MODE/PULSE** or waiting a few seconds, will return you to **PULSE START** (unless you have entered **Pulse** using "Pulse Shortcut", in which case you will return to either the **Timer** or **Stopwatch**).

4 Using the Stopwatch and Timer

The main difference between the **Timer** and **Stopwatch** is that the Stopwatch counts up from zero until you stop it, and the Timer counts down from a preset value and alerts you when it has reached zero.

- > Press **START/STOP** to start or stop Timer or Stopwatch.
- > While the Timer or Stopwatch is stopped, press **SET/CLEAR** to set it back to zero ("clear").
- > **Timer Only:** If the Timer is cleared (at 0), press **SET/CLEAR** to set the Timer to your choice of pre-set times to count down from (press and release **SET/CLEAR** until you reach the number you want). The choices for countdown times are 1, 3, 5, 10, 15, 20, 25, 30, 45 minutes and 1 hour.

Notes on Using Stopwatch and Timer

- While in **Stopwatch** or **Timer** mode and the Stopwatch or Timer is running, you can:
 1. Press and hold **SET/CLEAR** to "peek" at time of day.
 2. Press **MODE/PULSE** for a "shortcut" to **Pulse** mode to take a single pulse reading, after a few seconds, the watch will return to **Timer** or **Stopwatch** (whichever function you were using).
- When the Timer count reaches zero, a melody will alert you. Melody will sound for 10 seconds; press any button to stop it. If counting down from 30 minutes or more, watch will beep and show **HALFWAY** when half the time has elapsed (alerting that you've reached "turn-around" time).
- **Timer Only:** While Timer is running, a bar graph across the bottom of display will show an estimate of what percentage of original setting is still to be counted.
- The Stopwatch and Timer can run simultaneously.
- You may switch to another mode and Stopwatch or Timer will continue running. (In Time of Day mode, a bar graph will appear at bottom of display while the Timer is running.) Even in another mode, the Timer will alert you when it reaches zero.

5 Using the Alarm

- > Press **SET/CLEAR** to begin setting. Instructions for setting Alarm can be found above in "Setting the Time of Day and Alarm"
- > Press **START/STOP** to turn Alarm feature on and off. Display will show "ON" or "OFF" to right of Alarm minutes. If Alarm is "ON", it will generate a melody when Time of Day is the same as the Alarm time. As a reminder, when the Alarm is ON, an Alarm clock symbol will appear to the right of the date while in **Time of Day**.
- > Alarm melody will sound for 20 seconds, but can be stopped by pressing any button. If it is allowed to sound for the full 20 seconds, a backup alarm will automatically sound after 5 more minutes, much like a snooze feature.

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. Timex may charge you for replacing any of these parts.

THIS WARRANTY AND THE REMEDIES CONTAINED HEREIN ARE EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR PARTICULAR PURPOSE. TIMEX IS NOT LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some countries and states do not allow limitations on implied warranties and do not allow exclusions or limitations on damages, so these limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from country to country and state to state.

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, Timex 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 49 7 231 494140. 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.

1 INDIGLO® night light

Press the **INDIGLO** button to activate light. Patented (U.S. Patent Numbers 4,527,096 and 4,775,964) electroluminescent technology used in the INDIGLO® night-light illuminates entire watch face at night and in low light conditions.

2 Water Resistance

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

*pounds per square inch absolute

Fig. 1

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.

3 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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