Module No. 879

READING THE DISPLAY

REGULAR TIMEKEEPING MODE
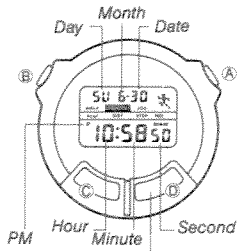
Changes between 12-/24-hour formats.
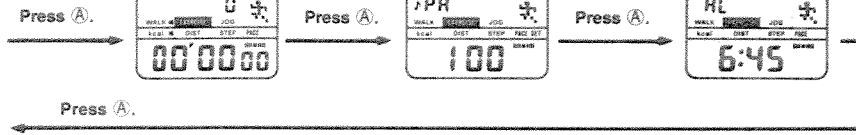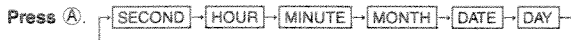
SETTING TIME AND DATE

1) Press and hold Ⓑ in the regular timekeeping mode to set time and date.
2) Press Ⓓ on a time signal to correct seconds.
3) Press Ⓐ to shift flashing digit(s). Digit(s) to be changed will flash.

Press Ⓐ. → SECOND → HOUR → MINUTE → MONTH → DATE → DAY ┐

4) Each press of Ⓓ increments the digit by one. Keep pressed for high speed movement.
   If the stopwatch is running or showing a time, reset it to zero to enable high-speed movement.
5) Press Ⓑ to complete setting.
- Display automatically returns to regular timekeeping mode if left unused for a few minutes.

SETTING DAILY ALARM

Beeper sounds for 20 seconds at preset time every day until cleared when daily alarm is set. Press any button to stop beeper. Signal sounds every hour on the hour if time signal is set.
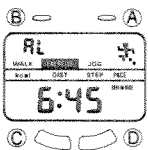
1) Press and hold Ⓑ in daily alarm mode to set new alarm time.
2) Press Ⓐ to shift flashing digit(s). Digit(s) to be changed will flash.
3) Each press of Ⓓ increments the digit by one. Keep pressed for high speed movement.
   If the stopwatch is running or showing a time, reset it to zero to enable high-speed movement.
4) Press Ⓑ to complete setting.
- Display automatically returns to initial daily alarm mode if left unused for a few minutes.

ON OR OFF SETTING OF DAILY ALARM AND TIME SIGNAL

Press Ⓓ.

| Daily alarm and time signal sound. | Daily alarm and time signal do not sound. | Daily alarm only sounds. | Time signal only sounds. |
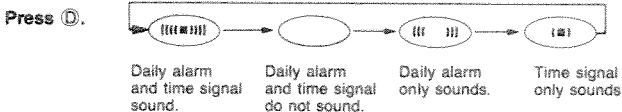
USING EXERCISING FUNCTION

The exercising function that measures calorie consumption, distance covered, number of steps and exercising time by walking or jogging to the pacer signals, once you have set your personal data (pace, stride, age, weight).

BEFORE EXERCISING

1) **Press Ⓐ in regular timekeeing mode to move to the exercising mode.**
2) **Press Ⓓ to select WALK (walking) or JOG (jogging).**
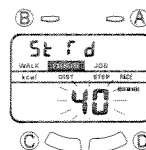   If measurement results appear, press Ⓓ to reset display.

Press Ⓓ.

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3) **Press Ⓑ to select among three modes (Calorie consumption, Distance covered and Number of steps).**

Press Ⓑ. ┌→ kcal → DIST mi → STEP ┐

4) **Press and hold Ⓑ to set your personal data.**
- See "Setting your personal data" for more details.
5) **Press Ⓑ to complete setting.**

Setting your personal data (except your pace)



Set your data as accurately as possible to ensure accurate calculation.
1) Press and hold Ⓑ in exercising mode to set your data.
2) Press Ⓐ to shift flashing digit(s). Digit(s) to be changed will flash.

Press Ⓐ. ┌→ Stride → Age → Weight ┐

3) Each press of Ⓓ increments the digit by one. Keep pressed for high speed movement.
4) Press Ⓑ to complete setting.

- Stride is settable from 16 to 76 inches in units of two.
- Age is settable from 13 to 19 years in units of one and from 20 to 70 years in units of ten (display shows "20-, 30-........70-".).
- Weight is settable from 90 to 318 pounds in units of two.
- Display automatically returns to initial exercising mode if left unused for a few minutes.

Setting your pace
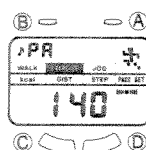
1) Press Ⓐ twice in regular timekeeping mode to move to pacer mode.
2) Press Ⓑ to sound the pacer signals.
3) Set your pace to match the signals (the Pacer Signals). Press Ⓓ to accelerate the speed of the signals, and press Ⓒ to slow them down.
- Pacer signals are settable from 100 to 200 times a minute in units of five.
- You can change your pace when the "SET" mark appears on the display in pacer mode. If you can not change your pace, you should return to Exercising mode and reset the display.

Calculating your stride

You can calculate your stride by walking or jogging a predetermined distance, then dividing that distance by the number of steps it took. After completing the calculation, input your stride length for walking (WALK) or jogging (JOG).
- To get walking stride:
  Walk 95 feet. Divide 95 by the number of steps it took, then multiply the answer by 12 to get stride in inches.
- To get jogging stride:
  Jog 1000 feet. Divide 1000 by the number of steps it took, then multiply the answer by 12 to get stride in inches.
Example You jogged 1000 feet in 239 steps:
1000/239 × 12 ≒ 50.2 inches.
Input 50 inches as your jogging stride.

WHILE YOU EXERCISE
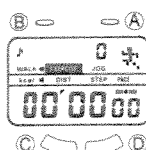
Press Ⓒ in exercising mode to start/stop measuring time, calorie consumption, distance covered or number of steps during exercise.
Press Ⓓ temporarily freeze the display during measurement or to reset the display after measurement. Press Ⓑ to display hour digits during and after timing.
- Start measurement and exercising simultaneously, and stop measurement as soon as exercising is finished to ensure accurate calculations and prolong the life of the battery.

Working range

The total elapsed time display in the exercising mode is limited to 9 hours 59 minutes 59.99 seconds.