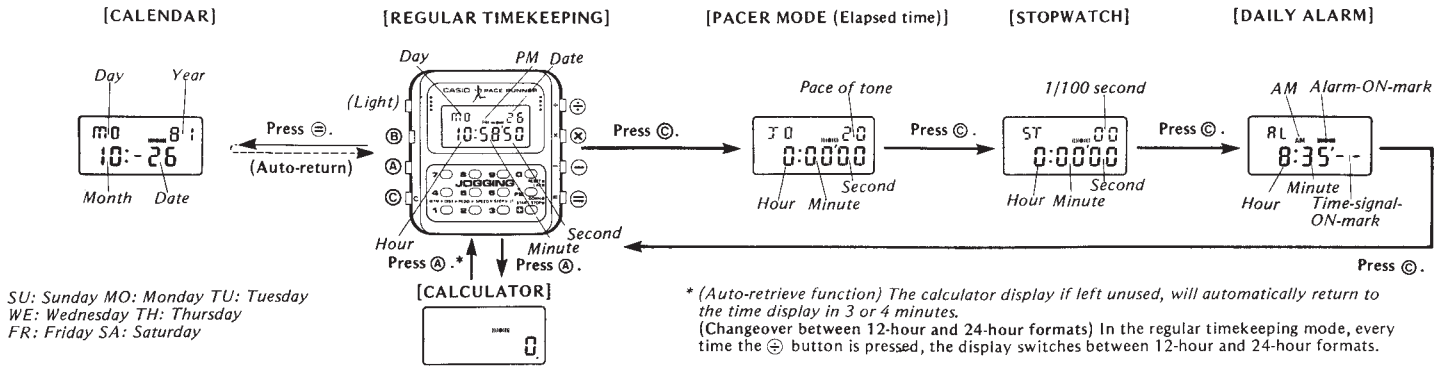


## [Reading the display]



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

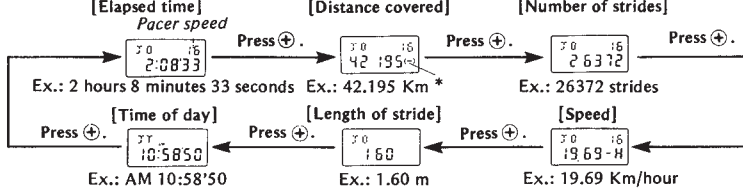
## [Pacer operation]

The pacer feature helps you to systematically improve your fitness program and jogging ability. It computes the length and number of your strides with any chosen pace to give elapsed time, distance covered and speed.

This provides you with all the necessary data for building a jogging program and measuring your daily performance.

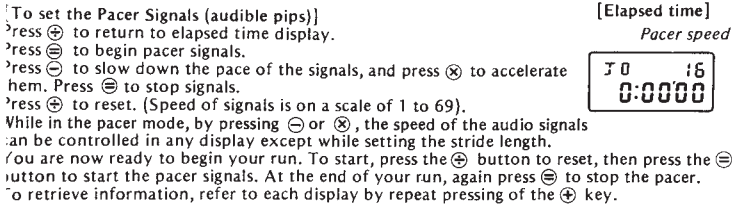
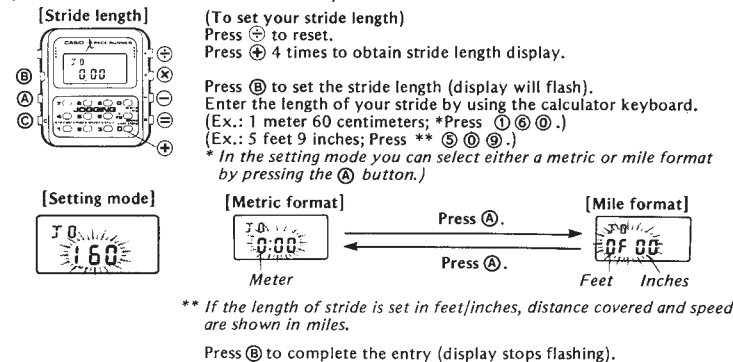
How to read displays in the pacer mode (JO)

Each press of the ⊕ button (while in JO mode) changes the display in the following sequence:



\* Km: without the (M) indication, Miles: with the (M) indication.  
Note: In any of the above displays, pressing the ⊕ button returns the display to elapsed time. To move into another mode from JO this ⊕ must be first pressed.

## (How to make use of the Pacer mode)

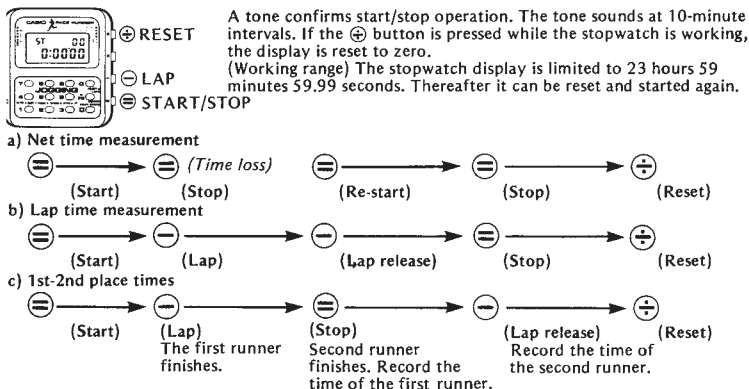


- Note: 1. While receiving pacer signals the ⊕ button is ineffective.  
2. When you move from the Pacer mode (JO) the elapsed time, distance covered and number of strides are erased from the memory.  
3. When you operate the Pacer function the stopwatch is reset.

[Figure] Pacer signals

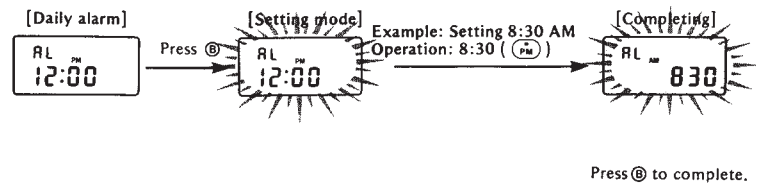
Signal/Minute	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Times/Minute	394	366	341	320	301	284	269	256	244	233	223	213	205	197	190	183	177	171	165	160	155	151	146
Pace of signals	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
Times/Minute	142	138	135	131	128	125	122	119	116	114	111	109	107	104	102	100	98	97	95	93	91	90	88
Pace of signals	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69
Times/Minute	87	85	84	83	81	80	79	78	76	75	74	73	72	71	70	69	68	67	66	65	64	63	61

## [Stopwatch operation]

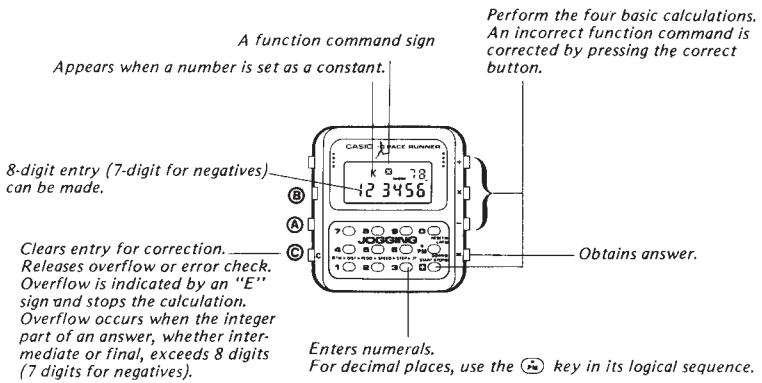


## [Setting daily alarm time]

Every time the ⊕ button is pressed in the alarm time mode, the alarm-ON-mark (M) appears or disappears. When the alarm-ON-mark is lit, the buzzer sounds for 30 seconds at the preset time every day until cleared. To stop the buzzer while sounding, press the light button. (Setting the time signal) Every time the ⊗ button is pressed in the alarm time mode, the time-signal-ON-mark (—) appears or disappears. When the time-signal-ON-mark is lit, the watch sounds every hour on the hour. (Sound demonstration) While the ⊕ button is pressed in the alarm time mode, the buzzer sounds.



## [Calculator operation]



Be sure to press the ⊕ button when starting calculations.

EXAMPLE	OPERATION	READ-OUT	EXAMPLE OPERATION	READ-OUT
Basic calculation: $(12 - 0.5) \times 3 \div 7 = 4.9285714 \dots$	⊕ 12 ⊕ ⊕ 0.5 ⊕ ⊗ 3 ⊕ ⊕ 7 ⊕	492857	$3 \times 4 = 12$ (4 is constant) $8 \times 4 = 32$	⊕ 4 ⊗ ⊗ 3 ⊕ 8 ⊕
Constant calculation: $3 + 4 = 7$ (4 is constant) $8 + 4 = 12$	⊕ 4 ⊕ ⊕ 3 ⊕ 8 ⊕	7 12	$3 \div 4 = 0.75$ $8 \div 4 = 2$	⊕ 4 ⊕ ⊕ 3 ⊕ 8 ⊕
$3 - 4 = -1$	⊕ 4 ⊕ ⊕ 3 ⊕	-1		
$8 - 4 = 4$	8 ⊕	4		

To save battery power, press the ⊕ button in the calculator mode to silence the tone. To retrieve sound, press the ⊕ button again.

## [Setting time and calendar]

