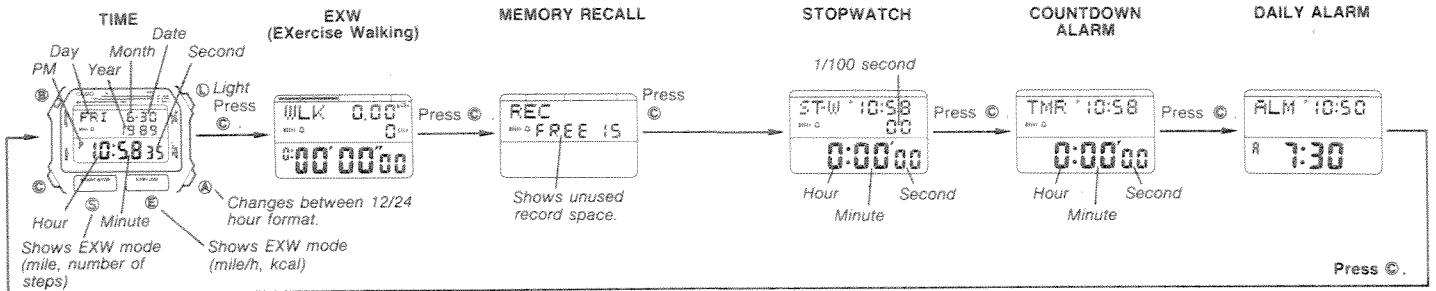


Module No. 611

READING THE DISPLAY



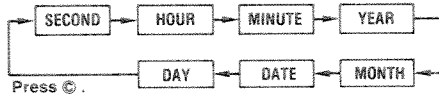
The watch reverts to TIME mode when **C** is pressed after operation, regardless of mode.

kcal = 1,000 cal

SETTING TIME AND DATE

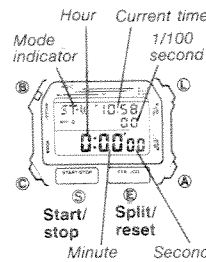


- 1) Press **B** in the time display to set new time.
- 2) Press **C** on a time signal to correct seconds.
- 3) Press **C** to shift flashing digit(s). Digit(s) to be changed will flash.



- 4) Each press of **B** increments digit(s). Keep pressed for quick advance.
 - 5) Press **B** to complete.
- * Display automatically returns to the time display if left unused for a few minutes.

USING STOPWATCH



A signal confirms start/stop and split/reset operation.

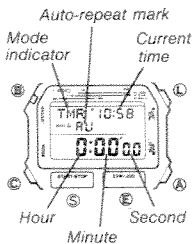
Working range

Total elapsed time display is limited to 23 hours 59 minutes 59.99 seconds, for longer times reset and started again.

- a) Net time measurement
S → **S** Time loss **S** → **S** → **E** RESET
- b) Split time measurement
S → **E** SPLIT* → **S** STOP → **E** RESET

* Press **E** to freeze the display for several seconds.

USING COUNTDOWN ALARM



Countdown can be set from 1 second to 24 hours (display shows 0:00'00), and times to an accuracy of 1 second. Start/stop operation is possible by pressing **S**, and is confirmed by a signal. When display reaches zero, beeper will sound for 10 seconds until any button is pressed. Press **B** to select the auto-repeat or repeat function.

Setting countdown time

- 1) Press **B** in countdown alarm mode to set new time.
- 2) Pressing **C** increments digit(s). Keep pressed for quick advance.
- 3) Press **C** to shift flashing digit(s).



- 5) Press **B** to complete setting.
- * Display automatically returns to initial countdown timer mode if left unused for a few minutes

Auto-repeat function

Pre-entered time is retrieved and started again when display reaches zero (a beeper sounds for 10 seconds).

Repeat function

Pre-entered time is retrieved after sounding of beeper to confirm that the display reaches zero.

USING DAILY ALARM



- 1) 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.

Sound demonstration

Press and hold **E** in alarm mode to sound beeper.

- 1) Press **B** in the alarm mode to set new alarm time.
- Pressing **C** increments digit(s). Keep pressed for quick advance.
- Each press of **C** shifts flashing position.
- Press **B** to complete.

* Display automatically returns to initial alarm mode display if left unused for a few minutes.

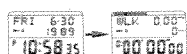
ON OR OFF SETTING OF ALARM AND TIME SIGNAL



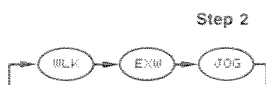
USING EXW (exercise walking function)

The EXW function that measures, then memorizes your distance, number of steps, speed, calorie consumption and exercise time during normal walking (WLK), fast walking (EXW) and running (JOG), once you have set your personal data (pace, sex, age, weight, step length).

BEFORE EXERCISING



- Step 1 Press **C** in time display to move the EXW mode.



- Step 2 Press **B** to select WLK, EXW or JOG mode. If measurement results appear, press **C** to reset display.
 Cycle sequence:
 WLK: Normal walking. EXW: Exercise walking. JOG: Running.
 * The difference among three modes is the pace working range.



- Step 3 Press **B** to set the pace. Every time **B** is pressed, the pace value advances 5 units (number of steps per minute). The pace can be confirmed by pressing **C**, at which time a beeper sounds for 10 seconds. Pace values: 115—220 is JOG, 110—205 is EXW, and 80—150 is WLK. See "Determining of your pace" for details.

- Step 4 Press **C** to set target settings. See "Target setting function" for more details.
- Step 5 Press **C** to set personal data. See "Setting your personal data" for more details.
- Step 6 Press **B** to complete settings.

Determining your pace

To obtain the benefit of aerobic exercise, the heartbeat must be increased to 60% to 80% of its maximum level. To determine pace: First, walk 10 minutes at normal speed and check your pulse. Next adjust your walking speed as is necessary to bring the heartbeat to the desired range. Measure your pulse rate in a standing position. Count the pulses at 10 second intervals, while looking at your watch. Then multiply the count by 6. (The Casio JP-100W with pulse rate counter is the ideal companion for counting the pulse rate.)

Target Setting Function

Your target values (for the number of steps, distance and calorie consumption) can be preset using this function. When the target is reached, you are advised by a flashing display and a 10 second beep.

- STEP 1 Each press of **[D]** advances distance 0.1 km (from 0.1 to 99.9 km).
Press **[S]** to activate/deactivate the target distance setting.
* To change between kg/km/cm and lb/mile/inch, press **[L]** for one second.
- STEP 2 Press **[A]** to set target calorie consumption.
Each press of **[D]** advances calorie consumption 10 kcal (from 10 to 9990 kcal).
Press **[S]** to activate/deactivate the target calorie consumption setting.
- STEP 3 Press **[A]** to set target number of steps.
Each press of **[D]** advances number of steps 1,000 steps (from 1,000 to 999,000 steps.)
Press **[S]** to activate/deactivate the target number of steps setting.
- STEP 4 Press **[B]** to complete settings.

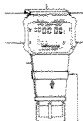
Calculating your stride

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 (WLK), fast walking (EXW) and jogging (JOG).

- To get walking and fast-walking stride:
Walk 25 meter then divide 25 by the number of steps it took.
- To get jogging stride:
Jog 300 meter then divide 300 by the number of steps it took.

Example: Jog 300 meter. It took you 239 steps:
300 meter divided by 239 steps=1.255 or a stride length of 12.5 or 12-1/2 meter

How to wear the watch



Wear the watch around your wrist or looped around your belt. Arm movements nonessential to your exercise can be sensed by the watch. For accuracy, the belt position is recommended:

1. Loop the watch around your belt.
2. Let the band hang down.
3. Make sure the belt is tight.

DELETING DATA

When you want to clear the whole memory of contents or to remove individual data:

Deleting individual data

- STEP 1) Press **[E]** or **[S]** to display the record to delete.
STEP 2) To clear a record, press and hold **[B]** until the beeper stops.
Display automatically returns to the Recall Mode after deletion.

Deleting all data

To delete all the records, press and hold **[B]** at unused record space display until the beeper stops.

Setting your personal data

Set this data as accurately as possible to ensure accurate calculation:

- STEP 1 Press **[C]** to set sex.
Press **[D]** to select M (Male) or F (Female).
- STEP 2 Press **[C]** to set age.
Every time **[D]** is pressed, the age advances one year (from 13 to 99).
- STEP 3 Press **[C]** to set weight.
Every time **[D]** is pressed, weight advances one kilogram (from 20 to 200 kg).
* To change between kg/km/cm and lb/mile/inch, press **[L]** for one second.
- STEP 4 Press **[C]** to set stride length.
Press **[A]** to select WLK, EXW or JOG mode.
Every time **[D]** is pressed, the stride length advances one centimeter (from 10 to 250 cm).
Set these three strides separately.
See "Calculating your stride" for more details.
- STEP 5 Press **[B]** to complete settings.

WHILE YOU EXERCISE



Press **[S]** in the Exercise mode to start/stop/restart distance, number of steps, speed and calorie consumption during exercise.

Press **[E]** to temporarily freeze the display during measurement or to reset the display after measurement or to reset when the watch displays measuring results.

Press **[L]** to confirm pace. A pace beeper sounds 10 seconds.

Press **[A]** to switch between "Speed and calorie consumption" and "Distance and number of steps" displays.

* Be sure to start the unit when you begin your exercise and to stop it when you are finished. If you do not stop it when you are finished, an accurate measurement will not be possible and you will shorten the service life of the battery.

* When the exercise measurement has been stopped, and you do not operate any of the buttons, it will automatically return to the time display mode 10 to 20 minutes later.

* The watch's piezoelectric acceleration sensor system counts "two steps" every full swing (back and return movement) of the arm on which the watch is worn.

Working range

The total elapsed time display in the EXW mode is limited to 19 hours 59 minutes 59.99 seconds.

AFTER EXERCISING

The watch stores up to 30 sets of data (month, date, day, measurement time, distance, number of steps, speed and calorie consumption) making it a convenient "diary" for keeping your daily exercise record. Data is recalled sequentially in the MEMORY RECALL Mode.

When the memory stores 30 records or more, "FULL" is shown and a new record will automatically be overwritten in the oldest record.

Recalling data

- STEP 1) Press **[C]** to move to MEMORY RECALL mode.
STEP 2) Press **[D]** to view memory contents (from memory 1).
Keep pressed for quick movement.
Press **[S]** to view memory contents in reverse order.



Shows unused record space

