ADIDAS ORIGINALS TIMEPIECES
CARE INSTRUCTIONS & USER MANUALS

ENGLISH

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CARE OF YOUR WATCH

GENERAL RECOMMENDATION
- Avoid placing your watch near devices generating strong magnetic field.
- Avoid any impact that might damage your watch or effect its timekeeping.
- Avoid exposing your watch to extreme changes in temperature.
- Avoid direct contact with solvents, detergents, perfumes, chemicals, as they may damage your watch's components.

EXTERNAL CLEANING
- Use soapy water and a soft brush to clean your watch (except leather and fabric straps).
- Use a soft tissue dipped in soapy water to clean the case and crystal.
- Rinse with clean water to eliminate washing residue. Never use cleaning agents. Wipe down with a soft cloth.
- Always rinse your watch in lukewarm water after use in a saline or chlorinated environment (salt water, swimming pool).
- Do not clean a leather strap with anything other than clean water.
- Do not dry the strap on a hot surface or directly in the sun as the rapid evaporation of water could damage its shape and quality.

BATTERY
- It is recommended that a retailer or jeweller replace the battery. Never change the battery yourself as you may damage the seals that ensure water resistance.
- Battery type is on watch back.
- Battery life may vary depending on actual usage. Never leave run-down batteries inside watches as they could leak, damaging the movement.

DO NOT DISPOSE OF BATTERY IN FIRE. DO NOT RECHARGE. KEEP LOOSE BATTERIES AWAY FROM CHILDREN.

DISPOSAL
To help protect the environment and human health, your watch must not be disposed of with domestic waste but taken to an authorized collection point.

CARE OF YOUR WATCH

WATER RESISTANCE

The level of water resistance is indicated on the case back after the letters "WR":

	Splash Light Rain	Showering Washing Car	Swimming Snorkeling (shallow water only)
10 ATM / 100 m / 330 ft			
5 ATM / 50 m / 165 ft			
3 ATM / 30 m / 100 ft			

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

- Watch is water-resistant only as long as lens, push buttons and case remain intact.
- Watch is not a diver watch and should not be used for diving.
- Rinse watch with fresh water after exposure to salt water and dry completely.
- Water resistance is not permanent. In the course of time, the gaskets of the case may become worn and reduce the water resistance of your watch.

GENUINE LEATHER STRAPS

Genuine leather straps are subject to variations in both colour and texture due to the natural material from which each strap is made and will wear and change over time.

SOLAR POWERED WATCHES

- Expose the watch in direct sunlight, sunlight through a window, or artificial (indoor) lighting to charge the battery prior to use. When fully charged, the watch can function without additional charging for up to 4 months.
- Store watch where it will be exposed to light or the battery will run down and require a full charge.

WARNING: Leaving the watch in direct sunlight or close to a lamp may cause the watch to become hot. Handle with care.

ADJUST YOUR STRAP

It is recommended that a retailer or jeweller adjust your strap.

ADJUST A BRACELET
1. Open locking plate.
2. Move clasp to desired bracelet length.
3. Exert pressure while holding locking plate and slide clasp back and forth until it engages in groves on underside of bracelet.
4. Press locking plate down until it snaps closed. Clasp can be damaged if excessive force is used.
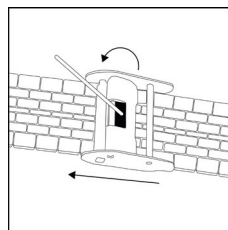
FOLDOVER CLASP BRACELET
1. Find spring bar that connects bracelet to clasp.
2. Using a pointed tool, push in spring bar and gently twist bracelet to disengage.
3. Determine wrist size, then insert spring bar in correct bottom hole.
4. Push down on spring bar, align with top hole and release to lock in place.
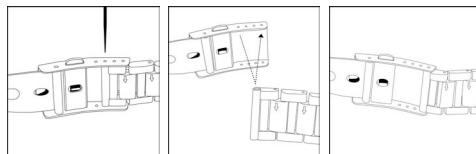
fig. 1   fig. 2   fig. 3

SIZE A LINK STRAP

REMOVING LINKS
1. Place bracelet upright and insert pointed tool in opening of link.
2. Push pin forcefully in direction of arrow until link is detached (pins are designed to be difficult to remove).
3. Repeat until desired number of links are removed.

RE-ASSEMBLY
1. Re-join bracelet parts.
2. Push pin back into link in opposite direction of arrow.
3. Press pin down securely into bracelet until it is flush.
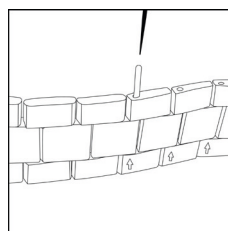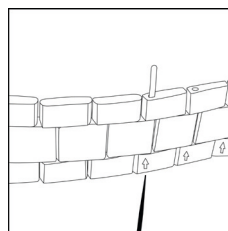
ADJUST YOUR STRAP

SIZE A LINK STRAP WITH
PERFECT FIT EXPANSION BAND

NO TOOL, NO JEWELER REQUIRED

1. Determine how many links you need to remove from your watch band.
2. Squeeze the textured part of link opposite the link you want to remove and pull the band apart while still pressing down on the link.
3. Count the links you need removed and follow the same process to remove the appropriate section of link.
4. Squeeze down again on the textured part of the link and insert the opposite end of the band into the opening. The band is correctly adjusted when it hears a "click" when the links are slid back together.

SET YOUR WATCH: ANALOG

Minute Hand

Crown

0 -> 1

Hour Hand

Second Hand
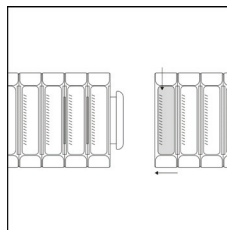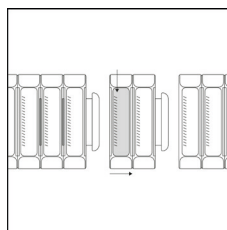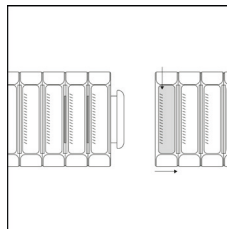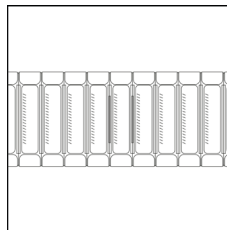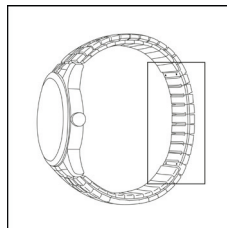
SETTING THE TIME

1. Pull the crown out to position 1.
2. Turn the crown to set the hour and minute hands.When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
3. Push the crown back to the normal position.

SET YOUR WATCH: ANALOG

style name: CODE FIVE

Hour Hand

Second Hand

Minute Hand

Crown

0 -> 1 -> 2

SETTING THE TIME
1.   Pull the crown out to position 2.
2.   Turn the crown to set the hour and minute hands. When setting the minute hand, advance it 4 to 5 minutes ahead of the desired time and then turn it back to the exact time.
3.   Push the crown back to the normal position.

SETTING THE DATE AND THE DAY OF THE WEEK
1.   Pull crown to position 1.
2.   Turn crown counter clockwise to correct date.
3.   Turn crown clockwise to correct the day of the week.
4.   Push crown to position 0.

SET YOUR WATCH: CHRONOGRAPH

Minute Hand

Pusher A

Hour Hand

Minute Chronograph Hand

0 → 1 → 2

Crown

Second Hand

Second Chronograph Hand

Pusher B

24 Hour Hand

FEATURES
This watch has three functions: TIME, CALENDAR, CHRONOGRAPH.

SETTING THE TIME
1. Pull crown to position 2.
2. Turn crown clockwise / counter clockwise to correct time.
3. Push crown to position 0.

SETTING THE CALENDAR
1. Pull crown to position 1.
2. Turn crown clockwise to correct calendar.
3. Push crown to position 0.

USING THE CHRONOGRAPH
Before each time measurement operation, make sure that the chronograph counters are set to zero (pusher B).

STANDARD MEASUREMENT
1. Press pusher A to start timing.
2. Press pusher A to stop timing.
3. Press pusher B to reset.

ACCUMULATED ELAPSED TIME MEASUREMENT
1. Press pusher A to start timing.

2. Press pusher A to stop timing.
3. Press pusher A to restart timing.
4. Press pusher A to stop 2nd timing.
5. Press pusher B to reset.

SPLIT TIME MEASUREMENT
Example of using split time measurement for two runners.
1. Press pusher A to start the timing of the first runner.
2. Press pusher B to stop and record the timing of the first runner (Once pusher B is activated, even though the stopwatch 1/20 sec. hand and the stopwatch sec. hand stop on the dial, the stopwatch still continues to time internally).
3. Press pusher B to start the timing of the second runner. The stopwatch sec. hand will jump to show internal accumulated time and to carry on timing of the second runner.
4. Press pusher A to stop the timing of the second runner and record the time.
5. Press pusher B for third time to reset, all stopwatch hands will return to 12 o'clock position.

SET YOUR WATCH: CHRONOGRAPH

style name: RETRO WAVE TWO CHRONO
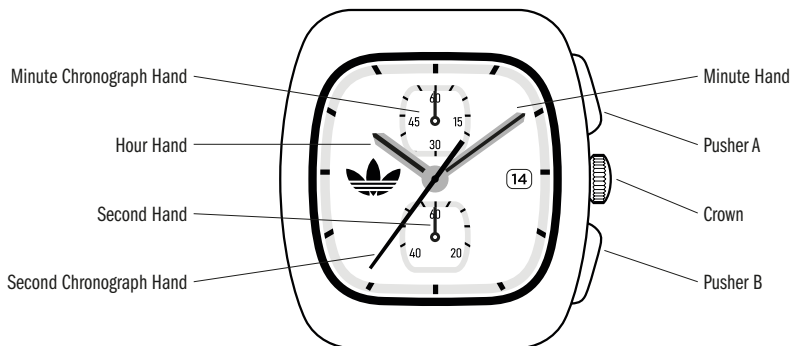
FEATURES

This watch has three functions: TIME, CALENDAR, CHRONOGRAPH.

SETTING THE TIME

1. Pull crown to position 2
2. Turn crown clockwise / counter clockwise to correct time
3. Push crown to position 0.

SETTING THE CALENDAR

1. Pull crown to position 1.
2. Turn crown clockwise to correct calendar.
3. Push crown to position 0.

HOW TO SET "0" POSITION

1. Pull crown to position 2.
2. Press pusher A for 2 seconds. Minute chronograph hand turns a full round and can now be set to correct "0" position.
3. Press pusher B repeatedly to set it to "0" position.
4. Press pusher A for 2 seconds. 1/5 second chronograph hand turns a full round and can now be set to correct "0" position.
5. Press pusher B repeatedly to set it to "0" position.
6. Push crown to position 0.

USING THE CHRONOGRAPH

Before each time measurement operation, make sure that the chronograph counters are set to zero (pusher B).

STANDARD MEASUREMENT

1. Press pusher A to start timing.
2. Press pusher A to stop timing.
3. Press pusher B to reset.

ACCUMULATED ELAPSED TIME MEASUREMENT

1. Press pusher A to start timing.
2. Press pusher A to stop timing.
3. Press pusher A to restart timing.
4. Press pusher A to stop 2nd timing.
5. Press pusher B to reset.

SPLIT TIME MEASUREMENT

Example of using split time measurement for two runners.

1. Press pusher A to start the timing of the first runner.
2. Press pusher B to stop and record the timing of the first runner (Once pusher B is activated, even though the stopwatch 1/20 sec. hand and the stopwatch sec. hand stop on the dial, the stopwatch still continues to time internally).

style name: RETRO WAVE TWO CHRONO

Minute Chronograph Hand

Hour Hand

Second Hand

Second Chronograph Hand

Minute Hand

Pusher A

Crown

Pusher B

45 60 15

30

14

60

40 20

3. Press pusher B to start the timing of the second runner. The stopwatch sec. hand will jump to show internal accumulated time and to carry on timing of the second runner.

4. Press pusher A to stop the timing of the second runner and record the time.

5. Press pusher B for third time to reset, all stopwatch hands will return to 12 o'clock position.

SET YOUR WATCH: CHRONOGRAPH

style name: MASTER ORIGINALS ONE CHRONO

Minute Hand

Pusher A

Hour Hand

Minute Chronograph Hand

0 → 1 → 2

Crown

Second Hand

Second Chronograph Hand

Pusher B

24 Hour Hand

FEATURES
This watch has three functions: TIME, CALENDAR, CHRONOGRAPH.

SETTING THE TIME
1. Pull crown to position 2.
2. Turn crown clockwise / counter clockwise to correct time.
3. Push crown to position 0.

SETTING THE CALENDAR
1. Pull crown to position 1.
2. Turn crown clockwise to correct calendar.
3. Push crown to position 0.

USING THE CHRONOGRAPH
Before each time measurement operation, make sure that the chronograph counters are set to zero (pusher B).

STANDARD MEASUREMENT
1. Press pusher A to start timing.
2. Press pusher A to stop timing.
3. Press pusher B to reset.

ACCUMULATED ELAPSED TIME MEASUREMENT
1. Press pusher A to start timing.
2. Press pusher A to stop timing.
3. Press pusher A to restart timing.
4. Press pusher A to stop 2nd timing.
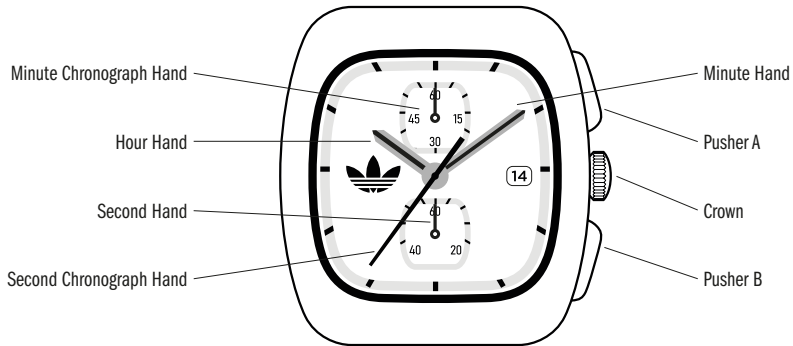5. Press pusher B to reset.

SPLIT TIME MEASUREMENT
1. Press pusher A to start the timing.
2. Press pusher B to stop and record the split time.
3. Press pusher B to release the split time (Measurement and release of split time can be repeated by pressing pusher B).
4. Press pusher A to stop the timing.
5. Press pusher B for third time to reset, all stopwatch hands will return to 12 o'clock position.

style name: MASTER ORIGINALS ONE CHRONO

Minute Hand

Pusher A

Hour Hand

Minute Chronograph Hand

0 → 1 → 2

Crown

Second Hand

Pusher B

Second Chronograph Hand

24 Hour Hand

MEASUREMENT OF TWO COMPETITORS

1. Press pusher A to start the timing of the first runner.
2. Press pusher B to stop and record the timing of the first runner.
3. Press pusher A to start the timing of the second runner. The stopwatch sec. hand will jump to show internal accumulated time and to carry on timing of the second runner.
4. Press pusher B to stop the timing of the second runner and record the time.
5. Press pusher B for third time to reset, all stopwatch hands will return to 12 o'clock position.

SET YOUR WATCH: CHRONOGRAPH

style name: AOFH22006, AOFH22007

Minute Hand

Pusher A

Hour Hand

Minute Chronograph Hand

Crown

Second Hand

Pusher B

Second Chronograph Hand

24 Hour Hand

FEATURES
This watch has three functions: TIME, CALENDAR, CHRONOGRAPH.

SETTING THE TIME
1.	Pull crown to position 2.
2.	Turn crown clockwise / counter clockwise to correct time.
3.	Push crown to position 0.

SETTING THE CALENDAR
1.	Pull crown to position 1.
2.	Turn crown clockwise to correct calendar.
3.	Push crown to position 0.

USING THE CHRONOGRAPH
Before each time measurement operation, make sure that the chronograph counters are set to zero (pusher B).

STANDARD MEASUREMENT
1.	Press pusher A to start timing.
2.	Press pusher A to stop timing.
3.	Press pusher B to reset.

ACCUMULATED ELAPSED TIME MEASUREMENT
1.	Press pusher A to start timing

2.	Press pusher A to stop timing
3.	Press pusher A to restart timing
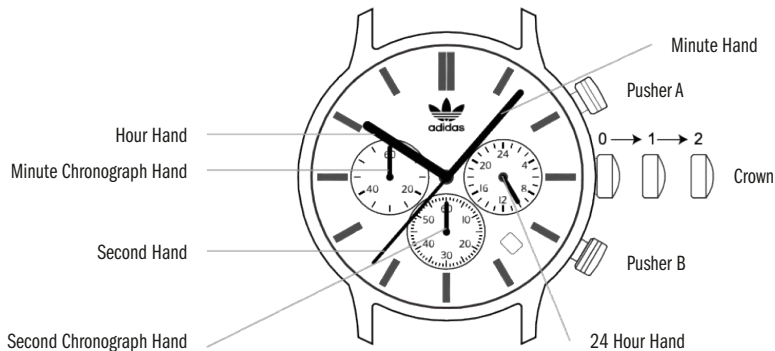4.	Press pusher A to stop 2nd timing
5.	Press pusher B to reset

SPLIT TIME MEASUREMENT
Example of using split time measurement for two runners.

1.	Press pusher A to start the timing of the first runner.
2.	Press pusher B to stop and record the timing of the first runner (Once pusher B is activated, even though the stopwatch 1/20 sec. hand and the big stopwatch sec. hand stop on the dial, the stopwatch still continues to time internally).
3.	Press pusher B to start the timing of the second runner. The stopwatch sec. hand will jump to show internal accumulated time and to carry on timing of the second runner.
4.	Press pusher A to stop the timing of the second runner and record the time.
5.	Press pusher B for third time to reset, all stopwatch hands will return to 12 o'clock position.

SET YOUR WATCH: DIGITAL

style name: DIGITAL TWO

Light (A)

Mode (B)

Start/Stop (D)

Split/Reset (C)

FEATURES

Press (A) for EL backlight. Remains on for 3 seconds in any Mode.

Press pusher B to advance through the modes in the following sequence: TIME OF THE DAY, ALARM, CHRONOGRAPH, COUNTDOWN.

TIME OF THE DAY (TOD) MODE

· In TOD mode, press (C) to switch week/month. Press (C) key for 2 seconds to turn Chime On/Off

· Press (D) to toggle between 12Hr/24Hr time.

SET TIME & DATE

1. In TOD mode, press (C) for 3 seconds to enter time set mode. "Seconds" will flash.
2. Press (B) to change setting item flash.
3. Press (D) to adjust "seconds".
4. Press (D) to adjust, hold (D) to adjust quickly.
5. Press (C) to confirm and return to TOD mode.
6. If no button is pressed watch automatically return to TOD mode after 1 minute.

ALARM MODE

· In Alarm mode, press (D) to turn Chime On/Off

SET ALARM

1. In Alarm mode, press (C) for 3 seconds to enter

Alarm set mode, "Time" will flash, press (B) to switch between hours or minutes.

2. Press (D) to adjust hour or minutes.
3. Press (C) to confirm and return to Alarm mode.
4. If no button is pressed, watch automatically returns to Alarm mode after 1 minute.
5. When Alarm activates, press any button to stop.

CHRONOGRAPH MODE

· Stopwatch range: 23 hours / 59 minutes / 59.99 seconds.

· In Stopwatch mode, press (D) to start or stop, press (C) to clear ("00'00"00).

COUNTDOWN MODE

1. Countdown range: 23 hours / 59 minutes / 59 seconds.
2. In Countdown mode, press (D) to start or stop.
3. Hold down (C) for 2 seconds to return to the set value when the countdown stops.
4. When Countdown reaches 0, the alarm chimes for 10 seconds and "TMR" flashes. Press any key to stop sound.
5. Press (B) while Countdown timer is active to return to other modes, Countdown continues to operate in background.

SET YOUR WATCH: DIGITAL (continue)

style name: DIGITAL TWO

Light (A) — Mode (B) — Start/Stop (D) — Split/Reset (C)

COUNTDOWN SETTING
1. When Countdown timer stops, hold (C) for 3 seconds. "hour" will flash, press (B) to switch the setting item flash .
2. Press (D) to adjust value and hold (D) to adjust quickly.
3. Press (C) to confirm and return to Countdown mode.
4. If no button is pressed, watch automatically returns to Countdown mode after 1 minute.

SET YOUR WATCH: DIGITAL

style name: ATHLETICS ONE

Set/Recall (A)

Mode (B)

Start/Lap (E)

Light (D)

Stop/Reset (C)

FEATURES
- LCD display show hour, minute, second, day of week and date.
- Two time zones (Main time and secondary time).
- 12/24-hour time formats.
- 3 alarms and 5 minutes backup alert.
- Stopwatch function (max. range: 23 hours 59 minutes 59 seconds).
- Countdown function (max. countdown range: 23 hours 59 minutes 59 seconds).
- 1/100 second resolution chronograph up to 1 hour, one second resolution up to 99:59.59 hours.
- Optional Hourly chime and button beep.
- 3 seconds EL backlight and Night-Light function.

TIME OF THE DAY (TOD) MODE
- Mode (B) can select different functions: Chronograph, Countdown, Alarm, Secondary Time.

SET TIME & DATE
1. In TOD mode, press (A) for 3 seconds to enter time set mode. Time Zone will flash.
2. Press Mode (B) to change setting item as the sequence: Hour – Minute – Second – Month – Day – Year – Hour Format – Date Format – Hourly Chime – Button Beep.
3. Press (B) to change setting item flash.
4. Press (C) or (E) to adjust "hours".
5. Press (C) or (E) to adjust, hold to adjust quickly.
6. Press (A) to confirm and return to TOD mode.
7. In Time Setting state, press (A) or no any key input for 3 minutes will exit Time set.

CHRONOGRAPH MODE
- Stopwatch range: 23 hours / 59 minutes / 59.99 seconds.
- In Stopwatch mode, press (E) to start and (C) to stop, press (C) to clear ("00'00"00).
- When chronograph is running, press Set (E) to take current Lap or Split time and the display will flash for 10 seconds. At the same time, chronograph is continue counting for a new Lap, and after 10 seconds it will display the new Lap or Split information.

COUNTDOWN MODE
- Countdown range: 23 hours / 59 minutes / 59 seconds.
- In Countdown mode, press (E) to start and (C) to stop.
- When countdown is stopped, Press (C) to return to the set value.

style name: ATHLETICS ONE

Set/Recall (A)

Start/Lap (E)

Light (D)

Mode (B)

Stop/Reset (C)

· When Countdown reaches 0, the alarm chimes for 10 seconds and "TMR" flashes. Press any key to stop sound.
· Press (B) while Countdown timer is active to return to other modes, Countdown continues to operate in background.

COUNTDOWN SETTING
1. When Countdown timer stops, press (A). "Hour" will flash, press (B) to switch the setting item flash.
2. Press (E) to increase or (C) to decrease.
3. Press (A) to confirm and return to Countdown mode.
4. If no button is pressed, watch automatically returns to Countdown mode after 1 minute.

INTERVAL TIMER
· Single simple Interval Timer with TWO segments: Interval 1, Interval 2.

INTERVAL TIMER SETTING
1. Press (B) until INTTMR appears.
2. Press (A) to start setting which Interval to change.
3. Press (B), hour digits flash. Press (E) or (C) to change hours.

4. Press (B), minute digits flash. Press (E) or (C) to change minutes.
5. Press (B), second digits flash. Press (E) or (C) to change seconds.
6. Press (B) to select between "STOP" and "REPEAT" at end of each Interval.
7. Press (A) to confirm and exit.

ALARM MODE
· In Alarm mode, press (C) or (E) button to turn On / Off the Alarm.

SET ALARM
1. In Alarm mode, press (A) to enter Alarm set mode, "Time" will flash, press (C) or (E) to increase/decrease.
2. Press (B) to adjust minutes.
3. Press (B) to adjust and select between daily, weekly or weekend alarm.
4. Press (C) or (E) to increase/decrease.
5. Press (A) to confirm and exit.
6. If no button is pressed, watch automatically returns to Alarm mode after 1 minute.
7. When Alarm activates, press any button to stop.

SET YOUR WATCH: DIGITAL

style name: CITY TECH TWO

Light (A)

Start/Stop (D)

Mode (B)

Set (C)

FEATURES
· LCD display show hour, minute, second.
· Month, date display in Month-Date or Date-Month format. Day of week peek display.
· Two time zones (Main time and secondary time)
· 12/24-hour time formats.
· Daily alarm and 5 minutes backup alert.
· Stopwatch function (max. range: 23 hours 59 minutes 59 seconds).
· Countdown function (max. countdown range: 23 hours 59 minutes 59 seconds).
· 1/100 second resolution chronograph up to 1 hour, one second resolution up to 99:59.59 hours.
· Optional Hourly chime and button beep.
· 3 seconds EL backlight and Night-Light function.

TIME OF THE DAY (TOD) MODE
· In TOD mode, press (D) to show the day of week.
· Mode (B) can select different functions: Chronograph, Countdown, Alarm, Secondary Time.

SET TIME & DATE
1. In TOD mode, press (C) for 3 seconds to enter time set mode. "Hours" will flash.
2. Press Mode (B) to change setting item as the sequence: Hour – Minute – Second – Month – Day – Year – Hour Format – Date Format – Hourly Chime – Button Beep.
3. Press (B) to change setting item flash.
4. Press (D) to adjust "hours".
5. Press (D) to adjust, hold (D) to adjust quickly.
6. Press (C) to confirm and return to TOD mode.
7. In Time Setting state, press (C) or no any key input for 3 minutes will exit Time set.

CHRONOGRAPH MODE
· Stopwatch range: 23 hours / 59 minutes / 59.99 seconds.
· In Stopwatch mode, press (D) to start or stop, press (C) to clear ("00'00"00).
· When chronograph is running, press Set (C) to take current Lap or Split time and the display will flash for 10 seconds. At the same time, chronograph is continue counting for a new Lap, and after 10 seconds it will display the new Lap or Split information.

SET YOUR WATCH: DIGITAL (continue)

style name: CITY TECH TWO

Light (A)

Start/Stop (D)

adidas

OCT-14

10:09 AM 36

SHOCK RESISTANT

Mode (B)

Set (C)

COUNTDOWN MODE
· Countdown range: 23 hours / 59 minutes / 59 seconds.
· In Countdown mode, press (D) to start or stop
· When countdown is stopped, Press (C) to return to the set value.
· When Countdown reaches 0, the alarm chimes for 10 seconds and "TMR" flashes. Press any key to stop sound.
· Press (B) while Countdown timer is active to return to other modes, Countdown continues to operate in background.

COUNTDOWN SETTING
· When Countdown timer stops, hold (C). "Hour" will flash, press (B) to switch the setting item flash.
· Press (D) to adjust value and hold (D) to adjust quickly.
· Press (C) to confirm and return to Countdown mode.
· If no button is pressed, watch automatically returns to Countdown mode after 1 minute.

ALARM MODE
· In Alarm mode, press (C) button to turn On / Off the Alarm.

SET ALARM
· In Alarm mode, press (C) to enter Alarm set mode, "Time" will flash, press (B) to switch between hours or minutes.
· Press (D) to adjust hour or minutes.
· Press (C) to confirm and return to Alarm mode.
· If no button is pressed, watch automatically returns to Alarm mode after 1 minute.
· When Alarm activates, press any button to stop.

SECONDARY TIME

SET SECONDARY TIME
· In Time 2 mode, press (C) for 3 seconds to enter time set mode. "Hours" will flash.
· Press Mode (B) to change setting item as the sequence: Hour – Minute – Second – Month – Day – Year – Hour Format – Date Format.
· Press (B) to change setting item flash.
· Press (D) to adjust "hours".
· Press (D) to adjust, hold (D) to adjust quickly.
· Press (C) to confirm and return to Time 2 mode.

SET YOUR WATCH: DIGITAL

style name: RETRO POP DIGITAL

Mode/Set (A)

Light

Start/Stop/Reset (B)

11 24
10 08
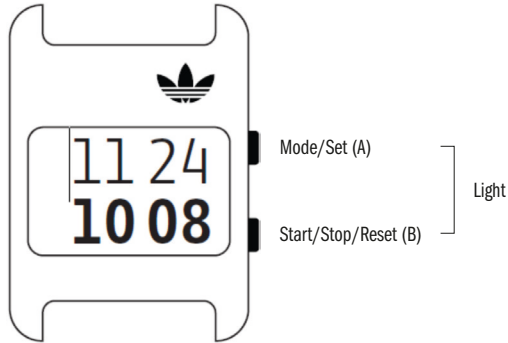
FEATURES

Press (A) and (B) for EL backlight. Remains on for 2 seconds in any Mode.

Press pusher (A) to advance through the modes in the following sequence: TIME OF THE DAY, CHRONOGRAPH, COUNTDOWN.

Press (A) and (B) together to activate the EL Backlight.

Press and hold (A) and (B) together for 3 seconds to activate the Night-Mode. The screen shall resume to the previous display state after the Night-Mode status banner timeout (1.5 sec). Press and hold (A) and (B) together for 3 seconds to turn off the Night-Mode. The moon icon shall go off. Night-Mode shall be automatically deactivated 1 hour after activation.

TIME OF THE DAY (TOD) MODE
· In TOD mode, press (B) to switch from Date to Day of the Week, and press (B) for Seconds.
· In TOD mode, press and hold (B) to switch to Time Zone 2. Press and hold (B) to switch back to Time Zone 1.

SET TIME & DATE
1. In TOD mode, press and hold (A) for 2 seconds to enter time set mode. Set Time 1 or Time 2.
2. Press (A) set "hour"
3. Press (B) to adjust "hour"
4. Press (A) to set "minute", and press (B) to adjust. Hold (B) to adjust quickly.
5. Press (A) to set "seconds", press (B) to adjust. Hold (B) to adjust quickly.
6. Press (A) to set "year", and press (B) to adjust. Hold (B) to adjust quickly.
7. Press (A) to set "month", and press (B) to adjust. Hold (B) to adjust quickly.
8. Press (A) to set "date", and press (B) to adjust. Hold (B) to adjust quickly.
9. Press (A) to set Time 12HR / 24HR and press (B) to switch.
10. Press (A) to set "beep" On/Off and press (B) to switch.
11. Press and hold (A) to confirm and return to TOD mode.
12. If no button is pressed watch automatically return to TOD mode after 1 minute.

style name: RETRO POP DIGITAL

Mode/Set (A)

Start/Stop/Reset (B)

Light
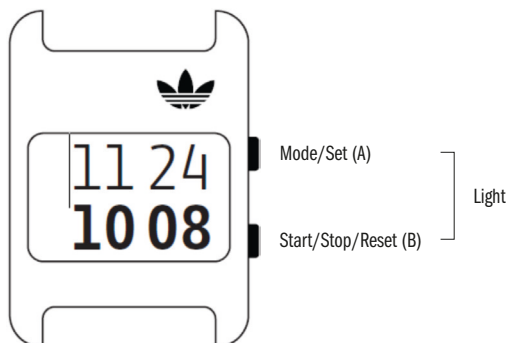
CHRONOGRAPH MODE
- 1/100-seconds resolution up to 1 hour; one second resolution up to 99:59:59 hours.
- In Chronograph mode, press (B) to start or stop. Press and hold (B) to clear ("00'00"00).

COUNTDOWN MODE
1. Countdown range: 23 hours / 59 minutes / 59 seconds.
2. In Countdown mode, press (B) to start or stop.
3. Hold down (B) for 2 seconds to return to the set value when the countdown stops.
4. When Countdown reaches 0, the alarm chimes and "TMR" flashes. Press any pusher to stop sound.
5. Press (A) while Countdown timer is active to return to other modes, Countdown continues to operate in background.

COUNTDOWN SETTING
1. When Countdown timer stops, hold (A) for 3 seconds. "Hour" will flash, press (A) to switch the setting item flash.
2. Press (B) to adjust value and hold (B) to adjust quickly.
3. Press (A) to confirm and return to Countdown mode.

4. If no button is pressed, watch automatically returns to Countdown mode after 1 minute.

SET YOUR WATCH: WORLD TIME

Light (A)

Mode (B)

Start/Stop (D)

Split/Reset (C)

FEATURES

· LCD screen displays hour, minute, second, year (2000 ~ 2099), month, date, day of the week.
· 12-hour / 24-hour format selectable, auto-calendar.
· Time of 85 major cities.
· Hourly chime + 3 independent daily alarms.
· Countdown timer can be set in the range of 1 minute to 180 minutes, and with auto-repetition function. When countdown time reaches the last one minute, the watch will sound every 10 seconds and then every second for the last 10 seconds.
· Stopwatch starts counting from 0.01 second, the maximum display range of it is 9 hours, 59 minutes, 59.99 seconds. Ten groups of SPL times
· EL backlight.

MODES

Press (A) for EL backlight. Remains on for 3 seconds in any Mode.

Press pusher B to advance through the modes in the following sequence: TIME OF THE DAY, ALARM 1, ALARM 2, ALARM 3, CHRONOGRAPH, COUNTDOWN.

BACKLIGHT AND DST SETTING

1. In any mode, press (B)+(C) to enter Backlight and DST setting modes.

2. In Backlight mode, press (D) to select On or Off.
3. In DST mode, press (C) to select City Code chart, press (D) to switch a City Code time between Standard Time (STD) and Daylight-Saving Time (DST). Press (B) to exit.
4. Press (B) to exit setting mode.

TIME OF THE DAY (TOD) MODE

1. In TOD mode, press (C) to switch between Home Time + World Time Mode and Home Time + Date Mode.
2. In Home Time + World Time Display Mode, press (D) to scroll through City Codes (refer to the City Code chart).
3. In Home Time + World Time Display Mode, press (B) + (D) together, World Time and Home Time will change each other.
4. Press (B) for 2 seconds to enter time setting screen:Full screen will flash, press D button to turn On/Off Hourly chime (🔔).
    1. Press (C) to select items to be adjusted. The sequence is as follows: Screen Flashing, City, Seconds, Minutes, Hour, Month, Date, Year, 12/24H format.
    2. Press (D) to adjust selected item.
    3. Press (B) to exit setting mode.
    4. Day of the week will automatically adjust after year and month have been adjusted.

Light (A)
Mode (B)
Start/Stop (D)
Split/Reset (C)

adidas
PM PM DST
10:09 36
PM 10:09
DST
SHOCK RESISTANT

DAILY ALARM MODE

1. In Alarm mode, press (D) to view alarm time of the corresponding city. If you need to re-set the alarm time of Home Time, press (D) to select City Code of your home city.
2. Press (B) for 2 seconds to enter alarm setting screen:
   1. Press (D) to turn On/Off alarm.
   2. Press (C) to select adjusted item: Alarm On/Off, Hour, Minutes .
   3. Press (D) to adjust selected item.
   4. Press (B) to confirm and return to alarm display mode.
3. When Alarm time of home city has been set, press (D) or (C) to select the city, Alarm time of home city will automatically adjust according to the time difference. Note: If you re-set alarm time of a city, alarm time of other cities (including home city) will automatically adjust according to the time difference.
4. When Alarm time is reached, Alarm chime will automatically stop after 20 seconds, press (B), (C) or (D) to stop Alarm.

CHRONOGRAPH MODE

1. In Stopwatch mode, press (D) to Start/Stop.
2. Reset to zero by pressing (D) + (C) , LAP records will also reset.
3. When the Stopwatch is counting, press (C) for split (SPL) time, after 10 seconds watch will return to counting.
4. Press (D) button to record each SPL times (LAP1~LAP10).
5. If LAP time is full, new LAP time will replace the last LAP record.
6. When watch stops counting, press (C) to view LAP record mode, press (B) to exit LAP record mode.
7. When Stopwatch is counting, press (C) to enter countdown time mode, Stopwatch will continue counting in background.

COUNTDOWN MODE

1. In Countdown mode, press (D) to Start/Stop counting, the original setting (countdown) time will flash after it stops counting, then press (C) to Start/Stop cycle countdown time (↻). If countdown time needs to be re-set, press (C) to adjust when setting time is flashing (Countdown time can be set between 1-180 minutes), press (B) to exit time setting.
2. When Countdown time stops, press (D) + (C) to return to original setting time.
3. When last minute of Countdown is reached, warning tone will sound every 10 seconds, during the last 10 seconds warning tone will sound every second. When Countdown finishes, warning tone will sound for 10 seconds continuously.

SET YOUR WATCH: WORLD TIME (continue)

CODE	CITY NAME	UTC OFFSET	CODE	CITY NAME	UTC OFFSET	CODE	CITY NAME	UTC OFFSET
PPG	Pago Pago, AS	-11:00	WAT	West Africa	01:00	BKK	Bangkok	07:00
HNL	Honolulu, US	-10:00	AMS	Amsterdam	01:00	AWT	Australian Western Standard	08:00
ANC	Anchorage, US	-9:00	BER	Berlin	01:00	BEI	Beijing	08:00
AKT	Alaska Standard	-9:00	MAD	Madrid	01:00	SHA	Shanghai	08:00
LAX	Los Angeles, US	-8:00	MCM	Monte Carlo	01:00	CEB	Cebu	08:00
YVR	Vancouver, CA	-8:00	PAR	Paris	01:00	HKG	Hong Kong	08:00
PST	Pacific Standard	-8:00	PRG	Prague	01:00	KUL	Kuala Lumpur	08:00
DEN	Denver	-7:00	ROM	Rome	01:00	MNL	Manila	08:00
YEA	Edmonton	-7:00	STO	Stockholm	01:00	PER	Perth	08:00
MST	Mountain Standard	-7:00	CAT	Central Africa Time	02:00	SIN	Singapore	08:00
CHI	Chicago	-6:00	EET	Eastern European Time	02:00	TPE	Taipei	08:00
MEX	Mexico City	-6:00	SAT	South Africa Standard	02:00	SEO	Seoul	09:00
YWG	Winnipeg	-6:00	ATH	Athens	02:00	TKY	Tokyo	09:00
CST	Central Standard	-6:00	CAI	Cairo	02:00	ADL	Adelaide	09:30
MIA	Miami	-5:00	HEL	Helsinki	02:00	AET	Australian Eastern Standard	10:00
NYC	New York	-5:00	JRS	Jerusalem	02:00	GUM	Guam	10:00
YTO	Toronto	-5:00	NIC	Nicosia	02:00	SYD	Sydney	10:00
EST	Eastern Standard	-5:00	ANK	Ankara	03:00	NOU	Noumea	11:00
CCS	Caracas	-4:00	EAT	East Africa Time	03:00	WLG	Wellington	12:00
YHZ	Halifax	-4:00	BGW	Baghdad	03:00			
SCL	Santiago	-4:00	DOH	Doha	03:00			
AST	Atlantic Standard	-4:00	JED	Jeddah	03:00			
YYT	St. Johns	-3:30	MOS	Moscow	03:00			
BUE	Buenos Aires	-3:00	THR	Tehran	03:30			
RIO	Rio De Janerio	-3:00	GST	Gulf Standard	04:00			
WGT	West Greenland	-3:00	DXB	Dubai	04:00			
FEN	Fernando de Noronha	-2:00	KBL	Kabul	04:30			
RAI	Praia	-1:00	KHI	Karachi	05:00			
EGT	East Greenland	-1:00	DEL	Delhi	05:30			
UTC	Coordinated Universal Time	00:00	KTM	Kathmandu	05:45			
WET	Western European Time	00:00	DAC	Dhaka	06:00			
LIS	Lisbon	00:00	RGN	Yangon	06:30			
LDN	London	00:00	CXT	Christmas Island Time	07:00			

SET YOUR WATCH: ANALOG-DIGITAL

Light/ - (A)

Start/Stop/ + (D)

Daylight Saving Time Indicator

Hands Setting / Hands Out of the Way Indicator

Hourly Chime Indicator

Alarm Indicator

Button Chime Off Indicator

Mode/Next (B)

Split/Reset/Set (C)
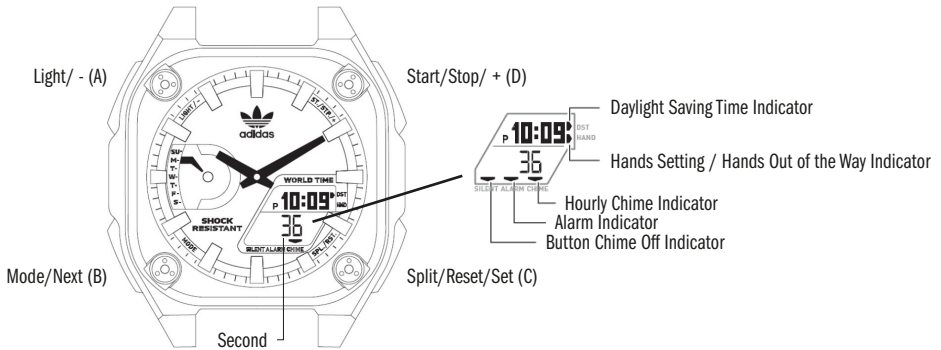
Second

FEATURES
· 6-digit LCD display show hour, minute, second, month, day.
· Small hand indicates weekday.
· Analog and digital time synchronization.
· Automatic calendar (Year 2000 to 2099).
· 12/24-hour time formats.
· World time (48 cities).
· 5 alarms, hourly chime functions.
· Stopwatch function (max. range: 23 hours 59 minutes 59 seconds).
· Countdown function (max. countdown range: 23 hours 59 minutes 59 seconds).
· Key tone.
· 1.5 or 3 seconds EL backlight selection.

MODES
In any mode, press (A) to illuminate night-light EL backlight.

Press (B) to scroll through functions: TIME OF THE DAY (TIME), WORLDTIME (WT), STOPWATCH (STW), TIMER (TMR), ALARM (ALM).

In any mode, press (B) for 2 seconds to return to normal time mode.

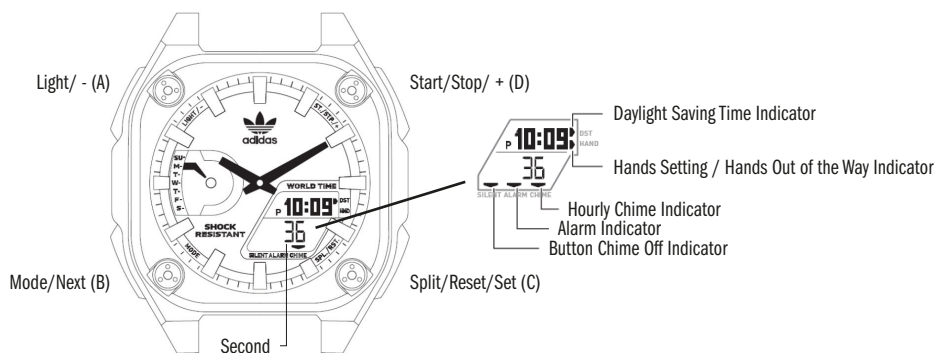In any mode, press (A) and (B) at the same time, hands will move to keep off LCD display.

HOME CITY & DST SETTING
1. Press (B) and scroll to 'TIME' mode.
2. Press & hold (D) until 'SET' flashes then disappears from display and current city code appears and scrolls across display. You are now in Home City setting mode.
3. Press (C) to advance or (A) to scroll back through City Code list to find the one you want. Pressing and holding (C) or (A) will advance City at a faster rate.
   1. Complete list of City Codes is located at the end of this manual.
4. Press (D) after you have selected your Home City to return to timekeeping mode.

SET TIME & DATE
1. Press (B) and scroll to 'Time' mode.
2. Press and hold (C) until 'Set' flashes and disappears from display and the current city code scrolls in display.
3. Press (B) to set DST. Use (A) or (C) to select On/Off.
4. Press (B) to scroll to 12/24-hour format. Use (A) or (C) to select 12H or 24H.
5. Press (B) to enter 'Seconds'. Press (C) to reset to zero.
6. Press (B) to enter 'Hour'. Press (A) to advance or (C) to go back. Note: be sure to scroll so you can select AM or PM. Note: in 24H mode no "P" will be displayed to indicate PM.

Light/ - (A)

Start/Stop/ + (D)

Daylight Saving Time Indicator

Hands Setting / Hands Out of the Way Indicator

Hourly Chime Indicator

Alarm Indicator

Button Chime Off Indicator

Mode/Next (B)

Split/Reset/Set (C)

Second

7. Press (B) to enter 'Minute'. Press (A) to advance or (C) to go back. Repeat to enter 'Year', 'Month', 'Day'.

8. Press (B) to enter 'Key'. Press (A) or (C) to toggle between Key/Mute. If 'Key' is selected, watch will chime each time button is pressed.

9. Press (B) to select 'Light'. Press (A) or (C) to select 1 or 3 second duration for EL backlight to stay illuminated.

ADJUST HANDS REFERENCE POSITION

If the hands and digital display time are not consistent, please use the following method to adjust the hands to reference position:

1. Press (B) and scroll to 'Time' mode.

2. Press and hold (D) for approximately 5 seconds or until 'SUB' begins to flash. Once 'SUB' is flashing, release (D).

3. Watch is now in Day of the Week hand adjustment mode.

4. If day of the week hand is not pointing to 'SU' (Sunday), press (A) or (C) to move hand there.

5. Note: Holding down (A) or (C) will move hand at faster rate of speed.

6. Once day of week hand is pointing to 'SU', press (B) to move to hour hand adjustment.

7. Hour Hand Adjustment - '0:00' will appear in display with '0' flashing.

8. Press (A) or (C) to move hour hand to 12 o'clock position.

9. Once hour hand is pointing at 12 o'clock, press (C) to move to minute hand adjustment.

10. Minute Hand Adjustment – '0:00' remains on display, but '00' flashing.

11. Press (A) or (C) to move to minute hand to 12 o'clock position.

12. Press (D) to return to 'Time' mode.

WORLD TIME MODE

1. Press (B) until WT appears.

2. Press (C) to scroll each World Time city - 48 World Time cities / 31 time zones.

3. Press (D) to view current world time city name (scrolling: 3 letter abbreviation then full city name).

SET DAYLIGHT SAVING TIME (DST)

1. In World Time Mode, hold down (D) button for approximately 3 seconds to turn DST On/Off.

2. DST icon appears when DST is on & time will increase by 1 hour. DST setting affects only city being displayed. Note: if UTC is selected as Home City, there is no Daylight Savings Time (DST).

SET YOUR WATCH: ANALOG-DIGITAL (continue)

Light/ - (A)

Start/Stop/ + (D)

Daylight Saving Time Indicator

Hands Setting / Hands Out of the Way Indicator

Hourly Chime Indicator

Alarm Indicator

Button Chime Off Indicator

Mode/Next (B)

Split/Reset/Set (C)

Second
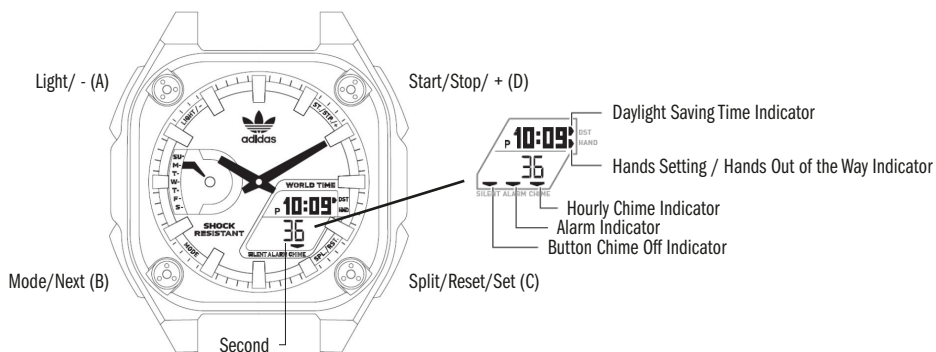
STOPWATCH MODE
1. Press (B) until STW appears.
2. Press (C) to start timing, press (C) to stop timing, press (D) to reset to '00'.
3. To take a Split Time:
   1. Press (C) to start timing.
   2. Press (D) to see split time.
   3. Press (D) to release split.
   4. Press (C) to stop timing.
   5. Press (D) to reset to '00'.

Remarks:
· Elapsed time is shown in 1/100th-second units. After the first hour, elapsed time will be shown in one-second units.
· Stopwatch timing range: 23 hours 59 minutes 59 seconds, after running to the maximum, it will automatically retime from "0".
· If switching to the other mode when stopwatch running, the stopwatch will be running at the background.

ALARM MODE
1. In alarm mode, press (D) to select 5 sets of alarms and hourly chime, press (C) to turn the alarm ON or OFF.
2. Press (D) to switch alarm group number: AL1>AL2>AL3>AL4>AL5>SIG.

Remarks:
· In any mode, when reaching alarm time, it will chime for 10s. During the alarm, press any key to stop it.
· When the hourly chime is turned ON, it will sound twice at each hourly time.
· When alarm is ON, alarm icon appears. When hourly chime ON, hourly chime icon appears, chime will sound twice at every hour.

SET ALARM
1. Press (B) until ALM appears.
2. Press (C) to select alarm (ALM1 thru ALM5) and hourly chime (SIG).
3. To turn on hourly chime (SIG) press (D).

COUNTDOWN MODE
1. Press (B) until TMR appears.
2. Press (C) until 'SET' flashes and then disappears and hour digits starts to flash.
3. Press (B) to scroll through Hour / Minute / Second. Flashing value indicates item to be set.
4. Press (C) to increase time or press (A) to decrease time.
5. Press (D) to exit countdown timer setting mode.

Light/ - (A)

Start/Stop/ + (D)

Daylight Saving Time Indicator

Hands Setting / Hands Out of the Way Indicator

Hourly Chime Indicator

Alarm Indicator

Button Chime Off Indicator

Mode/Next (B)

Split/Reset/Set (C)

Second
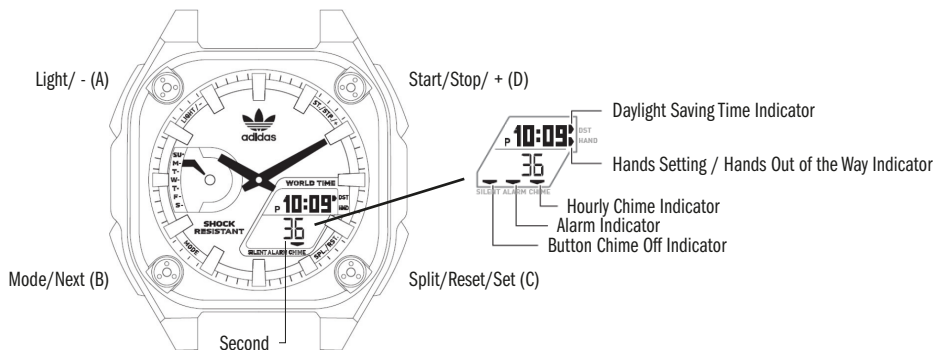
To use countdown timer:

1. Once desired countdown time has been set press (C) to start timer.
2. Press (C) to stop timer if needed. Timer can be reactivated by pressing (C) again.
3. When timer reaches '0:00:00' press any button to turn off.
4. Press (D) to reset timer.

WATER RESISTANCE / SHOCK RESISTANCE

· Water resistant up to 100 meters (328 ft)
· Rinse watch with fresh water after exposure to salt water or perspiration
· 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
· **WARNING: to maintain water resistance, do not press any buttons under water**

SET YOUR WATCH: ANALOG-DIGITAL (continue)

CODE	CITY NAME	UTC OFFSET
PPG	Pago Pago, AS	-11:00
HNL	Honolulu, US	-10:00
ANC	Anchorage, US	-9:00
LAX	Los Angeles, US	-8:00
YVR	Vancouver, CA	-8:00
DEN	Denver	-7:00
YEA	Edmonton	-7:00
CHI	Chicago	-6:00
MEX	Mexico City	-6:00
NYC	New York	-5:00
YHZ	Halifax	-4:00
YYT	St. Johns	0
BUE	Buenos Aires	-3:00
RIO	Rio De Janerio	-3:00
FEN	Fernando de Noronha	-2:00
RAI	Praia	-1:00
UTC	Coordinated Universal Time	00:00
LIS	Lisbon	00:00
LDN	London	00:00
MAD	Madrid	01:00
PAR	Paris	01:00
ROM	Rome	01:00
BER	Berlin	01:00
STO	Stockholm	01:00
ATH	Athens	02:00
CAI	Cairo	02:00
JRS	Jerusalem	02:00
JED	Jeddah	03:00
MOS	Moscow	03:00
THR	Tehran	03:30
DXB	Dubai	04:00
KBL	Kabul	04:30
KHI	Karachi	05:00

CODE	CITY NAME	UTC OFFSET
DEL	Delhi	05:30
KTM	Kathmandu	05:45
DAC	Dhaka	06:00
RGN	Yangon	06:30
BKK	Bangkok	07:00
BEI	Beijing	08:00
HKG	Hong Kong	08:00
SIN	Singapore	08:00
TPE	Taipei	08:00
SEO	Seoul	09:00
TKY	Tokyo	09:00
ADL	Adelaide	09:30
GUM	Guam	10:00
SYD	Sydney	10:00
NOU	Noumea	11:00
WLG	Wellington	12:00

SET YOUR WATCH: ANALOG-DIGITAL

style name: RETRO WAVE THREE

Minute Hand

Pusher B

Hour Hand

Pusher A

Pusher C

Crown

Second Hand

FEATURES

This watch has five functions: ANALOG TIME, DIGITAL TIME, ALARM, CHRONOGRAPH, DATE.

SETTING THE ANALOG TIME

1. Pull crown to position 1.
2. Turn crown clockwise / counterclockwise to correct time.
3. Push crown to position 0.

SETTING THE DIGITAL TIME

In Time display mode:

1. Press (C) for 2 seconds to enter in Time setting state. It will start setting the seconds, press pusher C to switch setting items (Minutes, Hours, Hour Format, Exit).
2. Press (B) to increase the setting value.

In the setting state without key operation for more than 3 minutes, current settings are saved and exit the setting state automatically.

ALARM MODE

In Alarm mode, press (C) button to turn On / Off the Alarm.
Press (B) and (C) together for 2 seconds to enable or disable the hourly chime.

SETTING THE ALARM

In Alarm mode, press (C) for 2 seconds to enter Alarm setting state, hour is flashing. Pressing on (C) will switch the setting items and press (B) will change the setting value.
In the setting state without key operation for more than 3 minutes, current settings are saved and exit the setting state automatically.

CHRONOGRAPH MODE

·   1/100-seconds resolution up to 1 hour.
·   In Chronograph mode, press (B) to start or stop. Press (C) to clear ("00'00"00).

SPLIT TIME MEASUREMENT
Example of using split time measurement for two runners.

·   Press (B) to start the timing of the first runner.
·   Press (C) to enter in split state and return to normal display after 5 seconds.
·   When Chronograph is running, press (B) again and will stop. Press (C) to clear ("00'00"00).
·   When Chronograph is running to max time ("59'99"99) it will stop automatically.

style name: RETRO WAVE THREE

Pusher B

Hour Hand

Pusher C

Second Hand

Minute Hand

Pusher A

Crown

start/stop   set/lap

D–D
CHM

LAP
CHR
ALM

alarm chronograph

mode

SETTING THE DATE

In Date Mode, press (C) for 2 seconds, date will flash, with settings value as follow: DAY – MONTH – WEEK – EXIT.

Press (B) to increase setting value.

In the setting state without key operation for more than 3 minutes, current settings are saved and exit the setting state automatically.