

LIMITED LIFETIME WARRANTY & INSTRUCTIONS MANUAL

FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Month, Date, and Day of the Week)
- (5) 24 Hour Alarms
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph: Hours, Minutes, Seconds, and 1/100 of a Second with Lap Operation
- Countdown Timer
- World Time
- Daylight Savings Time
- Pedometer
- 12/24 Hour (Military Time)
- Water Resistant as indicated on the watch
- INSTALITE- Electro Luminescent Display

EL LIGHT FEATURE

1. Press 'D' in any mode to illuminate the watch face. The backlight will remain lit for 3 seconds.

NOTE: Excessive use of the light will shorten battery life.

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Month, Date, and Day of the Week.
2. From Time Telling Mode, press 'B' once. Pedometer Mode appears. Press 'B' six times to return to Time Telling Mode.
3. From Time Telling Mode, press 'B' twice. Recall Pedometer Data Mode appears. Press 'B' five times to return to Time Telling Mode.
4. From Time Telling Mode, press 'B' three times. Alarm Mode appears. Press 'B' four times to return to Time Telling Mode.
5. From Time Telling Mode, press 'B' four times. Chronograph Mode appears. Press 'B' three times to return to Time Telling Mode.
6. From Time Telling Mode, press 'B' five times. Countdown Timer Mode appears. Press 'B' twice to return to Time Telling Mode.
7. From Time Telling Mode, press 'B' six times. World Time Mode appears. Press 'B' once to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

1. From Time Telling Mode, press and hold 'A' until the City Code flashes. Press 'C' to select the City Code.
 2. Press 'B'. Daylight Savings Time flashes. Press 'C' to activate or deactivate Daylight Savings Time.
- NOTE:** The Daylight Savings Time symbol appears when the Daylight Savings Time is in effect.
3. Press 'B'. Seconds flash. Press 'C' to zero out the Seconds.
- NOTE:** Zeroing out 30 or more seconds automatically adds one minute to time.
4. Press 'B'. Hours flash. Press 'C' to advance the Hours.
- NOTE:** When 12 Hour Format is selected, 'AM' indicates 'a.m.' times; 'PM' indicates 'p.m.' times.
5. Press 'B'. Minutes flash. Press 'C' to advance the Minutes.
- NOTE:** Pressing and holding 'C' will advance digits rapidly.
6. Press 'B'. 12/24 Hour Time Format flashes. Press 'C' to select either 12 Hour or 24 Hour (Military) Time.
- NOTE:** '12' indicates 12 Hour Format; '24' indicates 24 Hour (Military Time).
7. Press 'B'. The Year flashes. Press 'C' to advance the Year.
 8. Press 'B'. Months flash. Press 'C' to advance the Month.
 9. Press 'B'. The Date flashes. Press 'C' to advance the Date.
 10. Press 'B'. The Unit flashes. Press 'C' to select the Unit (Inches or Centimeters).
 11. Press 'A' to end sequence and return to Time Telling Mode.

STOPWATCH

1. From Time Telling Mode, press 'II' four times to enter the Stopwatch Mode.
2. Press 'C' to start timing.
3. Press 'C' again to stop timing.
4. Press 'A' to reset to zero.
5. Press 'B' three times to return to Time Telling Mode.



BUTTON OPERATION

- A** RESET **B** MODE **C** ST/STP **D** LIGHT

SETTING THE 24 HOUR ALARMS

1. From Time Telling Mode, press 'B' three times to enter the Alarm Mode. Press 'A': then press 'B' to select the Alarm Number (A1-A5).
2. Press and hold 'A' until the Alarm Hours flash. Press 'C' to advance the Alarm Hours.
3. Press 'B'. Alarm Minutes flash. Press 'C' to advance the Alarm Minutes.
4. Press 'A' to end sequence.
5. Press 'A' again, then press 'B' four times to return to Time Telling Mode.

SPLIT TIME

1. While in the Stopwatch Mode, press 'C' to start timing.
2. Press 'A' to measure and display Split Times.
3. Press 'C' to stop timing at the end of the event and to reveal the final Split Time.
4. Press 'A' to reset to zero.
5. Press 'B' three times to return to Time Telling Mode.

WORLD TIME

1. From Time Telling Mode, press 'B' six times to enter the World Time Mode
 2. Press 'C' to select the desired city. Based on the set time, the Hour is automatically adjusted to display the local time in the newly selected city.
- NOTE:** One of 28 major cities may be selected: (PPG) Samoa, (HNL) Honolulu, (ANC) Anchorage, (LAX) Los Angeles, (DEN) Denver, (CHI) Chicago, (NYC) New York, (CCS) Caracas, (RIO) Rio de Janeiro, (LON) London, (PAR) Paris, (JRS) Jerusalem, (GAI) Cairo, (JED) Jeddah, (THR) Tehran, (DXB) Dubai, (KBL) Kabul, (KHI) Karachi, (DEL) Delhi, (DAC) Dacca, (RGN) Yangon, (BKK) Bangkok, (HKG) Hong Kong, (TYO) Tokyo, (ADL) Adelaide. (SYD) Sydney, (NOU) Noumea, (WLG) Wellington.
3. Press 'B' to return to Time Telling Mode.

COUNTDOWN TIMER

1. From Time Telling Mode, press 'B' five times to enter the Timer Mode.
 2. Press and hold 'A' until the Hours flash. Press 'C' to adjust the Hour.
 3. Press 'B'. Minutes flash. Press 'C' to adjust Minutes.
 4. Press 'B'. Seconds flash. Press 'C' to adjust the Seconds.
 5. When the Countdown Timer is set, press 'A' to end set sequence and return to Timer Mode.
 6. Press 'C' to start the Countdown Timer.
 7. If desired, press 'C' again to stop the Countdown Timer. Press 'C' again to resume the Countdown Timer.
- NOTE:** The Countdown timing will continue in any mode until 'C' is pressed. When the Timer has expired, the alarm will sound for about 10 seconds or until any button is pressed.
8. Press 'C' to stop the Timer.
 9. Press 'B' twice to return to Time Telling Mode.

LIMITED LIFETIME WARRANTY & INSTRUCTIONS MANUAL**ACTIVATING ALARM + HOURLY CHIME**

1. While in the Alarm Mode, press 'A', then press 'B' to select the Alarm Number (A1-A5). Press 'C' to activate the selected Alarm. The Alarm Symbol appears to indicate that the selected Alarm will sound at the preset Alarm Time.
2. Press 'C' again to deactivate the selected Alarm.
3. Press 'B' to select the Hourly Chime (CHM). Press 'C' to activate the Hourly Chime. The Hourly Chime Symbol appears to indicate that the Hourly Chime is activated.
4. Press 'C' again to deactivate the Hourly Chime.
5. Press 'A', then press 'B' four times to return to Time Telling Mode.

NOTE: When an Alarm is activated, the selected Alarm will sound at the preset Alarm Time for 10 seconds or until any button is pressed. When the Hourly Chime is activated, the Hourly Chime will sound with one "Beep" every hour on the hour.

PEDOMETER

NOTE: The Pedometer can record and display the number of steps that you have walked, the number of calories that you have burned, the distance that you have travelled, and the walking or running time. When the preset Pedometer Step Goal is reached, the watch will beep for about 10 seconds and "GOAL:" will flash. Press any button to stop the notification.

1. From Time Telling Mode, press 'B' once to enter the Pedometer Mode.
2. Press 'C' to turn the Pedometer On or Off.

SELECTING THE TYPE OF PEDOMETER

1. While in the Pedometer Mode with the Pedometer On, press and hold 'C' to select the type of Pedometer (Walking or Running).

SETTING THE PEDOMETER**PARAMETER SETTING RANGE**

- Goal of Step Range: 100-900,000(5) 24 Hour Alarms
- Height Range: 90-221cm; 35-87 inches
- Weight Range: 20-200 kg; 44-440 lbs
- Distance of Walk & Run: 10-180cm; 4-71 inches

1. While in the Pedometer Mode, press and hold 'A' to set the Pedometer Goal. Steps flash. Press 'C' to select the desired number of Steps.
2. Press 'B'. Height flashes. Press 'C' to select the desired Height.
3. Press 'B'. Weight flashes. Press 'C' to select the desired Weight.
4. Press 'B'. The Distance of Walk flashes. Press 'C' to select the desired Walk Distance.
5. Press 'B'. The Distance of Run flashes. Press 'C' to select the desired Run Distance.
6. Press 'B'. Power Save flashes. Press 'C' to activate or deactivate the Power Save.

NOTE: When the Power Save is activated, the Pedometer will turn off automatically when the Date updates. If the Power Save is not activated, more power will be consumed which will shorten battery life.

7. Press 'A' to end sequence.
8. Press 'B' six times to return to Time Telling Mode.

RECALLING THE PEDOMETER DATA

1. From Time Telling Mode, press 'B' twice to enter the Recall Pedometer Data Mode.
2. Press 'A' to enter Data Browse.
3. Press 'B' to select the desired data in the following sequence: Steps, Distance, Calories, Time of Walking or Running.
4. Press 'A' to exit Data Browse.
5. Press 'B' five times to return to Time Telling Mode.

CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with the same kind or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

WATER RESISTANCE

This is a **WATER RESISTANT** watch. Do not operate push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

USE OUR NATIONWIDE SERVICE CENTERS. YOU CANNOT RETURN WATCH FOR SERVICE WHERE IT WAS PURCHASED.

If your watch requires cleaning, lubrication, battery changing, or needs a crystal replaced, Armitron Adventure approved Service Centers are available in your area. These repair facilities use Armitron Adventure parts and components to assure quality and future performance. Free estimates are available in advance, should you need servicing or repairs not covered under the warranty. Repairs covered under the warranty may require proof of purchase, so retain the purchase receipt.

RETURN YOUR WATCH FOR SERVICING

Please call **(718) 482-4195** for a listing of all approved and authorized service centers and locations, or visit our website at:

WWW.ARMITRON.COM

YOUR WATCH SHOULD NOT BE RETURNED TO THE PLACE OF PURCHASE. Carefully pack your watch in a sturdy box (do not send in a gift box for same will not be returned) and mail to the nearest approved authorized service station. Because of possible loss, we recommend that you insure the watch, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. Never include a special watch band or any other article of personal value in your shipment.

LIMITED WARRANTY

This Armitron Adventure Watch is warranted to you, the owner, for your lifetime against all defects in material or workmanship. This warranty does not apply to normal wear and tear or abuse and excludes batteries, case, strap, crystal, or bracelet. In the event of a defect or malfunction of the movement within this period it will be repaired or replaced, at our option, provided that it is returned prepaid with a check or money order for \$9.95 to cover the cost of handling and return postage. This charge does not apply to California residents. (This is not a repair charge.) DO NOT SEND CASH. No additional charge will be made unless additional servicing is necessary for reasons beyond our control such as accident, misuse, neglect or replacement of parts not warranted is required such as case, crystal, strap, bracelet or batteries in which event a moderate charge will be made. The movement of any timepiece requires periodic cleaning/timing which is not a defect and, as such not warranted. After one year from the date of purchase each cleaning/timing with be performed as required without charging a fee in excess of the specified \$9.95 handling charge. The above remedy is exclusive. Armitron Adventure shall not be liable for any incidental or consequential damages. Should any other part of your watch require repair, please use our Service Center for quick and inexpensive repairs on your watch. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations and exclusions may not apply to you. In the event of a problem with warranty service or performance, you may be able to go to Small Claims Court, a State Court or a Federal District Court. CALIFORNIA RESIDENTS ONLY!! There is no handling charge for in warranty service. Charges apply only for NON-WARRANTY ITEMS such as cleaning after one year and other routine maintenance.