

All clock settings are made with 2 buttons located on the back.



- MENU button (to navigate between the different screens)  
OPTION button (To select the desired menu option)  
\*The colors of these buttons may vary in color depending on the model.



- Turn on the clock and place it in an open area to synchronize the time. Time will be correct when panel Stops flashing.



- Set the time zone. EV – EI (Spain Summer or Winter time)  
PV – PI (Portugal Summer or Winter time)  
More Options for other countries.

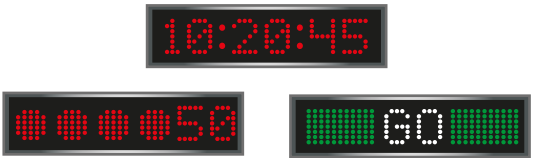


- Indicate the time interval for departure.  
Off, 60 sec, 30 sec, 15 sec, 12 sec. Etc etc..



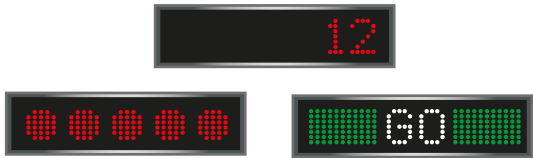
- Indicate the mode of use of the watch.  
CA countdown interval HO Current time.

**HO Current time**

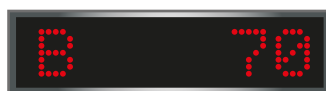


- In this mode, the watch shows the current time.  
After 5 seconds of the set interval, electronic countdown clock is displayed.  
At the last second it shows the GO screen for exit and returns to the initial screen again.

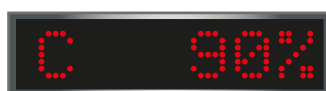
**CA Countdown Interval**



- In this mode, the watch displays selected second interval in countdown mode.  
5 seconds after the set interval, electronic countdown t is displayed.  
At the last second it shows the GO screen for departure and returns to the initial screen again.



- To adjust the screen brightness press the OPTION button from the brightness adjustment screen.



- Battery charge screen tells you the current charge percentage of the watch. This screen does not allow any type of adjustment.