



VibraLITE[®] Ⓢ "Quick Reference" User Guide

To SET any watch time, calendar or timer, the DIGIT(s) that you want to set **MUST BE FLASHING**.

Digits will stop flashing if no buttons are pushed within approximately 3 minutes.

SETTING TIME(S) & CALENDAR

Time of Day (Time Zone 1) must be set correctly as the Alarms will work based on this time.

- * Push MODE Button to rotate to CALENDAR/CLOCK MODE.
- * Push and Hold SET/RESET Button. HOLD TO SET will show on display. Hold for 3 seconds. T-ZONE 1 will show and  will be flashing.
- * Push MODE Button. Hour digit(s) will be flashing.
- * Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- * Push MODE Button to change to minutes flashing.
- * Push START/STOP Button to rotate to the correct minute.
- * Using the MODE Button and START/STOP Buttons as above, continue setting seconds, date (day of week, month, day of month) 12Hour or 24 Hour Clock, and DATE viewing order.
T-ZONE 1 will show with  flashing.
- * While flashing is still on display, you can proceed to set T-ZONE 2 (or T-ZONE 3) by pushing START/STOP Button to enter T-ZONE 2 (or 3). Continue to set the desired time as you did for T-ZONE 1 by using the MODE Button for changing to hours, minutes, seconds and date and pushing START/STOP Button to rotate to the desired digit.
- * Push SET/RESET Button when correct time(s) is entered.
Note: If Time Zone 1 is set for 12 hour clock, Zone 2 & 3 must be in 12 hour clock.
If Time Zone 1 is set for 24 hour clock, Zone 2 & 3 must be in 24 hour clock.



SETTING ALARM(S)

- * Push MODE Button to rotate to ALARM MODE. ALARM 1 will then show on display.
- * Push & Hold SET/RESET Button. HOLD TO SET will show on display. Hold for 3 seconds. Hour digit(s) will be flashing.
- * Push START/STOP Button to rotate to the correct Hour. (use AM and PM icon when using 12 hour clock)
- * Push MODE Button to change to Minutes and START/STOP Button to rotate to the correct Minute.
- * Push SET/RESET Button when correct time is entered.
- * Continue to set additional alarms by pushing SET/RESET Button to rotate ALARM 2 thru ALARM 8.
- * When in each desired alarm, push and hold SET/RESET Button until Hour Digits Flash.
- * Push START/STOP Button to rotate to the desired hour.
- * Push the MODE Button to change from hours to minutes and push the START/STOP Button to rotate to the desired minutes.



To set or change any Alarm.

- * Push & Hold SET/RESET Button while in that alarm. HOLD TO SET will be displayed and Hour Digit(s) will flash.

To turn OFF any Alarm.

- * Push SET/RESET Button to rotate to the number of the Alarm you want to turn Off.
- * Push START/STOP Button. ALARM will show OFF on display.
- * To turn Alarm ON again, push START/STOP Button and Alarm Time previously set will show.
Note: When Alarm is ON, Alarm time shows on display. When Alarm is turned OFF, display will show OFF for that Alarm.



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HOW TO USE CHRONO/STOPWATCH

- * Push MODE Button to rotate to CHRONO MODE.
- * Push START/STOP Button to start or to stop the counting.
- * To reset to zero while running, push START/STOP Button and then push SET/RESET Button.
- * To reset to zero when stopped, push SET/RESET Button.



SETTING TIMER FOR COUNTDOWN

- * Push MODE Button to rotate to TIMER MODE.
- * Push and Hold SET/RESET Button. HOLD TO SET will show on display. Hold for 3 seconds, Hour digit(s) will be flashing.
- * Push START/STOP Button to rotate to the desired Hour.
- * Push MODE Button to change to Minutes and START/STOP Button to rotate to the desired Minutes.
- * Push MODE Button to change to Seconds and START/STOP Button to rotate to the desired seconds.
- * While digits are still flashing. Push MODE Button again. REPEAT will show on display.
- * Push START/STOP Button to select REPEAT ON or REPEAT OFF. (REPEAT ON setting will have the countdown time repeat automatically every time it reaches zero.)
- * Push MODE Button again. REMIND will show on display.
- * Push START/STOP Button to select REMIND ON or REMIND OFF. (REMIND ON setting will have a one second reminder at 5 minutes and 10 minutes before zero.)
- * Push SET/RESET Button when desired time and settings are entered.
- * To start or stop countdown, Push START/STOP Button. while in TIMER MODE.



To reset countdown for the original time
(while countdown is running or when countdown has been stopped).

- * Push and Hold the SET/RESET Button. HOLD TO RST will show on display.



Hold for 3 seconds.
Original Countdown Time set will reset.

OPTION MODE: FOR SETTING VIBRATION, SOUND AND HOURLY ALERT

- * Push MODE Button to rotate to OPTION MODE. Wait 3 seconds. VIBRA (for vibration) will show on the display.
- * Push START/STOP Button to select VIBRA OFF or VIBRA ON.
- * Push SET/RESET Button. SOUND will show on the display.
- * Push START/STOP Button to select SOUND OFF or SOUND ON.
- * Push SET/RESET Button. HOURLY will show on the display.
- * Push START/STOP Button to select HOURLY OFF or HOURLY ON. (HOURLY ON setting will give a one second reminder every hour on the hour.)
- * Push MODE Button to return to the CALENDAR/CLOCK MODE.



HOW TO USE THE EL LIGHT

- * Push LIGHT Button to turn on the LIGHT. Light will stay on for approx 3 seconds if no other button is pushed. Light will continue to stay on while any other button is pushed within 3 seconds.

To use the Auto On Light Feature

- (turns on by tilting your wrist)
- * While in the CALENDAR/CLOCK MODE. Push and Hold LIGHT Button for 5 seconds.

*Refer to Owner's Manual for more Detail,
Service and Warranty Information.
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