

SIMPLE WATCH INSTRUCTIONS VIBRALITE 12



FUNCTIONS OF THE WATCH

- CALENDAR/TIME
- ALARM (up to 12 per day)
- CHRONO (STOPWATCH)
- COUNTDOWN TIMER (TIMER 1 & TIMER 2)
- OPTIONS (Vibration, Sound, Hourly Chime, Vibration/sound when buttons are pressed)

MODE – allows you to move around the different functions listed above
and is also used in programming mode to move around the options within each function

SET/RST – allows you to enter into programming mode and exit the programming mode

ST./STP – allows you to change the settings of the numbers/times when in programming mode

FACTORY RESET – NOTE: this resets the watch and all programming and settings are lost.

Holding all four buttons in for 2-3 seconds turns the watch off. Release and hold again to turn the watch on.

TO SET THE TIME

1. When you are on the normal date and time screen
– to enter programming mode, press and hold 'SET/RST' until T-ZONE 1 flashes.
2. Press mode and the hour should flash
3. To change the hour press 'ST./STP' until you reach the correct hour.

(Ensure that the 'PM' indicator is showing if you need the hour to be PM, or not showing if you need AM.
The indicator is in the first red square on the left hand side, under the day.)
4. Press 'MODE' to move to the minutes
5. To change the minutes press 'ST./STP' until you reach the correct minutes
6. Press the 'MODE' to move to the seconds – if required, reset the seconds to '00' by pressing 'ST./STP'
7. Press 'MODE' to move to the date and press 'ST./STP' to change the date
8. Press 'MODE' to move to the month and press 'ST./STP' to change the month
9. Press 'MODE' to move to the year and press 'ST./STP' to change the year
10. Press 'MODE' to move to TIME format and press 'ST./STP' to alternate 12hr or 24hr
11. Press 'MODE' to move to the DATE format and press 'ST./STP' to alternate between MM:DD
(Month:Date – American format) or DD:MM (Date:Month)
12. Press 'MODE' and you will return to T-ZONE 1
13. If you are happy with the settings you just programmed
- press 'SET/RST' to exit programming mode.

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TO SET THE ALARMS

1. When you are on the normal date and time screen
 - press 'MODE' once to move to the ALARM function
2. To enter programming mode, press and hold 'SET/RST'
 - ALM -01 should be flashing
3. To change the alarm time press the 'MODE' button
4. The hours should be flashing
5. To change the hour for the alarm press the 'ST./STP' button

(Ensure that the 'PM' indicator is showing if you need the hour to be PM, or not showing if you need AM.
The indicator is in the first red square on the left hand side, under the day.)
6. Press 'MODE' to move to the minutes
7. Press 'ST./STP' to change the minutes of the alarm
8. Press 'MODE' to move to the Alarm Number
9. To set another alarm press 'ST.STP' to move to the next alarm number
10. To set additional alarms continue from point 3 above
11. Once you have set all alarms – press 'SET/RST' to exit the programming mode
12. Nothing should be flashing
13. Press Mode 5 times to return to the normal date and time

TO TURN SOUND & VIBRATION ON/OFF

1. From the normal date and time display setting
 - press 'MODE' 5 times until you reach 'OPTION' mode
2. VIBRA OFF should be displayed (Vibration OFF)
3. To go into programming mode
 - Press and hold the 'SET/RST' button until 'OFF' flashes
4. Press 'ST/STP' to toggle the Vibration ON or OFF as you choose
5. Press 'MODE' – SOUND OFF should now be displayed
6. Press 'ST/STP' to toggle the Sound ON or OFF as you choose
7. Press 'SET/RST' to confirm the settings and exit the programming mode
8. Press 'MODE' to return to the normal date and time
9. If you chose vibration ON, you should see a squiggly line under the seconds (this indicates that vibration is on, if selected) and sound ON is represented by a dot with two sets of brackets around it (if selected).