

SIMPLE WATCH INSTRUCTIONS VIBRALITE 8



FUNCTIONS OF THE WATCH

- CALENDAR/TIME
- ALARM (up to 8 per day)
- 3 TIME ZONES
- CHRONO (STOPWATCH)
- COUNTDOWN TIMER (with auto repeat option)
- 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/RESET – allows you to enter into programming mode and exit the programming mode

ST/STOP – 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 5-6 seconds erases all settings and restarts the watch.

TO SET THE TIME

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

(Ensure that the 'AM' or 'PM' indicator is showing as required. The 'AM' indicator appears under the first digit of the seconds in the bottom right hand corner of the display. The 'PM' indicator appears under the second digit of the seconds.)
4. Press 'MODE' to move to the minutes
5. To change the minutes press 'ST/STOP' 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/STOP'
7. Press 'MODE' to move to the day of the week and press 'ST/STOP' to change the day
8. Press 'MODE' to move to the month and press 'ST/STOP' to change the month
9. Press 'MODE' to move to the date and press 'ST/STOP' to change the date
10. Press 'MODE' to move to TIME format and press 'ST/STOP' to alternate 12hr or 24hr
11. Press 'MODE' to move to the DATE format and press 'ST/STOP' 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/RESET' 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/RESET'
– ALARM 1 hours should be flashing
3. To change the hour for the alarm press the 'ST/STOP' button
(Ensure that the 'AM' or 'PM' indicator is showing as required. The 'AM' indicator appears immediately to the right of the minutes and the 'PM' indicator appears towards the very right hand edge of the display.)
4. Press 'MODE' to move to the minutes
5. Press 'ST/STOP' to change the minutes of the alarm
6. Press 'SET/RESET' once to confirm the alarm
7. If you have finished setting alarms press 'MODE' 4 times to return to the normal date and time screen

OR to set additional alarms press 'SET/RESET' again to move to the next alarm
and then press and hold 'SET/RESET' to enter programming mode.
Continue from point 3 above.
8. Once you have set all alarms – press 'SET/RESET' to exit the programming mode
9. Press 'MODE' 4 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' 4 times until you reach 'OPTION' mode
2. VIBRA OFF should be displayed (Vibration OFF)
3. Press 'ST/STOP' to toggle the Vibration ON or OFF as you choose
4. Press 'SET/RESET' – SOUND OFF should now be displayed
5. Press 'ST/STP' to toggle the Sound ON or OFF as you choose
6. Press 'MODE' to confirm the settings, exit the programming mode
and return to the normal date and time
7. If you chose vibration ON, you should see a dark block with a squiggly line ~~~~~
under the day of the week indicator (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).