VibraLITE12
Quick Reference (User Guide)

Note: To SET any function, the DIGIT(S) that you want to set MUST BE FLASHING. Digits will stop flashing if no buttons are pushed within 2 minutes.

### CALENDAR MODE Instructions:
1) Press the "MODE" button to rotate to the Calendar Mode screen.
2) Hold down the "SET/RST" button until "T-ZONE" is displayed at the top of the screen and "1", "2" or "3" at the bottom of the screen is flashing.
3) Use the "ST/STP" button to select the time zone you want to set.
4) Press the "MODE" button. Hour digit(s) will be flashing.
5) Use the "ST/STP" button to set the hour. **Note:** When using the 12 hour clock, note "PM" icon.
6) Press the "MODE" button. Minute digit(s) will be flashing.
7) Use the "ST/STP" button to set the minutes.
8) Using the "MODE" button and "ST/STP" button as above, continue setting seconds, day/date of the month, month, year, 12 or 24 Hour Clock and DATE viewing order.
9) Press the "SET/RST" button to save programmed information.

To Select the Time Zone to be Displayed in the Calendar Mode:
1) While in the calendar mode, hold down the "SET/RST" button until "T-Zone" is displayed at the top of the screen. "1", "2" or "3" at the bottom of the screen will be flashing.
2) Use the "ST/STP" button to select the time zone wanted displayed.
3) Press the "SET/RST" button to lock in the selected time zone.

Time Zone 1   Time Zone 2   Time Zone 3
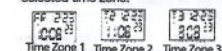
Quick Viewing of Additional Time Zones:
While in the calendar mode press the "ST/STP" button to rotate to the two time zones not displayed. The screen will automatically return to the Time Zone that was set to remain displayed.

ALARM MODE Instructions:
Note: Programmed alarm times will go off daily based on the Time Zone set to remain displayed in the calendar mode.
1) Press the "MODE" button until "ALARM" is displayed at the top of the screen. After approximately two seconds "ALM-01" will be displayed.
2) Hold down the "SET/RST" button until the number "01" flashes.

Alarm One On

3) Use the "ST/STP" button to select the alarm you would like to set ("01"–"12").
4) Press the "MODE" button. The hour digit(s) will be flashing.
5) Use the "ST/STP" button to set the hour. **Note:** When using the 12 hour clock, note "PM" icon.
6) Press the "MODE" button. The minute digit(s) will be flashing.
7) Use the "ST/STP" button to set the minutes.
8) Press the "SET/RST" button to save programmed information, OR to advance to the next alarm, press the "MODE" button while the minutes are flashing and then press the "ST/STP" button. Repeat steps 4 through 8.

Turning Alarms On/Off:
1) Press the "MODE" button until "ALARM" is displayed at the top of the screen. After approximately two seconds "ALM-01" will be displayed.
2) Use the "SET/RST" button to select the alarm you would like to turn on/off.
3) Use the "ST/STP" button to change the selected alarm. **Note:** To deactivate or re-activate ALL Alarms, see OPTION Mode Programming Instructions and select OFF or ON for Vibration and Sound.

CHRONOGRAPH (STOP WATCH) Instructions:
1) Press the "MODE" button until "CHRONO" is displayed at the top of the screen and "0'00"00 is displayed at the bottom.
If a time other than "0'00"00 is displayed, press the "ST/STP" button to stop the timer if it is counting up. When timer is stopped, press the "SET/RST" button.
2) Press the "ST/STP" to start or stop the counting up.

Chronograph Split Timing:
1) Reset the Time Display to zero ("0'00"00) as noted above.
2) Press the "ST/STP" to start counting up.
3) Pressing the "SET/RST" button will freeze the screen. The elapsed time can be recorded while the internal timer continues to count up, but is not displayed.
4) Pressing the "SET/RST" button a second time will display the total elapsed time. (counting up continues.)

TIMER Instructions:
1) Press the "MODE" button to select either "TIMER1" OR "TIMER 2" to be displayed at the top of the screen. After approximately two seconds "TMR-1" for TIMER 1 OR "TMR-2" for TIMER 2 will be displayed.

Timer One   Timer Two

2) Hold down the "SET/RST" button until the hour digit(s) flash.
3) Use the "ST/STP" button to set the hour.
4) Press the "MODE" button. Minute digit(s) will be flashing.
5) Use the "ST/STP" button to set the minutes.
6) Press the "MODE" button. Second(s) digit(s) will be flashing.
7) Use the "ST/STP" button to set the minutes.
8) Press the "MODE" button. "REPEAT" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.
9) Use the "ST/STP" button to select REPEAT "ON" or "OFF". When REPEAT is "ON", the countdown time will repeat automatically each time it reaches zero (0:00 00) and record and display up to 99 repetitions.

Repeat On

10) Press the "MODE" button. "REMIND" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.
11) Use the "ST/STP" button to select REMIND "ON" or "OFF". When REMIND is "ON", a one second reminder alerts at ten minutes, at 5 minutes and again at 30 seconds before zero.
12) Press the "SET/RST" button to save programmed information.

Starting/Stopping the Countdown Timer:
1) While in the selected Countdown Mode Screen, press the "ST/STP" button to start the countdown. .
2) Press the "ST/STP" button to stop the countdown. The time remaining will be displayed.
Note: When the alert is currently activated, press the "ST/STP" button twice to stop the countdown.
3) Press the "ST/STP" button to resume counting down.

Quick Reset of Original Countdown Time:
1) Hold down the "SET/RST" button until the previously programmed countdown time is displayed on the screen.
2) Press the "ST/STP" button to restart at previously set time.

OPTION MODE Instructions:
1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed with "ON" or "OFF" displayed at the bottom.

2) Hold down the "SET/RST" button until "ON" or "OFF" begins to flash.
3) Use the "ST/STP" button to turn vibration "ON" or "OFF".
4) Press the "MODE" button. "SOUND" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
5) Use the "ST/STP" button to turn sound "ON" or "OFF".
6) Press the "MODE" button. "HOURLY" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
7) Use the "ST/STP" button to turn hourly alert "ON" or "OFF". HOURLY Alerts set to "ON" will give a brief reminder every hour on the hour.
8) Press the "MODE" button. "BUTTON" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
9) Use the "ST/STP" button to turn BUTTON signal "ON" or "OFF". Button Alerts, when set "ON", will indentify the current alert setting (vibration, sound or both) each time the "MODE" or "ST/STP" button is pressed.
10) Press the "SET/RST" button to save programmed information.

Quick Viewing of Current Option Mode Settings:
1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed and OFF or ON will show.
2) Press the "ST/STP" button repeatedly to view other current option mode settings. ('SOUND", "HOURLY", "BUTTON")

EL LIGHT: (DISPLAY BACK LIGHT)
Press the "LIGHT" button to turn on the backlight. Light will stay on for approximately 3 seconds and then turn off automatically if another button is not pushed. Light will continue to stay on while any other button is pushed within 3 seconds.

Refer to Owner's Manual for more Detail of Instructions, Service and Warranty.

seconds is set to repeat, the alert duration will change to approximately one second before stopping automatically.

√ REMIND option can be turned "ON" or "OFF". When REMIND option is turned "ON", an alert approximately one second in length will be activated at ten minutes before zero, at 5 minutes before zero and again at 30 seconds before zero.

Timer Mode Screen Abbreviations:
TMR = Timer, REP = Repetition

Timer Programming Instructions:
1) Press the "MODE" button to select either "TIMER1" OR "TIMER 2" to be displayed at the top of the screen.
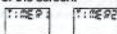
After approximately two seconds "TMR-1" for TIMER 1 OR "TMR-2" for TIMER 2 will be displayed.
2) Hold down the "SET/RST" button until the hour digit(s) flash.
3) Use the "ST/STP" button to set the hour.
4) Press the "MODE" button. The minute digit(s) will be flashing.
5) Use the "ST/STP" button to set the minutes.
6) Press the "MODE" button. The second digit(s) will be flashing.
7) Use the "ST/STP" button to set the seconds.
8) Press the "MODE" button. "REPEAT" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.
9) Use the "ST/STP" button to select REPEAT "ON" or "OFF"
10) Press the "MODE" button. "REMIND" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.
11) Use the "ST/STP" button to select REMIND "ON" or "OFF"
12) Press the "SET/RST" button to save programmed information.
Note: When setting the Countdown Timer(s), if programming is interrupted and no button is pushed within 2 minutes, the flashing will stop and the settings that are shown on screen will be held. Finish programming by repeating Step 2 and continue as needed. Countdown Time remains on the display. Press the "MODE" button to rotate to Calendar Mode.

Starting/Stopping the Countdown Timer:
1) While in the selected Countdown Mode Screen, press the "ST/STP" button to start the countdown. The countdown timer icon located in the box at the right side of the screen will be flashing.

2) Press the "ST/STP" button to stop the countdown. The time remaining will be displayed.
Note: When Countdown time is set to REPEAT and the alert is currently activated, press the "ST/STP" button twice to stop the countdown.
3) Press the "ST/STP" button to resume counting down.

Quick Reset of Original Countdown Time:
1) Hold down the "SET/RST" button until the previously programmed countdown time is displayed on the screen.
2) Press the "ST/STP" button to restart at previously set time.

OPTION MODE:
√ VIBRATION and SOUND alerts can be turned "ON" or "OFF". The alerts that are turned ON will be activated by the preset Daily Alarms, Countdown Timers, Hourly alert and Button push.
√ HOURLY Alerts, when set "ON", will give a brief reminder every hour on the hour with the alerts that are turned on. (vibration, sound or both) **Note:** Hourly alerts will be based on the Time Zone set to be displayed in the Calendar Mode.
√ Button Alerts, when set "ON", will identify the current alert setting (vibration, sound or both) each time the "MODE" or "SET" button is pressed.

Option Mode Screen Abbreviation: VIBRA = Vibration

Option Mode Programming Instructions:
1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed. The word "ON" or "OFF" will be displayed at the bottom of the screen.
2) Hold down the "SET/RST" button until "ON" or "OFF" begins to flash.
3) Use the "ST/STP" button to turn vibration "ON" or "OFF".
4) Press the "MODE" button. "SOUND" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
5) Use the "ST/STP" button to turn sound "ON" or "OFF".
6) Press the "MODE" button. "HOURLY" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.

7) Use the "ST/STP" button to turn hourly alert "ON" or "OFF"
8) Press the "MODE" button. "BUTTON" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
9) Use the "ST/STP" button to turn BUTTON signal "ON" or "OFF".
10) Press the "SET/RST" button to save programmed information.
Note: When setting the features in Option Mode, if programming is interrupted and no button is pushed within 2 minutes, the flashing will stop and the settings that are shown on the screen will be held.
If no button is pushed within 2 additional minutes, screen will return to Calendar Mode automatically.

Quick Viewing of Current Option Mode Settings:
1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed. If vibration is currently turned on, "ON" will be displayed at the bottom of the screen. If turned off, "OFF" will be displayed.
2) Press the "ST/STP" button repeatedly to view other current option mode settings. ('SOUND", "HOURLY", "BUTTON")

EL LIGHT: (DISPLAY BACK LIGHT)
Press the "LIGHT" button to turn on the backlight. Light will stay on for approximately 3 seconds and then turn off automatically if another button is not pushed. Light will continue to stay on while any other button is pushed within 3 seconds.

BATTERY:
Standard 3 volt lithium CR2032 is required. Battery must be replaced by a qualified person to maintain water resistance. Battery life will vary due to how often the vibration function and EL Light are used.

IMPORTANT PRECAUTIONS:
VibraLITE watches are not intended to be worn during swimming, diving or in the shower. Do not attempt to open the watch to replace the battery yourself, or for any reason, as this operation must be performed by a qualified technician under controlled conditions. We recommend that you retain your original sales slip as your proof of purchase date.

SERVICE:
Before sending your watch for service, have the battery checked and/or try resetting by

pushing all four buttons at the same time until the display clears and then reset.