

# QUICK REFERENCE

## *Vibra*LITE<sup>®</sup> 3

### Model VL300

#### **SELECTION OF VIBRATION, BEEP, BOTH OR OFF SIGNAL(S)**

Press MODE button until the CALENDAR CLOCK mode shows on the display. Repeat pressing START/STOP button to select desired function. Icon(s) at top right of display will indicate function:

Vibration, Beep, Both or Off.

A Quick Check to see what function is set, is to push the MODE button while in the Calendar Clock mode. The function that is set will respond each time you push the MODE button.

#### **SETTING OF ALARMS AND COUNTDOWN TIMER**

Press MODE button to rotate to the mode you wish to set. (TR for COUNTDOWN TIMER, A1 or A2 for ALARMS.) Press and Hold LAP/RESET button until the digits blink. While digits blink, press the START/STOP button to advance the blinking function to the time wanted. Press the MODE button to change from hours to minutes and advance the time by pushing START/STOP button. For alarm settings, hour(s) and / or minute(s) can be set. For countdown timer, hour(s) and / or minute(s) can be

set. Press the LAP/RESET button when completed. (Digits will stop blinking) In the Alarm(s) mode, the alarm indicator icon shows which alarm is activated.

To reset Alarms & Countdown Timer for a different time, repeat instruction as above.

#### **AUTO RELOAD COUNTDOWN TIMER**

When the countdown timer reaches "0", it will automatically reload for the time that was preset. If you do not wish to start the countdown again immediately, press the START/STOP button twice, if the alarm is activated. Press once to stop the countdown if the alarm is not currently activated. To restart the preset countdown at any time, press the START/STOP button while in the TR (COUNTDOWN) mode.

#### **HOURLY ALERT SETTING**

Press the MODE button until display is an ALARM Mode. (A1 or A2) Repeat pressing the START/STOP button until the Hourly Chime icon shows. (located beside the A2 icon)

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1121 East Commercial Boulevard  
Oakland Park FL 33334