

Quick Reference Manual

Using the Watch

Solar Charging

Remove the watch from your wrist and place it in a brightly lit area. The watch may become hot when exposed to light for charging. Take care to avoid burn injury.

Avoid charging in locations where it is very hot.

Time adjustment via smartphone

Press © for to connect to the smartphone and adjust the time.

Bluetooth Connection

Hold down © for about 2 seconds to establish a Bluetooth connection.



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General Guide Press ① to cycle between modes. In any mode, hold down ② for about 2 seconds to enter the Timekeeping Mode. Timekeeping Mode Press ① Alarm Mode Timer Mode Press ② Press ②