



Using the Watch

Solar Charging

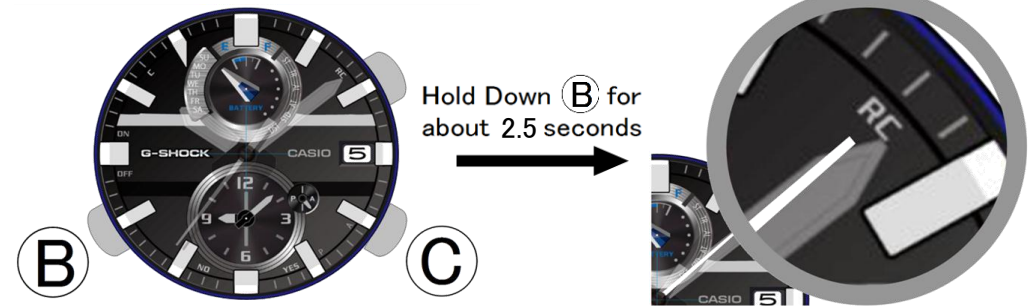
Remove the watch from your wrist and place it in a brightly lit area.  
 •The watch may become hot when exposed to light for charging. Take care to avoid burn injury.  
 •Avoid charging in locations where it is very hot.

Time adjustment via smartphone

Hold down the **(C)** for 0.5 seconds to connect to the smartphone and adjust the time.

Bluetooth Connection

Hold down the **(B)** for about 1.5 seconds to establish a Bluetooth connection.



General Guide

•Press **(B)** to change from mode to mode.

Timekeeping Mode



Stopwatch Mode



Alarm Mode



Countdown Timer Mode

