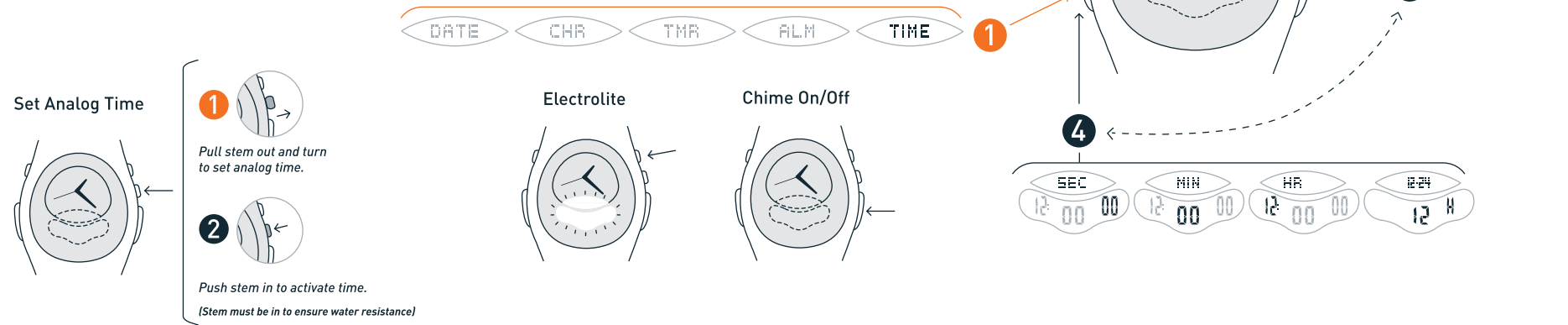


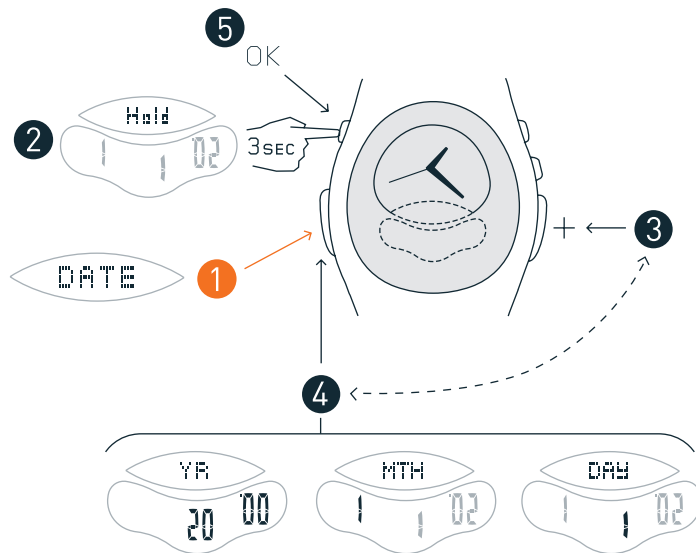
TIME

In TIME mode you can set time and calendar information.



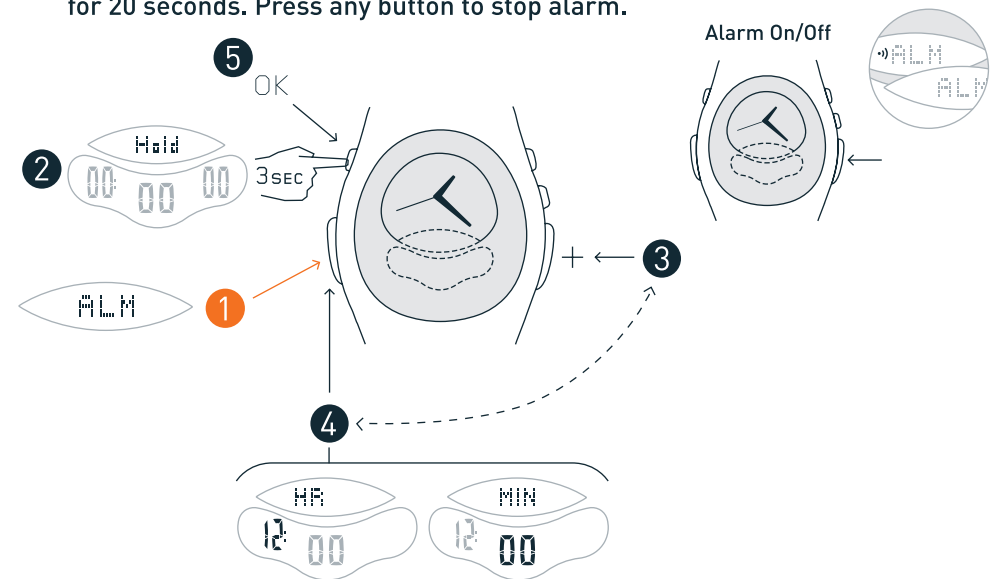
DATE

In DATE mode you can set year, month and day of week information.



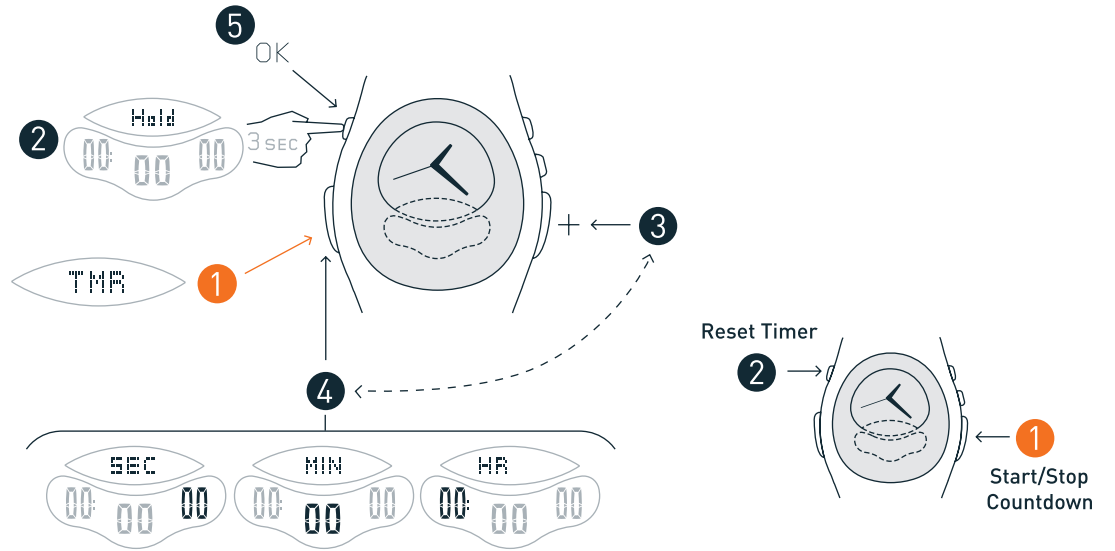
ALARM

In ALARM mode you can set an alarm that will sound for 20 seconds. Press any button to stop alarm.



TIMER

In TIMER mode you can set a countdown timer for your workout. An alarm will sound for 10 seconds when complete.



CHRONO

In CHRONOGRAPH mode you can view run and split times.

