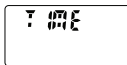




Trainer Stopwatch Instruction Manual

FEATURES



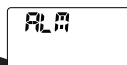
TIME

Displays Hour / Minutes / Seconds (in 12-Hour or 24-Hour format), plus Month / Date / Day of Week.



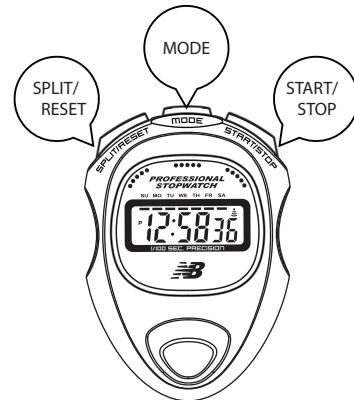
CHRONOGRAPH

Equipped with a 1/100 second resolution Chronograph. Measures elapsed and/or split times.



ALARM/CHIME

Features Daily Alarm and Hourly Chime



KEYS & FUNCTIONS

SPLIT/RESET

- Enter settings
- Split
- Clear elapsed and split times in chronograph

MODE

- Scroll modes
- Confirm

START/STOP

- Start/Stop chronograph
- Start/Stop alarm
- Increase digits

CARE & MAINTENANCE

- Protect your stopwatch from extreme heat, shocks and excessive exposure to direct sunlight.
- The stopwatch can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks.
- Do not expose your stopwatch to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, sunscreen and other toiletries, as they may damage the unit's seal, case and finish.
- Store your stopwatch in a dry place when you are not using it.

WARRANTY & SERVICE

Warranty and Service information can be found at the New Balance Sport Monitors website: www.nbmonitors.com
800-446-7587 / help@4implus.com

New Balance Sports Monitors, A Division of Implus Footcare, LLC.
Authorized Licensee of New Balance Athletic Shoe, Inc. New Balance and Flying NB are registered trademarks of New Balance Athletic Shoe, Inc.
Printed and Produced in PRC.

© 2010 Implus Footcare, LLC. All Rights Reserved

TIME

To set Time:

- Press MODE to scroll to Time Mode if not already there.
- In Time Mode, press MODE key quickly three times. The Seconds and the dash below the Day of the Week will begin to flash.
- Press START/STOP to reset Seconds to zero.
- Press SPLIT/RESET to view/set Minutes. Press START/STOP to increase the value. Hold the button for fast scrolling.
- Press SPLIT/RESET to view/set Hour. Press START/STOP to increase the value. Hold the button for fast scrolling. Please note: You will toggle between 12/24 Hour format when setting the Hour. Either an A, P or H will be visible to the right of the Minute value. An A (AM) or P (PM) denotes that you are in 12-Hour format, while the letter H denotes that you are in 24-Hour format.
- Press SPLIT/RESET to view/set the Date. Press START/STOP to increase the value. Hold the button for fast scrolling.
- Press SPLIT/RESET to view/set the Month. Press START/STOP to increase the value. Hold the button for fast scrolling.
- Press SPLIT/RESET to view/set the Day of the Week (this appears as a small dash that flashes at the top of the screen). Press START/STOP until the dash is under the correct Day of the Week.
- After setting all values, Press MODE key to return to Time Mode.

To View Month, Date and Day of the Week:

- In Time Mode, Press START/STOP

CHRONOGRAPH

To measure times with the Chronograph:

- Press MODE to scroll to Chrono Mode if not already there.
- To begin, all values displayed should be zero. If all values are not zero, Press SPLIT/RESET button to reset the Chronograph.
- To start Chronograph, Press START/STOP. The lap/split time display begins with 1/100 seconds, then seconds, then minutes. If the accumulated times in a run proceed to hours, the display will show hours, then minutes, then seconds (the 1/100 seconds will no longer be visible).
- Press START/STOP to pause/stop the Chronograph. You can either Press SPLIT/RESET to reset the Chronograph back to zero, or Press START/STOP to resume the timing.
- To capture split timing, Press START/STOP to begin Chronograph, then Press SPLIT/RESET to capture the split timing; the display will show the split time. Press SPLIT/RESET again to resume timing. Repeat as needed. To end split timing session, Press START/STOP, then Press the SPLIT/RESET button twice.

ALARM

To set Alarm:

- In Time Mode, Press MODE button twice quickly. The Hour value and Day of the Week indicator will flash simultaneously; this indicates that the stopwatch is in Alarm Mode.
- Press START/STOP to adjust the Hour value.
- Press SPLIT/RESET to view/set Minutes. Press START/STOP to adjust Minutes value.
- After all adjustments are complete, press MODE to exit. This will return you to Time Mode.
- The alarm will sound for 60 seconds when the alarm function is on. Press START/STOP or SPLIT/RESET to stop the alarm sound.

To View Alarm:

- In Time Mode, Press SPLIT/RESET

To Activate/Deactivate Alarm:

- In Time Mode, Press SPLIT/RESET and START/STOP buttons simultaneously. Alarm is active if the alarm icon is visible in the upper-right corner of the display.

SET HOURLY CHIME

To Activate/Deactivate Hourly Chime:

- In Time Mode, Press and Hold SPLIT/RESET button, then Press MODE button. The dashes below the Days of the Week will display a full segment (dashes will appear below every Day) to indicate that the Hourly Chime is ACTIVE. To deactivate, follow same directions as above until no segments display (dashes will disappear below the Days).

CHANGING THE BATTERY

The Trainer Stopwatch uses one LR44 battery.

NOTE: Changing the battery in the stopwatch will erase all data and settings.

To change the battery:

- Using a small Philips screwdriver, remove all six screws from the backplate of the stopwatch. PLEASE NOTE: the backplate of the stopwatch is connected to the electronic panel inside of the stopwatch with a small wire, so pry the backplate from the stopwatch gently and turn the backplate at a slight angle to expose the battery.
- Replace old LR44 battery with a new one, making sure the polarity is the same.
- Replace the backplate, ensuring all six screws are secured.