

冷光运动表操作使用说明书

Operation Instruction of cold light movement meter

标准字幕与按键功能

功能与规格

请在调整手表之前对照标准字幕的型式，并依照字幕的按键操作。显示符号的作用，按键位置及功能：

- ▤▤▤▤ 闹铃开指示
- ⚡ 整点开指示
- PM 下午时间状态
- M 功能选择键
- D 数字进位键
跑表计时开时/停止键
- L/S 夜光灯按键
- (L)/(S) 时间校正键 跑表复位键



1. 标准显示：时、分、秒、月、日及星期
2. 冷光功能
3. 跑表分段计时功能
4. 闹铃功能
5. 整点报时功能
6. 使用温度范围：0℃-50℃
7. 在正常5℃--35℃温度下，每月误差±40秒(符合国际标准)。
8. 电池：高容量碱性锌锰扣式电池或3V-锂电池。

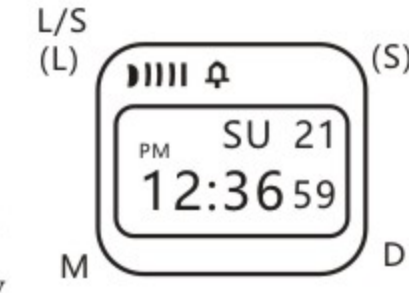
注：不同机型，图案不同，但功能、操作方法均相同。

Standard captioning with button function

Functions and specifications

Please check the format of the standard captions before adjusting the watch and follow the buttons of the captions. Function of display symbol, key position and function:

- ▤▤▤▤ The alarm goes off
- ⚡ On the hour
- PM Afternoon time status
- M Function selection key
- D Digit carry key
The clock ticks the start/stop button
- L/S Night Light Button
- (L)/(S) Time Correction Key, running table reset key

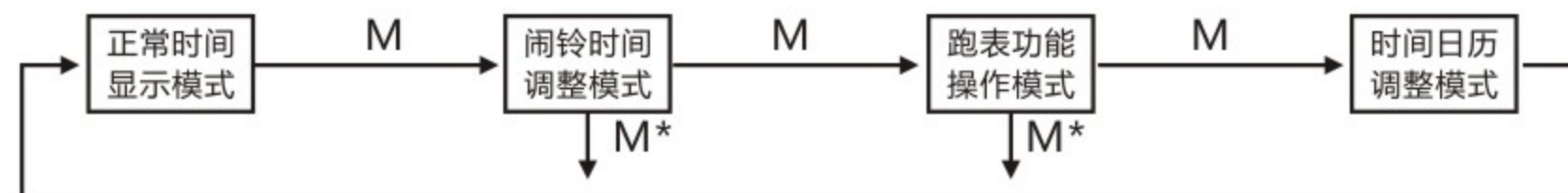


1. Standard display: hours, minutes, seconds, months, days and weeks
2. Cold light function
3. Running meter section time function
4. Alarm function
5. On the hour function
6. Temperature range for use: 0℃-50℃
7. Under the normal temperature of 5 ° C-35 ° C, the monthly error is ± 40 seconds (in accordance with international standard) .
8. Battery: high capacity alkaline zinc manganese button battery or 3v-lithium battery .

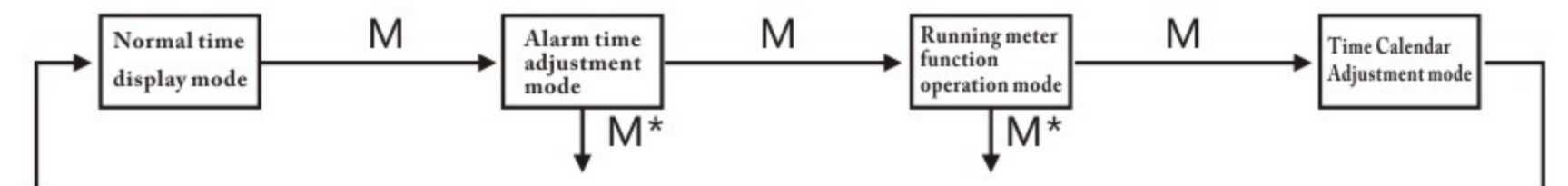
Note: different models, different patterns, but the function, operation method are the same.

模式转换功能，按动“M”键时，按如下顺序循环改变模式状态：

Mode conversion function, press “M” key, according to the following order cycle to change the mode state:



M*: 在跑表、闹铃调整状态时，若有按动过“S”或“D”键，按“M”键时，将直接返回正常时间显示状态。



M*: In the running table, alarm adjustment state, if you have moved the “S” or “D” key, press the “M” key, will be directly returned to the normal time display state.

- 12/24小时制显示：在正常时间显示下，按“D”键可转换12/24小时制。
- 时间设定：在正常时间显示下，按“M”键3次，进入时间设定状态，秒闪动，按“D”键，校对秒，按“S”键，小时闪动，按“D”键校对小时；再分别按“S”、“D”键，可分别校对分钟、月份、日期、星期、按“M”键返回。
- 闹铃时间设定：在正常时间显示下，按“M”键1次，进入闹铃时间设定模式，按“S”键，小时位闪动，按“D”键校准小时；再按“S”、“D”键校准分钟；按“M”键还原。
- 跑表使用方法：在正常时间显示下，按“M”键2次，进入跑表工作模式，按“D”键跑表作，按“D”键跑表停止，显示计时数字，按“S”键数字清零，按“M”键返回正常时间显示。
- 闹铃、整点报时开/关设定：在闹铃显示状态，按压“D”键，可选择定时响闹及整点报时功能的开启/关闭。当闹铃开启时，闹铃符号“▤▤▤▤”将显示，当整点功能开启时，整点报时符号“⚡”将显示。
- 电子冷光灯：按“L”键，电子冷光灯将被点亮。注意，长期使用电子冷光功能将消耗大量的电能。

- 12/24 hour system display: under the normal time display, press “D” key can be converted to 12/24 hour system.
- Time setting: under the normal time display, press “M” Key 3 times, enter the time setting state, second flash, press “D” Key, check seconds, press “S” key, hour flash, press “D” key proofread hours: then press “S”, “D” key respectively, can proofread minutes, months, dates, weeks, press “M” key return.
- Alarm time setting: under the normal time display, press the “M” key once, enter the alarm time setting mode, press the “S” key, flash the hour bit, press the “D” Key to calibrate the hour; then press the “S”, “D” Key to calibrate the minute; press the “M” key to restore.
- Running table usage: under the normal time display, press “M” key twice, enter running table working mode, press “D” Key to run table, press “D” Key to stop running table, display timing figures, press the “S” key to zero the number, press the “M” key to return to the normal time display.
- Alarm, on/off setting: in the alarm display state, press the “D” button, can choose the timing and on/off alarm function. When the alarm is turned on, the alarm symbol “▤▤▤▤” will be displayed, and when the dot function is turned on, the dot time symbol “⚡” will be displayed.
- Electronic cold light: press “L” key, electronic cold light will be lit. Note that long-term use of electronic cold light function will consume a lot of electricity.