EZON 宜准

登山运动腕表系列
Professional Hiking Series

使用说明书
Operation Instruction Manual

中

EN

EZON宜准

M015-1

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1.简介

感谢您购买EZON宜准登山运动腕表，在使用之前请仔细阅读说明书。了解该产品的功能、操作方法及注意事项。

本表是集高度计、气压计、温度计等组合的多功能手表，不仅具有时间、日历、闹铃、跑表、倒计时等功能，同时还具有测量高度、气压、温度等功能，并且能显示世界48个城市的时间和中国40城市的日出日落时间。

2.功能特征

高度计

气压计

温度计

天气预报

日出日落时间

50年日历

世界时间

跑表

倒计时

整点报时

闹铃时间

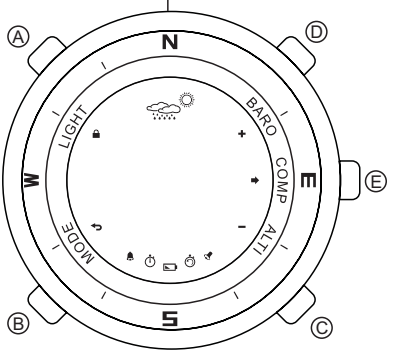
50米防水

背景冷光

3.按键及LCD显示

按键Ⓐ：背景灯/锁键
按键Ⓑ：模式选择/返回
按键Ⓒ：高度计/向下/减少
按键Ⓓ：气压计/向上/增加
按键Ⓔ：倒计时/确认

闹铃符号	整点报时符号
倒计时符号	跑表符号
低电压提示符号	按键锁符号
天气预报符号	天气预报符号
返回按键提示	确认按键提示
增加按键提示	减少按键提示

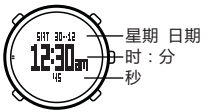


4.模式选择

本表为多功能手表，需根据所使用的功能，先选择相应的功能模式。

4.1时间模式

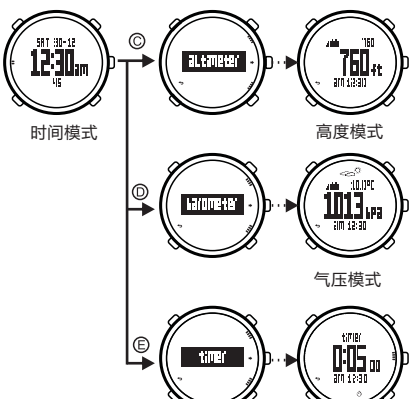
本表一般情况下为时间模式，显示当地时间、日期和星期。



本表在非时间模式，如果不操作按键，约1-2分钟后会自动返回时间模式（跑表运行、倒计时运行、气压模式、高度模式除外）。

4.2.高度、气压、倒计时模式

时间模式按Ⓒ键、Ⓓ键和Ⓔ键可分别进入高度、气压、倒计时模式(先显示模式标题，2-3秒后进入相应模式)；按 Ⓑ 键返回时间模



4.3.模式菜单

本表的其他模式都是在模式菜单中选择，其方法如下：

在时间模式按住Ⓑ键2秒进入模式菜单:

alarm 闹铃模式

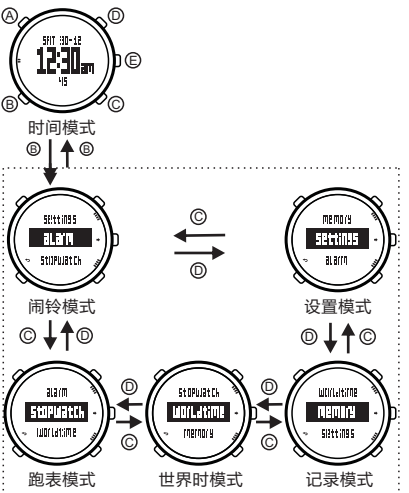
stopwatch 跑表模式

worldtime 世界时模式

memory 记录模式

settings 设置模式

按Ⓒ键或Ⓓ键选择菜单，按Ⓔ键确认选择并进入相应模式；返回时间模式按Ⓑ键。



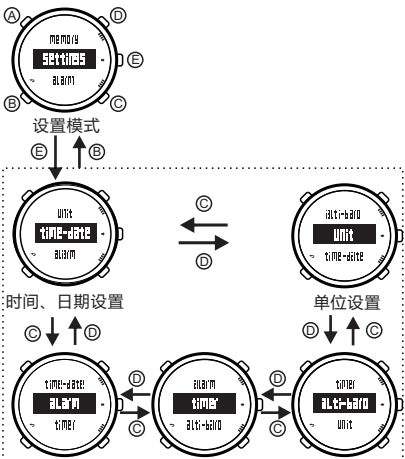
5.调整设置

使用手表前，用户要根据具体情况或使用习惯对手表设置进行调整。本表所有的设置均在设置模式下进行。

5.1.设置菜单

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择菜单，按Ⓔ键确定选择并进入相应的设置状态；按Ⓑ键返回模式菜单。



5.2.单位设置

本表可根据用户的使用习惯，设置显示格式和数值单位。如不设置，本表将使用原有设置格式和单位。

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

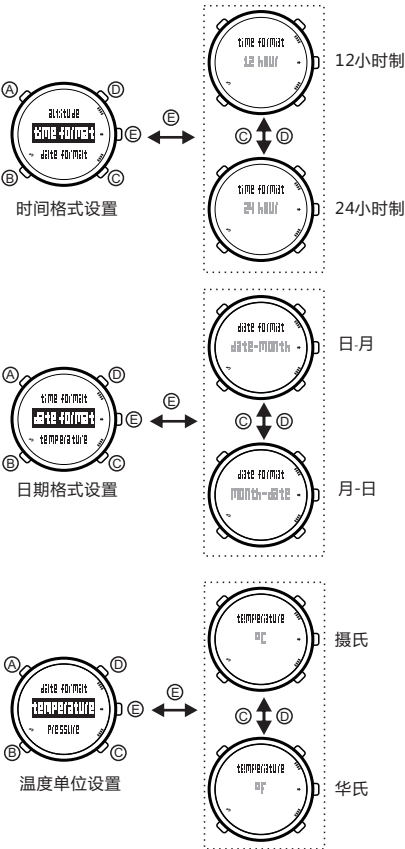
2)按Ⓒ键或Ⓓ键选择选择"unit"（单位设置），按Ⓔ键确认；

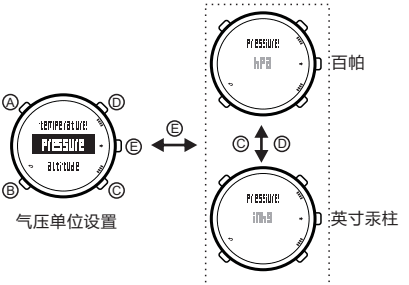
3)按Ⓒ键或Ⓓ键选择设置项目：时间格式、日

期格式、温度单位、气压单位、高度单位，按Ⓔ键确认选择并进入设置状态；

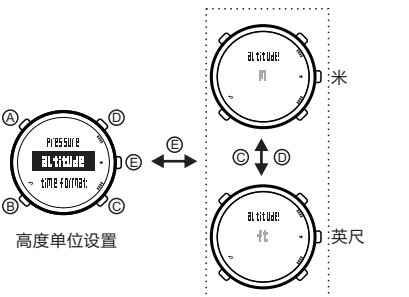
4)按Ⓒ键或Ⓓ键修改设置；

5)按Ⓔ键确认设置。





气压单位设置



高度单位设置

6.使用高度计

6.1.高度校准

本表使用气压传感器测量当地的气压值，再根据海平面气压值和ISA(国际标准大气压）换算关系，计算出该地的海拔高度。而海平面气压值会根据地域、季节、气候、时段的不同有所不同。所以测量海拔高度前，需先将该地当天海平面气压值或当前高度输入表中，以校准高度计。

6.1.1.输入海平面气压

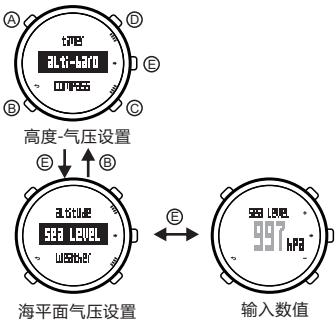
海平面气压值可以在该地的天文台查询，其输入方法如下：

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择选择"alti-baro"(高度-气压设置)，按Ⓔ键确认；

3)按Ⓒ键或Ⓓ键选择"sea level"(海平面气压设置)，按Ⓔ键确认并进入设置状态；

4)输入当地当时海平面气压值(按Ⓒ键或Ⓓ键调整数值，按住Ⓒ键或Ⓓ键快速调整数值)，按Ⓔ键确认。



6.1.2.输入当前高度

登山前，可通过地标或地形图查询当前的海拔高度；或者使用精密的高度计测量当前高度，然后将该高度值输入本表，以校准高度计。

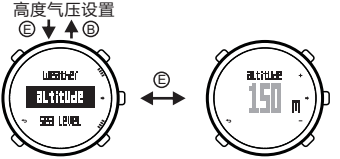
1)在时间模式按住 Ⓑ 键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择选择"alti-baro"(高度-气压设置)，按Ⓔ键确认；

3)按Ⓒ键或Ⓓ键选择"altitude"(海拔高度设置)，按Ⓔ键确认并进入设置状态；

4)输入当前海拔高度值(按Ⓒ键或Ⓓ键调整数值，按住Ⓒ键或Ⓓ键快速调整数值)，按Ⓔ键确认。

高度气压设置



海拔高度设置

6.2.进入/退出高度模式

在时间模式按Ⓒ键进入高度模式(先显示模式标题，约2秒后，显示测量值)。首3分钟，每5秒测量一次，其后一分钟测量一次。

按Ⓑ键退出高度模式并回到时间模式。

高度模式

海拔高度指某地与海平面的高度差。目前我国都是以青岛的黄海海平面作为海拔零点。

相对高度指某地与参考点的高度差，本表默认的参考点为海拔零点，可另设参考点。

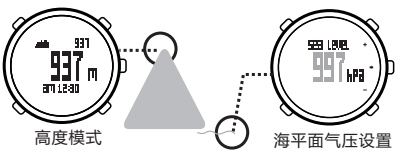
高度走势图显示的是最后16分钟测量的高度变化趋势。

高度下降通常表明在下山途中。

高度上升通常表明在上山途中。

6.3.海拔高度测量

高度校准后，进入高度模式(参见第6.2.章节)，就可测量并查看登山过程中任意一点的海拔高度。



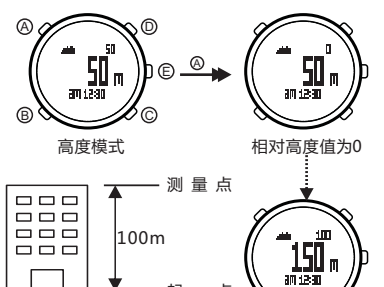
本表是根据气压换算成高度，即使在相同的位置，因天气的变化也会导致测量结果不同。

请勿在精度要求高的场合依赖本表测量高度，如跳伞等。

因为商用客机机舱内的空气经过压缩，所以在飞机上无法测量飞行高度。

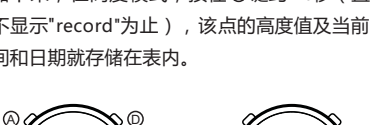
6.4.相对高度测量

在起始点，在时间模式按©键进入高度模式，再按住Ⓐ键将相对高度值设置为0，然后就可以测量并查看登山过程中任意一点与起始点的高 度差。



6.5.手动存储登山记录

登山过程，如果想把某点的高度测量值存储下来，在高度模式，按住Ⓒ键约2-3秒（直到不显示"record"为止），该点的高度值及当前时间和日期就存储在表内。

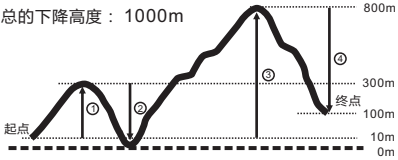


本表最多可以存储50条记录。

6.6.自动存储登山记录

登山开始时，在时间模式按Ⓒ键进入高度模式，登山结束时再按Ⓑ键退出高度模式，本表会自动记录登山过程中最大高度、最小高度、总的上升高度、总的下降高度。

最大高度： 800m
最小高度： 0m
总的上升高度： 1090m
总的下降高度： 1000m

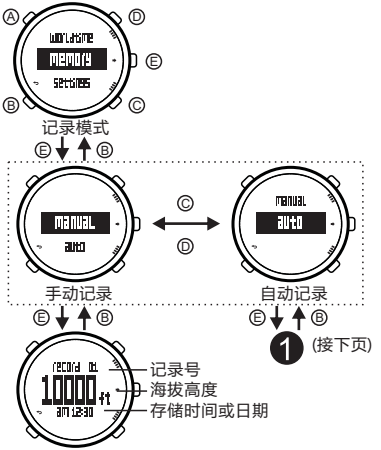


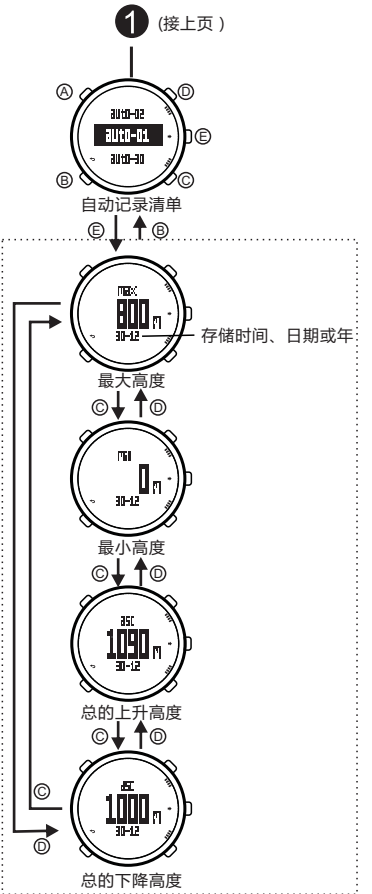
进入高度模式3分钟后，本表才会启动自动保存记录功能，最多可存储30组记录。

6.7.查看或删除登山记录

在模式菜单中查看登山记录，方法如下：

在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"memory"（记录模式），按Ⓔ键确认；按Ⓒ键或Ⓓ键选择查看手动存储记录或自动存储记录，按Ⓔ键确认；退出记录模式按Ⓑ键。





查看记录时，按住Ⓔ键约2秒可删除当前记录。

7.使用气压计和温度计

7.1.天气设置

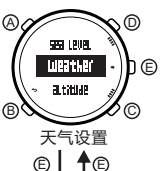
该表通过气压变化趋势来预测未来天气，为了使预测更加准确，建议使用天气预报前先设置当前的天气。

1)在时间模式按住Ⓔ键2秒进入模式菜单，按Ⓒ键或Ⓓ 键选择"settinngs"（ 设置模式 ），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ 键选择选择"alti-baro"(高度-气压设置)，按Ⓔ键确认；

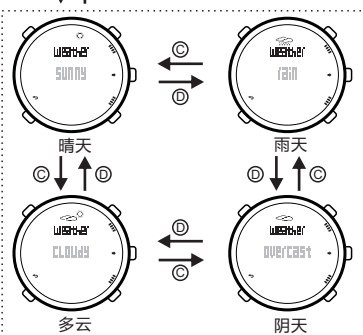
按Ⓒ键或Ⓓ键选择"天气设置"，按 Ⓔ键确认选择并进入设置状态；

2)按Ⓒ 键或 Ⓓ键选择当前天气(晴天、多云、阴天、雨天)；按Ⓔ键确认。



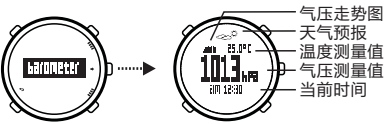
天气设置

Ⓔ Ⓔ



7.2.查看气压、温度和天气预报

在时间模式按 Ⓒ键直接进入气压模式(先显示模式标题，约2秒后，显示测量值)。首3分钟，每5秒测量一次，其后每分钟测量一次。



气压模式

天气预报图示含义:

晴天　阴天

多云　雨天

按Ⓑ键退出气压模式并回到时间模式。

气压走势图显示的是最后12个小时气压大致变化趋势。

气压下降通常表明天气正在恶化。

气压上升通常表明天气正在好转。

气温快速变化或者空气流动不畅会影响气压测量结果。

本表根据气压变化推算出天气变化，并非是一个专业天气预报装置。特别是高度变化(如登山、上下高楼)导致气压变化，将影响预测准确性。

气温测量会受体温、阳光直射、湿度等影响。 若要准确测量 气温，需将手表取下放置在通风、阳光不能直射的地方，擦干外壳，并等待半小时。

8.计时功能

8.1.时间与日期设置

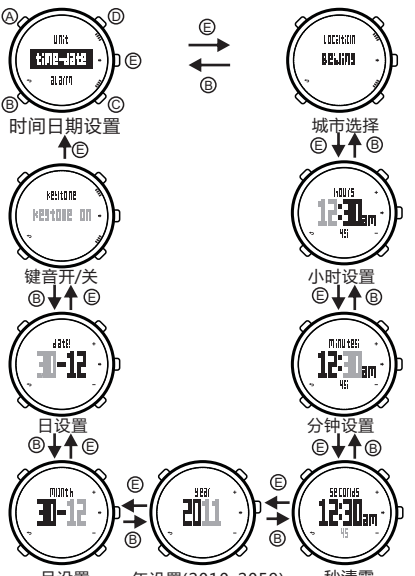
时间与日期的设置方法如下：

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择"time-date"(时间-日期置)，按Ⓔ键进入设置选项：城市选择、小时、分钟、秒、年、月、日、键音开/关；

4)按Ⓒ键或者Ⓓ键改变设置或调整数值，按住Ⓒ键或Ⓓ键可快速调整数值；

5)按Ⓔ键确认设置并进入下一设置选项，或按Ⓑ键则确认设置并返回上一设置选项。



请正确设置使用城市，因为其决定手表所显示的日出日落时间。

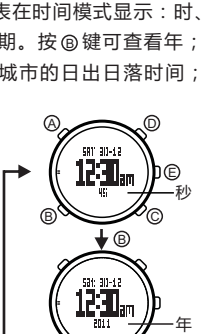
本表可查寻中国40座城市日出日落时间：北京、长春、长沙、成都、重庆、大理、大连、福州、广州、贵阳、海口、杭州、哈尔滨、合肥、呼和浩特、香港、济南、高雄、昆明、兰州、拉萨、南昌、南京、南宁、青岛、上海、沈阳、深圳、石家庄、台北、太原、天津、武汉、乌鲁木齐、厦门、西安、西宁、延安、银川、郑州。

本表内含50年（2010-2059）全自动日历，年、月、日设置后，星期会自动校正。

关闭键音，则操作按键时无"嘀"声。

8.2.查看时间日期和日出日落时间

本表在时间模式显示：时、分、秒、月、日、星期。按Ⓑ键可查看年；再按Ⓑ键可查看设定城市的日出日落时间；再按Ⓑ键返回秒。



8.3.查看世界时

本表内置了全球24个时区，48座重要城市

的当地时间。

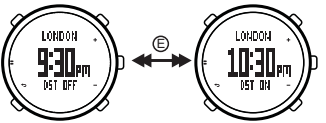
在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"worldtime"（世界时模式），按Ⓔ键确认；按Ⓒ键或Ⓓ键切换城市名称，表盘就可自动显示该城市时间。

世界时模式

48座城市见下表:

城市英文名称	城市中文名称	时区	城市英文名称	城市中文名称	时区
Pago Pago	帕果帕果	-11	Cairo	开罗	2
Honolulu	檀香山	-10	Jerusalem	耶路撒冷	2
Anchorage	安克雷奇	-9	Moscow	莫斯科	3
Vancouver	温哥华	-8	Jeddah	吉达	3
Los Angeles	洛杉矶	-8	Tehran	德黑兰	3.5
Edmonton	埃德蒙顿	-7	Dubai	迪拜	4
Denver	丹佛	-7	Kabul	喀布尔	4.5
Mexico City	墨西哥市	-6	Karachi	卡拉奇	5
Chicago	芝加哥	-6	Delhi	德里	5.5
New York	纽约	-5	Kathmandu	加德满都	5.75
Santiago	圣地亚哥	-4	Dhaka	达卡	6
Halifax	哈利法克斯	-4	Yangon	仰光	6.5
St. Johns	圣约翰	-3.5	Bangkok	曼谷	7
Rio De Janeiro	里约热内卢	-3	Singapore	新加坡	8
Fernando de Noronha	费尔南多迪诺罗尼亚	-2	Hong Kong	香港	8
Praia	普拉亚	-1	Bei Jing	北京	8
London	伦敦	0	Tai Pei	台北	8
Lisbon	里斯本	0	Seoul	首尔	9
Madrid	马德里	1	Tokyo	东京	9
Paris	巴黎	1	Adelaide	阿德莱德	9.5
Rome	罗马	1	Guam	关岛	10
Berlin	柏林	1	Sydney	悉尼	10
Stockholm	斯德哥尔摩	1	Noumea	努美阿	11
Athens	雅典	2	Wellington	惠灵顿	12

按住Ⓔ键可以开启或关闭夏令时（该地如果使用夏令时，要开启夏令时）。



夏令时关闭　　夏令时开启

9.闹铃功能

本表含具有5组闹铃和整点报时功能。闹铃1-3组为日常或工作日闹铃，可用于日常作息提醒。闹铃4-5组为指定日期闹铃，可用于特殊日期提醒。

9.1.闹玲设置

闹铃1-3设置方法相同，闹铃4-5设置方法相同。

9.1.1.闹铃1-3设置

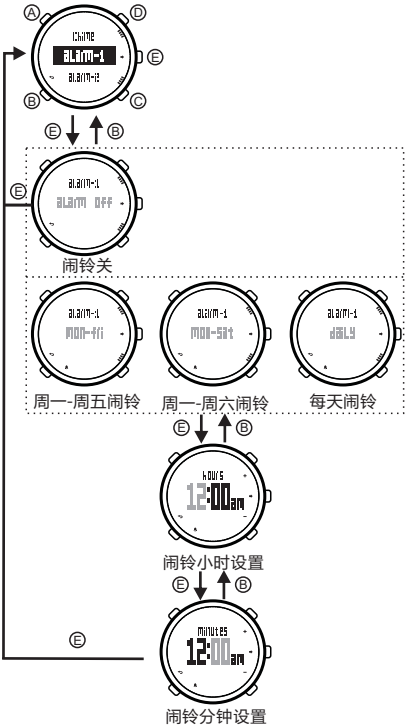
1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ 键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按 Ⓒ 键或 Ⓓ 键选择选择"alarm"（闹铃设置），按Ⓔ键确认；

3)按Ⓒ键或 Ⓓ键选择闹铃1、2或3，按Ⓔ键确认选择并进入设置选项：闹铃方式(闹铃关、周一到周五闹铃、周一到周六闹铃或每天闹铃)、闹铃小时、闹铃分钟；

3)按Ⓒ键或Ⓓ键改变设置或调整数值，按住Ⓒ键或Ⓓ 键快速调整数值；

4)按Ⓔ键确认设置并进入下一设置选项，或按Ⓑ 键确认设置并返回上一设置选项。



9.1.2.闹铃4-5设置；

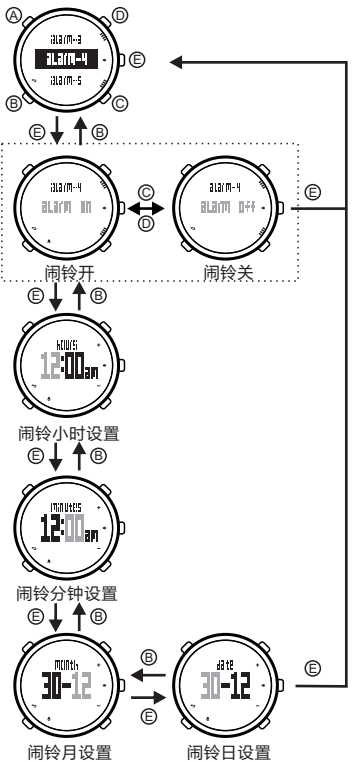
1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按 Ⓒ 键或 Ⓓ 键选择选择"alarm"（闹铃设置），按Ⓔ键确认；

3)按Ⓒ键或Ⓓ键选择闹铃4或5，按 Ⓔ键确认选择并进入设置选项： 闹铃开关、小时、分钟、月、日；

4)按Ⓒ键或Ⓓ键改变设置或调整数值，按住Ⓒ键或Ⓓ键快速调整数值；

5)按Ⓔ键确认设置并进入下一设置选项，或按Ⓑ键确认设置并返回上一设置选项。



只有闹铃开启后才可设置闹铃时间、日期等信息。

9.1.3.开启/关闭整点报时功能

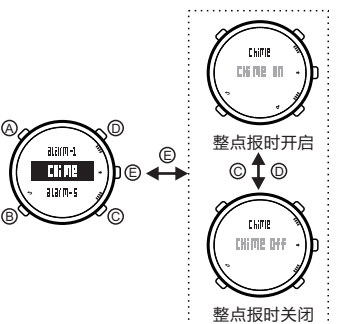
整点报时开启状态下，本表可在整点蜂鸣提醒。

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择选择"alarm"（闹铃设置），按Ⓔ键确认；

3)按Ⓒ键或Ⓓ键选择chime，按Ⓔ键确认；

4)按Ⓒ键或Ⓓ键开启/关闭整点报时功能，按Ⓔ键确认。

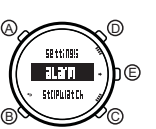


9.2.开启/关闭闹铃

设置好闹铃后，如需关闭或开启闹铃，可在闹铃模式下操作，方法如下：

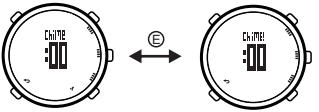
1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"alarm"(闹铃模式)，按Ⓔ键确认;

2)按Ⓒ键或Ⓓ键选择整点报时或某组闹铃；

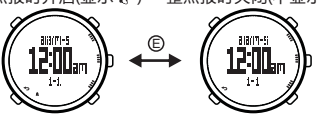


闹铃模式

3)如果选择整点报时和闹铃4-5，按Ⓔ键，闹铃关-闹铃开循环切换；

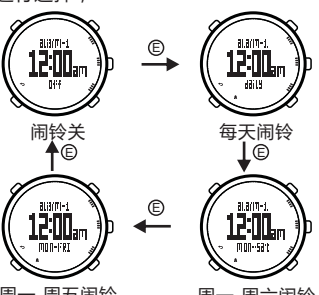


整点报时开启(显示) 整点报时关闭(不显示)



闹铃开启(显示) 闹铃关闭(不显示)

如果选择闹铃1-3，按Ⓔ键闹铃关 - 每天 - 周一到周六 - 周一到周五循环切换，用户根据需要进行选择；



闹铃关 每天闹铃

周一-周五闹铃 周一-周六闹铃

4)按Ⓑ键确认设置并返回模式菜单。

闹铃开启且闹铃时间到达时，手表内部的蜂鸣器会发出约20秒的鸣响，按任意键中止。

时间模式下，显示 ，表示至少有一组闹铃开启；若不显示表示所有闹铃都关闭。

时间模式下，显示 ，表示整点报时开启；若不显示表示整点报时关闭。

10.跑表功能

表内置一个百分之一秒跑表计时器，最大计时时间是99小时59分59秒。根据使用方法可分为本分单段计时和分段计时两种。

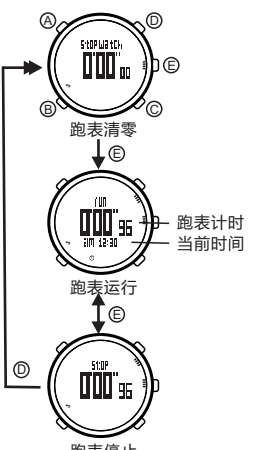
10.1.单段计时

单段计时可用来测量一名选手的跑步时间，方法如下：

在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"stopwatch"(跑表模式)，按Ⓔ键确认；

跑表模式

按Ⓔ键跑表开始计时，再按Ⓔ键停止计时，再按Ⓔ键继续计时。



跑表停止时，按住Ⓓ键约2秒，跑表清零。

10.2.分段计时

分段计时用来测量同时起跑的多名选手各自的跑步时间，方法如下：

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ键选择"stopwatch"(跑表模式)，按Ⓔ键确认；

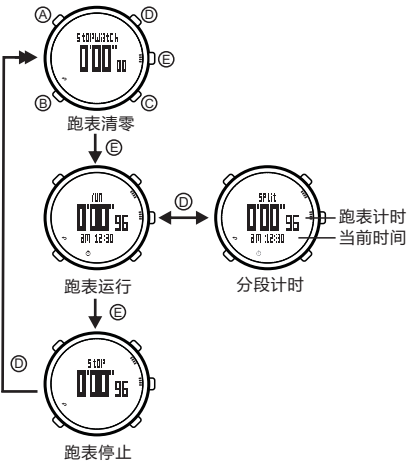
2)按Ⓔ键开始计时；

3)第一名选手到达终点时，按Ⓓ键，屏幕显示其所用时间；(此时跑表内部继续计时)，再按Ⓓ键，返回跑表运行状态；

4)依此类推，每名选手到达终点时，按Ⓓ键屏幕显示其所用时间，再按Ⓓ键，返回跑表运行状态；

5)最后一名选手到达时，按Ⓔ键，跑表停止计时。

在跑表停止时，按住Ⓓ键约2秒，跑表清零。



本表不保存各段计时数据，须实时查看记录。

11.倒计时功能

本表可设定一时段后倒数计时；倒数为零后，蜂鸣提示；按任意键中断蜂鸣。倒计时最大时段长度为99小时59分59秒。使用倒计时之前必须先设置倒计时初值，否则本表从2小时开始倒数计时。

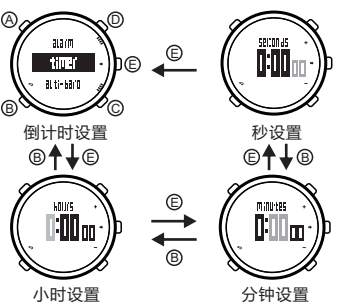
11.1.设置倒计时初值

1)在时间模式按住Ⓑ键2秒进入模式菜单，按Ⓒ键或Ⓓ 键选择"settinngs"（设置模式），按Ⓔ键确认选择进入设置菜单；

2)按Ⓒ键或Ⓓ键选择"timer"(倒计时设置)，按Ⓔ键确认并进入设置选项：小时、分钟、秒；

3)按Ⓒ键或Ⓓ键调整数值，按住Ⓒ键或Ⓓ键快速调整数值;

4)按Ⓔ键确认设置并进入下一设置选项，或按Ⓑ键确认设置并返回上一设置选项。



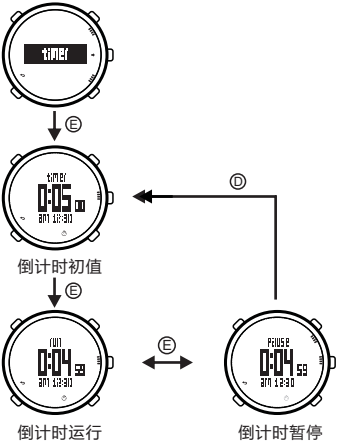
倒计时在运行时不可以设置倒计时初值，必须先停止倒计时，才可以重新设置。

11.2.使用倒计时器

设置倒计时初值后，在时间模式按Ⓔ键直接进入倒计时模式。

按Ⓔ键倒计时开始运行，再按Ⓔ键倒计时暂停，再按Ⓔ键倒计时继续运行。

倒计时暂停时，按住Ⓓ键约2秒可恢复至初值。



倒计时结束后，表内的蜂鸣器将鸣响5秒并自动恢复至倒计时初值。

若倒计时未停止，即使退出倒计时模式，倒计时仍会继续运行直至倒数为零。

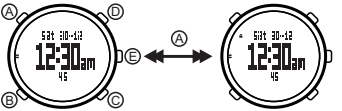
在时间模式屏幕显示 ⏱，表示倒计时在运行。

12. 按键锁定/解锁

为了防止佩戴时不小心碰到按键造成误操作，可将按键锁定，方法如下：

在时间模式按住Ⓐ键直至 🔒 显示，表示按键已锁定。

在按键锁定状态时，按住Ⓐ键直至 🔒 不显示，表示按键已解锁。



按键解锁(🔒不显示)　　按键锁定(🔒显示)

按键锁定时，按所有按键均无效，只有按键解锁后才可以使用按键。

13. 休眠模式

如果长时间不用佩戴，在时间模式同时按住 Ⓐ Ⓑ Ⓒ Ⓓ 四个按键进入休眠模式，在休眠模式，手表会关闭传感器，跑表，闹铃，倒计时等功能，只保留时间功能但不显示以节省电源。

在休眠模式，同时按住 Ⓐ Ⓑ Ⓒ Ⓓ 四个按键回到时间模式并显示当前时间。

14.打开背景灯

除休眠模式及按键锁定外，按Ⓐ键可打开背景光约3秒。

15.防水性

本表具有50米防水性。可佩戴洗手、凉水淋浴、游泳，但不可佩戴潜水和桑拿等。

为保持防水性：

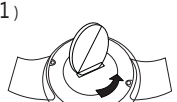
1)要定期更换防水圈，一般是1-2年，如不更换可能会因胶圈老化而受潮；

2)不能在水中操作按键。

16.更换电池

如果屏幕显示 ▭，表明电池电量不足，要更换电池。更换电池方法及步骤：

1）



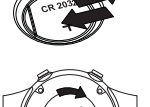
2）

3）

4）

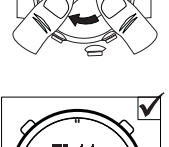
5）

6）



7）

8）



必须使用合格电池，如果用了不合格电池或者未依照程序更换电池可能导致产品失效。

警告 - 请勿挤压或刺穿废旧电池，更不能将其投入火中或水中，以免引起火灾。请正确回收或丢弃废旧电池。

17.注意事项

警告 - 本表内置的高度、气压、温度测量功能不能用于精度要求高的专业场合。

注意 - 本表虽然符合行业标准，但本产品

与皮肤接触可能产生过敏反应或皮肤刺激。若发生这种情况，请立即停止使用并咨询医生。

注意 - 本表由精密零件组装而成，请不要自行拆卸或粗暴使用。

注意 - 不要在严寒，酷热，温度骤变的环境中佩戴。

注意 - 不要在强磁，强电环境中佩戴。

注意 - 请确保传感器外表干净。

注意 - 请使用软布及清水清洁本表，不要使用洗涤剂、溶剂、杀虫剂等化学品。

注意 - 本表如果出现功能异常，或者内部出现水珠，水雾等，请找有资质的维修点维修。

18.产品规格

手表走时精度：+/-1秒/天 (+/-30秒/月)

高度计测量范围：-500m－9000m

(-1640ft－29527ft)

高度计分辨率： 1m(3ft)

气压计测量范围：300hPa－1100hPa

(8.86inHg－32.48inHg)

气压计分辨率：1hPa(0.01inHg)

温度计测量范围：-10°C－60°C

（14°F－140°F）

温度计分辨率：0.1°C(0.1°F)

工作温度：-10°C－60°C(14°F－140°F)

存储温度：-20°C－60°C(−4°F－140°F)

电池型号：CR2032

防水等级：50米（普通游泳）

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1. Introduction

We thank you for purchasing EZON professional hiking series. Please read this operation instruction closely to know the function, the way of operation and the safety information of our product.

This is a multi-functional watch combines altimeter, barometer and thermometer, and also time, calendar, alarm, stopwatch, timer. Our watch can measure altitude, pressure, temperature, but also can display the time of 48 cities in the world and sunrise or sunset time in 40 cities of China.

2. Function

Altimeter

Barometer

Thermometer

Weather Forecast

Sunrise/Sunset Time

50 Years Calendar

World Time

Stopwatch

Timer

Hourly Chime

Alarm

50 Meters Water Resistance

EL Backlight

3. Pusher button and LCD display

Button Ⓐ：Backlight/Button Locked

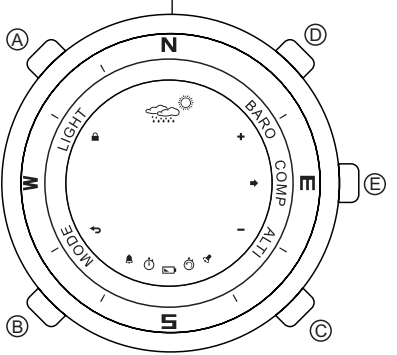
Button Ⓑ：Selecting Mode/Back

Button Ⓒ：Altimeter/Down/Minus

Button Ⓓ：Barometer/Up/ Plus

Button Ⓔ：Timer / Confirm

Alarm	Hourly Chime
Timer	Stopwatch
Low Battery Level	Button Lock
Weather Forecast	Weather Forecast
Back	Confirm
Plus	Minus



4.Selecting mode

This is a multi-functional watch, so you must select corresponding mode before using the function.

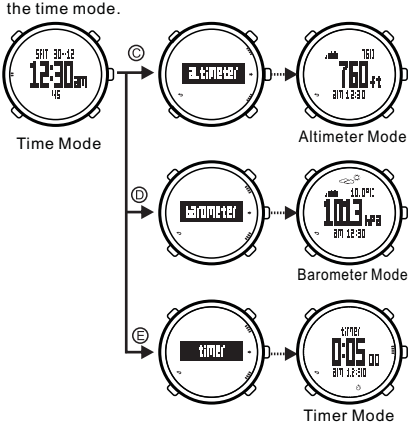
4.1. Time Mode

Under the normal circumstance, our watch is in the time mode and displaying local time, date and week.

Apart from the stopwatch mode, timer mode, barometer mode, altitude mode, our watch will be back to the time mode automatically within 1 to 2 minutes if the watch is not in the time mode.

4.2. Altimeter/barometer/timer mode

In the time mode, press button Ⓒ / Ⓓ /Ⓔ can enter into altimeter/barometer/ timer mode (displaying mode mark first, then enter into the corresponding mode after 2 seconds).Press button Ⓑ to back to the time mode.



4.3. Mode menu

The other mode of our watch can be selected in the mode menu, and the operating methods just as the following:

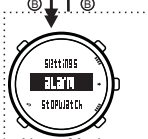
In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menus:

alarm
stopwatch
worldtime
memery
setting

Press button Ⓒ/Ⓓ to select mode menu, press button Ⓔ to confirm and enter into the corresponding mode. Press button Ⓑ to back to the time mode.

Time Mode

Ⓑ Ⓑ



Alarm Mode

Ⓒ Ⓒ

Setting Mode

Ⓓ Ⓓ

Stopwatch Mode

Worldtime Mode

Record Mod

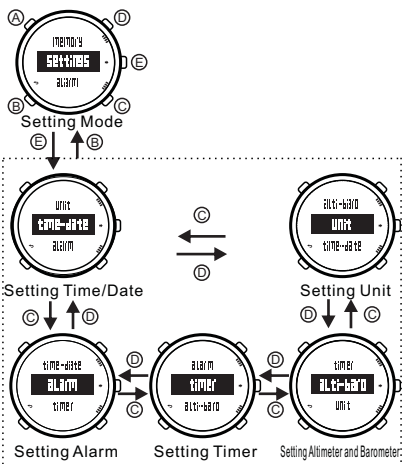
5.Adjustment setting

Before using our watch, you should setup it base on the specific situation or according to your usage habit. You should setup our watch in the setting mode.

5.1. Setting menu

1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select setting menu, press button Ⓔ to confirm and enter into corresponding setting status. Press button Ⓑ to back to mode menu.



5.2. Setting unit

User can set display format and unit according to your habit. The watch will display with the initial format and unit if user do not set it.

1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu. Press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

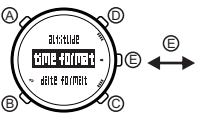
2) Press button Ⓒ / Ⓓ to select “unit” (setting unit), press button Ⓔ to confirm.

3) Press button Ⓒ / Ⓓ to select setting item: time

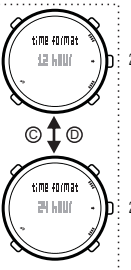
format, date format, temperature unit, pressure unit, altitude unit. Press button Ⓔ to confirm.

4) Press button Ⓒ/Ⓓ to revise setting.

5) Press button Ⓔ to confirm.

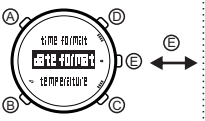


Setting Time Format

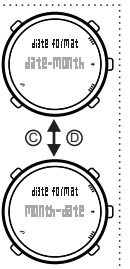


24 Hours Format

24 Hours Format

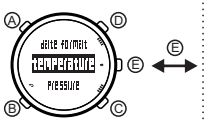


Setting Date Format

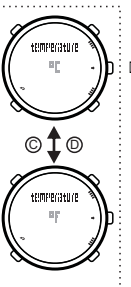


Date-Month

Month-Date

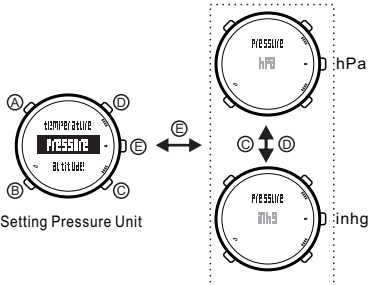


Setting Temperature Unit

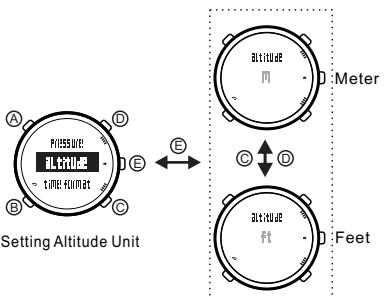


Degree Celsius

Degrees Fahrenheit



Setting Pressure Unit



Setting Altitude Unit

6.Using altimeter

6.1. Altitude calibration

By measuring the local air pressure with sensor, and based on sea level pressure and ISA (international standard atmospheric pressure conversion), our watch can extrapolate the current altitude. But the sea level pressure will be difference due to the different geographical regions, seasons, climate and time period. So you must input the current sea level or the current altitude to calibrate the altimeter before measuring the altitude.

6.1.1. Input Sea Level Pressure

You can find sea level pressure in Local Observatory, and the methods of input sea level pressure are as following:

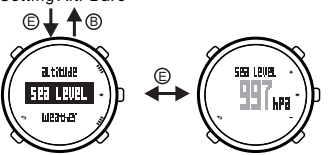
1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select “alti-baro” (setting alti-baro), press button Ⓔ to confirm.

3) Press button Ⓒ / Ⓓ to select “sea level” (setting sea level pressure), press button Ⓔ to confirm and enter into setting status.

4) Input local sea level pressure (press button Ⓒ / Ⓓ to minus/plus number, hold on button Ⓒ / Ⓓ to minus/plus number quickly), press button Ⓔ to confirm.

Setting Alti-Baro



Setting Sea Level Pressure Input Number

6.1.2. Input current altitude

You can find current altitude with the help of the landmarks or topographic maps or precise altimeter measurements before hiking. Input current altitude into the watch to calibrate altimeter.

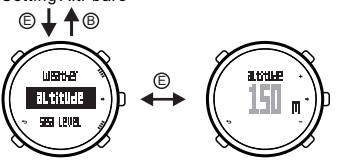
1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select “alti-baro” (setting alti-baro), press button Ⓔ to confirm.

3) Press button Ⓒ / Ⓓ to select “altitude” (setting atitude), press button Ⓔ to confirm and enter into setting status.

4) Input altitude (press button Ⓒ / Ⓓ to minus/plus number, hold on button Ⓒ / Ⓓ to minus/plus number quickly), press button Ⓔ to confirm.

Setting Alti-baro



Setting Current Altitude

6.2. Enter into/exit altimeter mode

In the time mode, press button Ⓒ to enter into the altimeter mode (display mode mark and then display the result of measurement after 2 seconds). In the first 3 minutes, it will measure altitude every 5 seconds. After 3 minutes, it will measure altitude every 1 minute.

Press button Ⓑ to exit altimeter mode and back to the time mode.

Altimeter Mode

Altitude means the height difference between one place and sea level.

Relative altitude means the height difference between one place and referred place. Sea level is consider as referred place, but you can set referred place.

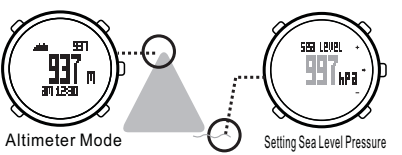
Altitude trend graph means the change of the altitude measurement during the last 16 minutes.

Altitude graph down means downward the hill.

Altitude graph up means upward the hill.

6.3. Altitude measurement

After inputing local sea level pressure or current altitude into the watch, in the time mode, press button Ⓒ to enter into altimeter mode, our watch can measure any altitude at any points during hiking.



Altimeter Mode　　Setting Sea Level Pressure

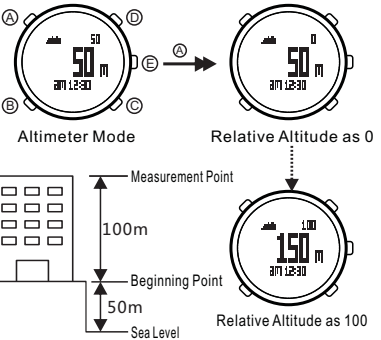
Our watch calculate the altitude base on the sea level pressure. There may be different result of measurement at the same point due to weather situation.

Please do not use our watch to measure the altitude in the professional areas where require high accuracy. For example, parachuting.

Our watch can not measure the aircraft flying altitude due to the air in the aircraft has been compressed.

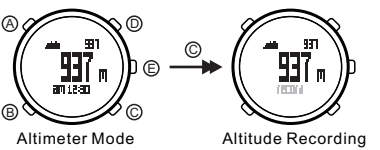
6.4. Relative altitude measurement

At the beginning point, in the time mode, press button Ⓒ to enter into altimeter mode, then hold on button Ⓐ to setup 0 as relative altitude. Then our watch can measure and review any relative altitude at any points during hiking.



6.5. Manual hiking record

If you want to record the result of altitude measurement during hiking, in the altitude mode, hold on button Ⓒ for about 2 to 3 seconds (until the screen not displaying “record”), the result of altitude measurement and the current time and date of that point will record in the watch.



Our watch can save up to 50 records.

6.6. Automatic hiking record

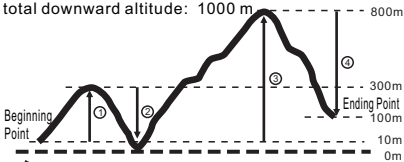
At the beginning of hiking, in the time mode, press button Ⓒ to enter into altimeter mode. At the end of hiking, press button Ⓑ to exit altimeter mode. Our watch will save the maximum altitude, minimum altitude, total upward altitude, total downward altitude.

Maximum altitude : 800 m

Minimum altitude: 0 m

total upward altitude: 1090 m

total downward altitude: 1000 m

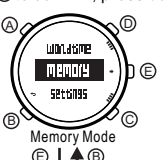


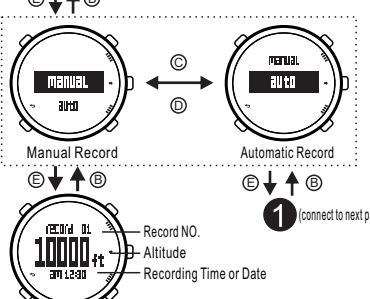
After entering into altimeter mode for 3 minutes, our watch can record altitude automatically, and can save up to 30 records.

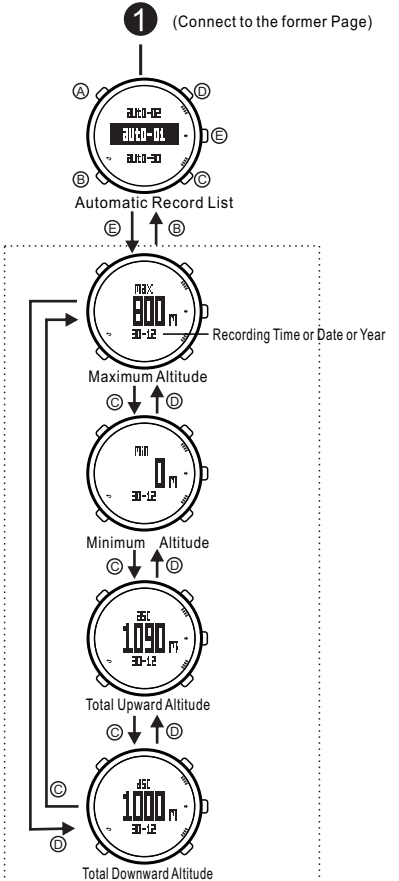
6.7. Altitude record query / delete

You can review the hiking record in the mode menu, and the operating methods are as following:

In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu. Press button Ⓒ/Ⓓ to select “memory” (memory mode), press button Ⓔ to confirm, press button Ⓒ /Ⓓ to query the manual records or automatic records, press button Ⓔ to confirm, press button Ⓑ to exit memory mode.







Press button Ⓔ for about 2 seconds can delete the current record when you are reviewing the memory.

7. Using barometer/thermometer

7.1. Setting weather

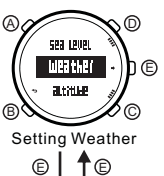
Our watch can predict weather by the changes of the pressure trend. In order to improve the accuracy of the weather forecast, please setup the current weather before using weather forecast.

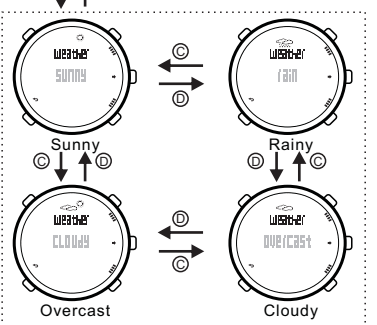
1)In the time mode, hold on button Ⓔ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

2)Press button Ⓒ / Ⓓ to select “alti-baro”(setting alti-baro), press button Ⓔ to confirm.

3)Press button Ⓒ / Ⓓ to select “weather” (setting weather), press button Ⓔ to confirm and enter the setting status.

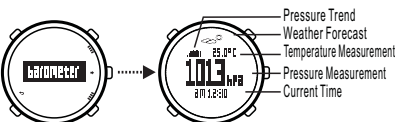
4)Press button Ⓒ / Ⓓ to select current weather (sunny, cloudy, overcast, rainy), press button Ⓔ to confirm.





7.2. Review pressure, temperature, weather forecast

In the time mode, press button Ⓓ to enter into the barometer mode (display mode mark and then display the result of measurement after 2 seconds). In the first 3 minutes, it will measure pressure and temperature every 5 seconds. After 3 minutes, it will measure pressure and temperature every 1 minute.



Barometer Mode

The meaning of the signs of weather forecast:

Sunny Cloudy

Overcast Rainy

Press button Ⓑ to exit barometer mode and back to the time mode.

Pressure trend graph displaying the change trend in the last 12 hours.

Pressure downward means going to be bad weather.

Pressure upward means going to be good weather.

The rapid change of temperature and poor air flow will affect the result of pressure test.

Our watch can predict weather base on the change of pressure because of that there is no forecast device in the watch. The changes of high degree, especially the change of the altitude (such as hiking, up and down building), may cause the changes in pressure, and then have impacts on the accuracy of weather forecast.

Body temperature, direct sunlight, humidity and many other factors may affect the result of the temperature test. In order to improve the accuracy of temperature test, please place the watch in one place where without direct sunlight, but with good air flow. Keep dry for the base and wait for half an hour.

8. Time

8.1. Setting time and date

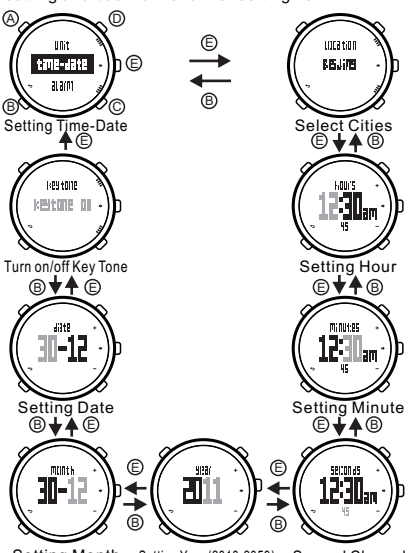
The operating methods of setting time and date are as following:

1)In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to confirm and enter Ⓔ into setting menu.

2)Press button Ⓒ / Ⓓ to select “time-date” (setting time-date), press button Ⓔ to enter into setting items: cities, hour, minute, second, year, month, date, turn on/off key tone

3)Press button Ⓒ/Ⓓ to revise setting or minus/plus the number, hold on button Ⓒ/Ⓓ to minus/plus the number quickly.

4)Press button Ⓔ to confirm setting and enter into the next setting item, press button Ⓑ to confirm setting and back to the former setting item.



Please select to the right city because of that it effect the sunrise and sunset time.

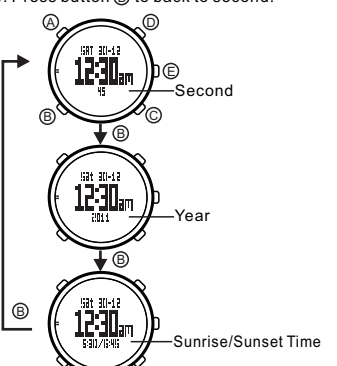
Our watch can display 40 cities in china sunrise and sunset time. The 40 cities are: Beijing, Changchun, Changsha, Chengdu, Chongqing, Dali, Dalian, Fuzhou, Guangzhou, Guiyang, Haikou, Hangzhou, Ha'erbin, Huhehaote, Hongkong, Jinan, Gaoxiong, Kunming, Lanzhou, Lasa, Nanchang, Nanjing, Nanning, Qingdao, Shanghai, Shenyang, Shenzhen, Shijiazhuang, Taipei, Taiyuan, Tianjin, Wuhan, Wulumuqi, Shamen, Xi'an, Xining, Yan'an, Yinchuan, Zhengzhou.

Our watch contains 50 years (2010-2059) automatic calendar. Week will calibrate automatically since year, month and date have been setting.

Turn off the key tone, there will be no ring of operation.

8.2. Review time/date and sunrise/ sunset Time

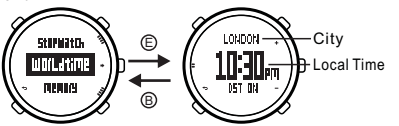
In the time mode, our watch displays hour, minute, seconds, month, date and week. Press button Ⓑ can review sunrise and sunset time in the local city. Press button Ⓑ to back to second.



8.3. Review worldtime

Our watch contains 48 cities local time in the 24 time zone.

In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “worldtime” (worldtime mode), press button Ⓔ to confirm, press button Ⓒ / Ⓓ to select city, then our watch will display local time automatically .Press button Ⓑ to back to the mode menu.

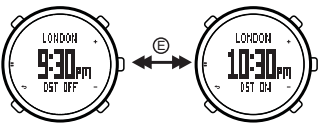


Worldtime Mode

48 cities chart as below:

City Name	Time Zone	City Name	Time Zone
Pago Pago	-11	Cairo	2
Honolulu	-10	Jerusalem	2
Anchorage	-9	Moscow	3
Vancouver	-8	Jeddah	3
Los Angeles	-8	Tehran	3.5
Edmonton	-7	Dubai	4
Denver	-7	Kabul	4.5
Mexico City	-6	Karachi	5
Chicago	-6	Delhi	5.5
New York	-5	Kathmandu	5.75
Santiago	-4	Dhaka	6
Halifax	-4	Yangon	6.5
St. Johns	-3.5	Bangkok	7
Rio De Janeiro	-3	Singapore	8
Fernando de Noronha	-2	Hong Kong	8
Praia	-1	Bei Jing	8
London	0	Tai Pei	8
Lisbon	0	Seoul	9
Madrid	1	Tokyo	9
Paris	1	Adelaide	9.5
Rome	1	Guam	10
Berlin	1	Sydney	10
Stockholm	1	Noumea	11
Athens	2	Wellington	12

Hold on button Ⓔ to turn on/off daylight saving time. You should turn on the daylight saving time if the local people use it.



Turn off Daylight Saving Time Turn on Daylight Saving Time

9. Alarm

Our watch has 5 sets of alarm and hourly chime function. Alarms-1 to Alarms-3 are daily or workday alarm. They can use as warning for daily life. Alarms-4 and Alarms-5 are special day alarm, They can use as warning for special day.

9.1. Setting alarm

The methods of setting alarm-1/alarm-2/alarm-3 are the same, and the methods of setting alarm-4 and alarm-5 are the same.

9.1.1.Setting alarm-1/alarm-2/alarm-3

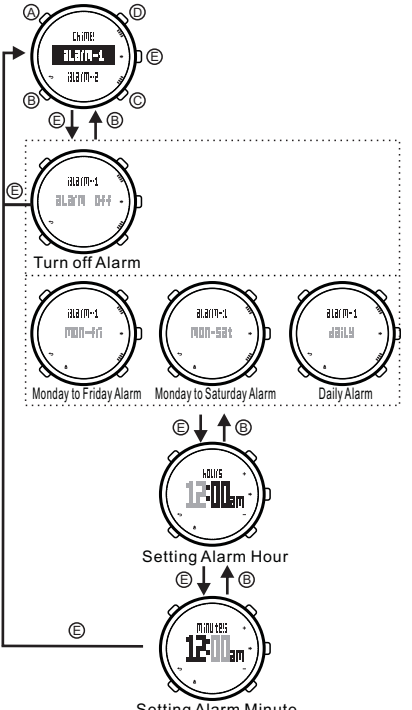
1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings” (setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select “alarm” (setting alarm), press button Ⓔ to confirm.

3) Press button Ⓒ / Ⓓ to select alarm-1/alarm-2/alarm-3,press button Ⓔ to confirm and enter into setting items: alarm way (Turn off alarm, Monday to Friday alarm, Monday to Saturday alarm, daily alarm), alarm hour, alarm minute.

4) Press button Ⓒ/Ⓓ to revise setting or minus/plus the number, hold on button Ⓒ/Ⓓ to minus/plus the number quickly.

5) Press button Ⓔ to confirm setting and enter into the next setting item, or press button Ⓑ to confirm setting and back to the former setting item.



9.1.2.Setting alarm-4 and alarm-5

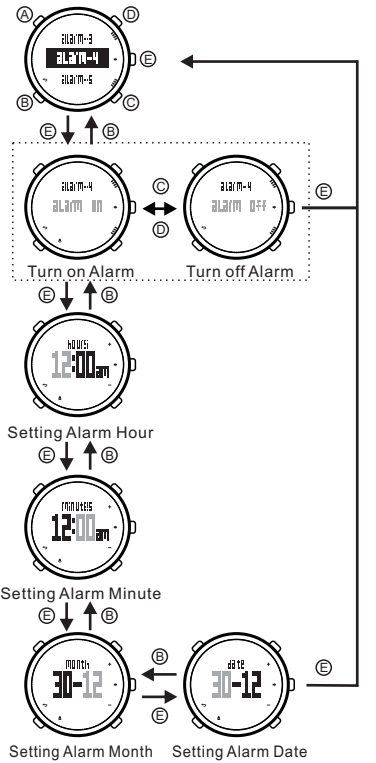
1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings”(setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select “alarm” (setting alarm), press button Ⓔ to confirm.

3) Press button Ⓒ / Ⓓ to select alarm-4/alarm-5, press button Ⓔ to confirm and enter into setting items: turn on/off alarm, hour, minute, month and date;

4) Press button Ⓒ / Ⓓ to revise setting or minus/plus the number, hold on button Ⓒ / Ⓓ to minus/plus the number quickly.

5) Press button Ⓔ to confirm setting and enter into the next setting item,or press button Ⓑ to confirm setting and back to the former setting item.



You can set the alarm time and date only under the status of turning on the alarm.

9.1.3. Turn on/off hourly chime

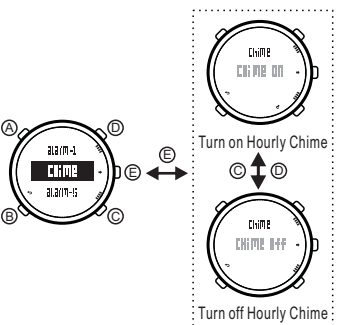
In the status of turning on hourly chime, there will a chime for warning while at the hour point.

1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “settings”(setting mode), press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓒ / Ⓓ to select “alarm” (setting alarm), press button Ⓔ to confirm.

3) Press button Ⓒ/Ⓓ to select “chime”, press button Ⓔ to confirm.

4) Press button Ⓒ/Ⓓ to turn on/off hourly chime, press button Ⓔ to confirm.



9.2. Turn on/off alarm

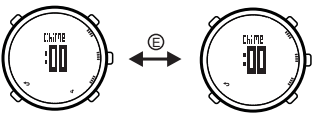
After setting alarm, you can turn on/off alarm in the alarm mode. The operating methods are as following:

1)In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu,press button Ⓒ/Ⓓ to select “alarm” (setting alarm), press button Ⓔ to confirm.

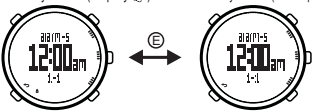
2)Press button Ⓒ / Ⓓ to select hourly chime or one of the alarm.

Alarm Mode

3)If you select hourly chime or alarm-4/alarm-5, press button Ⓔ to turn on/off alarm.

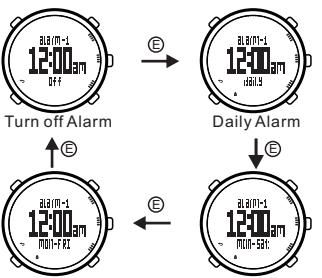


Turn on Hourly Chime (display 🔔) Turn off hourly Chime (not display 🔔)



Turn on Alarm (display 🔔) Turn off Alarm (not display 🔔)

If you select alarm-1/alarm-2/alarm-3, press button Ⓔ to convert: turn off alarm, daily alarm, Monday to Saturday alarm, Monday to Friday alarm. You can select it base on your needs.



Turn off Alarm Daily Alarm

Monday to Friday Alarm Monday to Saturday Alarm

4)Press button Ⓑ to confirm setting and exit alarm mode.

If you turn on the alarm, our watch will chime for about 20 seconds while reaching the alarm time, and press any button can stop it.

In the time mode, display 🔔 means turn on at least one alarm. Not display means turn off all of alarms.

In the time mode, display 🔔 means turn on hourly chime. Not display means turn off hourly chime.

10. Stopwatch

There is a hundredths timer with 1% second stopwatch in our watch. The maximum time period of the stopwatch is 99 hours and 59 minutes 59 seconds. It can further divide into stopwatch and split according to the different methods of usage.

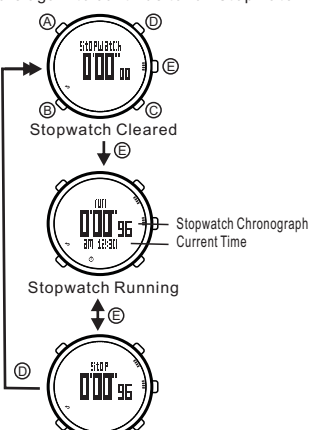
10.1. Stopwatch

Stopwatch is available to measure the running time of one athlete and just operating it as the following steps:

In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ/Ⓓ to select "stopwatch" (stopwatch mode), press button Ⓔ to confirm.

stopwatch mode

Press button Ⓔ to run stopwatch, press button again to Ⓔ stop stopwatch, and press button Ⓔ one more again to continue to run stopwatch.



While stop the stopwatch, hold on button Ⓓ for about 2 seconds, the stopwatch data cleared.

10.2. Split

Split is available to measure the running time of each athlete among different members and just operating it as the following steps:

1)In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ / Ⓓ to select “stopwatch” (stopwatch mode), press button Ⓔ to confirm.

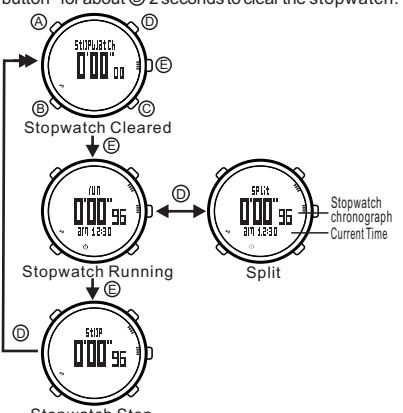
2)Press button Ⓔ to begin chronograph.

3)While the first athlete pass the final point, press button Ⓓ , displaying his/her running time (the internal stopwatch continuous to running), press button Ⓓ again to back to stopwatch running status.

4)And just do it as mentioned, press button Ⓓ and the watch displaying the running time when every athlete pass the final point. Press button Ⓓ to back to stopwatch the running status.

5)While the last athlete past the final point, press button Ⓔ to stop the stopwatch.

In the status of stopping the stopwatch, press button for about Ⓓ 2 seconds to clear the stopwatch.



Our watch can not save the stopwatch data, you can see the data at the real-time only.

11. Timer

Our watch can set a time period for countdown. When countdown to the zero, there will be a chime, and press any button can stop the chime. The maximum countdown time period is 99 hours 59 minutes and 59 seconds. You must set initial countdown time before using timer. Otherwise, our watch will begin countdown from 2 hours.

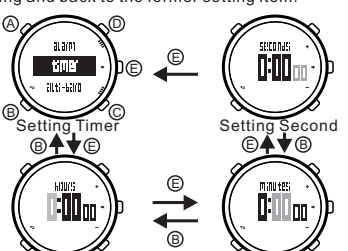
11.1. Setting initial countdown time

1) In the time mode, hold on button Ⓑ for 2 seconds to enter into mode menu, press button Ⓒ/Ⓓ to select “settings”, press button Ⓔ to confirm and enter into setting menu.

2) Press button Ⓓ to select “timer” (setting timer), press button Ⓔ to confirm and enter into setting items: hour, minute, second.

3) Press button Ⓒ / Ⓓ to minus/plus the number, hold on button Ⓒ/ Ⓓ to minus/plus the number quickly.

4) Press button Ⓔ to confirm setting and enter into the next setting item, or press button Ⓑ to confirm setting and back to the former setting item.



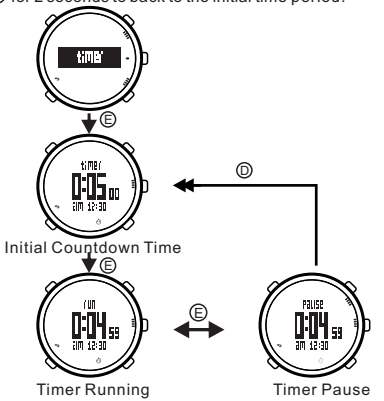
You can not set initial countdown time while the timer running. You can set it after stopping timer.

11.2. Using timer

After finishing setting the initial countdown time, in the time mode, press button Ⓔ to enter into timer mode (display mode mark first, then after 2 seconds enter into measuring status).

Press button Ⓔ to begin countdown timer, press button Ⓔ once again to pause countdown timer, press button Ⓔ one more again to continue countdown timer.

In the status of pausing countdown, hold on button Ⓓ for 2 seconds to back to the initial time period.



Timer Running Timer Pause

At the end of countdown time, there will be a chime last for about 5 seconds and back to the initial countdown time automatically.

If you do not stop the countdown timer, the countdown timer will continue running until countdown to zero even if you exit the timer mode

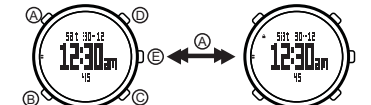
In the time mode, our watch display ⏱ while the timer running.

12. Button locked/unlocked

In order to prevent mis-operation due to accidentally press to the button when wearing the watch, you can lock the button, and the operating methods are as following:

In the time mode, hold on button Ⓐ till displaying 🔒, it means that the button locked.

In the status of button lock, hold on button Ⓐ till not displaying 🔒, it means that the button unlocked.



In the status of button locked, there is no use to operate any buttons. Only in the status of button unlocked, you can operate the buttons.

13. Sleeping mode

If you do not wear our watch for a long time, in the time mode, press button Ⓐ Ⓑ Ⓒ Ⓓ together to make the watch enter into the sleeping mode. In the sleeping mode, the watch will turn off the sensor, stopwatch, alarm, timer, etc. but save the function of time without displaying to save battery energy.

In the sleeping mode, press buttonⒶ Ⓑ Ⓒ Ⓓ together to back to the time mode and display current time.

14. Turn on EL backlight

Apart from the sleeping mode and the button locked, press button Ⓐ can turn on EL backlight, and the backlight last about 3 seconds.

15. Water resistance

Our watch can waterproof for 50 meters. It is no problems to wearing our watch while washing hands, having shower with cold water, swimming, but not diving or sauna, and so on.

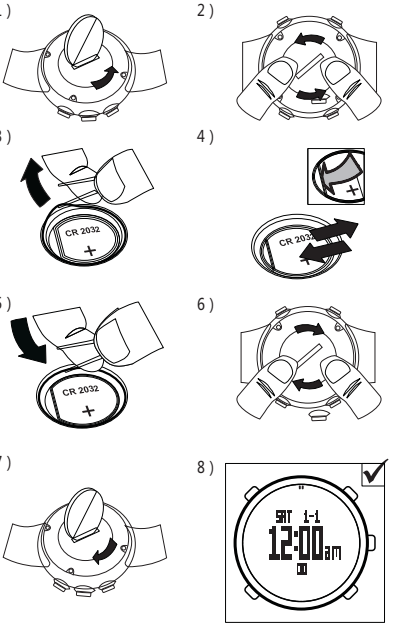
In order to maintain the waterproof function:

1）Replacing the water resistance regularly (generally 1-2 years). If not, the watch may be damp due to the aging of water resistance.

2）Do not press any button under the water.

16. Replacing battery

If the watch display , it means the battery in low level. You should replace battery in time. The operating methods just as the following:



It is necessary to use qualified battery because that the unqualified battery or failed to follow the operating steps may cause failure to use our watch.

Warning: In order to avoid the fire, please do not crush, puncture or even throw the used battery in a fire or in water. And please make it to be recyclable use or deal with it with reasonable way.

17. Safety information

Warning: Through our watch combines altimeter, barometer and thermometer together, the result of measurement can use in a professional field where require high accuracy.

Note:Our watches complies with industrial standards, but please stop wearing it if there are any allergic reaction or skin irritation and please consult a doctor.

Note:Our watch consists of precision electric parts, please do not attempt to remove or rough wearing.

Note:Please do not wear our watch in the environment of severely cold, extremely hot, temperature changing rapidly.

Note:Please do not wear our watch in the environment with strong magnetic or strong electric.

Note:Please make sure to keep cleanness of the sensor appearance.

Note:When cleaning our watch, please use soft cloth and clean water without detergent, solvents, pesticide.

Note:If there are abnormal functions of our watch or internal exist water mist, please find a qualified service center to repair.

18. Product specification

Time： +/-1 second/day(+/-30 seconds/month)
Altimeter Range： -500m—9000m
(-1640 ft—29527 ft)
Altimeter Resolution：1m(3ft)
Barometer Range：300hPa—1100hPa
(8.86inHg—32.48inHg)
Barometer Resolution：1hPa/0.01 inHg
Temperature Range：-10°C—60°C
(14 °F—140°F)
Temperature Resolution：0.1°C/0.1 °F
Operating Temperature：-10 °C—60°C
(14 °F—140°F)
Storage Temperature：-20 °C—60°C
(- 4 °F—140°F)
Battery：CR2032
Water Resistance：50 meters (normal swimming)