

**EZON 宜准**

户外休闲腕表系列  
Leisure Outdoor Series

**使用说明书**  
Operation Instruction Manual

中

EN

**EZON 宜准**

M008-1

# 目 录

1.简介 .....	1
2.功能特征 .....	1
3.按键及LCD显示 .....	2
4.模式选择 .....	3
5.时间功能 .....	4
5.1.选择显示时间 .....	4
5.2.时间与日期设置 .....	4
6.跑表功能 .....	5
6.1.单段计时 .....	5
6.2.圈计时 .....	6
6.3.查询圈计时数据 .....	7
6.4.删除圈计时数据 .....	8
7.倒计时功能 .....	8
7.1.设置倒计时初值 .....	8
7.2.使用倒计时 .....	9
8.闹铃功能 .....	10
8.1.设置闹铃时间 .....	10
8.2.开关整点报时、闹铃.....	10
9. 按键锁定与解锁 .....	11
10.打开背景光 .....	12
11.防水性 .....	12
12.注意事项 .....	12
13.产品规格 .....	13

# 1.简介

感谢您购买该产品，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。

本表是一款多功能运动手表，不但具有时间、日历、存储跑表数据、倒计时、闹铃等功能，同时它还具有10圈圈计时等跑表功能。

# 2.功能特征



10圈跑表



跑表数据



50年日历



倒计时



两地时间



两组闹铃



整点报时



30米防水



背景冷光

### 3.按键及LCD显示

按键 Ⓐ：背光/设置

按键 Ⓑ：模式选择

按键 Ⓒ：时间转换/减少

按键 Ⓓ：开始/停止/增加

⌚ 时间模式

⌚ 跑表模式

📄 数据模式

⌚ 倒计时模式

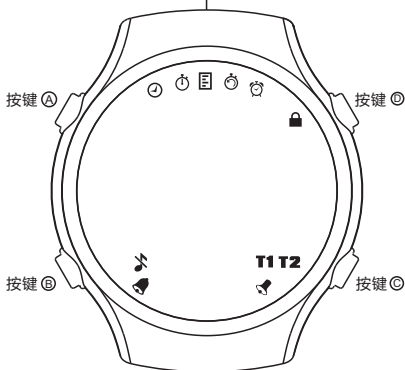
🔔 闹铃模式

🔔 闹铃符号

🔕 键音关闭符号

🔔 整点报时符号

🔒 按键锁符号



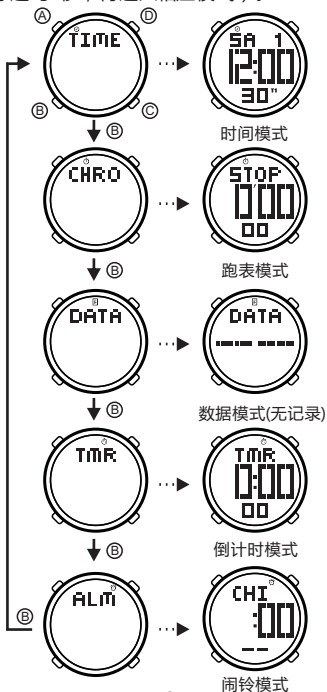
## 4. 模式选择

本表为多功能手表，使用时需根据所使用的功能，先选择相应的功能模式。

本表一般情况下为时间模式，显示当前时间、日期和星期。



按ⓐ键可循环选择跑表模式、数据模式、倒计时模式、闹铃模式、时间模式（先显示模式标题约1秒，再进入相应模式）。



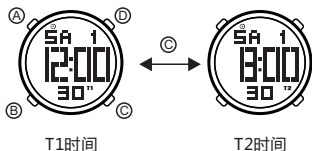
☑ 在非时间模式，如果不操作按键，1-2分钟后手表自动返回时间模式（除跑表运行、倒计时运行状态外）。

## 5.时间功能

### 5.1 选择显示时间

本表可查看不同时区的两地时间，分别使用T1、T2来标识。

在时间模式，按住ⓐ键直至T1(或T2)闪烁停止，即可显示T1(或T2)时间。

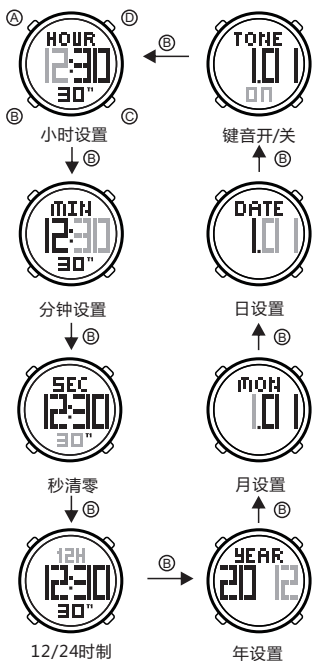


### 5.2.时间与日期设置

- 1)在时间模式选择需要设置的时间T1或T2；
- 2)按住ⓐ键直至小时闪烁(闪烁表示进入设置状态)；
- 3)按ⓑ键依次循环选择设置选项: 小时、分钟、秒、12/24时制、年、月、日、键音开/关(T2没有秒设置功能)；
- 4)按ⓒ键或ⓓ键改变设置或调整数值，按住ⓐ键或ⓓ键可快速调整数值；
- 5)设置完成后，按ⓐ键保存设置返回时间模式(星期自动校正)。

☑ 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，则在时间模式会显示🎵，操作按键时无“嘀”声。



## 6. 跑表功能

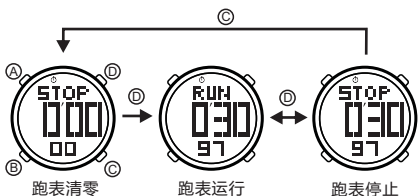
本表内置一个百分之一秒跑表计时器，最大计时时间为99小时59分59秒。根据使用方法可分为单段计时和圈计时两种方式。

### 6.1 单段计时

单段计时可用来测量一名选手总的跑步时间，方法如下：

选择跑表模式（参见第4章节），按ⓐ键跑表开始计时，再按ⓐ键跑表停止计时，再按ⓐ键跑表继续计时。



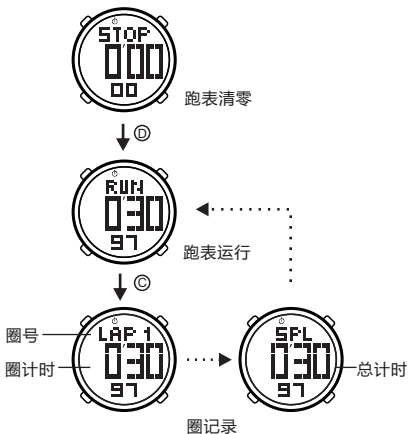


在跑表停止时，按ⓐ键跑表数据清零。

## 6.2圈计时

在跑道跑步或赛车时，可用圈计时记录每圈所用时间。本表最多可记录10圈圈计时，使用方法如下：

- 1)在跑表模式按ⓐ键跑表开始计时；
- 2)第一圈结束时，按ⓐ键跑表开始下一圈计时，同时屏幕显示第一圈圈计时约5秒，再显示总计时约5秒(总计时指各圈所用的时间)，然后自动返回跑表运行状态；



3)依此类推，每圈结束时按Ⓞ键，可以实现多圈计时；

4)最后一圈结束时，按Ⓞ键计时，再按Ⓞ键停止跑表。

☑ 每次使用圈计时前，应先将原有的圈计时数据删除(参见6.4章节)，否则新的记录存储在原有记录后。

☑ 本表最多只可记录10圈圈计时，10圈后的计时都累加到第10圈记录。

☑ 跑表若未停止运行，即使退出跑表模式，跑表仍会继续计时直至99小时59分59秒才停止。

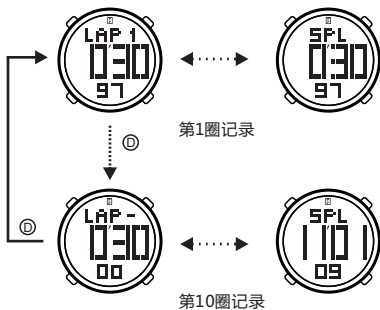


☑ 在时间模式屏幕出现Ⓞ闪烁，表示跑表在运行。

### 6.3. 查询圈计时数据

使用圈计时后，在数据模式可查看圈计时数据。

选择数据模式(参见第4章节)，即可显示第一圈记录，按Ⓞ键可按顺序循环查看各圈记录，各圈圈计时和总计时交替显示。

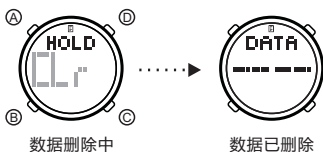


☑ 在数据模式，按ⓐ键可直接转到跑表模式。

## 6.4. 删除圈计时数据

跑表停止时，选择数据模式(参见第4章节)按住ⓐ键直至出现“—— ——”，表示圈计时数据已删除。

☑ 跑表若未停止运行，数据则无法删除。



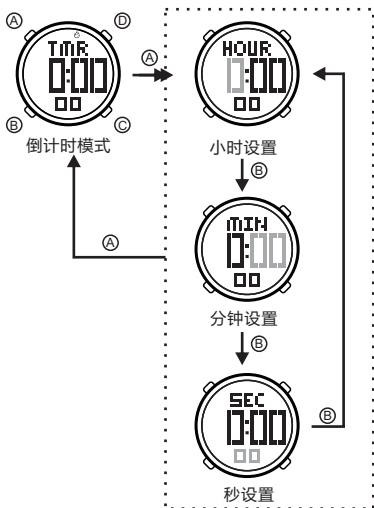
## 7. 倒计时功能

本表可设定一时段后倒数计时,倒数为零时，蜂鸣提示；按任意键中断蜂鸣提示。倒计时最大时段为99小时59分59秒。

### 7.1. 设置倒计时初值

- 1)选择倒计时模式(参见第4章节)，按住ⓐ键直至小时闪烁(闪烁表示进入设置状态)；
- 2)按ⓑ键依次循环选择设置选项: 小时、分钟和秒；
- 3)按ⓒ键或ⓓ键增减数值，按住ⓔ键或ⓕ键可快速增减数值；
- 4)设置完成后，按ⓐ键保存设置返回时间模式(星期自动校正，T2没有秒设置功能)。

☑ 倒计时停止运行时，才可以设置倒计时初值。

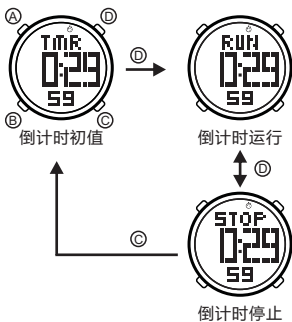


## 7.2.使用倒计时

设置好倒计时初值后，按ⓐ键开始倒计时，再按ⓐ键倒计时停止，再按ⓐ键继续倒计时。

倒计时停止时，按ⓐ键恢复倒计时初值。

倒计时结束时蜂鸣器会鸣响数秒。



☑ 若不设置倒计时初值，手表会自动从99小时59分59秒开始倒数计时。

☑ 若未停止倒计时，即使退出倒计时模式，倒计时仍会继续运行直至倒数为零。

☑ 在时间模式屏幕出现⊙闪烁，表示倒计时在运行。



## 8. 闹铃功能

闹铃功能包含有：整点报时和T1、T2闹铃。

### 8.1. 设置闹铃时间

1)选择闹铃模式(参见第4章节)，按⊙键选择T1闹铃或T2闹铃；

2)按住Ⓐ键直至小时闪烁，按Ⓑ键循环选择设置选项：小时、分钟；

3)按⊙键或Ⓓ键增减数值，按住⊙键或Ⓓ键可快速增减数值；

4)设置完成按Ⓐ键保存设置并退出。



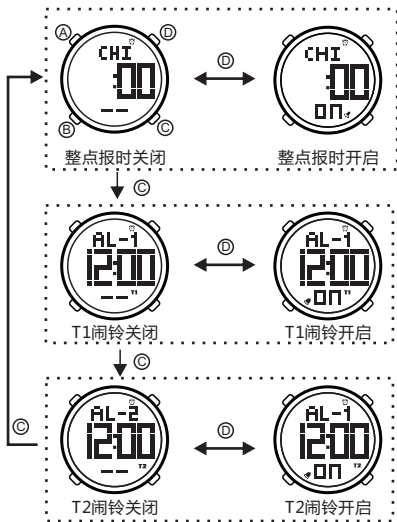
☑ 设置闹铃后，闹铃自动打开。



### 8.2. 开/关整点报时、闹铃

若整点报时开启，则到达整点时，蜂鸣两声提示；若闹铃开启，则到达闹铃时间，蜂鸣提示约20秒，按任意键中断蜂鸣。

开/关整点报时、闹铃的方法如下：



- 1)选择闹铃模式（参见第4章节），按ⓐ键循环选择整点报时、T1闹铃、T2闹铃；
- 2)按ⓓ键开启/关闭整点报时或闹铃。



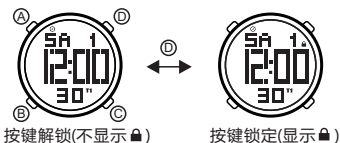
在时间模式，显示 ，表示整点报时开启；  
显示 ，表示至少有一组闹铃开启。

## 9. 按键锁定与解锁

为了防止佩戴手表时不小心碰到按键造成误操作，可将按键锁定。方法是：

在时间模式按住ⓐ键直至  显示，表示按键已锁定；按键锁定时，按住ⓐ键直至  不显示，表示按键已解锁。

只有在按键解锁下才可以操作其他按键。



## 10. 打开背景光

除按键锁定和设置状态外，按Ⓐ键可打开背景光约3秒。



## 11. 防水性

本表具有30米防水性。日常梳洗或雨中可佩戴使用，但不可游泳、潜水或桑拿等佩戴使用，不能在水中操作按键。

为保持防水性，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。

## 12. 注意事项

**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。

**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 - 清洗时，请使用软布及清水，不要使用洗涤剂，溶剂，杀虫剂等化学品清洗本表。

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。

注意 - 建议找有资质的维修点更换电池。

## 13. 产品规格

- 手表走时精度： $\pm 1$ 秒/天 或者  $\pm 30$ 秒/月
- 工作温度： $0^{\circ}\text{C}$ ---- $50^{\circ}\text{C}$  ( $32^{\circ}\text{F}$ ---- $122^{\circ}\text{F}$ )
- 存储温度： $-10^{\circ}\text{C}$ ---- $60^{\circ}\text{C}$  ( $14^{\circ}\text{F}$ ---- $140^{\circ}\text{F}$ )
- 电池型号：CR2025
- 电池存储寿命：约18月
- 电池使用寿命：约12月
- 防水等级：30米



# CONTENTS

1.Introduction .....	1
2.Function .....	1
3.Pusher Button and LCD Display .....	2
4.Selecting Mode .....	3
5.Time .....	4
5.1.Selecting Display Time .....	4
5.2.Setting Time and Date .....	4
6.Stopwatch .....	5
6.1.Stopwatch .....	5
6.2.Lap Time .....	6
6.3.Lap Time Data Query .....	7
6.4.Lap Time Data Delete .....	8
7.Timer .....	8
7.1.Countdown Time .....	8
7.2.Using Timer .....	9
8.Alarm .....	10
8.1.Setting Alarm .....	10
8.2.Turn on/off Hourly Chime and Alarm.....	10
9.Button Locked/Unlocked .....	11
10.Turn on EL backlight .....	12
11.Water Resistance .....	12
12.Safety Information .....	12
13.Product Specification .....	13

# 1. Introduction

We thank you for purchasing our 10 laps wrist watch and please read this operation instruction to know the functions, the way of operation and the safety information of our product.

This is a multi-functional watch combines time, calendar, recording lap data, timer, alarm, and also stopwatch function.

## 2. Function



10 Laps Stopwatch



Stopwatch Data



50 Years Calendar



Timer



Dual Time



2 Sets of Alarm



Hourly Chime



30 Meter Water Resistance



EL Backlight

### 3.Pusher Button and LCD Display

Button ① : Backlight/Setting

Button ② : Modes

Button ③ : Transfer /Minus

Button ④ : Start/Stop/Plus

🕒 Time Mode

⌚ Stopwatch Mode

📄 Data Mode

⌚ Timer Mode

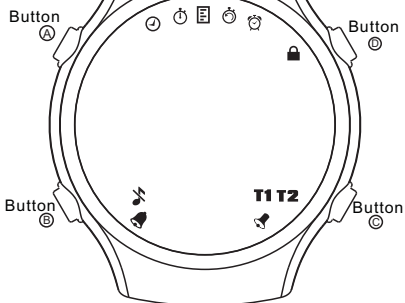
🕒 Alarm Mode

🔊 Alarm

🔊 Turn off Key Tone

🔊 Hourly Chime

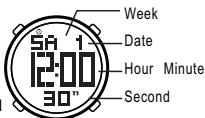
🔒 Button Locked



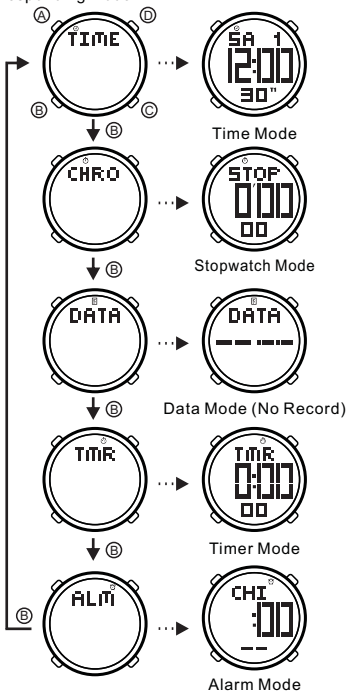
## 4. Selecting Mode

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

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



Press button (B) to select stopwatch mode, data mode, timer mode, alarm mode and time mode. First displaying the sign of modes and then enter into the corresponding mode.



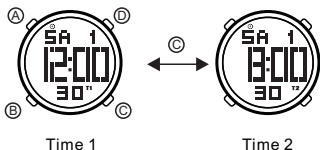
Note: The watch will return to time mode without button pressing after 1 minute, except from the watch in stopwatch mode and timer mode.

## 5. Time

### 5.1. Selecting display time


Our watch has dual time function and identifying with T1/T2.



In the time mode, press button © until T1 (or T2) stop flashing, begin to displaying T1/T2.

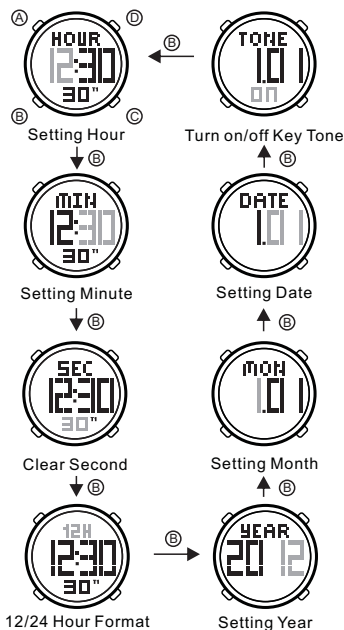


### 5.2. Setting time and date

- 1) Setting T1/T2 in the time mode.
- 2) Press button (A) until hour begin to flash (Flashing means enter into the setting status).
- 3) Press button (B) to set hour, minute, second, 12/24 hour format, year, month, date, turn on/off key tone (can not set second in T2)
- 4) Press button © or button (D) to change setting status or revise number, hold on button © or button (D) to revise number quickly.
- 5) Fishing setting, press button (A) to confirm setting and back to the mode (calibrating week automatically).

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

 Turn off key tone, in the time mode display  , There will be no tone of the operation.



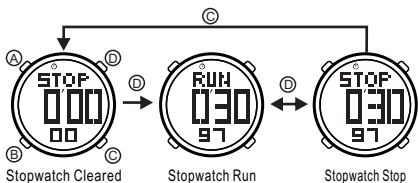
## 6. Stopwatch

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

### 6.1. Stopwatch

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

In the stopwatch mode (see chapter 4) press button (D) To run stopwatch, and press button (D) again to stop stopwatch, and press button (D) one more again to run stopwatch once again.

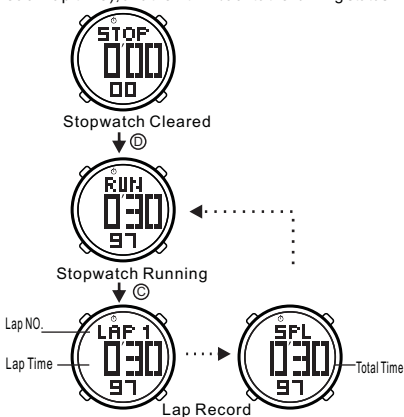


Press button (C) to clear the data when the stopwatch in the stop status.

## 6.2. Lap time

When running or racing on the track, you can use lap time to record the time of each track. Our watch can record 10 lap time and the operating method just as the following:

- 1) In the stopwatch mode, press button (D) to begin to run the stopwatch.
- 2) At the end of the first lap, press button (C) to begin and record the time of next lap. At the same time, our watch displaying the first lap time for about 5 seconds. The total time will display for about 5 seconds at the end of the first lap (total lap time means the the sum of each lap time), and then it will back to the running status.



3) Just as the above mentioned, press button **C** to record more than one lap time at the end of each lap.

4) At the end of each lap, press button **C** to begin to run stopwatch, and press button **D** once again to stop stopwatch.

Note: Please delete the initial lap time record before using lap time for each time (see chapter 6.4). Otherwise, the new lap time record will plus to the initial ones.

Note: Our watch can record 10 laps time at most. The lap time will be plus to the 10<sup>th</sup> lap if there are more than 10 lap.

In the status of stopwatch running, the stopwatch will continue running until 99 hours 59 minutes 59 seconds even if exit the stopwatch mode.

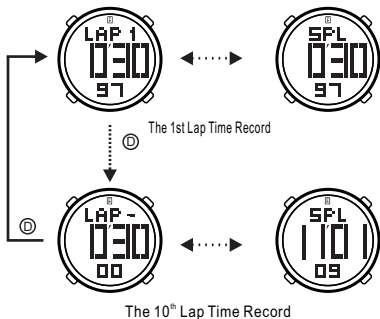
In the time mode, flashing **⏱** means the stopwatch in the running status.



### 6.3. Lap Time Data Query

After using the lap time, you can find the lap time data in the data mode.

Selecting to the data mode (see chapter 4), our watch will display the first lap time record. Press button **D**, you can query each lap time data sequentially. Each lap time and the total time will alternate display.



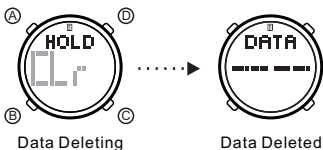


Note: In the data mode, press button **C** to back to the stopwatch mode.

## 6.4. Lap Time Data Delete

When the stopwatch stop, select to the data mode (see chapter 4), press button **A** until the watch begin displaying **■■■■ ■■■■**, it means the lap time data has been deleted.

Note: The lap time data can not be deleted if not stop the stopwatch.



## 7. Timer

Our watch can set a time period for countdown, When countdown to the zero, there will be hourly chime, and press any button can stop the chime. The maximum countdown time period is 99 hours 59 minutes and 59 seconds.

### 7.1. Countdown time

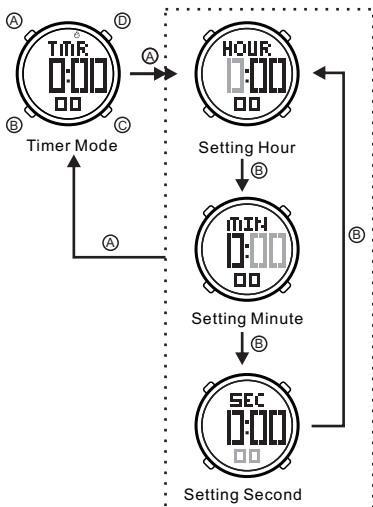
Selecting to the timer mode (see chapter 4), press button **A** until hour begin flashing (flashing means enter into setting mode);

2) Press button **B** to set hour, minute and second in turns;

3) Press button **C** or button **D** to plus or minus the number, hold on button **C** or button **D** to plus or minus the number quickly;

4) After finishing setting, press button **A** to confirm and save the setting and back to the time mode (week will be calibrate automatically, and you can not set second of T2)

Note: You can set initial countdown time in the status of stop stopwatch only.

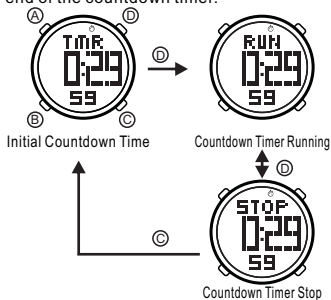


## 7.2. Using Timer

After finishing setting the initial countdown time, press button ④ to begin countdown timer, and press button ④ once again can stop countdown timer, press button ④ one more again can continue countdown timer.


In the status of stopping countdown, press button ③ Can back to the initial countdown timer.

There will a chime last for several seconds at the end of the countdown timer.



Note: Our watch will auto-begin countdown timer from 99 hour 59 minutes and 59 seconds if there is no setting the initial countdown time.

Note: If you do not stop timer, the timer will continue to run until countdown to zero even if exit the timer mode.

Note: In the time mode, begin flashing , means the countdown timer running.



## 8. Alarm

The alarm includes: hourly chime and alarm of T1/T2.

### 8.1. Setting Alarm

- 1) Selecting to the alarm mode (see chapter 4), press button **(C)** to select hourly chime, alarm No.1/No.2 in turn.
- 2) Press button **(A)** until hour begin flashing, press button **(B)** to set hour and minute in turn'
- 3) Press button **(C)** or button **(D)** to plus or minus the number, hold on button **(C)** or button **(D)** to plus or minus the number quickly;
- 4) After finishing setting, press button **(A)** to save the setting and exit.



Note: The alarm will automatically turn on since finish setting the alarm.

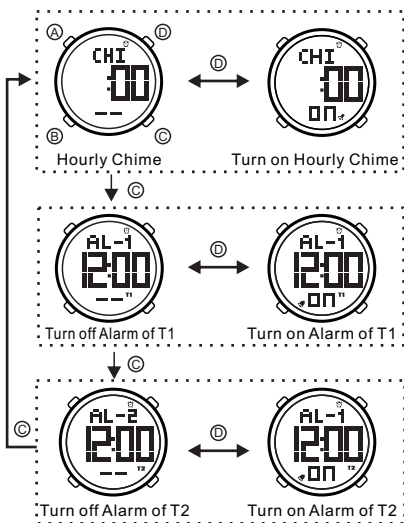
### 8.2. Turn on/off hourly chime and alarm

There will be two chime tone at the point of hour if the hourly chime has been turned on; There will be a chime last about 20 seconds at the alarm time if the alarm has been turned on, and press any button can stop the chime.

The methods of turn on/off hourly chime and alarm:

1) Selecting to the alarm mode (see chapter 4), In the alarm mode (see chapter 4), press button Ⓒ to select hourly chime, T1/T2

2) Press button Ⓓ to turn on/off hourly chime and alarm.



In the time mode, display ☞ means turn on hourly chime; display ☛ means at least one of the alarms has been turn on.

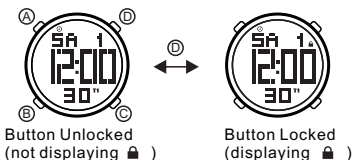
## 9. Button Locked/Unlocked

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


In the time mode, hold on button Ⓓ till displaying 🗄, it means that the button locked.

Under the status of button locked, press button Ⓓ Till 🗄 not displaying, it means that the button unlocked.

Only in the status of button unlocked, you can operate the buttons.



## 10. Turn on EL backlight

Apart from the setting status and the button locked, press button  can turn on EL backlight and the backlight last about 3 seconds.



## 11. Water resistance

Our watch can waterproof for 30 meters. It is no problems to wearing our watch while daily grooming or raining, but not swimming, diving or sauna, or operating any button under the water.

In order to maintain the waterproof function, Please replace the water resistance regularly (generally 1-2 years). If not, the watch may be damp due to the aging of water resistance.

## 12. Safety Information

**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.

**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: 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.

Note: Please find a qualified service center to replace battery.

## 13.Product Specification

- Time : +/-1 second/day or +/-30 seconds/month
- Operating Temperature : 0 °C----50°C (32 °F----122°F)
- Storage Temperature : -10 °C----60°C (14 °F----140°F)
- Battery : CR2025
- Battery Storage Life : 18months
- Battery Life : 12 months
- Water Resistance : 30 meter