LARMES

LM-TF004

USER'S GUIDE

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LM-TF004(Seconds Cartoon, Multifunction Sport Watch)

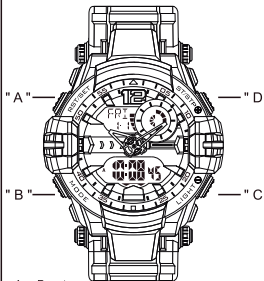|			
	Synchronize Movement		Stopwatch
	LED Backlight		Countdown Timer
	World Time		5 Alarms
	Low Power Indicator		Chime
	100 Year Calendar		Battery(SR1130W)*2
	200M Water Resistant		

- Button operation are indicated using the letters shown in the illustration.
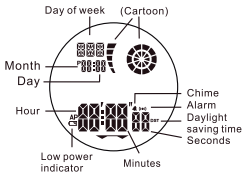

" A "

" B "

" D "

" C "

A -- Reset
B -- Mode
C -- LED backlight / -
D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.

2. Do not operate buttons underwater.

3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.

4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.

5. Avoid exposing the watch to temperature extremes.

6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.

7. Avoid to wear the watch in electromagnetic, static conditions.
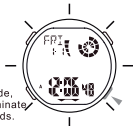
DISPLAY

- The screen shown in below:

Day of week   (Cartoon)

Month
Day
Hour

Chime
Alarm
Daylight
saving time
Seconds

Low power
indicator

Minutes

LED BACKLIGHT

- The backlight that uses an LED, cause the display to glow for easy reading in the dark.

Use Backlight

- In the timekeeping mode, quick press "C" to illuminate the LED about 3 seconds.

LOW POWER

- If the battery voltage level is insufficient, the icon "▭" will appear to remind to replace a new battery.
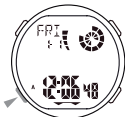
LARMES
TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
  Timekeeping Mode → Stopwatch Mode → Countdown Mode → Alarm Mode → World Time Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Day of week, Month, Date;
- 100 years Calendar (2000 ~ 2099).

b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 ~ 99:59'59".

c COUNTDOWN
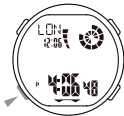
- Countdown range: 99:59'59" ~ 0'00"00.

d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.

e WORLD TIME

- The time for other time zone.

Time Setting

SET
Hold

1. In the timekeeping mode, press and hold "A" until the city code will flash(flashing is indicated in the setting mode);

HKG
12:06 48

2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;

TYO
6:06 48

3. Press "B" to select the Daylight Saving Time;

DST
OFF

4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.

DST
ON
OFF

5. Repeat steps 3 and 4, the selection in the following sequence:
City code – Daylight Saving Time – Seconds – Hour – Minutes – 12/24H Format – Year – Month – Date – Date Format – Key Tone(ON/OFF);

6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).

• When the digital time and hands they are not the same, please conduct the hands calibration function.

Calendar

• In the timekeeping mode, press and hold "D" to display: Month, Date.

FRI
1:1
12:6

World Time Form

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

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