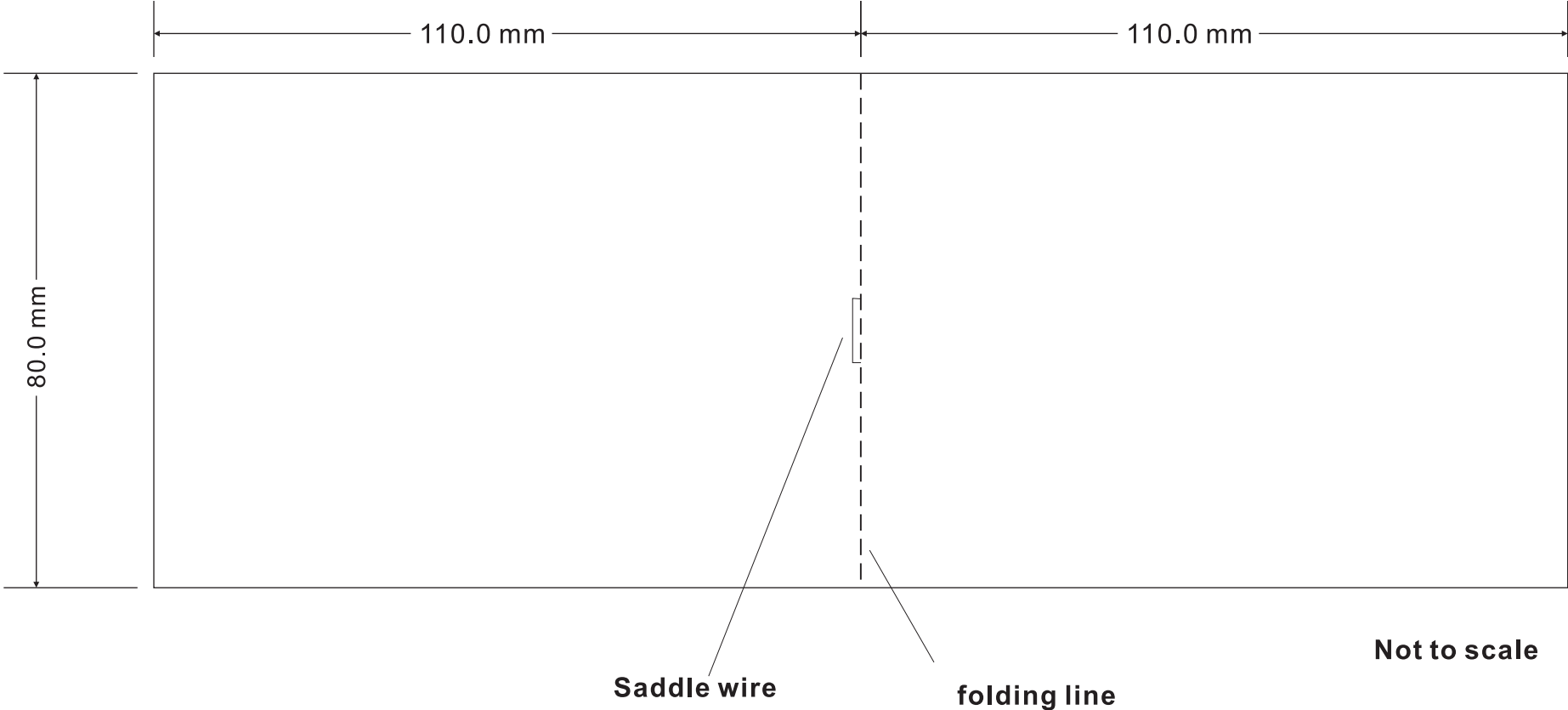


100 Lap Dot Matrix Chrono Instruction Manual

Project no: 07-273 Rev: 1.0 File name: 07- 273 manual 021.CDR Prepared by: C.K Lau Copyright: Latitude Limited Date: 8 Oct 2007



APN ref. no: A77069
Date: 29-09-08

Vendor ref:
no. of color: 1C+1C

B&W artwork attached:

- Presentation
- Testing
- Production/Shipment

Prepared by:
Verified by:
Approved by:

User Manual & Warranty



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Warranty

"Customer satisfaction is our guarantee"

Aussie Fit Sport Science has been developing and marketing unique and innovative fitness/exercise products since 1984.

Please invest the time to learn the many advanced features of the **Circuit Pro 100** Stopwatch.

Your new **Circuit Pro 100** Stopwatch is guaranteed against manufacturer defect for 12 months, however this guarantee this does not include damage from accident or misuse.

The Stopwatch has a power saving feature described under point 3.0 ahead and turning the power off when not in use will greatly prolong battery life.

Warranty does not include battery change.

If you have a legitimate warranty claim please send your Stopwatch to the address below with your return and contact details.

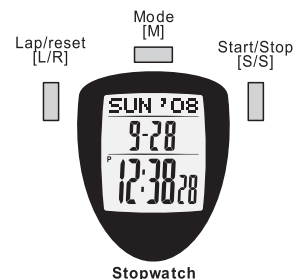
I wish you happy training and success in your fitness pursuit.

Dr Peter Bethune PhD

Aussie Fit Sport Science, 3 Vantage Point Drive, Burleigh Heads, Queensland 4220, Australia

Tel/Fax: (07) 5576 3688. email: sales@aussiefitsport.com.au www.aussiefitsport.com.au

2.0 Key Assignment



Mode Button [M]

- To select among the Current Time, Daily Alarm, Chronograph, Chronograph Recall, Timer, Dual Time and Pacer Mode.

- Hold down to select setting display.

Start/Stop Button [S/S]

- To Turn ON/OFF the daily alarm in Daily Alarm Mode.

- To activate the 'start' or 'stop' function during Chronograph, Timer and Pacer Mode.

- To recall target segment in Chronograph Recall Mode.

- To change the setting during setting display.

Reset Button [L/R]

- To select between the Alarm 1 and Alarm 2 in Daily Alarm Mode.

- To activate the 'lap' / 'save' function in Chronograph Mode.

- To activate the 'reload' function in Timer Mode.

- To recall target lap in Chronograph Recall Mode.

- To select between the Timer 1 and Timer 2 in Timer Mode.

- To change the setting during setting display.

1.0 Introduction

Congratulations on purchasing your new Circuit-Pro 100 Stopwatch.

To fully understand & enjoy all the features please study the manual carefully.

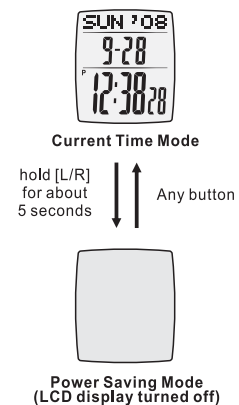
We recommend only a qualified person change the battery.

This Stopwatch provides timekeeping, daily alarm, chronograph, timer, dual time and pacer function.

In order to utilize the above features of your stopwatch, it is advisable to use stopwatch in conformity with the below notes:

- Avoid exposing your Stopwatch to stopwatch extreme conditions for an unreasonable time.
- Avoid rough uses or severe impacts to your Stopwatch.
- Do not open the Stopwatch case unless by a certified service agency.
- Clean the Stopwatch occasionally with a soft and moistened cloth.
- Store the Stopwatch in a dry place when it is not in use.

3.0 Power Saving Mode



Power Saving Mode

- This Stopwatch has a Power Saving Function which can turn off the LCD display so that the battery can last longer.

- While in the Power Saving Mode, the function is still worked normally. (i.e. The timekeeping function is still running during Power Saving Mode.)

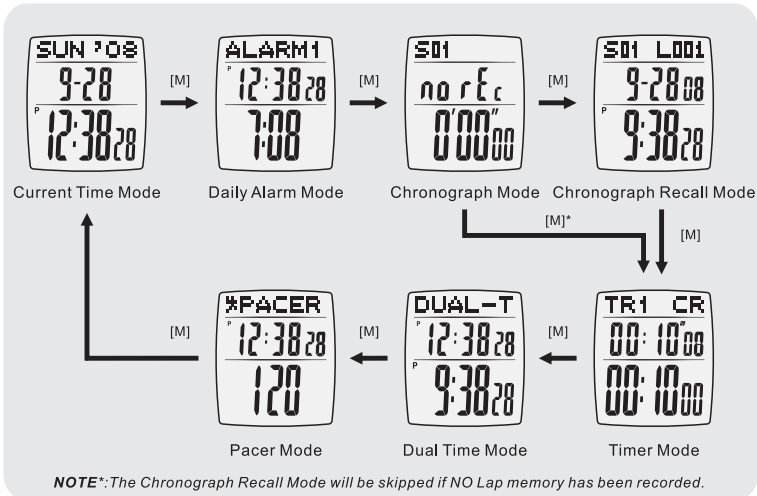
How to enter/exit the Power Saving Mode

- To enter the Power Saving Mode, hold down [L/R] in Current Time Mode for about 5 seconds and then the LCD display will be turned off.

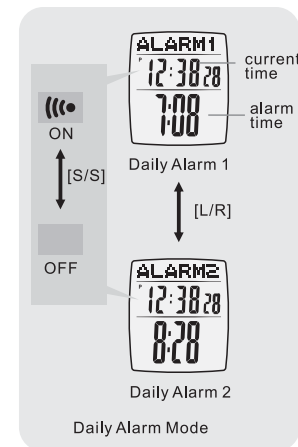
- Press any key under Power Saving Mode will exit the mode and the LCD display will be resumed.

NOTE: If NO key has been operated for about 48 hours, the Watch/Stopwatch will enter Power Saving Mode automatically except the Chronograph Mode is selected and it is counting.

4.0 Major Function Modes



6.0 Daily Alarm Mode - About the Daily Alarm Mode



Daily Alarm Mode

- This Stopwatch includes two daily alarms for the current time, they are Daily Alarm 1 and Daily Alarm 2.
- Press [L/R] to select the display between Daily Alarm 1 and 2.
- When Daily Alarm 1 or Daily Alarm 2 is ON, the Stopwatch will beep for 30 seconds at the preset alarm time every day.

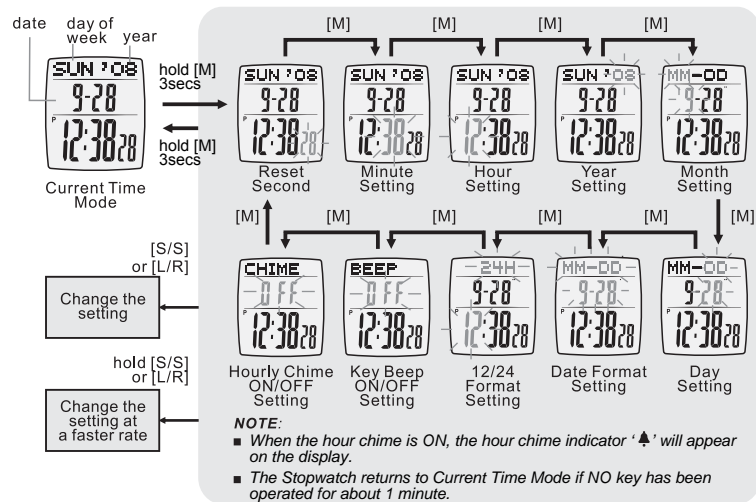
How to Turn the Daily Alarm 1 or 2 ON/OFF

- Press [S/S] to turn the Daily Alarm 1 or 2 between ON and OFF.
- When the daily alarm is ON, the daily alarm indicator '(((•))' will appear on the display.

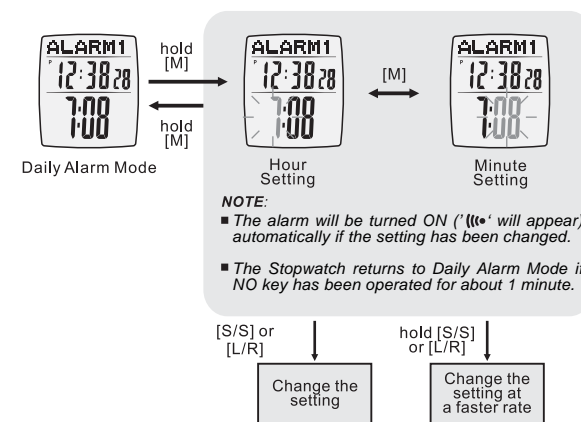
How to Stop the Alarm Sound

- When the Stopwatch is beeping, press any button to stop the beep prematurely.

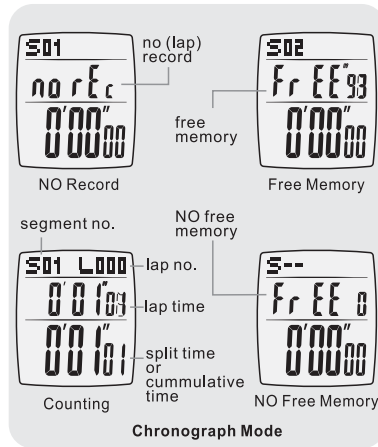
5.0 Current Time Mode - Setting the Current Time



6.1 Daily Alarm Mode - Setting the Daily Alarm



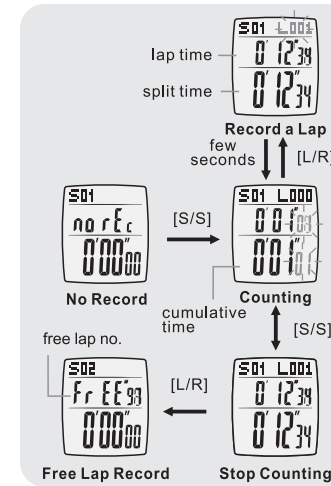
7.0 Chronograph Mode - About the Chronograph Mode



Chronograph Mode

- This Stopwatch includes a chronograph function with the following features:
 - The measurement unit of the chronograph: 1/100 second.
 - The measuring capacity of the chronograph: 23 hours, 59 minutes and 59.99 seconds.
 - The Chronograph can be used to measure: Lap time, split time/cumulative time.
 - Lap memory: Maximum 100 lap memories (see below note); Maximum 30 segments.
- NOTE:** As registered a segment consumes memory, thus the effective number of laps will be reduced as number of segment increases.
- NOTE:** When all memory has been occupied ('Free 0', 'S--', or 'L--') will appear), the chronograph CANNOT record lap or save segment anymore, i.e. The chronograph can display the lap and split/cumulative time for the last lap only.
- Date stamp: Auto registered the starting time and date for the 1st. lap of each segment.

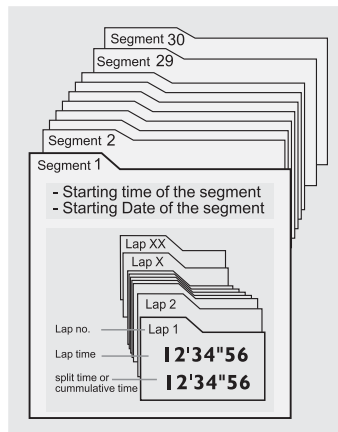
7.2 Chronograph Mode - Using the Chronograph



How to Use the Chronograph

- Press [S/S] to start or stop the counting.
- The lap time, split time and cumulative time will be updated to the display accordingly.
- How to Record a Lap**
 - When the chronograph is counting, press [L/R] to display and record (recoding into the current segment) the lap time and split time of the current lap (e.g L001).
- NOTE:** The chronograph is still counting on the background during the lap and split time are displaying.
- The counting display of the new lap (e.g L002) will be returned after few seconds. Recording this lap or another lap follows above steps similarly.
- NOTE:** When all memory has been occupied during the counting, the chronograph CANNOT record further laps (the lap no. will be freed) i.e. The chronograph can display the lap time and split/cumulative time for the last lap only and this lap CANNOT be saved into the current segment.
- How to Save the Segment**
 - To save the current segment (e.g S01) into memory when a training session is done, press [L/R] when the chronograph is stopped.
- NOTE:** If an undesired lap/segment is recorded/saved, the corresponding segment can be deleted from the Chronograph Lap Recall Mode see following Section 8.1.
- And then the new segment number (e.g S02) and the free lap memory (e.g Free 97) will be updated to the display. The chronograph is ready for the counting (and recording laps) for the new segment then.
- When the counting is started, the starting time and date of the 1st. lap will be registered into the segment (e.g S02) too.

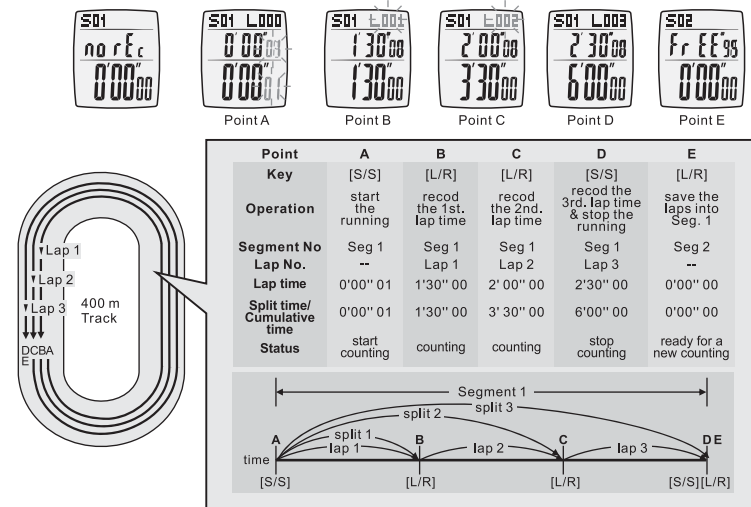
7.1 Chronograph Mode - Lap Memory Administration



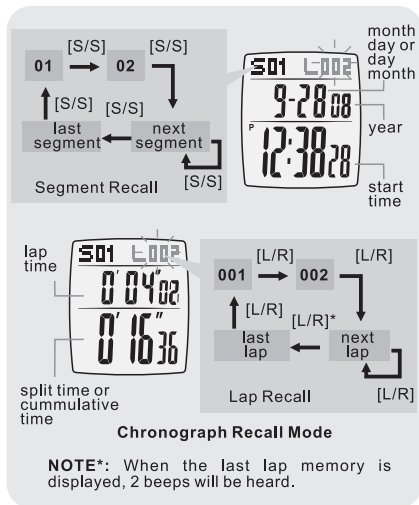
Lap Memory and Segment

- This chronograph can store up to 100 laps with lap time, split time / cumulative time data.
- For recalling a target lap from the memory more effectively, this chronograph save laps into segment.
- Each segment stores the following data:
 - Starting time of the 1st. lap of that segment,
 - Starting date of the 1st. lap of that segment,
 - Lap time for every lap, and
 - Split time /cumulative time for every lap.
- Check chapter 8.0 for more detail on how to recall the chronograph lap memory.

7.3 Chronograph Mode - Using the Chronograph: An Example



8.0 Chronograph Recall Mode - Recall the Target Segment/Lap



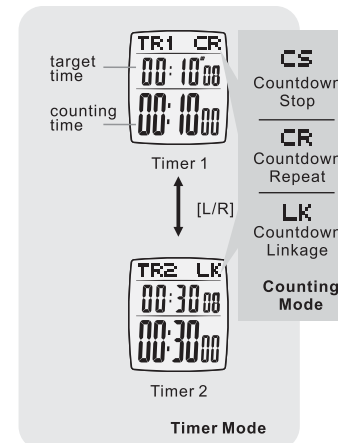
How to Recall the target Segment

- Press [S/S] to recall the target segment.
- The corresponding starting time and date will be appeared for each segment during the recall.

How to Recall the Target Lap

- When the target segment is displayed, press [L/R] to recall the target Lap.
- The corresponding lap time and split time/cumulative time will be appeared for each lap during the recall.

9.0 Timer Mode - About the Timer Mode



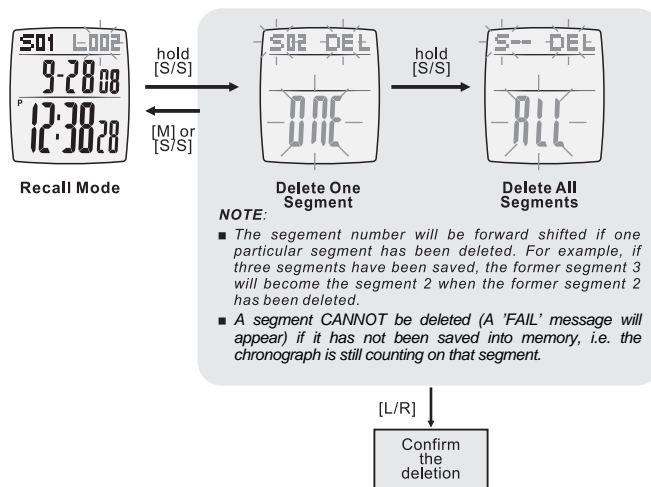
Timer Mode

- This Watch includes two timers, they are Timer 1 and Timer 2.
- Press [L/R] button to select the display between Timer 1 and Timer 2.

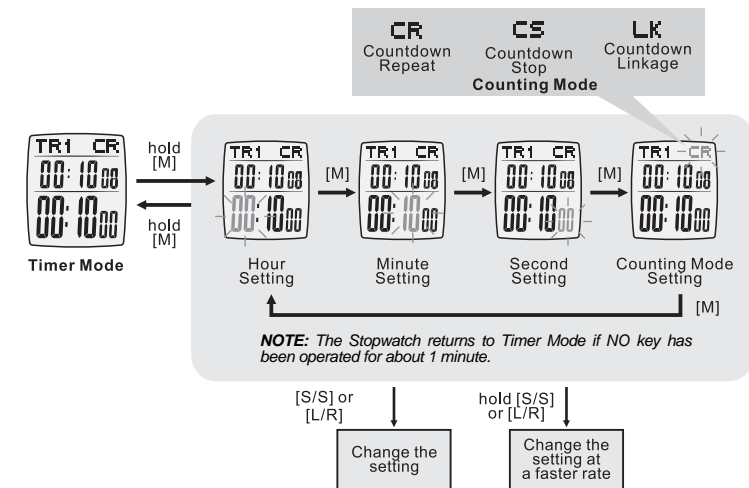
Counting Mode

- There are 3 counting modes for Timer 1 and Timer 2:
 - 'Countdown Stop' - CS : The timer starts the counting from a target time to zero and then stops at zero.
 - 'Countdown Repeat' - CR: The timer starts the counting from a target time to zero and then starts the counting again and again whenever it counts to zero.
 - 'Countdown Linkage' - LK: The timer (e.g Timer 1) starts the counting from the target time (Timer 1) to zero and then starts the counting from another target time (Timer 2) to zero, and vice versa.
- Check the coming chapter for the detail of how to set the target time and the counting mode for a timer.

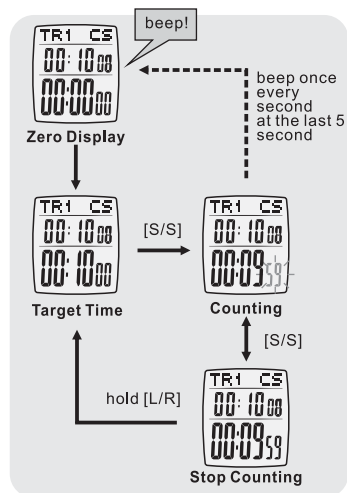
8.1 Chronograph Recall Mode - Delete the Lap Memory



9.1 Timer Mode - Setting the Timer



9.2 Timer Mode - Using the Timer



How to Use the Timer

- Once the target time has been set (e.g. 10 minutes), press [S/S] to start or stop the counting.

- The counting time will be exhibited on the 3rd. row of display throughout the measurement.

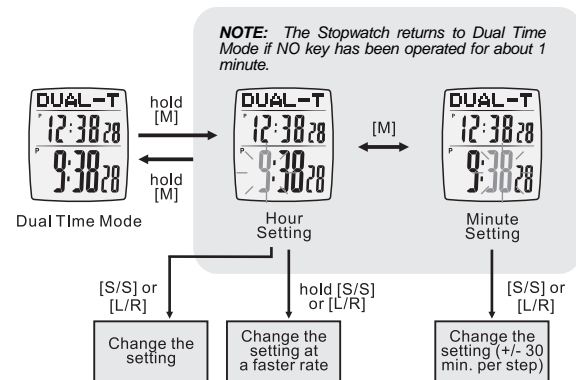
How to Reload the Timer

- Hold the [L/R] to reload the target time when the timer has been stopped.

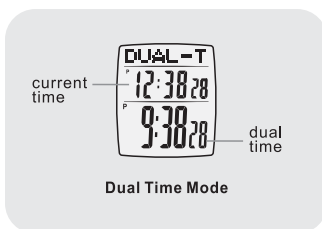
Timer Alarm Sound

- The Watch will beep once when it comes to the last 5,4,3,2,1 second(s).
- The Watch will beep for about 10 seconds when it reaches zero.
- When the Watch is beeping, press any button to stop the beep prematurely.

10.1 Dual Time Mode - Setting the Dual Time



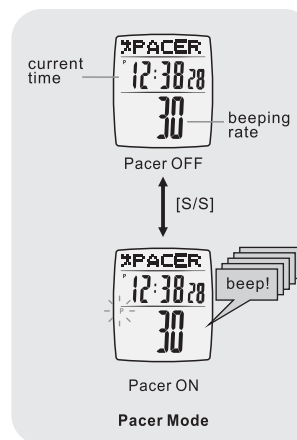
10.0 Dual Time Mode - Dual Time Mode



Dual Time Mode

- This Watch includes a dual time which provides the supplementary timekeeping function to another time zone.

11.0 Pacer Mode - Pacer Display



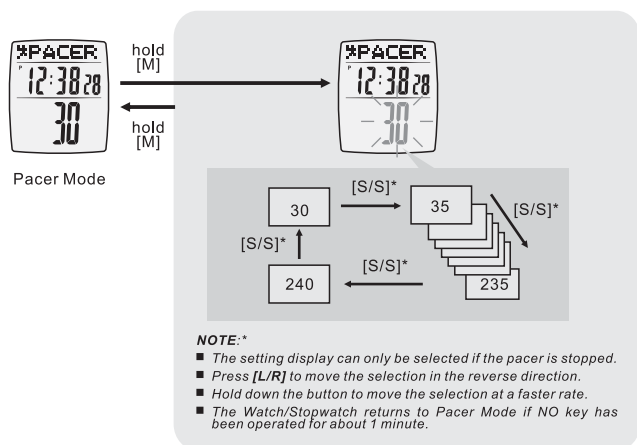
Pacer Mode

- This Watch includes a pacer which will generate beeps at a preset beeping rate.
- The beeping rate can be set from 30 to 240 beats per minute (bpm).

How to Use the Pacer

- Set a beeping rate (e.g 30 bpm) for the Pacer before using the pacer.
- Press [S/S] to start or stop the pacer.
- When the pacer is started, it starts beeping at the preset beeping rate with a flashing 'P' indicator.

11.1 Pacer Mode - Setting the Pacer



12.0 Specifications

Current Time Mode

- Time System: AM, PM, Hour, minute, second.
- Time Format: 12-hour or 24-hour format.
- Calendar: Month, date and day of week display (Auto-Calendar).

Alarm Mode

- Two daily alarms.
- Alarm sound: 30 seconds.
- Hourly chime.

Chronograph Mode

- Resolution: 1/100 second.
- Measuring Range: 23 hours 59 minutes, 59.99 seconds.
- Lap memory: Maximum 100 lap memories (see below note); Maximum 30 segments.

NOTE: As registered a segment consumes memory, thus the effective number of laps will be reduced as number of segment increases.

- Date Stamp: Auto registered the starting time and date for the 1st. lap each of segment.

Timer Mode

- Resolution: 1 second.
- Measuring Range: 23 hours 59 minutes, 59 seconds.
- Counting Mode: 3 modes (Countdown-stop; countdown-repeat; countdown-linkage).

- Timer Sounds: beep once at last 5,4,3,2,1 second(s). Beep for about 10 seconds when reach zero.

Pacer Mode

- Setting Range: 30 bpm to 240 bpm.
- Setting step: 5 bpm.

Dual Time Mode

- Time System: AM, PM, Hour, minute, second.

11.2 Pacer Mode - Allows the pacer to remain beeping during the chronograph mode

