

ERGO 60 Aussie Fit Sport Science Warranty Customer Satisfaction is our guarantee

Your new stopwatch is manufactured to very high International Standards and comes guaranteed against manufacture defect for one year from the date of purchase. If you have a problem with the stopwatch which is not from misuse, neglect or battery failure please contact us or with a description of the problem and return address & Phone number post the stopwatch to: Aussie Fit Sport Science, 3 Vantage point Drive, Burleigh Heads, Queensland 4220, Australia . Tel/Fax (07) 5576 3688 email sales@aussiefitsport.com.au

In clock/standby mode only, the lithium battery has a life of five years from date of manufacture. Understandably, actual battery life depends on the amount of stopwatch use. For example, one minute of alarm every day + clock mode reduces battery life to two years. The ERGO 60 stopwatch case design allows the CR2032 lithium battery to be easily self replaced or replaced by a battery kiosk or watchmaker.

Although water resistant, do not operate the stopwatch underwater and always place the lanyard around the neck to avoid impact damage. Wishing you happy training and record times.

Stopwatch Instructions

FEATURES

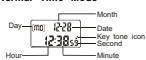
- Time / Calendar display: Hour, minute, second, month, year, date and day.
- Stopwatch: 1100 second up to 10 hours
- 60 lap and split memory
- Maximum 199 lap displayed
- Water resistant
- Alarm
- Countdown function programmable in hrs., mins., & secs., up to 10 hrs. Auto repeat with number of repeats indicator.
- Key-tone on/off selectable
- A whistle provided



- A: LAP/RESET
- B: RECAL L
- C: START/STOP
- D: MODE

DISPLAY SYMBOLS

Normal Time Mode



Lap Mode



Alarm Mode



Split Mode

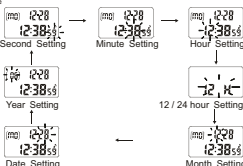


Count down Mode



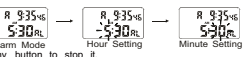
TIME / CALENDAR SETTING

1. Press button D to go to Normal Time Mode.
2. Press button B for 2 seconds, second digit flashing.
3. Press button C to reset the second to 00.
4. Press button A to change the setting items: second-minute-hour-12/24 hour-month-date-year.
5. Press button C to increase the setting value.
6. Press button B to exit.



ALARM SETTING MODE

1. From the normal time display, press button D 4 times to enter into Alarm mode.
2. Hold button B for 2 seconds, hour digit flashes.
3. Press button C to increase the setting value.
4. Press button A to step the setting items.
5. Press button C to increase the value.
6. Press button B to exit.
7. Press button C to turn the alarm on or off.
8. Press button D to turn to the Normal Time Mode.



Note: When the alarm is sounding, it lasts for 1 minute. Press any button to stop it.

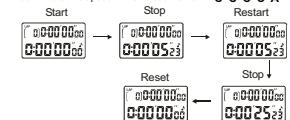
STOPWATCH MODE

Press button D to go to Lap Mode

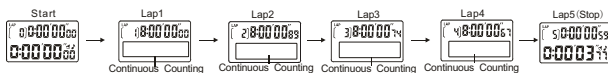
◆ Simple Measurement: C-C-A



◆ Accumulated elapsed time Measurement: C-C-C-A

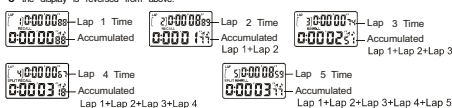


◆ Lap Measurement (Total 60 lap memory measurement and 199 lap measurement) For Example: 5 Lap measurement: Button C-A-A-A-A-C



Recall Memory

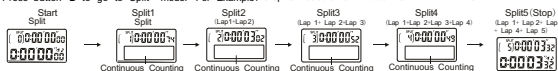
1. Press button B and then press button A to view different lap records. The display will run through in turn: Lap 1> Lap 2> Lap 3> Lap 4> Lap 5> Lap 1.
2. Press button C the display is reversed from above.



3. Press button B to go back to the Lap Mode.
4. Press button A to reset the value then start a new game.
5. To delete the records, press C-C-A.

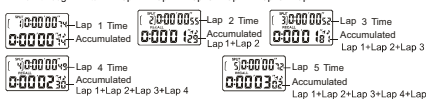
Split Measurement

Press button D to go to Split mode. For Example: 5 splits measurement: Button C-A-A-A-A-C



Recall Memory

1. Press button B and then press button A to view different splits records. The display will run through in turn: Lap 1> Lap 2> Lap 3> Lap 4> Lap 5> Lap 1.



2. Press button B then press button C the display is reverse.
3. Press button B to turn to the Split Mode.
4. Press button A to reset the value then start a new game.
5. To delete the records, press C-C-A.

COUNTDOWN MODE

1. In the countdown mode, press B more than two seconds to enter setting mode.
2. Press A to step setting items. The setting sequence: Hour > Minute > Seconds.
3. Press C to change the setting value.
4. Press B or D to exit setting mode.
5. Press B for 2 seconds to reset the count down value to 00.
6. Press C to start/stop count down.
7. Countdown repeats automatically & repeat number is indicated. Press C to stop.

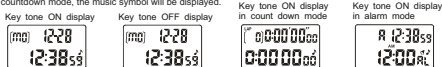


Note:

1. The maximum count down time is 9 hours 59 minutes 59 seconds.
2. During count down period, there will be no response to press A key.

Key tone ON/OFF

1. Default mode is with key tone ON function.
2. In normal time mode, press START/STOP key for 2 seconds to turn key tone ON/OFF.
3. When the key tone is ON, the music symbol is displayed on LCD and will disappear when the key tone is OFF.
4. When the key tone is ON, each button press will sound 'B' & countdown time completion sounds 'B'.
5. When the key tone is OFF, each button press and countdown time completion will be silent.
6. When the key tone ON in alarm & countdown mode, the music symbol will be displayed.



BATTERY REPLACEMENT

When the display fades, replace the battery. Replace with a lithium CR2032 battery. Pay attention to the correct polarity when replacing battery.

Note: Attention! Please dispose of used unit and batteries in an ecologically safe manner. Ensure 'O' ring is in correct position before closing cover.