# REGIMEN

WATCH INSTRUCTIONS
AND 2-YEAR LIMITED WARRANTY

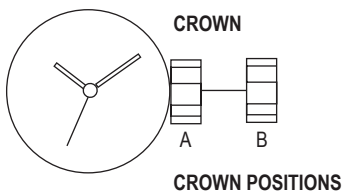- Quartz Movement
- EL Backlight
- 100M Water Resistant
- Battery (CR2025 + SR626SW)
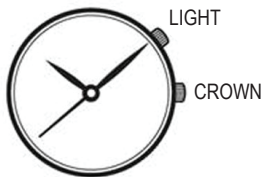
**These instructions apply to a variety of watch styles so please follow the instruction according to your specific watch.**

**CROWN**



**CROWN POSITIONS**

A.  NEUTRAL POSITION: This is the normal operating position of the watch in which the crown is free to turn in either direction without any affect on the time.

B.  POSITION TO SET THE TIME: To change the time, pull the crown out all the way until it stops (position C). Rotate the crown in either direction until desired time is obtained. Next, push the crown all the way back to position A to re-engage time keeping. (If watch has a second hand, it will begin to move.)
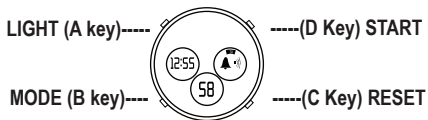
**WATCH WITH LED BACKLIGHT**



LIGHT

CROWN

**TO SET THE TIME**

- PULL out crown to B position
- TURN crown either way to correct time
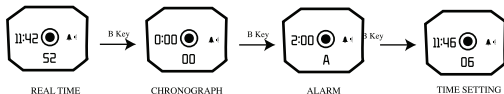- PUSH in crown to A position

**To Operate the LED Light Function**

- Press the light button
- Light will remain on for 5 seconds after you release the light button

**LIGHT (A key)----- -----(D Key) START**

**MODE (B key)---- -----(C Key) RESET**

## A. Features

- 6 Digits LCD Display, Display Hour, Minute, Second, Month, Day and Week
- Daily Alarm and Chime hourly
- Snooze
- 12 / 24H format selectable, Auto Calendar
- 1/100 second Chronograph with split functions
- EL backlight

## B. Operational Manual



| REAL TIME | CHRONOGRAPH | ALARM | TIME SETTING |

## 1. At any state, press A key EL backlight for 3s.

## 2. Real Time

- Press C key to display Alarm; Press D key to display Date.
- Turn On/Off Alarm and Chime
  a) Press C+D key to turn on/off Alarm, indicator" "displaying for on.
  b) Press C+B key to turn on/off Chime, all days of week displaying for on.

## 3. Chronograph

- The display range of the Chronograph is 23 hours ,59 minutes, 59.99 seconds.
- Press D key to Start/Stop running;
- When stop, press C key to zero.
- When running, press C key to split count.
- Then press D key to exit split count, and stop counting;
- When exit split count, press C key to display all counts; and press C key again to zero;
- When running, press B key to return to Real Time Mode, and it running at back.

## 4. Daily Alarm

- "Hour" flashing once entry Daily Alarm.
- Press C key to select "Hour" or "Minute" setting
- Press D key to adjust the flashing item
- Press C key to confirm
- Press B key to return to Real Time mode
- **To activate and to deactivate the alarm function:**
  **At the real time display, press and hold the key "C", then press key "D" to turn the alarm ON or OFF alternatively. The symbol " ▲ ⊲⊱" on indicates the alarm is "ON". No Symbol sign indicates the alarm is "OFF'.**
- Alarm Snooze ON/OFF
  At Alarm sounding state, press C key to stop sounding, and press D key to activate the snooze function When Snooze function be ON , it will sound five minutes later, and auto stop after sounding for a minute.
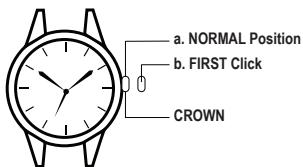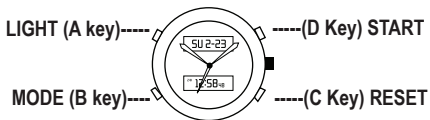
### 5. Time Setting

"Second" flashing when loading, press D key to zero; Press C key to select item as following sequence: Minute-Hour-Day-Month-Week

- Press D key to adjust the Hashing item.
- When setting "Hour","H" display for 24 H format; "A" or "P" for 12 H format.
- Press D key while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.

HOW TO SET TIME FOR 3 HANDS MODEL

If there is a plastic piece under the crown, gently remove it, press the crown down to normal position. Refer to the diagram below, gently pull the crown out to the first click position, the second hand will stop when the crown is in the first click position. When in the first click position, turning the crown will change the minute and hour hands. Set the correct time, then gently push the crown back to normal position, and the second hand will begin moving again indicating normal operation.



a. NORMAL Position
b. FIRST Click
CROWN

LIGHT (A key)---- ----(D Key) START
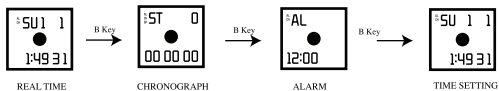
MODE (B key)---- ----(C Key) RESET

## A. Features

- 2 Digits LCD Display, Display Hour, Minute, Second, Month, Day and Week
- Daily Alarm and Chime hourly
- Snooze
- 12 / 24H format selectable, Auto Calendar
- 1/100 second Chronograph with split functions
- Fast advance for time and alarm time set.
- EL backlight

## B. Operational Manual

REAL TIME → (B Key) → CHRONOGRAPH → (B Key) → ALARM → (B Key) → TIME SETTING

## 1. At any state, press A key EL backlight for 3s.

## 2. Real Time

## 3. Chronograph

- The display range of the Chronograph is 23 hours ,59 minutes, 59.99 seconds.
- Press D key to Start/Stop running;
- When stop, press C key to zero.
- When running, press C key to split count.
- Then press D key to exit split count, and stop counting; press C key to display counts; press C key again to zero;
- When running, press B key to return to Real Time Mode, and it running at back.
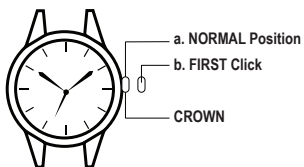
## 4. Daily Alarm

- Tum ON/OFF Alarm and Chime
  Press C key lo turn on/off Alarm ("AL") or Chime ("CH")
- Alarm setting: Press C key to select "Hour" or "Minute" setting, Press D key to adjust the flashing item, Press C key to confirm, Press B key to return to Real Time mode.
- Alarm Snooze ON/OFF
  At Alarm sounding state, press C key or D key to stop sounding, and press B key to ON/OFF snooze function. When Snooze function be ON, it will sound five minutes later, and off stop after sounding for 20 seconds.

## 5. Time Setting

- "Second" flashing when loading, press D key to zero; Press C key to select item as following sequence: Hour_., Minute_., Month_., Day_., Day of Week_., Second
- When setting "Hour", Display for 24 H format; "A" or "P" for 12H format.
- Press D key to adjust the flashing item.
- Press D key while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.

## HOW TO SET TIME FOR 3 HANDS MODEL

If there is a plastic piece under the crown, gently remove it, press the crown down to normal position. Refer to the diagram below, gently pull the crown out to the first click position, the second hand will stop when the crown is in the first click position. When in the first click position, turning the crown will change the minute and hour hands. Set the correct time, then gently push the crown back to normal position, and the second hand will begin moving again indicating normal operation.

**a. NORMAL Position**

**b. FIRST Click**

**CROWN**

**LIGHT (A key)----**  `5U`  **-----(D Key) START**

`P 12:58`

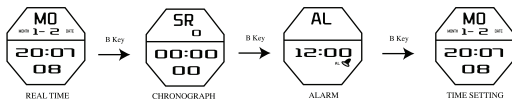**MODE (B key)----**  `28`  **-----(C Key) RESET**

## A. Features

- 12 Digits LCD Display, Display Hour, Minute, Second, Month, Day and Week
- Daily Alarm and Chime hourly
- Snooze
- 12 / 24H format selectable
- 1/100 second Chronograph with split functions
- EL backlight

## B. Operational Manual

| `MO 1-2` `20:07 08` | → B Key | `SR 0` `00:00 00` | → B Key | `AL` `12:00` | → B Key | `MO 1-2` `20:07 08` |
|---|---|---|---|---|---|---|
| REAL TIME | | CHRONOGRAPH | | ALARM | | TIME SETTING |

### 1. At any state, press A key EL backlight for 3s.

### 2. Chronograph

Press D key to Start/Stop running;
When stop, press C key to zero.
When running, press C key to split count. indicator "SP" showing
Then press D key to exit split count, and stop counting; press C key again to zero;
When running, press B key to return to Real Time Mode, and it running at back.

### 3. Daily Alarm

- Turn On | Off Alarm and Chime
  Press D key to turn on/off Alarm or Chime    AL (◀)    CH (◄»)
- Alarm setting: Press C key to select "Hour" or "Minute Setting", Press D key to adjust the flashing item, Press C key to confirm, Press B key to return to Real Time mode.
- Alarm Snooze ON/OFF
  At Alarm sounding state, press C key or D key to stop sounding, and press B key to ON/OFF snooze function. When Snooze function be ON, it will sound five minutes later, and auto stop after sounding for 20 seconds.

### 4. Time Setting

- "Second" flashing when loading, press D key to zero; Press C key to select item as following sequence: Hour-Minute-Month-Day-Day of Week-Second
- When setting "Hour", "H" display for 24H format; "A" or "P" for 12H format.
- Press D key while the seconds are in the range of 30 to 59 resets them to 00 and adds 1 to the minutes. In the range of 00 to 29, the minutes are unchanged.

Your Regimen watch is warranted to you, the owner, for 2 years against all defects in material and workmanship. This limited warranty is provided by Regimen, and does not apply to normal wear and tear, improper care and handling, accidents, abuse or other causes which are not defects in materials or workmanship and excludes the battery, case, strap, crystal or bracelet. In the event of a defect or malfunction of the movement within the warranty period, your Regimen timepiece will be repaired or replaced, at our option, provided it is returned prepaid with a check or money order for $9.95 to cover the cost of handling and return postage (This is not a repair charge). We require that you furnish a copy of your sales receipt for warranty service, along with a brief note with your name, address, telephone number and description of the problem. We are not responsible for loss or damage during shipment to us, so we recommend that you pack your product carefully and use a shipping company that provides tracking. Never include a special watch band or any other article of personal value in your shipment. Please do not include the gift box as it will not be returned. This warranty gives you specific legal rights and you may also have other rights which may vary from state to state.

Should warranty service be required, please wrap and carefully pack your timepiece and send via a traceable method to:

REGIMEN
6015 Little Neck Parkway
Little Neck, NY 11362
Att: Service Dept.
Tel: +1-866-631-0342
Email: idealtimeservice@egluck.com

Clarity Ltd.
REGIMEN.
Flat A-B, 12/F,
Sing Mei Industrial Building
29-37 Kwai Wing Road
Kwai Chung, N.T. Hong Kong Tel: 852.2424.2211
Fax: 852.2424.2077
Email: service@egc-clarity.com

**TO RETURN YOUR WATCH FOR SERVICING:**
**RETURN IT TO REGIMEN OR**
**TO AN AUTHORIZED SERVICE CENTER;**
**IT SHOULD NOT BE RETURNED TO PLACE OF PURCHASE.**

Include a brief note with your name, address, telephone number, description of the problem, and a copy of your sales receipt. Enclose $9.95 to cover the cost of return postage and handling. (This is not a repair charge.)

NEVER INCLUDE A SPECIAL WATCHBAND OR ANY OTHER ARTICLE OF PERSONAL VALUE IN YOUR SHIPMENT.