

Tempo User Manual

This is a Pedometer watch capable of monitoring your Daily Step data like number of Steps, Distance, Calories, Speed, Pace, and Time. Following are the features of this watch:

- 12H/ 24H format
- Full auto calendar from 2011 to 2099
- Steps range: 0 to 999,999
- Distance range: 0 to 9,999.99 KMM
- Calorie range: 0 to 99,999.9 Kcal
- Duration: 0 to 23Hours:59 min 59 sec
- Walk mode
- Chrono mode
- Daily Data mode
- Data mode- 30 files of daily data
- Daily Alarm
- EL backlight

Push button assignment:

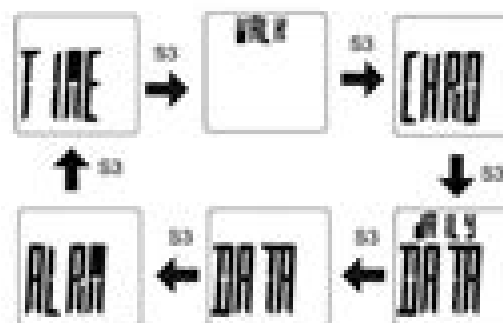


- S1 – Start / Stop / +
- S2 – Reset / LAP / View / -
- S3 – Mode
- S4 – Set / EL

General Operations

All Modes:

The User can scroll through the various modes of the watch by Pressing S3. The modes are Time mode → Walk mode → Chrono mode → Daily Data mode → Data mode → Alarm mode.



Watch Reset:

WARNING: All data will be lost after reset including time, alarm, and personal information settings.

The user can reset the watch by pressing and holding S1, S2, S3, and S4 together. All segments will light on, followed by a beep sound then EL back light ON. Then the software code will be displayed. After reset, the user needs to set again the watch.

TIME mode

- Press S3 from Alarm mode to enter Time mode. The watch will momentarily TIME and then display the current time
- Press S4 to turn ON the EL back light.
- Press S2 to turn ON or OFF the CHIME.
- Time has a full automatic calendar from 2011 to 2099
- While in Data and Alarm mode and no key operation and no key operation in 2 minutes, the watch will automatically return to TIME mode.

Soleus Watches Sr009491 Watches Owners Manual

Michael Hoelscher



Soleus Watches Sr009491 Watches Owners Manual:

Whispering the Strategies of Language: An Psychological Quest through **Soleus Watches Sr009491 Watches Owners Manual**

In a digitally-driven world where monitors reign supreme and quick transmission drowns out the subtleties of language, the profound secrets and mental subtleties concealed within phrases often move unheard. Yet, located within the pages of **Soleus Watches Sr009491 Watches Owners Manual** a interesting literary prize sporting with fresh emotions, lies an exceptional quest waiting to be undertaken. Written by an experienced wordsmith, this charming opus invites visitors on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the psychological depths of this emotional review, we can embark upon a heartfelt exploration of the book is core styles, dissect their fascinating writing fashion, and yield to the powerful resonance it evokes deep within the recesses of readers hearts.

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