LIMIT

1912

PRO XR
USER MANUAL

PRO XR FUNCTIONS

EL	EL BACKLIGHT	**100M**	100M W/R	**5** ⏰	5 ALARMS
12 24	DUAL TIME	**150 LAP** 🏃	STOPWATCH	🔔	CHIME
11	CALENDAR	⏱	COUNTDOWN TIMER	🔋	BATTERY (CR2025)
60 ♪	PACER				

BUTTONS

- Button operation is indicated using the letters shown in the diagram below:

"A" RESET

"B" MODE

"D" START/STOP

"C" EL BACKLIGHT

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 a 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 wearing the watch in electromagnetic and static conditions.

DISPLAY

DAY ——————— THU

'CARTOON'

SECONDS

HOUR ———————

MINUTES

MONTH ———————

DATE
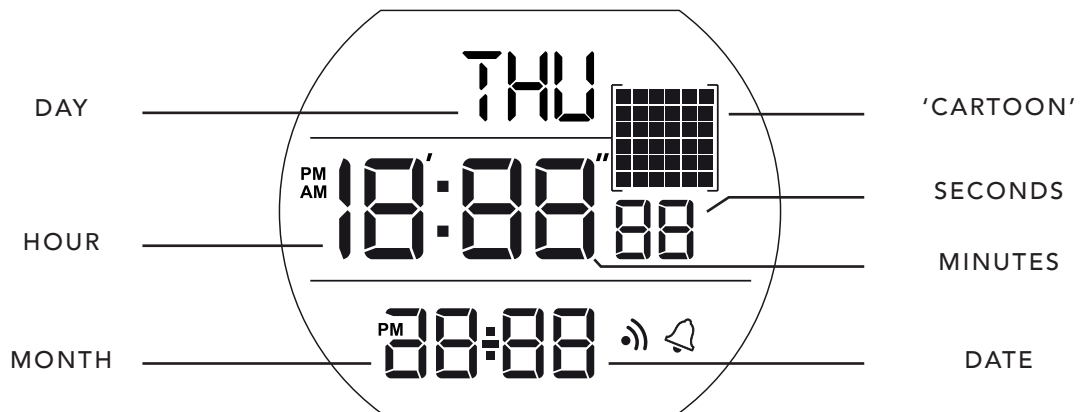
BACKLIGHT

- The backlight uses an EL (electro-luminescent) which makes the display glow for easy reading in the dark.

- In the timekeeping mode, press "C" to illuminate the display for approx 3 secs.
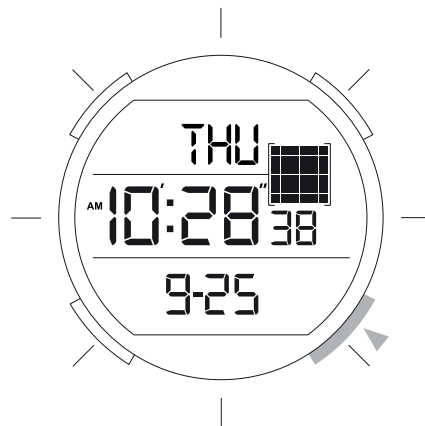
MODE SELECTION

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

A) TIMEKEEPING

- 12/24hr Format.
- Hour, minutes, seconds, day of week, month, date.
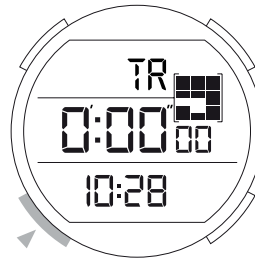- 100 years calendar (2000 - 2099).

B) STOPWATCH

- 1/100 second unit.
- Measuring range: 0'00"00 - 23.59'59".

C) COUNTDOWN

• Countdown range:
  23:59'59" - 0'0"00.

D) ALARM

• 5 alarms.
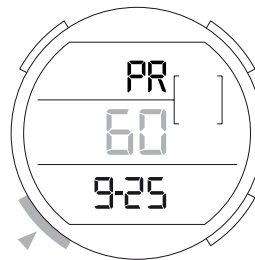• Hourly time signal.
• The alarm sounds at the preset time each day.

E) DUAL TIME

• The time for other time zones.

F) PACER

• 10 tempo.

A) TIMEKEEPING

24HR FORMAT

- In the timekeeping mode, press "D" to switch between 12/24hr formats.
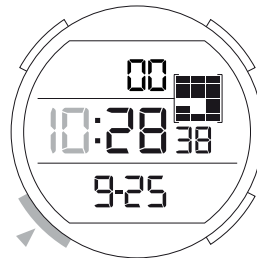
TIME SETTING

1. In the timekeeping mode, press "A" and the seconds will flash (indicating set mode activated).

2. Press "D" to reset the seconds.

3. Press "B" to change to next selection.

4. Press "D" to increase the number, press and hold to change at high speed.

5. Repeat steps 3 and 4 in the following sequence:
   Seconds → Hours → Minutes → Year → Month → Date

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

C) COUNTDOWN

- When the countdown reaches zero, the alarm sounds for about 60 seconds, press any button to stop it.
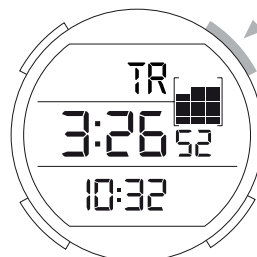
COUNTDOWN TIMER SETTING

1. In the countdown mode, press "A" and the hour will flash (indicating set mode activated).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" to change to the next selection.

4. Press "D" to increase the number, press and hold to increase at high speed.

5. Repeat steps 3 and 4 in the following sequence: Hours → Minutes → Seconds

6. Press "A" to exit the set state, once complete.
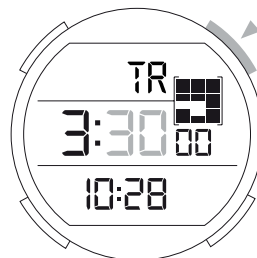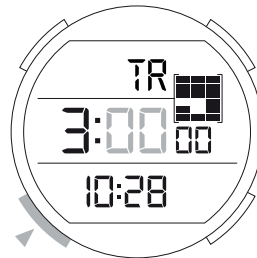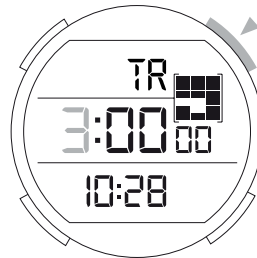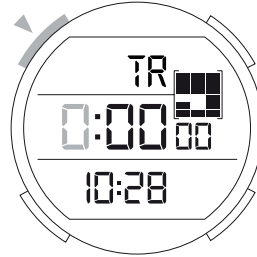
COUNTDOWN TIMER SETTING

1. Press "D" to start the countdown.

2. To pause the countdown press "D" again.

D) ALARM

- The alarm sounds at the preset time each day for about 60 seconds, press any button to stop it.

ALARM AND CHIME

- In the alarm mode, press "C" to select chime, Alarm 1 - Alarm 5.

- In the chime state, press "D" to turn the alarm on/off.

- In the Alarm 1 - Alarm 5 state, press "D" to turn the alarm on/off.

ALARM 1 SETTING

1. In the alarm mode, press "A" and the hour will flash (indicating set mode activated).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" to select the minutes.

4. Press "D" to increase the minutes, press and hold to increase at high speed.

5. Press "A" to exit the set state, once complete.
- Setting and operation of Alarms 1 - 5 are the same.

E) DUAL TIME

DUAL TIME SETTING

1. In the dual time mode, press "A" and the hour will flash (indicating set mode activated).

2. Press "D" to increase the hour, press and hold to increase at high speed.

3. Press "B" to select the minutes.

4. Press "D" to change the minutes (press once to change 30 minutes).

5. Press "A" to exit the set state, once complete.
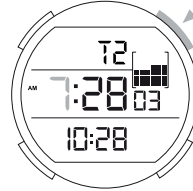
F) PACER

1. In the pacer mode, the tempo number will flash.

2. Press "A" to select the tempo in the following sequence:
   10 → 20 → 30 → 40 → 60 → 80
   120 → 160 → 240 → 320

3. Press "D" to start.

4. Press "D" again to stop.