Multi-Function Wrist Watch

Model: PSPTR19

UNDERSTANDING THE SYMBOLS

- Time from 00:00:00 to 23:59:59
- Alarm On
- Chime
- Sleeping Mode
- Step Mode (Step you have walked)
- Shake The Watch
- Low Battery Detection
- Keep Time
- KM
- Kilometers
- MI
- Miles
- CM
- Centimeters
- KG
- Kilograms
- LB
- Pounds
- Kcal
- Calorie
- Exercise Time

MODE FLOW CHART

Press MODE button to scroll through the different modes.

TIME MODE
1. Press the MODE button to scroll through the menu until you locate the time mode, “TIME”.
2. Press or hold the ST/SP/+ button to toggle the Day and Seconds.
3. Press RE/ - button to reset the time.
4. Press ST/SP/+ button to set the time.

ALARM MODE
1. Press the MODE button to scroll through the menu until you locate the alarm mode, “ALARM”.
2. Press ST/SP/+ button to activate or deactivate the alarm.
3. Press RE/ - button to activate or deactivate the hourly chime.

SETTING ALARM
1. Hold the MODE button for 3 seconds to set the alarm, and the minutes’ digits will flash.
2. Press or hold the ST/SP/+ button to increment the minutes’ digits or -button to decrement in one minute.
3. Press the MODE button to confirm the value, and the hours’ digits will flash.

STOPWATCH MODE
1. Press the MODE button to scroll through the menu until you locate the stopwatch mode, “STW”.
2. Press or hold either the ST/SP/+ button to increment the hours’ digits or -button to decrement the value.
3. Press the MODE button to set the time.
4. Press or hold the ST/SP/+ button to increment or decrement the value.
5. To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.

NOTE:
- Any changes made in the alarm mode will automatically enable the alarm.
- If the watch is inactive for longer than 1 minute in any mode, the main screen will automatically return to time mode.

PYLE Audio
Note:
- If the stopwatch is not running and the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.
- The maximum time of stopwatch is 99m59s59s. If this is reached, there will be 3 beeps, and the stopwatch will stop automatically.
- While the stopwatch is running, press RE/ - button to view the current time, and it will automatically return to stopwatch mode after 3 seconds.

STEP COUNTING MODE
1. Press the MODE button to scroll through the menu until you locate the pedometer mode displaying "STEP".
2. Press the ST/SP+ button or scroll 3 times to view the Step – Distance – Calories Burnt – Exercise Time in its systematic order (Auto flow in one cycle).

SLEEPING MODE
Press the MODE button to scroll through the menu until you locate the sleep mode displaying "SLEEP".

CAUTION:
- If no steps or waking movements can be detected for 60 seconds, it will return to Time mode automatically.

User Setting Mode
1. Press the MODE button to scroll through the menu until you locate the user setting mode displaying "USER".
2. Hold the MODE button for 3 seconds to personalize settings, and display will show "GENDER".
3. Press the ST/SP+ button or RE/ - button to toggle between male or female.
4. Press MODE button to set the Unit.
5. Press ST/SP+ button or RE/ - button to toggle between metric or imperial units.
6. Press the MODE button to set the Weight.
7. Press the ST/SP+ button or RE/ - button to toggle between metric or imperial units.
8. Press the MODE button to set the Age.
9. Press or hold either the ST/SP+ button to increment the height's digit or RE/ - button to decrement the value.
10. Press the MODE button to set the Stride Length.
11. Press or hold either the ST/SP+ button to increment the stride length's digit or RE/ - button to decrement the value.
12. Press the MODE button to set the Key Tone (BEEP).
13. Press ST/SP+ & RE/ - button to toggle between ON & OFF.
14. Press the MODE button and loop back to Gender setting.
15. Hold the MODE button for 3 seconds to confirm setting and return to Time mode.

Note:
- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

1. To start the sleep quality monitor, press the ST/SP+ button.
2. Press ST/SP+ button again to pause the sleep quality monitor.
3. Press RE/ - button to browse through the sleep statistics or wait 3 seconds in between each sleeping statistic (Actual Sleeping Time – Percentage of Sufficient sleep time – the grade of sleeping quality).
4. Hold the RE/ - button for 3 seconds to save or delete the record, and the display will show "SAVE?", followed by "YES" or "NO".
5. Press ST/SP+ button to toggle between "YES" or "NO".
6. Hold the RE/ - button for 3 seconds to confirm, and it will display either "SAVED" for saved data or "DEL" for deleted data, and return to the screen displaying 0:00.

Note:
- The sleeping quality monitor is on, all modes cannot be accessed with the exception time mode & alarm mode, until the sleeping record has been completed (saved/deleted).
- When sleeping, the watch will automatically return to sleep monitor after 3 seconds.
- Whilst using sleeping mode, if the user does not activate the function within 60 seconds, the watch will automatically return to the default time mode.
- When the ST/SP+ button is pressed to stop the sleeping monitor, if no activity can be detected for 60 seconds, the watch will automatically return to the default time mode in 30 minutes.

Activity Mode
1. Hold the ACT/ELE button for 2 seconds and the Jogging icon will appear. Press the ACT/ELE button again, to select the activity.
2. Press the ST/SP+ button to select the activity (A bell icon "A" will appear when activity is selected).
3. Press the RE/ - button to increment the number of months.
4. Press ST/SP+ button to confirm the selected activity.
5. Press the MODE button for 2 seconds to select the date & the month will flash.
6. Press ST/SP+ button to increment the value or hold it until you have reached your desired month.
7. Press RE/ - button to decrement the value or hold it until you have reached your desired month.
8. Press the MODE button to select the day & the day will flash.
9. Press ST/SP+ button to increment the value or hold it until you have reached your desired day.
10. Press RE/ - button to decrement the value or hold it until you have reached your desired day.
11. Press the MODE button and loop back to months setting.
12. Hold the MODE button for 2 seconds or alternatively 60 seconds of inactivity will automatically enable the watch to return to time mode. All data are saved.

Memory Mode
1. Press the MODE button to scroll through the menu until you locate the memory mode displaying "MEMORY".
2. Press ST/SP+ button to select the viewing records (displaying "PEDO RE" or sleeping records (displaying "SLP RE")
3. Hold the MODE button for 3 seconds to confirm the selection.

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2. Hold the MODE button for 3 seconds to personalize settings, and display will show "GENDER".
3. Press the ST/SP+ button or RE/ - button to toggle between male or female.
4. Press MODE button to set the Unit.
5. Press ST/SP+ button or RE/ - button to toggle between metric or imperial units.
6. Press the MODE button to set the Weight.
7. Press or hold either the ST/SP+ button to increment the height's digit or RE/ - button to decrement the value.
8. Press the MODE button to set the Age.
9. Press or hold either the ST/SP+ button to increment the height's digit or RE/ - button to decrement the value.
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12. Press the MODE button to set the Key Tone (BEEP).
13. Press ST/SP+ & RE/ - button to toggle between ON & OFF.
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