

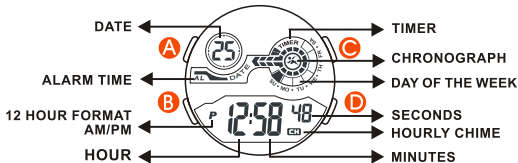


HEAD

HE-110 Challenge Instruction Manual
Analogue Digital watch

REGULAR DISPLAY AND BUTTON OPERATION

E-01



BUTTON OPERATION

A SET

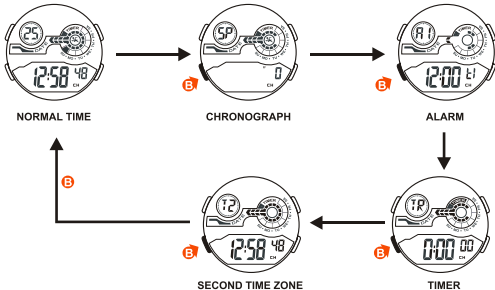
B MODE

C ADJUST, START/STOP

D LIGHT

HOW TO CHANGE THE DISPLAY MODE

E-02



HOW TO DISPLAY CALENDAR

E-03



NORMAL TIME

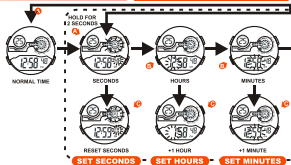


CALENDAR



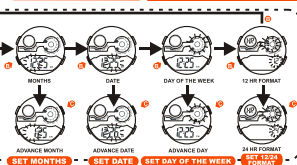
HOW TO SET NORMAL TIME

E-04



HOW TO SET NORMAL TIME

E-05

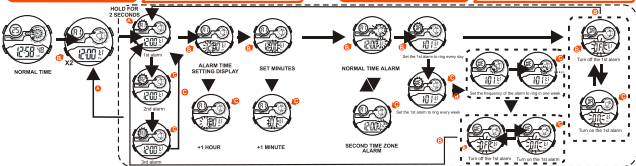


HOW TO SET ALARM TIME

E-06

HOW TO SET ALARM TIME

E-07

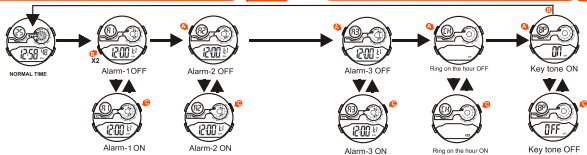


How to set the alarm, ringing on the hour and key tone

F-08

How to set the alarm, ringing on the hour and key tone

F-09



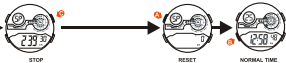
HOW TO USE THE CHRONOGRAPH

F-10



HOW TO USE THE CHRONOGRAPH

F-11



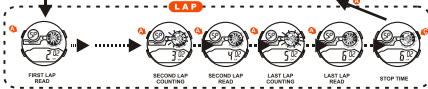
BEFORE 30 MINUTES



AFTER 30 MINUTES



LAP



HOW TO USE TIMER

E-12

SET TIMER



When the timer reaches zero, the alarm will sound three beeps (B-B-B) per second for 10 seconds. You can silence the alarm by pressing any button.

During the last 10 seconds of the countdown, the alarm will beep (B) once per second.

■ By pressing C button to start and stop



B

B

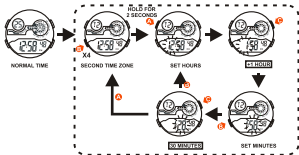
B

START

TIMER

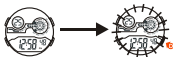
HOW TO SET SECOND TIME ZONE

E-14



HOW TO USE EL LIGHT

E-15



NOTE:

1. This watch features an electro-luminescent (EL) backlight, which tends to lose illuminating power after very long use.
2. The illumination provided by backlight may hard to see under direct sunlight.

1. This watch contains precise electronic components. Never attempt to open the case or remove the back cover.
2. Do not operate buttons while underwater, or while swimming or diving.
3. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.
4. Avoid severe impact: The watch is designed to withstand impact under normal use. Do not subject it to severe impacts or rough usage, and do not drop it onto hard surfaces.
5. Avoid exposing the watch to temperature extremes.
6. Clean the watch with a soft cloth and clean water only. Avoid using chemicals, especially soap.
7. Keep your watch away from strong electric fields and static electricity.

1. Standard display mode: Hour, Minutes, Seconds, Month, Day of the week.
2. Function:
 - * Month, Date AM/PM and Electro-Luminescent light.
 - * Alarm function with buzzer signal output.
 - * Chronograph function with lap operation.
 - * Hourly chime.
 - * 12/24 hour format switch option.
 - * Timer.
 - * Second time zone.
3. Accuracy at normal temperature (25°C): ± 30 seconds a month.
4. Normal operating temperature range: 10°C ~ 40°C.

