HEAD

**HE-105 Freeride Ana-Digi
Instruction Manual**

S4 Key (LED)

S1 Key (START)

S3 Key (MODE)

S2 Key (RESET)

S5 Key (LED)

Quartz Analogue Part

Hour hand

Minute hand

Second hand

Normal crown position
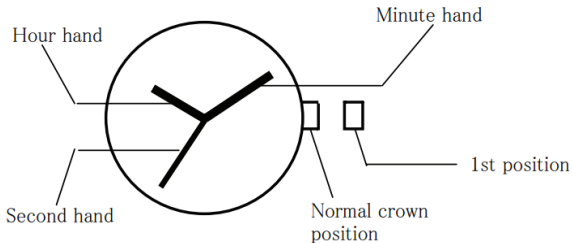
1st position

SETTING THE TIME
1)Pull the crown out to the 1st position
2)Turn the crown to set hour and minute hands
3)When the crown is pushed back to the normal position, second

Digital Part

Show hour, minutes, seconds and day of the week; In the normal time mode: Press S1 to show month and date; Press S2 to show Press S3 to enter chronograph mode; Press S4/S5 to activate

TO SET TIME AND DATE

In normal time mode, press S3 three times, and then get into the time setting mode, the Second will begin to flash;Press S1 to reset the Second; Press S2 once, the Minute will flash, press S1 to advance the Minute; Press S1 once again .The hour "AM" or "PM" will appear in the display (An "H" appears to indicate 24hour/Military Press S2 once again. The day will flash, press S1 to advance day; Press S2 once again. The month will flash, press S1 to advance month; Press S2 once again. The week will flash, press S1 to

TO SET ALARM CLOCK
In normal time mode:Press S3 twice. Hour will flash. Press S1 to
Press S2 once. The alarm minute will flash, press S1 to advance
Press S3 to return to the normal time mode;
Alarm is activated by pressing S1and S2 Simultaneously. The
indicator will appear. Chime is activated by pressing S2 and S3
simultaneously. By doing this all the indicators above the days will
appear. To deactivate the chime, press S2 and S3simultaneously. The
TO SET THE HOUR ALARM
Press S2 and keep on, then press S3.The week will be displayed, the
function is running. Press S3 again, the display screen will disappear;

TO USE AS STOPWATCH:
In the normal time mode:
Press S3 once to get into the Chronograph, press S1 to start and
press S2 to reset to zero. After the chronograph has been stopped.
Press S3 to return to time. In the normal time mode:
Press S3 once to get into the chronograph mode. Press S1 to start
Press S2 to measure lap Chronograph is still running internally.
Press S2 to return to the chronograph .Press S1 to stop timing the
Press S2 to reset to zero. Press S3 to return to the normal time

ANOTHER FUNCTION:
Press S4/S5 to activate backlight for night Viewing.
Press S1 white alarm is sounding and it will stop. When the screen
becomes dim, it means it is time to replace the battery.