# SPRUNG *(Pedometer Watch: STEPS, DISTANCE, CALORIES, PACE)*
(For Running/Workout Activity use PACE Mode)
(For Daily Tracking use Steps, Distance, Calories)

A- Start/ Stop

B- Confirm/ Light

C- Mode/ Set/ Reset

SETUP
1. Note: Monitoring is in Sleep Mode when "Please Set Gender" displays
2. In Time mode (TOD), press and hold C for 2 seconds to enter setup
3. Press A to increase value/toggle
4. Press C to decrease value/toggle
5. Press B to advance confirm/advance to next field
NOTE: Fields that will be set are: TIME (time/day/date/month/year)
SEX, AGE, HEIGHT (FT/CM), WEIGHT (KG/LBS). Monitoring will activate
once all data points are entered. Data is needed for accurate tracking.
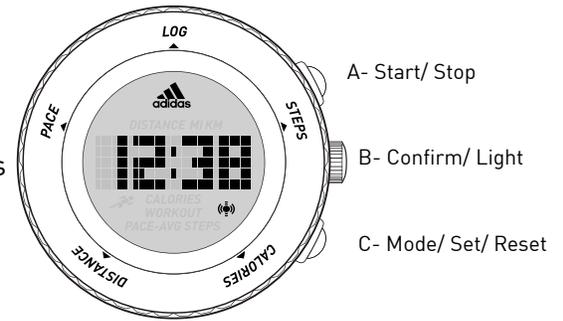
ex. typical setting screen

Initial screen

after 2 seconds

TIME MODE (TOD)
1. Press A toggles to calendar date
2. Press and hold A to enable/disable hourly chime
3. Press B for EL/ Light
4. Press C to change modes (ALM, TMR, TOD)
5. Press and hold B to toggle between TOD/PED modes
6. Rotate bezel counter-clockwise to enter your desired PED mode
NOTE: PED = Pedometer (STEPS, DISTANCE, CALORIES, PACE)

ALARM MODE (ALM)
1. Press C to enter Alarm mode.
2. Press B for EL.
3. Press A to enable/disable alarm.

Hour

Minutes

ON/ - -

AM
Alarm ON indicator

ALARM SETTING
1. Press and hold C for 2 seconds to enter alarm setting
2. Press A to increase setting value. Press C to decrease setting value.
3. Press B to enter next setting field.
4. Repeat steps 2 and 3 until desired time is selected.
5. Press B to exit setting mode.
NOTE: Alarm turns on automatically when exiting setting mode

TIMER MODE (TMR)
1. Press C to enter timer mode.
2. Press A to start/stop timer
3. Press B for EL
4. Press and hold C to reset timer

Timer hours

Timer minutes

Timer seconds

Timer App
Indicator

TIMER SETTING
1. Press and hold C for 2 seconds to enter timer setting
2. Press A to increase setting value. Press C to decrease setting value.
3. Press B to enter next setting field.
4. Repeat steps 2 and 3 until desired time is selected.
5. Press B to exit setting mode.

For Daily Tracking use PED modes (Steps, Distance, Calories)

STEP MODE (STPS)
1. Rotate Bezel to STEPS at 12 o'clock to view steps
2. Press and hold C for 5 sec to clear/reset STEPS
3. Press and hold B to toggle TOD/PED modes
NOTE: Maximum Step is 100000 steps. STEPS will
Auto clear everyday at midnight and move to LOG.

CALORIES MODE (CAL)
1. Rotate Bezel to CALORIES at 12 o'clock to view calories
2. Press and hold C for 5 sec to clear/rest CALORIES
3. Press and hold B to toggle TOD/PED modes
NOTE: Maximum Calories is 28000 kCal

DISTANCE MODE (DIST)
1. Rotate Bezel to DISTANCE at 12 o'clock to view distance
2. Press C to toggle between MILES/KM
3. Press and hold C for 5 sec to clear/reset DISTANCE
4. Press and hold B to toggle TOD/PED modes
NOTE: Maximum Distance is 124.2 miles / 199.9 km

For Running/Workout use PACE mode
(Only tracks your workout Distance/Time/Pace) Your workout data will add to your daily activity (STEPS, DISTANCE, CALORIES)

PACE MODE (PACE)
1. Rotate Bezel to PACE at 12 o'clock to view pace
2. Press C to toggle between MILES/KM
3. Press and hold C for 5 sec to clear/reset
4. Press and hold B to toggle TOD/PED modes
NOTE: PACE mode is only active when chronograph
is in use. Otherwise PACE will show 00:00. PACE mode
recommended for Workouts.

PACE MODE OPERATION (PACE)
1. Press A to start/stop chronograph
2. Press C to view split time
3. Press B to toggle ELAPSED TIME/ AVG PACE/ DISTANCE
4. Press and hold B to toggle TOD/PED modes
5. Press and hold C when timer is stopped for 5 sec to clear/reset
NOTE: Maximum PACE conditions Time: 23 hours, 59 minutes,
59 seconds and 99 milliseconds, Pace: 96(min/mile) or
60 (min/km), Distance: 124.2 miles / 199.9 km
NOTE: The icons in will Blink with you are in each sub mode.

Distance/Elapsed Time   PACE (min/mile or km)   Total Distance

LOG MODE (LOG)
1. Rotate Bezel to LOG at 12 o'clock to view 7 day memory log
2. Press A to advance through the LOG data
This will show AM/PM graphs and 1-7 days
3. Press C to toggle STEPS/ CALORIES/ DISTANCE and repeat step 2.
4. Press and hold C for 5 sec to clear/reset LOG data
NOTE: Maximum LOG data will remain for 7 days. After the 7th day the oldest day will auto delete.

NOTE: LOG data will have 3 screens for each day's data type:
Day/Date with total
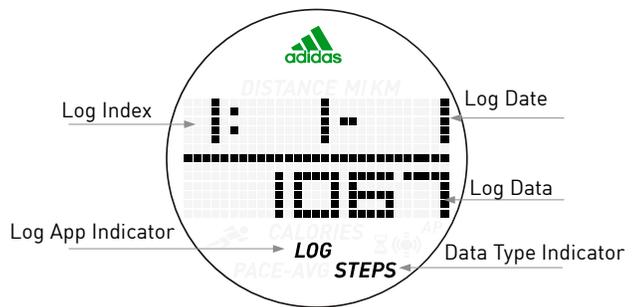*AM graph with Data per hour and total*
PM graph with Data per hour and total

NOTE: LOG data can show 3 data types for each day:
STEPS per hour and total
CALORIES per hour and total
DISTANCE per hour and total

Log Index   Log Date
Log App Indicator   Log Data   Data Type Indicator

ICONS:

Below are the application/system icon assignments:

ICON	NAME	ICON	NAME	ICON	NAME
●	Key Tone & Hourly Chime On	((⁼꞉))	Alarm enabled	⧖	Timer indicator
🏃	Chronograph indicator	*MI*	Units in Imperial indicator	*KM*	Units in Metric indicator
STEPS	Steps view indicator	*CALORIES*	Calories view indicator	*DISTANCE*	Distance view indicator
PACE	Pace view indicator	*-AVG*	Average Pace view indicator	*LOG*	Daily log view
A	AM indicator	*P*	PM indicator		

FACTORY RESET:

The watch can be reset by either a hard reset or a soft reset. To perform a hard reset the contact plates of the MCU's reset pin is depressed. On the other hand, a software reset is done by holding A) START, B) CONFIRM, and the C) MODE buttons for 5 seconds, during which a beep shall be sounded off every second during the countdown until the 5 second times out.

Upon watch reset, the watch shall execute the following sequence:

1. Turn all LCD Segments on.
2. Generate a 1 second beep to confirm the Piezo test.
3. Turn on lamp and all LCD Segments on.
4. Wait for 2 seconds.
5. Do not continue if all buttons are not released.
6. Turn off all LCD Segments.
7. Display the software code for 2 seconds.
8. Display the software major version for 2 seconds.
9. Display the software minor version for 2 seconds
10. Turn off lamp.
11. Do not continue if all buttons are not released.
12. Slowly rotate bezel counter-clockwise until message is cleared.
13. Proceed to the Time of Day application.

NOTE: you will need to re-enter your setup information: Reference (SETUP) in the instructions above.

ANIDIGI

ANALOG TIME SETTING 3 HAND
1. Unscrew crown counter-clockwise, then pull crown out to position 2.
2. Turn either clockwise or counter-clockwise to advance the time.
3. Set to the correct time.
4. Push crown back to position 1, and screw down crown clockwise to lock in place.

DIGITAL TIME SETTING
1. In time mode, press and hold B for 2 seconds to enter time setting.
2. Press A to increase setting value.
3. Press B to enter next setting field.
4. Press B to exit setting mode.
5. Press B for EL.
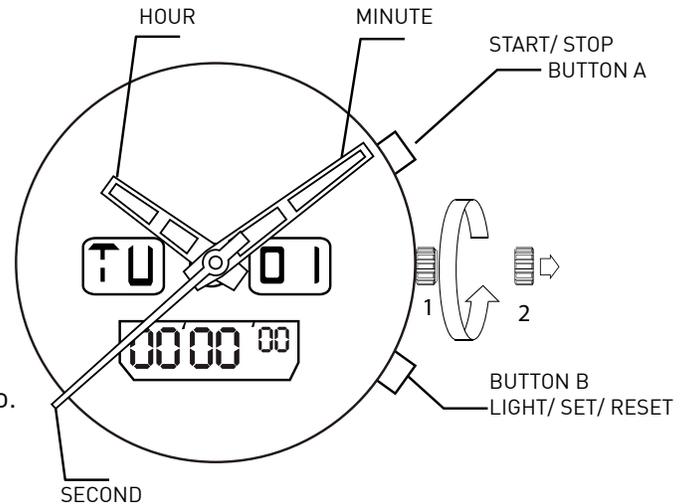
CHRONOGRAPH MODE
1. Press A to start/ stop the chronograph
2. Press B when the chronograph is stopped to reset to zero.
3. Press B while the chronograph is running for split-time.
4. Press B to release the split-time.
5. Press A to exit split-time, then press B to reset.
   NOTE: Maximum chronograph time is 23 hours, 59 minutes, and 59 seconds. When chronograph reaches maximum time, it will stop running. Press and hold B to reset value to run chronograph. 1/00s resolution for first 59 minutes and 59.99 seconds.

DURAMO / FURANO / URAHA / QUESTRA / ADIZERO BASIC/
SPRUNG BASIC *QFL312BA /QFL259BB / QFL235FA / QFL311BA / QFL25*

TIME MODE
1. Press B to change modes.
2. Press A for EL.
3. Press C to select 12/24 hour format.
4. Press D to enable/disable hourly chime.

TIME SETTING
1. In time mode, press and hold A for 2 seconds to enter time setting.
2. Press C to increase setting value. Press D to decrease setting value.
3. Press B to enter next setting field.
4. Press pusher A to exit setting mode.

ALARM MODE
1. Press B to enter alarm mode.
2. Press A for EL.
3. Press C to select alarm 1 or alarm 2.
4. Press D to enable/disable alarm.

ALARM SETTING
1. Press and hold A for 2 seconds to enter alarm setting.
2. Press C to increase setting value. Press D to decrease setting value.
3. Press B to enter next setting field.
4. Repeat steps 2 and 3 until desired time is selected.
5. Press A to exit setting mode.
   *NOTE: Alarm turns on automatically when exiting setting mode*

CHRONO MODE

1. Press B to enter chrono mode.
2. Press C to start chrono.
3. Press D to stop chrono.
4. Press and hold D for 2 seconds to reset chrono.
   NOTE: Maximum chrono time is 23 hours, 59 minutes, and 59 seconds. When chrono reaches maximum time, it will stop running. Press and hold D to reset value to run chrono. 1/00s resolution for first 59 minutes and 59.99 seconds.

RESPONSE / FITNESS CONTROL / NALOA / LAHAR

NORMAL TIME DISPLAY

1. Press A for EL.
2. Press B to change modes. Mode sequence is time, my log, alarm, timer.
3. Press D to flash to TIME 2; press and hold D to toggle TIME 1 and TIME 2.
4. Press E to toggle chime on/off. Press and hold E for chronograph mode on 50 Lap Digital Models. On 10-30 Lap Digital Models, press and hold E for timer mode.
5. Press and hold A, B, D and E for 5 seconds to master reset the watch. All data will be erased, and all settings will be set to default.
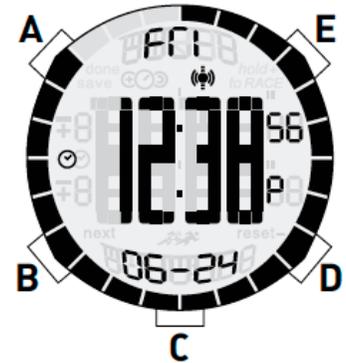
TIME/CALENDAR SETTING

1. In normal time display, press and hold A to enter setting mode; hour will begin flashing.
2. Press E to increase setting value. Press D to decrease setting value.
3. Press B to set and advance to next setting value.
4. Setting sequence is hour, minute, second, year, month, date, 12/24-hour time, date format.
5. Press A to save data and exit setting mode.
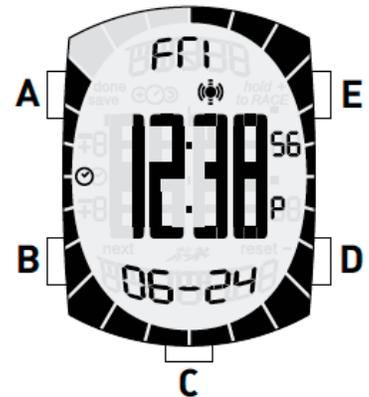
ALARM MODE

1. Press B to change to alarm mode.
2. Press D to toggle between alarms 1 and 2.
3. Press E to toggle alarm on/off.

ALARM SETTING

1. In alarm mode, press and hold A to enter setting mode; hour will begin flashing.
2. Press D to decrease; press E to increase.
3. Press B to set and advance to next setting value.
4. Setting sequence is hour, minute, T1/T2.
5. Press A to save data and exit setting mode.
   NOTE: Alarm status will be ON automatically after exit the ALARM SETTING mode.
   No button operation for 30 seconds will auto-exit with changes saved, but alarm status OFF.

TIMER MODE

1. Press B to change to timer mode on 50 Lap Digital Models. On 10-30 Lap Digital Models, press and hold E to change to timer mode.
2. Press C to start timer.
3. Press D to stop timer. Press and hold D to reset the timer when it is stopped.
4. Press E for next timer.
   NOTE: For 50 Lap Digital Models, there are 3 timers. For 10-30 Lap Digital Models, there are 5 timers.

TIMER SETTING
1. In timer mode, press and hold A to enter setting mode; timer type will begin flashing.
2. Press D and E to select count up timer, count down stop, or count down repeat, or interval timer
   (see interval timer setting for separate instructions).
3. Press B to advance to next setting field.
4. Press D to decrease and E to increase.
5. Press B to set and advance to next setting value.
6. Setting sequence is timer type, hour, minute, second.
7. Press A to save data and exit setting mode.

INTERVAL TIMER SETTING
1. In timer mode, press and hold A to enter setting mode; timer type will begin flashing.
2. Press D or E to select interval timer.
3. Press B to advance to next setting field.
4. Press D to decrease and E to increase.
5. Press B to set and advance to next setting value.
6. Setting sequence is timer type (interval), hour, minute, second.
7. Press A to save data and advance to the next segment.
8. Repeat steps 5 and 6 until desired number of segments have been set (5 maximum for 50 Lap
   Digital Models, 6 maximum for 10-30 Lap Digital Models).
   NOTE: When running, segments loop maximum 99 times.

CHRONOGRAPH MODE
1. From any mode, press and hold E for 2 seconds to change to chronograph mode
   on 50 Lap Digital Models. On 10-30 Lap Digital Models, press B to change to chronograph mode.
2. Press C to start chronograph; press C for lap when the chronograph is running.
3. Press E to change views while chronograph is running. Select between current lap, total, or both.
4. Press D to stop chronograph when it is running; press and hold D to reset to zero when the
   chronograph is stopped or press and hold A to save data to MY LOG.
   *NOTE: On 50 Lap Digital Models, the maximum number of laps is 50. On 10-30 Lap Digital Models,
   the maximum number of laps is 10 or 30.*

MY LOG MODE
1. Press B to change to my log mode.
2. Press E to view data within the selected SET.
3. Press D to advance through saved sets. Press and hold D to clear selected set.
   Continue holding to clear all sets.
4. Press and hold E to race against any SET. This will put you in SHADOW RACE mode.

## SHADOW RACING (only on 50 Lap Digital Models)
   This function allows you to easily race against yourself from a previously stored session of data that
   can be found under "MY LOG." Take a lap reading at the marker and the watch will tell you how
   you compare to your previous race.
1. Press B to change to MY LOG mode.
2. Press D and E to select set of data to race against.
3. Press and hold E to enter shadow racing chronograph.
   NOTE: See chronograph mode instructions for chronograph operation.
4. Press and hold A to save run data when the chronograph is stopped.
5. Press B to return to normal time display.

STOPWATCH

NORMAL TIME DISPLAY
1. Press A to show alarm time.
2. Press A+C to toggle alarm on/off.
3. Press C to show month and date.
4. Press D for EL.
5. Press and hold A, then press B to toggle chime on/off.
   All day marks will be displayed when the chime is on.
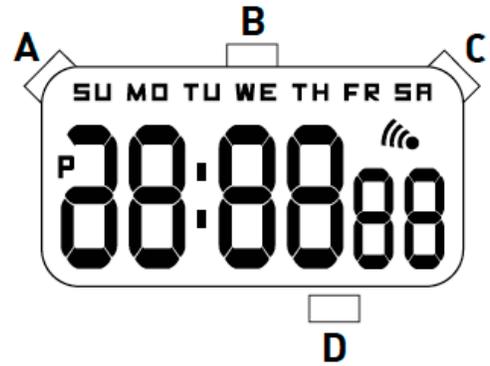
TIME AND CALENDAR SETTING
   NOTE: In setting mode, (TU) will flash.
1. In normal time display, press B three times; seconds will begin flashing.
2. Press C to reset seconds to zero.
3. Press A to advance to next setting value.
4. Press C to increase digits; press and hold C for fast advance.
5. Setting sequence is: seconds, minutes, hour, date, month, weekday.
6. Press B to exit setting mode.

ALARM SETTING
1. In normal time display, press B twice; hour will begin flashing.
2. Press C to increase digits; press and hold C for fast advance.
3. Press A to advance to minutes.
4. Press C to increase digits; press and hold C for fast advance.
5. Press B to exit setting mode and return to normal time display.
   NOTE: Alarm will sound for 60 seconds. Press A to silence alarm, or D for 5 minute snooze.

CHRONOGRAPH MODE
1. Press B one time to change to chronograph mode.
   NOTE: When in chronograph mode, (SU), (FR), (SA) will flash.
2. Press C to start/stop the chronograph.
   NOTE: (SU) and (SA) will flash while the chronograph is running.
3. Press A when the chronograph is stopped to reset to zero.
4. Press B to return to normal time display.

LAP COUNTING
1. Press A while the chronograph is running for lap counting.
   NOTE: When counting laps, (SU), (TH), (SA) will flash.
2. Press A again to return to chronograph.
3. Press C to stop chronograph.
4. Press A to reset to zero.
5. Press B to return to normal time display.

ADIZERO *QFL651AB*

NORMAL TIME DISPLAY
1. Press A to change mode. Mode sequence is:
    normal time, alarm, timer, chronograph, and my log.
2. Press B for EL.
3. Press C to toggle chime on/off.
4. Press D to flash time zone 2; press and
    hold D to toggle normal time display/time zone 2.
5. Press E for EL; press and hold E to toggle auto EL on/off. When auto EL is on, press any key for EL.
6. Press and hold A,B,C and D to reset the watch. All data will be erased, and all settings returned to default.
    NOTE: At any point in any setting mode, press B to exit setting mode.
    NOTE: In any setting mode, if no pusher is operated for 30 seconds, all changes will be saved and the
    setting will automatically return to normal time display.

TIME AND CALENDAR SETTING
1. In normal time display, press and hold B, hour will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: hour, minute, second, year, month, date, 12/24-hour format, month/date
    or date/month format, and sound on/off.
5. Press B to exit setting mode.

ALARM MODE
1. Press A to change to alarm mode.
2. Press C to toggle alarm on/off.
3. Press D to toggle alarm 1/alarm 2.

ALARM SETTING
1. In alarm mode, press and hold B; hour will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: hour, minute, normal time/time zone 2.
5. Press B to exit setting mode.
    NOTE: Alarm will automatically be set to "on" after pressing B to exit alarm setting mode. However,
    if no pusher is operated for 30 seconds and the display auto-exits, alarm status will be "off."

TIMER MODE
1. Press A to change to timer mode.
2. Press E to start timer.
3. Press D to stop timer.
4. Press and hold D to reset the timer to preset value.
    NOTE: Alarm will sound for 20 seconds when countdown reaches zero. Press any pusher to silence alarm.

TIMER SETTING
In timer mode, press C to select timer type: regular timer, training timer, or interval timer.

REGULAR TIMER
1. In regular timer mode, press and hold B to enter setting mode; timer sub-type will begin flashing.
2. Press C to select countdown-stop, countdown-repeat, or count up timer.
3. Press A to advance to next setting value.
4. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
5. Setting sequence is: timer type, hour, minute, seconds.
6. Press B to exit setting mode.

TRAINING TIMER

1. In training timer mode, press and hold B to enter setting mode; TR1 minute will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: TR1 minute, TR1 second, TR2 minute, TR2 second, and number of cycles (up to 50).
5. Press B to exit setting mode.

INTERVAL TIMER

1. In interval timer mode, press and hold B to enter setting mode; interval segment will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Repeat steps 2 and 3 until desired number of segments have been set (up to 60).
5. Setting sequence is: segment, minute, second.
6. Press B to exit setting mode.

CHRONOGRAPH MODE

1. Press A to change to chronograph mode.
2. Press E to start chronograph; press D to stop chronograph.
3. When the chronograph is stopped, press and hold B to save data to MY LOG, or press and hold D to reset chronograph to zero.

LAP COUNTING

1. Press E while the chronograph is running for lap counting (up to 100 laps).
2. Press C while the chronograph is running to toggle current lap view/total time view.
3. Press D to stop chronograph.
4. When the chronograph is stopped, press and hold B to save data to MY LOG, or press and hold D to reset chronograph to zero.

MY LOG

1. Press A to change to my log mode.
2. Press C to view data in the selected set.
3. Press D to scroll through saved sets.
4. Press and hold D to clear selected set. Continue holding to clear all sets.
   NOTE: Memory can save up to 9 sets and 100 laps.

REFEREE / ADIPOWER TR *QFL683AB / QFL683DB*
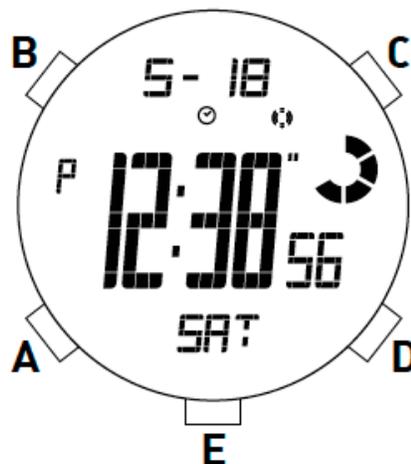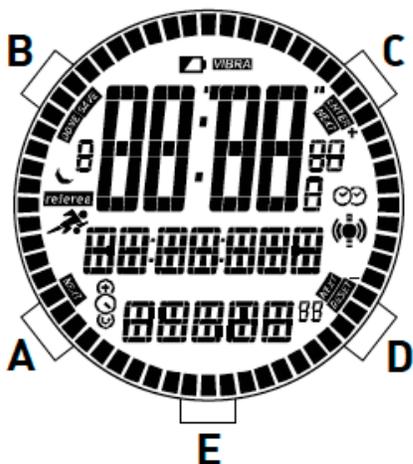
NORMAL TIME DISPLAY

1. Press A to change mode. Mode sequence is: normal time, referee, alarm, timer, chronograph, and my log.
2. Press B for EL.
3. Press C to toggle chime on/off.
4. Press D to flash time zone 2; press and hold D to toggle normal time display/time zone 2.
5. Press E for EL; press and hold E to toggle auto EL on/off. When auto EL is on, press any key for EL.
6. Press and hold A,B,C and D to reset the watch. All data will be erased, and all settings returned to default.
    NOTE: At any point in any setting mode, press B to exit setting mode.
    NOTE: In any setting mode, if no pusher is operated for 30 seconds, all changes will be saved and the
    setting will automatically return to normal time display.

TIME AND CALENDAR SETTING

1. In normal time display, press and hold B, hour will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: hour, minute, second, year, month, date, 12/24-hour format, month/date
    or date/month format, and vibrate/sound on/off.
    NOTE: Vibrate only applies to "Referee" digital.
5. Press B to exit setting mode.

REFEREE MODE

1. Press A to change to Referee mode.
2. Press D to select desired game time.
3. Game timers are: 0-45, 0-15, 0-40, 0-35, 0-30, 0-25, 0-20, 0-10, 0-5, SET1, SET2, SET3.
4. Press E to start game time.
5. Press E again to stop game time. Total game time will continue to run at the bottom.
6. Press E again to start game time.
7. Press C to flash stoppage time.
8. Press D to stop the game time and total game time.
9. When game time and total game time are stopped, press and hold D to reset.

REFEREE TIME SETTING

1. In referee mode, press D to advance to SET1, SET2 or SET3.
2. Press and hold B to enter setting mode; hour will begin flashing.
3. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
4. Press A to advance to next setting value.
5. Setting sequence is: hour, minute, second.
6. Press B to exit setting mode.

ALARM MODE

1. Press A to change to alarm mode.
2. Press C to toggle alarm on/off.
3. Press D to toggle alarm 1/alarm 2.

ALARM SETTING

1. In alarm mode, press and hold B; hour will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: hour, minute, normal time/time zone 2.
5. Press B to exit setting mode.
    NOTE: Alarm will automatically be set to "on" after pressing B to exit alarm setting mode. However,
    if no pusher is operated for 30 seconds and the display auto-exits, alarm status will be "off."

TIMER MODE

1. Press A to change to timer mode.
2. Press E to start timer.
3. Press D to stop timer.
4. Press and hold D to reset the timer to preset value.
   NOTE: Alarm will sound for 20 seconds when countdown reaches zero. Press any pusher to silence alarm.

TIMER SETTING

1. In timer mode, press C to select timer type: regular timer, training timer, or interval timer.

REGULAR TIMER

1. In regular timer mode, press and hold B to enter setting mode; timer sub-type will begin flashing.
2. Press C to select countdown-stop, countdown-repeat, or count up timer.
3. Press A to advance to next setting value.
4. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
5. Setting sequence is: timer type, hour, minute, seconds.
6. Press B to exit setting mode.

TRAINING TIMER

1. I n training timer mode, press and hold B to enter setting mode; TR1 minute will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Setting sequence is: TR1 minute, TR1 second, TR2 minute, TR2 second, and number of cycles (up to 50).
5. Press B to exit setting mode.

INTERVAL TIMER

1. In interval timer mode, press and hold B to enter setting mode; interval segment will begin flashing.
2. Press C to increase digit; press D to decrease digit. Press and hold C or D for fast increment/decrement.
3. Press A to advance to next setting value.
4. Repeat steps 2 and 3 until desired number of segments have been set (up to 60).
5. Setting sequence is: segment, minute, second.
6. Press B to exit setting mode.

CHRONOGRAPH MODE

1. Press A to change to chronograph mode.
2. Press E to start chronograph; press D to stop chronograph.
3. When the chronograph is stopped, press and hold B to save data to MY LOG, or press and hold D to reset chronograph to zero.

LAP COUNTING

1. Press E while the chronograph is running for lap counting (up to 100 laps).
2. Press C while the chronograph is running to toggle current lap view/total time view.
3. Press D to stop chronograph.
4. When the chronograph is stopped, press and hold B to save data to MY LOG, or press and hold D to reset chronograph to zero.

MY LOG

1. Press A to change to my log mode.
2. Press C to view data in the selected set.
3. Press D to scroll through saved sets.
4. Press and hold D to clear selected set. Continue holding to clear all sets.
   NOTE: Memory can save up to 9 sets and 100 laps.

USE PRECAUTIONS - RESISTANCE TO WATER

All adidas timepieces are designed to withstand use as indicated on the following chart.

WATER RESISTANCE		WATER-RELATED USE			
Caseback Marking	Depth	Washing Hands	Showering, Bathing	Swimming, Snorkeling	Scuba Diving
—	—	X	X	X	X
WR	—	✓	X	X	X
3 ATM	3 Bar, 30 Meters	✓	X	X	X
5 ATM	5 Bar, 50 Meters	✓	✓	X	X
10 ATM	10 Bar, 100 Meters	✓	✓	✓	X
20 ATM	20 Bar, 200 Meters	✓	✓	✓	✓
30 ATM	30 Bar, 300 Meters	✓	✓	✓	✓
50 ATM	50 Bar, 500 Meters	✓	✓	✓	✓
Always set the crown in closed position (the normal position). Tighten screw-lock crown completely.					

- To ensure water resistance, exposure to hot water is not recommended.
- Clean your watch with a soft cloth and water only. Do not submerge your watch under water unless it is water rated (see caseback).
- After salt water use, rinse watch under tap water and wipe dry with a soft cloth.
- Metal watch bands should be washed periodically to keep them looking beautiful. Clean with a soft brush dipped in mild, soapy water. Be sure to wipe dry thoroughly with a soft cloth.