3 MINUTES, THE WATCH WILL AUTOMATICALLY DEACTIVATED FOR POWER SAVING. PRESS S4 BUTTON TO CONFIRM.
1. After the measurement of split
2. Press S1 button to start counting.
3. Press S2 button once to register a
4. When displaying maximum
5. Press S3/S4 button to return to

NOTE: The average time (AVERAGE)

NOTE: The altitude value can be set

WATER RESISTANCE

Suitable for most water sports including deep water diving

Tide waters, but not suitable for diving

Zone. Press S1/S2 button to toggle

between -1600 ft. (-500m) to 29500 ft.

20 ATM / 200 METERS / 660 FEET /

30 METERS H2O

3 ATM / 50 METERS / 100 FEET /

100 METERS H2O

10 ATM / 100 METERS / 330 FEET /

100 ATM / 1000 METERS / 3300 FEET /

200 ATM / 2000 METERS / 6600 FEET /

2000 ATM / 20000 METERS / 66000 FEET /

Severe impacts or drops may

cause your watch to lose some of

its water resistance. Never pull out the crown or operate

the pushers/button(s) under water.

Avoid exposing your watch to

chemicals, soaps or solvents as

they may cause your watch to lose

its water resistance.

Avoid exposing your watch to

hot temperatures, such as in a hot shower, Jacuzzi,

or in a hot environment.

Keep it clean!

It is advisable to have your watch

serviced by a certified watch repair

technician at least once every 3 years.

FOLLOW THESE 8 TIPS TO GET THE

MOST OUT OF YOUR NEW WATCH!

1. Never pull out the crown or operate

the pushers/button(s) under water.

2. Make sure your crown is returned to

the original position before you

expose your watch to water.

3. If your watch is exposed to

sub-zero temperatures, it is very important to

warm it thoroughly under tap water

and dry it with a soft cloth.

4. Severe impacts or drops may

affect your watches water

resistance and performance.

5. Avoid exposing your Freestyle

watch to extreme temperatures

such as in a hot shower, jacuzzi,
sauna or hot tub. The combination of
extreme heat and water may

cause your watch to lose some of

its water resistance.

6. Avoid exposing your watch to

chemicals, soaps or solvents as

they may cause your watch to lose

its water resistance.

7. Never try to remove the caseback,

leave this to a certified watch repair

expert or Freestyle service center. This will help in

preserving water leakage from

improper battery replacement.

8. It is advisable to have your watch

pressure tested annually and to

refurbish your watch every 2-3 years.

To show and change the time,

press S4 button to select

this setting.

To show and change the temperature,

press S5/S6 button to toggle

between ºC and ºF.

To set this mode, press S3 button to select

the temperature mode (Temp-AL).

The timer icon will blink.

The timer icon will appear.

5. Press S1 button to resume from

where it left off.

3. To resume a counting, press S1

button once to register a

split time and lap time

will be displayed.

After 2 seconds or by pressing

S2 button, the time of sum of

all lap counting (TOTAL) will be

displayed.

Press S5/S2 button to select

the sum of time of all

lap counting (TOTAL), best lap (BEST),
average time (AVERAGE) or

individual lap record (LAP-XX).

Press S4 button to return to

CHRONOGRAPH mode or press S3

button to return to TIME mode.

NOTE: The lap records will be erased
when chronograph is reset.

NOTE: The total time of all lap
counting or the number of lap count
will be displayed.

Press S1 button to start counting.

Press S2 button to stop counting,
then press and hold S2 button
for around 3 seconds to reset
the counter to zero.

Press S1 button to start counting.

Press S2 button to stop counting,
then press and hold S2 button
for around 3 seconds to reset
the timer to initial setting.

3. After reaching zero in a countdown,
a beep sound will be emitted and
the timer icon will blink for 30
seconds. The timer will repeat
counting and the preset value
will be displayed.

In countdown repeat mode (REP-00),
for time value >1 minute:
1. Press S1 button to start counting.
2. To stop counting, press S2 button.
3. Press S1 button to resume from
where it left off.
4. After reaching zero in a countdown,
a beep sound will be emitted and
the timer icon will blink for 30
seconds. The timer will repeat
counting at the preset time value
simultaneously.
5. Press S2 button once to stop
counting. Press S2 button again to
relax the timer to the preset value.

For time value >1 minute:
1. Press S1 button to start counting.
2. To stop counting, press S2 button.
3. Press S1 button to resume from
where it left off.
4. After reaching zero in a countdown,
a beep sound will be emitted and
the timer icon will blink for 30
seconds. The timer will repeat
counting at the preset time value
simultaneously.
5. Press S2 button once to stop
counting. Press S2 button again to
relax the timer to the preset value.

When displaying maximum

time, press S4 button to select

this setting.

The timer icon will blink for 10
seconds. The timer icon will
appear.

To set this mode, press S3 button to select

ALARM mode.

1. In individual alarm (AL-1 to AL-5),
press and hold S4 button for around
3 seconds. The message “Time-AL
will appear.

3. Press S1 button to toggle between

the time icon

The timer icon

The timer icon

The timer icon

When an alarm goes off

When an alarm goes off

When an alarm goes off

When an alarm goes off

When an alarm goes off

When an alarm goes off
LIMITED LIFETIME WARRANTY

Freestyle USA warrants, to the original purchaser, that its watches are free from defects in materials and workmanship for the lifetime of the watch (under normal use) from date of original purchase. This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact your authorized Freestyle dealer for warranty information.

Accidental breakup or damage due to normal wear or misuse of the product, including but not limited to the mathematical accuracy of the product, is not covered under this warranty. Some states do not allow limitations on how long an implied warranty lasts, or the exclusions or limitations on consequential damages, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may have other rights, which vary from state to state.

Under this warranty FREESTYLE will make any necessary repairs, if applicable, at no cost to you the consumer. Any repair needed that is not under warranty will be at the cost of the consumer. Proof of purchase and/or original receipt is needed to validate your warranty.

Your warranty is voided by any servicing out by a non-authorized agent. Any other form of guarantee to you by the retailer is his/her responsibility. This warranty applies to watches purchased in the United States. For watches purchased outside the United States, please contact your authorized FREESTYLE dealer for warranty information.

Please send to the address below and include the following with the form included on either this page or the backside:

1) A copy of your original sales receipt
2) Your printed name, address, phone number and a brief description of the problem
3) A Check, Money Order payable to Freestyle USA in the amount of $8.50 for processing and handling. If using a Credit Card, be sure to include card number and expiration date on included form.

FREESTYLE
Attn: Individual Returns
47-50 33rd Street
Long Island City, NY 11101
1-888-222-5230 ext.502
www.freestyleusa.com

Should the warranty on your watch no longer be valid or found to be voided, please see the enclosed mailing form for replacement cost per item. Please do not include any special watchband or any other items of personal value in your shipment. Allow 30 days for processing and the return of your serviced watch.

Attn: Individual Returns
47-50 33rd Street
Long Island City, NY 11101
1-888-222-5230 ext.502
www.freestyleusa.com

Battery $ 4.00
Case 10.00
Bezel 6.00
Band (Polyurethane) 12.00
Band (Leather) 12.00
Band (Metal) 20.00
Band (Nylon) 7.00
Processing and handling 8.50

Total $ ________

Check or Money Order
Visa
Master Card

Card # 
Exp Date:
Name
Address
Phone#
Signature

Visit our site
www.freestyleusa.com

www.freestyleusa.com