


VibraLITE 12

"Quick Reference" User Guide

Note: To SET any function, the DIGIT(S) that you want to set MUST BE FLASHING. Digits will stop flashing if no buttons are pushed within 2 minutes.

CALENDAR MODE Instructions:

- 1) Press the "MODE" button to rotate to the Calendar Mode screen. 
- 2) Hold down the "SET/RST" button until "T-ZONE" is displayed at the top of the screen and "1", "2" or "3" at the bottom of the screen is flashing.
- 3) Use the "ST/STP" button to select the time zone you want to set.
- 4) Press the "MODE" button. Hour digit(s) will be flashing.
- 5) Use the "ST/STP" button to set the hour. **Note:** When using the 12 hour clock, note "PM" icon.
- 6) Press the "MODE" button. Minute digit(s) will be flashing.
- 7) Use the "ST/STP" button to set the minutes.
- 8) Using the "MODE" button and "ST/STP" button as above, continue setting seconds, day/date of the month, month, year, 12 or 24 Hour Clock and DATE viewing order.

- 9) Press the "SET/RST" button to save programmed information.

To Select the Time Zone to be Displayed in the Calendar Mode:

- 1) While in the calendar mode, hold down the "SET/RST" button until "T-Zone" is displayed at the top of the screen. "1", "2" or "3" at the bottom of the screen will be flashing.
- 2) Use the "ST/STP" button to select the time zone wanted displayed.
- 3) Press the "SET/RST" button to lock in the selected time zone.




Time Zone 1 Time Zone 2 Time Zone

Quick Viewing of Additional Time Zones:

While in the calendar mode press the "ST/STP" button to rotate to the two time zones not displayed. The screen will automatically return to the Time Zone that was set to remain displayed.

ALARM MODE Instructions:


Note: Programmed alarm times will go off daily based on the Time Zone set to remain displayed in the calendar mode.

- 1) Press the "MODE" button until "ALARM" is displayed at the top  Alarm One ON of the screen. After approximately

two seconds "ALM-01" will be displayed.

- 2) Hold down the "SET/RST" button until the number "01" flashes.
- 3) Use the "ST/STP" button to select the alarm you would like to set ("01"–"12").
- 4) Press the "MODE" button. The hour digit(s) will be flashing.
- 5) Use the "ST/STP" button to set the hour. **Note:** When using the 12 hour clock, note "PM" icon.
- 6) Press the "MODE" button. The minute digit(s) will be flashing.
- 7) Use the "ST/STP" button to set the minutes.
- 8) Press the "SET/RST" button to save programmed information, OR to advance to the next alarm, press the "MODE" button while the minutes are flashing and then press the "ST/STP" button. Repeat steps 4 through 8.


Turning Alarms On/Off:

- 1) Press the "MODE" button until "ALARM" is displayed at the top of the screen. After approximately two seconds "ALM-01" will be displayed.
- 2) Use the "SET/RST" button to select the alarm you would like to turn on/off. 
- 3) Use the "ST/STP" button to change the selected alarm.


Note: To deactivate or re-activate ALL Alarms, see *OPTION Mode Programming Instructions* and select OFF or ON for Vibration and Sound.

CHRONOGRAPH (STOP WATCH)

Instructions:

- 1) Press the "MODE" button until "CHRONO" is displayed at the top of the screen and "0'00'00" is displayed at the bottom. 

If a time other than "0'00'00" is displayed, press the "ST/STP" button to stop the timer if it is counting up. When timer is stopped, press the "SET/RST" button.

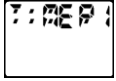
- 2) Press the "ST/STP" button to start or stop the counting up. 

Chronograph Split Timing:

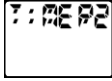
- 1) Reset the Time Display to zero ("0'00'00") as noted above.
- 2) Press the "ST/STP" to start counting up.
- 3) Pressing the "SET/RST" button will freeze the screen. The elapsed time can be recorded while the internal timer continues to count up, but is not displayed.
- 4) Pressing the "SET/RST" button a second time will display the total elapsed time. (counting up continues.)

TIMER Instructions:

- 1) Press the "MODE" button to select either "TIMER 1" OR "TIMER 2" to be displayed at the top of the screen.



Timer One



Timer Two

After approximately two seconds "TMR-1" for TIMER 1 OR "TMR-2" for TIMER 2 will be displayed.

- 2) Hold down the "SET/RST" button until the hour digit(s) flash.
- 3) Use the "ST/STP" button to set the hour.
- 4) Press the "MODE" button. Minute digit(s) will be flashing.
- 5) Use the "ST/STP" button to set the minutes.
- 6) Press the "MODE" button. Second(s) digit(s) will be flashing.
- 7) Use the "ST/STP" button to set the minutes.
- 8) Press the "MODE" button. "REPEAT" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.
- 9) Use the "ST/STP" button to select REPEAT "ON" or "OFF". When REPEAT is "ON", the countdown time will repeat automatically each time it reaches zero (0:00 00) and record and display up to 99 repetitions.



Repeat On



- 10) Press the "MODE" button.

"REMIND" will be displayed at the top of the screen and "ON" or "OFF" will be flashing at the bottom.



- 11) Use the "ST/STP" button to select REMIND "ON" or "OFF". When REMIND is "ON", a one second reminder alerts at ten minutes, at 5 minutes and again at 30 seconds before zero.
- 12) Press the "SET/RST" button to save programmed information.

Starting/Stopping the Countdown Timer:

- 1) While in the selected Countdown Mode Screen, press the "ST/STP" button to start the countdown.
- 2) Press the "ST/STP" button to stop the countdown. The time remaining will be displayed.
Note: When the alert is currently activated, press the "ST/STP" button twice to stop the countdown.
- 3) Press the "ST/STP" button to resume counting down.

Quick Reset of Original Countdown Time:

- 1) Hold down the "SET/RST" button until the previously programmed countdown time is displayed on the screen.
- 2) Press the "ST/STP" button to restart at previously set time.

OPTION MODE Instructions:

- 1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed with "ON" or "OFF" displayed at the bottom. *Vibration On*
- 2) Hold down the "SET/RST" button until "ON" or "OFF" begins to flash.
- 3) Use the "ST/STP" button to turn vibration "ON" or "OFF".
- 4) Press the "MODE" button. "SOUND" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
- 5) Use the "ST/STP" button to turn sound "ON" or "OFF".
- 6) Press the "MODE" button. "HOURLY" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.
- 7) Use the "ST/STP" button to turn hourly alert "ON" or "OFF". HOURLY Alerts set to "ON" will give a brief reminder every hour on the hour.
- 8) Press the "MODE" button. "BUTTON" will be displayed at the top of the screen. "ON" or "OFF" displayed at the bottom of the screen will be flashing.



- 9) Use the "ST/STP" button to turn BUTTON signal "ON" or "OFF". Button Alerts, when set "ON", will identify the current alert setting (vibration, sound or both) each time the "MODE" or "ST/STP" button is pressed.
- 10) Press the "SET/RST" button to save programmed information.

Quick Viewing of Current Option Mode Settings:

- 1) Press the "MODE" button until "OPTION" is displayed at the top of the screen. After approximately two seconds "VIBRA" will be displayed and OFF or ON will show.
- 2) Press the "ST/STP" button repeatedly to view other current option mode settings. ("SOUND", "HOURLY", "BUTTON")

EL LIGHT: (DISPLAY BACK LIGHT)

Press the "LIGHT" button to turn on the backlight. Light will stay on for approximately 3 seconds and then turn off automatically if another button is not pushed. Light will continue to stay on while any other button is pushed within 3 seconds.

Refer to Owner's Manual for more Detail of Instructions, Service and Warranty.

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