

Power Save: Display shuts off after selected time period to conserve battery life. Press any button to turn watch ON.

in **TIME mode** you can set time and calendar information within two time zones TIHE 38 +/_ to change value ROJUST TO Select Day or Month in lower display Select 12 or 24 Hour Clock ____ 3 sec ∑ | SAT-30 3<u>8</u> Continue to Next Setting SERP OHER



Switch Time Zones



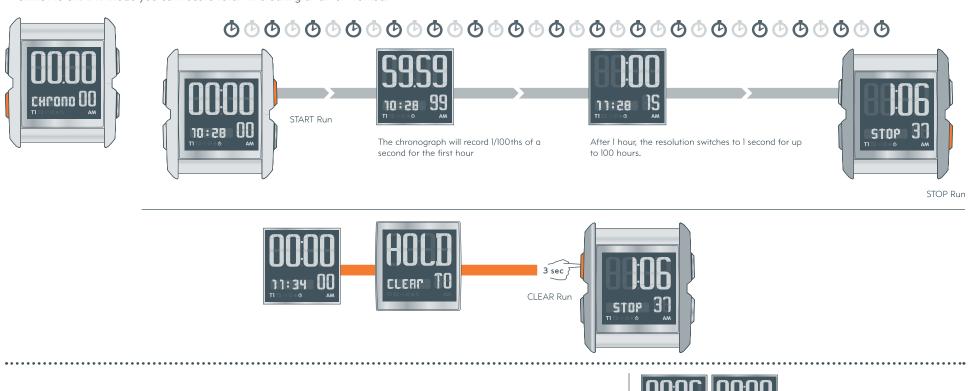


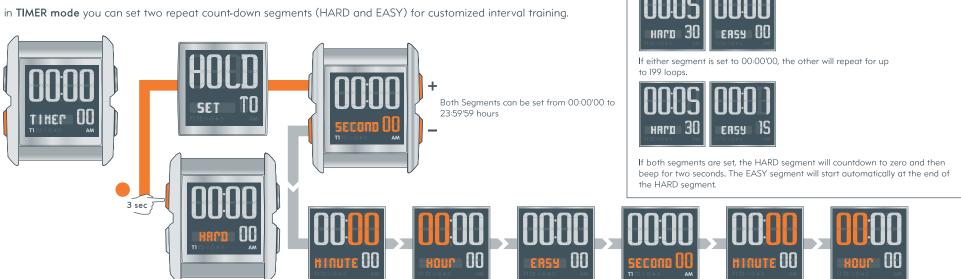
ON / OFF

Turn BackLight function ON/OFF. Note: this feature also deactivates the chime function, even if the icon is displayed.

NIKE TORQUE

In CHRONOGRAPH mode you can record total time during a run or workout.





NIKE TORQUE

