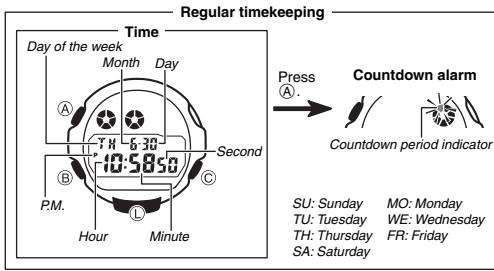
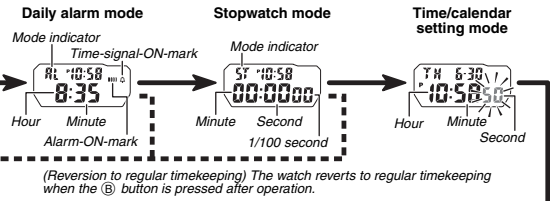


Operation Guide 3225/3226

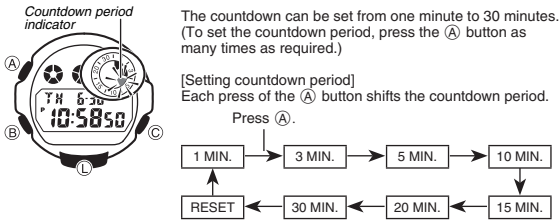
Reading the display



• In any mode, press the (L) button to illuminate the display.



Countdown alarm operation



Countdown starts when the (A) button is released. When the countdown reaches zero, the alarm will sound for 10 seconds. Pressing any button stops the alarm.

Setting daily alarm

If the daily alarm is set, the beeper sounds for 20 seconds at the preset time every day until cleared. To stop the beeper, press any button. If the time signal is set, the watch sounds every hour on the hour with a "Be-e-ep" signal. (Sound demonstration) Press and hold the (C) button in alarm mode to sound the beeper.

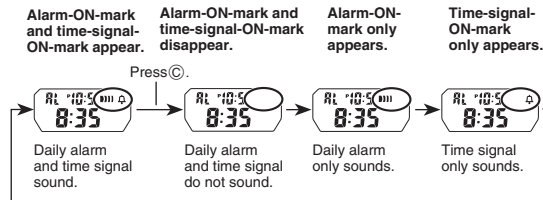


Press (A) in the daily alarm mode to set hours and minutes. Each press of (C) advances the alarm setting by 1 hour.

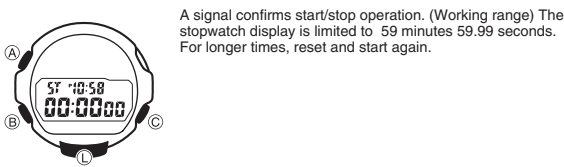
Press (A) to set minute digits. Each press of (C) advances the alarm setting by 1 minute.

* If the (B) button is pressed, the watch reverts to the regular timekeeping mode. (Quick digit advance) When the (C) button is pressed for more than 2 seconds, the digit advances quickly. When released, digit advance will stop.

[ON or OFF setting of daily alarm and time signal]

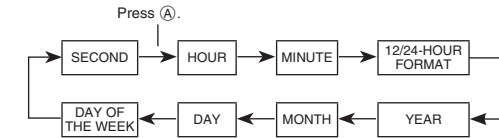


Stopwatch operation



Setting time and calendar

- In the time setting mode, first press (C) on a time signal to correct seconds.
- Press (A) to shift flashing position. The digit(s) to be changed will flash.



- Each press of (C) advances the setting by one. Keep pressed for quick advance.
- Press (B) to complete setting.

Specifications

Accuracy at normal temperature: ±30 seconds per month

Display capacity:

- Regular timekeeping mode: Hour, minute, second, am/pm (P), month, day, day of the week
- Time system: Switchable between 12-hour and 24-hour formats
- Calendar system: Full Auto-calendar pre-programmed from the year 2000 to 2099
- Countdown alarm mode: Input range: 1 to 30 minutes
- Daily alarm
- Hourly time signal
- Stopwatch mode: Measuring capacity: 59 minutes 59.99 seconds; Measuring unit: 1/100 of a second; Measuring modes: Net time
- Illumination: LED (light-emitting diode)

Battery:	Module No.	Battery type	Battery life
	3225	CR2016	Approx. 7 years
	3226	CR1616	Approx. 3 years

- 1.5 seconds of illumination operation per day
- 20 seconds of alarm operation per day