

# Fox 40 Whistle Watch®

USER  
MANUAL

609-0700



FOX40®

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# BUTTONS AND FEATURES

## FEATURES:

- **Time Function:** hour, minute, second, date, week, 12/24 hour format, 2 time zones.
- **Stopwatch Function:** 10 laps memory, stopwatch range (0-23h 59m 59s).
- **Countdown Function:** countdown range (0-99h 59m 59s).
- **Alarm Function:** Dual Alarm.
- **EL backlight:** press S2 at any time to activate 3s backlight.
- **Power Saving:** Press S1 and S3 at the same time and hold for 2s in any mode to enter power saving mode; press S2 and S4 at the same time and hold for 2s to switch from the power saving mode to time mode.



The watch will be in the power saving mode after your purchase. Press the LIGHT and RESET buttons for 2 seconds at the same time to exit it.

# OPERATING THE WATCH - TIME MODE

## OPERATION:

- Press S1 to enter into Stopwatch Mode.
- Press S3 to switch between week/month display.
- Press S4 to turn on and off the beep.
- Press S4 and hold for 2s to the 2 time-zone (T2).

## TIME SETTING:

- Press S2 for 2s to enter Time Setting Mode with flashing "ADJ" shown.
- Press S1 to switch the setting items in the following order: Hour-Minute-Second-Year-Month-Day-12/24H.
- Press S3/S4 key to increase/decrease the value. Press and hold S3/S4 to rapidly increase/decrease the value. *In setting SECOND, if the value is less than 30 seconds, pressing S3/S4 will decrease it to zero; otherwise, it will add 1 minute.*
- Press S2 to confirm setting and return to Time Mode.
- When in 2 time zone (T2), only the hour and minute can be set.



TIME MODE

### Note:

If there is no operation for 20 seconds, it will automatically switch back to Time Mode.

# OPERATING THE WATCH - STOPWATCH MODE

## INSTRUCTIONS:

- First Line: Show the Number of Laps recorded.
- Second Line: Display Minute, Second.
- Third Line: Display 1/100 second.

*When the value is up to 60 minutes, the second line will display hours & minutes, while the third line will shows seconds.*

## OPERATION:

- Press S3 to Start/Stop stopwatch function.
- During counting, press S4 to record lap time; up to 10 laps.
- When stopping counting, press S4 to clear the data and go back to stopwatch mode.

## DATA RECALL:

- Press S2 to enter Data Recall Mode when counting or to stop counting.
- Press S3/S4 to go through the recorded time data.
- Press S2 to exit data recall mode and go back to stopwatch mode.



**STOPWATCH MODE**

### Note:

Unless starting a new record, the recorded time will not disappear, even if you press S4 to clear the data.

# OPERATING THE WATCH - COUNTDOWN MODE

## INSTRUCTIONS:

- When countdown time is over 60 minutes, it will count down with units of 1s; otherwise it will count down with units of 1/100s. Default countdown time is 1 hour. When counting down to last 5s, there will be a short “beep” alert every second. When the time is up, there will be a long “beep” sound.

## OPERATION:

- Press S3 to start/stop counting
- When stopped counting, press S4 to reset

## SETTING THE COUNTDOWN TIME:

- Press S2 for 2s to enter countdown time setting with flashing “ADJ” shown
- Press S1 to switch the setting items: hour-minute-second
- Press S3/S4 key to increase/decrease the value.  
Press and hold S3/S4 to rapidly increase/decrease the value.
- Press S2 to confirm setting and go back to countdown mode.




**COUNTDOWN MODE**

### Note:

If there is no operation for 20 seconds in the setting mode, it will confirm the setting and go back to Countdown Mode automatically.

# OPERATING THE WATCH - ALARM MODE

## INSTRUCTIONS:

- Dual Alarm: Alarm 1 and Alarm 2
- Alarm duration: 60s
- When alarm sounds, a flashing alarm symbol  will be displayed. Press any key to stop the alarm while it is ringing.

## OPERATION:

- Press S3 to select Alarm 1 or Alarm 2.
- Press S4 to turn on/off the Alarm.
- Turning on the alarm, the alarm symbol will be displayed on the upper right corner. Otherwise the symbol will disappear.

## ALARM SETTING:

- In Alarm Mode, press S2 and hold for 2s to enter alarm setting mode.
- Press S1 to switch the setting items: hour-minute.
- Press S3/S4 key to increase/decrease the value.  
Press and hold S3/S4 to rapidly increase/decrease the value.
- Press S2 to confirm setting and go back to alarm mode.



**ALARM MODE**

### Note:

If there is no operation for 20 seconds in the setting mode, it will confirm the setting and go back to alarm mode automatically.

**ALARM 2: SAME  
AS ALARM 1**

# BATTERY REPLACEMENT

## WARNING:

- Keep batteries away from children. If swallowed, contact a doctor or emergency personnel immediately. Batteries contain chemical substances. They should be disposed of properly according to local regulations.

## CARE AND MAINTENANCE:

- Never attempt to disassemble or service your unit it will void the warranty.
- Protect the unit from extreme heat, shocks, magnetic fields, electrical noise and prolonged exposure to direct sunlight.
- Unit can be cleaned with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks.
- Do not expose unit to strong chemicals such as gasoline, clean solvents, acetone, alcohol or insect repellents, as they may damage the unit's seal, case and finish.
- Do not swing, drop or step on the stopwatch.
- Do not wash the stopwatch or touch it with wet hands.
- Store the unit in a dry place when you are not using it.
- Keep the stopwatch out of reach of young children.

To avoid the possibility of permanent damage, we recommend taking your stopwatch to a local jeweler to have the battery replaced.

*When LCD becomes dim, replace with a new type CR2032 battery.*

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