

## Digital M753



### Normal Time Display

1. Press A to change mode (5 modes).
2. Press C to flash month/date.
3. Press D for EL (for 3 seconds).

### Time and Calendar Setting

1. In normal time display, press and hold B for 2 seconds to enter setting mode; seconds will begin flashing.
2. Press C to reset seconds to zero.
3. Press A to set and advance to next setting.
4. Press C to advance setting value.
5. Setting sequence is: seconds, hours, minutes, month, date, weekday, 12/24 format.
6. Press B to exit and return to normal time display.

### Second Time Zone Setting

1. From normal time display, press A 4 times to advance to second time zone (T2).
2. Press and hold B for 2 seconds to enter setting mode; hour will begin flashing.
3. Press C to advance hour.
4. Press A to set and advance to minute setting.
5. Press C to advance minutes.
6. Press B to exit setting mode.

### Alarm Mode

1. From normal time display, press A two times to advance to alarm mode (AL).
2. Press C to turn alarm/chime on/off.
3. Press and hold B for 2 seconds to enter alarm setting mode; hour will begin flashing.
4. Press C to advance hour.
5. Press A to set; minutes will begin flashing.
6. Press C to advance minutes.
7. Press A to set; press C to change to Second Time Zone Alarm Setting.
8. Press A again; hour will begin flashing.
9. Repeat steps 4-7.
10. Press B to exit setting mode.

### Chronograph Mode

1. From normal time display, press A one time to advance to chronograph mode (SP).
2. Press C to start/stop the chronograph.
3. Press B to reset.

### Lap Counting

1. While the chronograph is running, press B.
2. Press B again to start/stop the second lap.
3. Press C to finalize timing.
4. Press B to reset.

*NOTE: For under 30 minutes, display will show minutes, seconds, 1/10 seconds and 1/100 seconds. After 30 minutes, display will show hour, minutes, seconds.*

### Countdown Timer

1. From normal time display, press A three times to advance to timer mode (TR).
2. Press C to start/stop the timer.
3. Press and hold B for 2 seconds to enter timer setting mode; hour will begin flashing.
4. Press C to advance hour.
5. Press A to set and advance to next setting.
6. Press C to advance setting value.
7. Setting sequence is hour, minutes, seconds.
8. Press B to exit setting mode.

*NOTE: During the last 10 seconds the alarm will beep once per second. When the timer reaches zero, the alarm will beep three times per second for 10 seconds. Stop beeping by pressing any pusher.*