Soleus SR010-052

Soleus Ultra Sole Digital Watch User Manual

Model: SR010-052

Brand: Soleus

INTRODUCTION

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Soleus Ultra Sole Digital Watch, model SR010-052. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

PRODUCT OVERVIEW

The Soleus Ultra Sole Digital Watch is designed for active individuals, featuring a robust digital display and a durable polyurethane strap. It includes advanced functions such as a chronograph, lap memory, interval timers, and hydration alarms, making it an ideal companion for training and daily activities.

Figure 1: Front view of the Soleus Ultra Sole Digital Watch.

Figure 2: Back view and dimensions of the Soleus Ultra Sole Digital Watch.

Figure 3: Soleus Ultra Sole Digital Watch as worn on a wrist.

SETUP

Initial Power On

Your Soleus Ultra Sole Digital Watch comes with a product-specific battery included and pre-installed. The watch should power on automatically. If the display is blank, ensure the battery is properly seated (though typically not

user-serviceable for initial setup).

Setting Time and Date

To set the time and date:

1. Press the **MODE** button repeatedly until you reach the Time Setting mode. The digits for hours or minutes will typically flash.
2. Use the **SET**/**VIEW** or **START**/**LAP** buttons to adjust the flashing value (e.g., hours, minutes, year, month, day).
3. Press **MODE** again to move to the next setting field.
4. Once all settings are correct, press **SET**/**VIEW** or **MODE** (depending on the specific model's button logic) to exit the setting mode and save changes.

Strap Adjustment

The polyurethane strap is designed for comfort and durability. Adjust the buckle clasp to ensure a snug, yet comfortable fit on your wrist. The strap accommodates wrist sizes from approximately 150mm to 195mm.

OPERATING INSTRUCTIONS

Your Soleus Ultra Sole Digital Watch features several modes and functions accessible via its buttons:

- **MODE Button:** Cycles through different operational modes (e.g., Time, Chronograph, Timer, Alarm, Dual Time, Run Data).
- **SET**/**VIEW Button:** Used for setting values in setting modes or viewing data in data modes.
- **START**/**LAP Button:** Initiates or pauses functions (e.g., chronograph start), or records laps.
- **STOP Button:** Stops functions (e.g., chronograph stop) or resets values.
- **LIGHT Button:** Activates the EL backlight for 15 seconds.

100 HR CHRONOGRAPH

HYDRATION ALARMS

35 LAP MEMORY

5 INTERVAL TIMERS

10 RUN DATA STORAGE
total time / best lap / avg lap

PU COMOLD STRAP

DUAL TIME

3 ALARMS

15 SECOND EL BACKLIGHT

100M WATER RESISTANT

Figure 4: Key features of the Soleus Ultra Sole Digital Watch.

Chronograph (Stopwatch)

The watch features a 100-hour chronograph:

1. Press **MODE** to enter Chronograph mode.
2. Press **START**/**LAP** to begin timing.
3. Press **START**/**LAP** again to record a lap time (up to 35 laps). The main timer continues running.
4. Press **STOP** to pause the chronograph.
5. Press **STOP** again to reset the chronograph to zero.

Interval Timers

The watch includes 5 interval timers for structured workouts:

1. Press **MODE** to navigate to the Interval Timer mode.

2. Use **SET**/**VIEW** to select and set the duration for each of the 5 timers.

3. Press **START**/**LAP** to begin the interval sequence. The watch will alert you at the end of each interval.

Alarms

Set up to 3 independent alarms:

1. Press **MODE** to enter Alarm mode.

2. Use **SET**/**VIEW** to select Alarm 1, 2, or 3.

3. Use **START**/**LAP** and **STOP** to set the desired alarm time.

4. Activate or deactivate the alarm using the appropriate button (refer to on-screen indicators).

Hydration Alarm

The hydration alarm reminds you to drink fluids:

1. Press **MODE** to navigate to the Hydration Alarm setting.

2. Set the desired interval for the hydration reminder.

3. Activate the alarm. The watch will provide an audible alert at the set intervals.

Run Data Storage

The watch stores data for up to 10 runs, including total time, best lap, and average lap:

1. After completing a run using the chronograph, the data is automatically saved.

2. Press **MODE** to enter Run Data mode.

3. Use **SET**/**VIEW** to scroll through the stored run data.

MAINTENANCE

Cleaning Your Watch

To maintain the appearance and functionality of your watch:

- Wipe the watch case and strap regularly with a soft, damp cloth.

- For stubborn dirt, use a mild soap solution and rinse thoroughly with clean water.

- Avoid using harsh chemicals, solvents, or abrasive cleaners, as these can damage the watch's finish and materials.

- Ensure the watch is completely dry before storing or wearing.

Water Resistance

The Soleus Ultra Sole Digital Watch is water-resistant to 100 meters (330 feet). This means it is suitable for showering, swimming, and snorkeling. However, it is important to note:

- Do not press any buttons while the watch is submerged in water. Pressing buttons underwater can compromise the water seal and lead to water ingress.

- Avoid exposing the watch to hot water or steam (e.g., hot showers, saunas, hot tubs), as extreme temperature changes can affect the seals.
- After exposure to saltwater, rinse the watch thoroughly with fresh water and dry it with a soft cloth.

Battery Replacement

The watch uses a product-specific battery. When the display becomes dim or functions become erratic, it may be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance is maintained.

TROUBLESHOOTING

If you encounter issues with your Soleus Ultra Sole Digital Watch, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.
Buttons are unresponsive.	Watch is in a locked mode or internal error.	Try pressing all buttons simultaneously for a few seconds to attempt a soft reset. If unresponsive, battery replacement may be needed.
Time is incorrect.	Time not set correctly or battery low.	Re-set the time and date as per the 'Setting Time and Date' section. If issue persists, replace battery.
Water inside the display.	Water resistance compromised.	Stop using the watch immediately. Seek professional repair to prevent further damage. Do not attempt to dry it yourself.

If the problem persists after attempting these solutions, please contact customer support for further assistance.

SPECIFICATIONS

Feature	Specification
Model Number	SR010-052
Brand	Soleus
Case Material	Resin
Strap Material	Polyurethane
Case Width	48mm
Strap Width	22mm
Wrist Size Range	Approx. 150mm - 195mm
Water Resistance	100 meters (330 feet)

Feature	Specification
Chronograph	100-hour
Lap Memory	35 laps
Interval Timers	5
Alarms	3
Run Data Storage	10 runs (total time, best lap, avg lap)
Backlight	15-second EL Backlight
Battery	1 Product Specific (included)
Date First Available	Aug. 7 2012

WARRANTY AND SUPPORT

Warranty Information

Soleus products are manufactured to high-quality standards. For specific warranty terms and conditions, please refer to the warranty card included with your purchase or visit the official Soleus website. Typically, watches come with a limited warranty covering manufacturing defects.

Customer Support

For technical assistance, troubleshooting not covered in this manual, or warranty claims, please contact Soleus customer support. Contact information can usually be found on the product packaging, the official Soleus website, or through your retailer.
Please have your model number (SR010-052) and purchase date ready when contacting support.