

## Timberland 13386JPOB\_02

# Timberland Washington Summit Digital Sensor Pacer Watch User Manual

Model: 13386JPOB\_02

## 1. INTRODUCTION

Thank you for choosing the Timberland Washington Summit Digital Sensor Pacer Watch. This manual provides detailed instructions for the proper setup, operation, and maintenance of your new timepiece. Designed for active individuals, this watch features a digital display, sensor-based functions including a finger touch heart rate meter, and a pacer function.

Key features include:

- Digital time display
- Finger touch heart rate meter
- Pacer function
- Stopwatch
- Light function for low-light conditions
- Durable polyurethane case and strap
- Mineral glass with sapphire coating
- Water-resistant to 30 meters (99 feet)

## 2. SAFETY INFORMATION

- **Water Resistance:** The watch is water-resistant to 30 meters (3 ATM). This means it is suitable for everyday use and can withstand splashes or brief immersion in water. It is **not** suitable for swimming, diving, or showering with hot water, as steam can penetrate the seals.
- **Temperature:** Avoid exposing the watch to extreme temperatures (hot or cold) for extended periods, as this may affect battery life and accuracy.
- **Impact:** Protect the watch from strong impacts or shocks.
- **Chemicals:** Avoid contact with solvents, detergents, perfumes, and cosmetics, as they may damage the case, strap, or seals.
- **Battery:** Do not attempt to open the watch case or replace the battery yourself unless you have the proper tools and expertise. Improper handling can damage the watch and void the warranty.

### 3. PRODUCT OVERVIEW

Familiarize yourself with the components and controls of your Timberland Washington Summit watch.



**Image 3.1:** Front view of the Timberland Washington Summit Digital Sensor Pacer Watch. The digital display shows time, day, and date. Buttons are visible on the left and right sides of the case, labeled 'LIGHT', 'MODE', 'SENSOR', and 'LAP/RESET'. The bezel indicates compass directions and 'FINGER TOUCH HEART RATE METER'.

**Watch Components:**

- **Digital Display:** Shows time, date, day, and various function indicators.
- **Case:** Durable polyurethane case.
- **Strap:** Comfortable orange polyurethane strap.
- **Buttons:**
  - **LIGHT (Top Left):** Activates the backlight.
  - **MODE (Bottom Left):** Cycles through different watch modes (Time, Stopwatch, Alarm, Pacer, Heart Rate).
  - **SENSOR (Top Right):** Used for activating sensor functions, specifically the heart rate monitor.
  - **LAP/RESET (Bottom Right):** Used for lap timing in stopwatch mode and resetting values in setting modes.
- **Sensor Area:** Located on the bezel, marked "FINGER TOUCH HEART RATE METER". This area interacts with your finger to measure heart rate.

## 4. SETUP

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### 4.1 Initial Time and Date Setting

1. From the Timekeeping Mode, press and hold the **MODE** button until the seconds begin to flash, indicating you are in setting mode.
2. Press the **MODE** button repeatedly to cycle through the settings: Seconds → Hours → Minutes → Year → Month → Day.
3. While a setting is flashing, use the **LAP/RESET** button to increase the value. Hold the button to change values rapidly.
4. Once all settings are adjusted, press the **MODE** button again to exit the setting mode and return to Timekeeping Mode.

### 4.2 12/24-Hour Format Selection

In Timekeeping Mode, press the **LAP/RESET** button to toggle between 12-hour (with 'PM' indicator) and 24-hour formats.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Mode Selection

Press the **MODE** button to cycle through the watch's various functions:

Timekeeping → Stopwatch → Alarm → Pacer → Heart Rate Monitor → Timekeeping

### 5.2 Using the Backlight (LIGHT Button)

Press the **LIGHT** button (top left) to illuminate the display for a few seconds. This is useful in low-light conditions.

### 5.3 Stopwatch Function

1. From Timekeeping Mode, press **MODE** until you reach the Stopwatch mode. The display will show "00:00:00".
2. Press the **SENSOR** button (top right) to start the stopwatch.

3. Press the **SENSOR** button again to pause the stopwatch.
4. While paused, press the **LAP/RESET** button (bottom right) to reset the stopwatch to "00:00:00".
5. To record lap times, press the **LAP/RESET** button while the stopwatch is running. The display will momentarily show the lap time before returning to the running total.

## 5.4 Finger Touch Heart Rate Meter

This watch features a sensor to measure your heart rate. For accurate readings, ensure your finger is clean and dry.

1. From Timekeeping Mode, press **MODE** until you reach the Heart Rate Monitor mode. The display may show "HR" or a similar indicator.
2. Place the pad of your index finger firmly on the "FINGER TOUCH HEART RATE METER" sensor area on the watch bezel. Ensure good contact.
3. Remain still and quiet. The watch will begin to detect your pulse. This may take a few seconds.
4. Your heart rate in beats per minute (BPM) will be displayed.
5. Remove your finger from the sensor to exit the measurement.

**Note:** The heart rate monitor is designed for general fitness and wellness purposes. It is not a medical device and should not be used for diagnostic or treatment purposes. Factors like movement, skin condition, and environmental temperature can affect accuracy.

## 5.5 Pacer Function

The pacer function helps you maintain a consistent rhythm during activities. You can set a desired beat per minute (BPM) for the watch to emit an audible beep.

1. From Timekeeping Mode, press **MODE** until you reach the Pacer mode.
2. Press and hold the **MODE** button until the pacer BPM value begins to flash.
3. Use the **LAP/RESET** button to adjust the desired pacer BPM.
4. Press **MODE** again to confirm the setting and exit setting mode.
5. To start/stop the pacer, press the **SENSOR** button. The watch will beep at the set interval.

# 6. MAINTENANCE

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## 6.1 Cleaning 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. Ensure the watch is completely dry before wearing.
- Avoid using harsh chemicals or abrasive cleaners, as they can damage the watch's finish.

## 6.2 Battery Replacement

The watch is powered by 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 proper sealing and water resistance.

**Note:** Improper battery replacement can compromise the watch's water resistance and void the warranty.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery (refer to Section 6.2).
Time is incorrect.	Time not set correctly or watch has been reset.	Reset the time and date (refer to Section 4.1).
Heart rate reading is inaccurate or not appearing.	Poor finger contact, movement during measurement, or dry skin.	Ensure firm, steady contact with the sensor. Remain still. Moisten finger slightly if skin is very dry.
Watch functions are unresponsive.	Temporary software glitch or low battery.	Try removing and reinserting the battery (if comfortable doing so, otherwise seek professional help). If issue persists, replace battery.

8. SPECIFICATIONS



Image 8.1: The Timberland Washington Summit Digital Sensor Pacer Watch worn on a wrist, illustrating its size and fit.

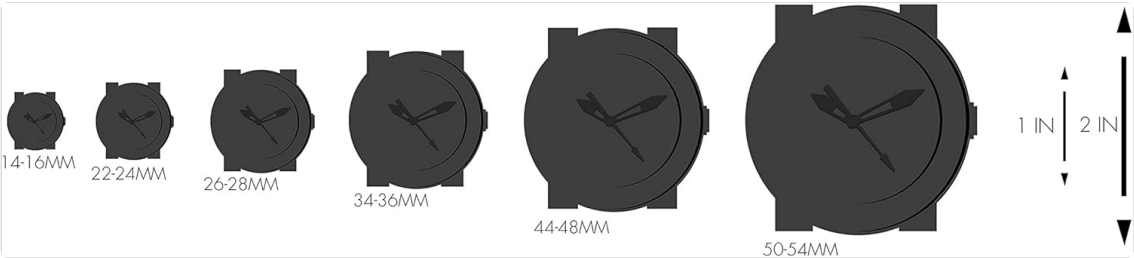


Image 8.2: A visual guide comparing various watch case diameters, providing context for the watch's size.

- **Model Number:** 13386JPOB\_02
- **Case Diameter:** 47 x 53 mm
- **Case Material:** Polyurethane
- **Strap Material:** Polyurethane
- **Display Type:** Digital LCD
- **Crystal Material:** Mineral glass with sapphire coating
- **Water Resistance:** 30 meters (3 ATM / 99 feet)

- **Functions:** Time, Date, Day, Stopwatch, Alarm, Pacer, Finger Touch Heart Rate Meter, Backlight
- **Battery:** 1 Product Specific battery (included)
- **Package Dimensions:** 10.41 x 8.38 x 8.13 cm
- **Item Weight:** 158.76 g

## 9. WARRANTY AND SUPPORT



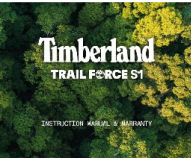

This Timberland watch is covered by a manufacturer's warranty against defects in materials and workmanship. Please refer to the warranty card included with your purchase for specific terms and conditions, including the warranty period and coverage details.


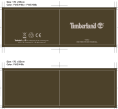
For technical support, service, or warranty claims, please contact Timberland customer service or an authorized service center. Contact information can typically be found on the warranty card or the official Timberland website.

When contacting support, please have your watch model number (13386JPOB\_02) and proof of purchase readily available.

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## Related Documents - 13386JPOB\_02

	<p><a href="#">Timberland 2H / 2HDATE / 3H / 3HDATE Instruction Manual</a></p> <p>Instruction manual for Timberland watches models 2H, 2HDATE, 3H, and 3HDATE, detailing time and date setting procedures.</p>
	<p><a href="#">Timberland TBL.14260JPBL.03 Kol Saati Kullanım Kılavuzu ve Özellikleri</a></p> <p>Timberland TBL.14260JPBL.03 kol saatinin detaylı kullanım kılavuzu. Zaman, alarm, kronometre, dünya saati ayarları, su geçirmezlik bilgileri ve bakım talimatları.</p>
	<p><a href="#">Timberland Trail Force S1 GPS Smartwatch Instruction Manual &amp; Warranty</a></p> <p>User guide and warranty information for the Timberland Trail Force S1 GPS Smartwatch. Learn about setup, features, health monitoring, outdoor tools, care, and safety.</p>
	<p><a href="#">TRAIL FORCE S2 GPS AMOLED Smartwatch User Guide and FAQs - Timberland</a></p> <p>Find answers to common questions about the Timberland TRAIL FORCE S2 GPS AMOLED Smartwatch. This guide covers setup, app connection, features like GPS, heart rate, battery life, water resistance (IP68), and more.</p>

	<p><a href="#">Timberland 3H + EL Backlight Watch Instruction Manual and Operation Guide</a></p> <p>Learn how to operate your Timberland 3H + EL Backlight watch. This guide covers time setting, EL backlight activation, and product compliance information.</p>
	<p><a href="#">Timberland VX9J Instruction Manual</a></p> <p>A comprehensive instruction manual for the Timberland VX9J watch, detailing how to set the time, date, and day of the week, along with features and water resistance information.</p>