

EZON L008

EZON L008 Digital Sports Watch User Manual

Model: L008

1. INTRODUCTION

Thank you for choosing the EZON L008 Digital Sports Watch. This manual provides detailed instructions for the proper setup, operation, and maintenance of your watch. The EZON L008 is a multifunctional digital sports watch designed for various activities, featuring a 10-lap stopwatch, countdown timer, 50-year calendar, two alarm sets, an hourly chime, and 30-meter water resistance. Please read this manual thoroughly to ensure optimal performance and longevity of your watch.

2. PRODUCT OVERVIEW

Familiarize yourself with the components and controls of your EZON L008 watch.



Image 2.1: Front view of the EZON L008 Digital Sports Watch, showing the digital display and four control buttons. The display shows time, day, and date.



Image 2.2: The EZON L008 watch with icons illustrating its key features: Hourly Chime, Countdown Timer, 10-Lap Stopwatch, and 3ATM Waterproof rating. A runner is visible in the background.

2.1 Button Functions

- **LIGHT Button (Top Left):** Activates the backlight for the display.
- **MODE Button (Bottom Left):** Cycles through different watch modes (Time, Stopwatch, Countdown Timer, Alarm).
- **ST/STP Button (Top Right):** Starts and stops functions in Stopwatch and Countdown Timer modes.
- **RESET Button (Bottom Right):** Resets values or switches display in certain modes.

Details Display



Smooth Mirror Surface



Exquisite Button



Comfortable Watch Strap



Simple Watch Buckle

Image 2.3: Detailed views showing the smooth mirror surface, exquisite buttons, comfortable watch strap, and simple watch buckle of the EZON L008.



Image 2.4: The EZON L008 watch displayed on a wrist, showcasing its design and fit from multiple perspectives.

3. SETUP

3.1 Setting Time and Date

1. From the Time Mode, press and hold the **MODE** button until the seconds begin to flash. This indicates you are in setting mode.
2. Press the **RESET** button to cycle through the setting options: Seconds → Hour → Minute → Year → Month → Day.
3. Use the **ST/STP** button to adjust the flashing value.
4. Once all settings are correct, press the **MODE** button again to exit the setting mode.

3.2 Setting Alarms

1. From Time Mode, press the **MODE** button repeatedly until you reach the Alarm Mode (indicated by "AL" or a bell icon).
2. Press and hold the **RESET** button until the alarm hour begins to flash.
3. Use the **ST/STP** button to adjust the hour.
4. Press the **RESET** button to move to the minute setting, then use **ST/STP** to adjust the minutes.
5. Press the **MODE** button to save the alarm setting and exit.

- To activate/deactivate the alarm, press the **ST/STP** button while in Alarm Mode. An alarm icon will appear/disappear on the display.
- To activate/deactivate the hourly chime, press the **RESET** button while in Alarm Mode. A chime icon will appear/disappear.

4. OPERATING MODES

4.1 Time Mode

This is the default display mode, showing the current time, day of the week, and date.

- Press the **LIGHT** button to illuminate the display.
- Press the **MODE** button to cycle to other modes.

4.2 Stopwatch Mode

The stopwatch is accurate to 0.01 seconds and can measure up to 99 hours, 59 minutes, 59 seconds. It also features a 10-lap memory.



Image 4.1: Visual representation of the stopwatch functions, including starting, stopping, and resetting the timer.

- From Time Mode, press the **MODE** button until you reach Stopwatch Mode (indicated by "ST" or "STOP").
- Press **ST/STP** to start the stopwatch.
- Press **ST/STP** again to stop the stopwatch.

4. Press **RESET** to reset the stopwatch to zero.
5. **Lap/Split Time:** While the stopwatch is running, press **RESET** to record a lap/split time. The display will momentarily show the lap time while the stopwatch continues to run in the background. Press **RESET** again to return to the running stopwatch display. The watch can store up to 10 lap times.

4.3 Countdown Timer Mode

The countdown timer allows you to set a specific duration and counts down to zero.

1. From Time Mode, press the **MODE** button repeatedly until you reach Countdown Timer Mode (indicated by "TR" or "TIMER").
2. To set the countdown time, press and hold the **RESET** button until the hour digits flash.
3. Use the **ST/STP** button to adjust the hour. Press **RESET** to move to minutes, then **ST/STP** to adjust. Repeat for seconds.
4. Press the **MODE** button to save the countdown time.
5. Press **ST/STP** to start the countdown.
6. Press **ST/STP** again to pause the countdown. Press **ST/STP** once more to resume.
7. Press **RESET** while the countdown is paused to reset it to the preset time.
8. An alarm will sound when the countdown reaches zero.

5. MAINTENANCE

5.1 Battery Replacement

The EZON L008 watch uses one CR2025 Lithium metal battery. When the display becomes dim or functions become erratic, it is time to replace the battery. It is recommended to have battery replacement performed by a qualified watch technician to ensure water resistance is maintained.

Long Battery Life



Image 5.1: Illustration indicating the CR2025 battery type and an approximate standby time of 18 months.

5.2 Water Resistance

The EZON L008 watch is water resistant up to 30 meters (3ATM). This means it is suitable for daily use, splashes, rain, and brief immersion in water. It is **not suitable** for showering, bathing, swimming, diving, or any water sports involving high-velocity water. Do not operate buttons while the watch is submerged in water.

5.3 Cleaning and Storage

- Clean the watch with a soft, dry cloth. For stubborn dirt, a slightly damp cloth can be used, followed by drying.
- Avoid exposing the watch to extreme temperatures, direct sunlight for prolonged periods, or strong magnetic fields.
- Store the watch in a cool, dry place when not in use.

6. TROUBLESHOOTING

Problem	Possible Cause	Solution
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Problem	Possible Cause	Solution
Display is blank or dim.	Low or depleted battery.	Replace the CR2025 battery.
Buttons are unresponsive.	Watch may be in a locked state or internal malfunction.	Try pressing the MODE button repeatedly. If issue persists, consult support.
Time is incorrect after setting.	Incorrect setting procedure or accidental button press.	Re-set the time and date carefully following Section 3.1.

7. SPECIFICATIONS

Model: EZON L008

Functions: Time, Date, Day, 10-Lap Stopwatch, Countdown Timer, 2 Alarms, Hourly Chime, Backlight

Water Resistance: 30 meters (3ATM)

Battery Type: CR2025 Lithium Metal

Dimensions: 24 x 22 x 1.12 cm (Length x Width x Height)

Weight: Approximately 40.82 grams

Display: Digital LCD

8. WARRANTY AND SUPPORT

For warranty information or technical support, please refer to the documentation provided at the time of purchase or contact EZON customer service. Keep your proof of purchase for any warranty claims.

Related Documents - L008

	<p>EZON ML007-1 Heart Rate Monitor Quick Start Guide</p> <p>A quick start guide for the EZON ML007-1 Heart Rate Monitor, detailing its features, setup, and usage for sports and leisure activities.</p>
	<p>EZON R7 User Guide: Features, Operation, and Specifications</p> <p>Comprehensive user guide for the EZON R7 sports watch, covering setup, exercise modes, real-time monitoring, settings, and product specifications. Learn how to use your R7 for various sports and track your health metrics.</p>
	<p>EZON C009 Pro Heart Rate Monitor User Manual</p> <p>Comprehensive guide to the EZON C009 Pro Heart Rate Monitor, covering setup, usage, pairing with apps, maintenance, and troubleshooting. Learn how to accurately track your heart rate during exercise.</p>



[Samsung SHS-5230 Fingerprint Digital Door Lock: Features & Specifications](#)

Discover the Samsung SHS-5230, a smart fingerprint digital door lock offering advanced security, convenient access, and user-friendly features for modern homes. Learn about its specifications and body parts.

Use And Care Manual

Need to pay attention when using

- 1. Do not put too many items in at once to affect the compression effect.
- 2. Do not store and compress sharp objects, corrosive objects and flammable objects, otherwise this will reduce the service life of the vacuum storage bag.
- 3. If you find that the product is leaking when using it for the first time, please try to repair it and check whether the zipper is properly sealed. If the air leak still occurs after repeated attempts, please contact us and we will provide a reasonable solution.
- 4. In the process of using the vacuum compression bag, please do not suddenly tear or touch it.
- 5. Vacuum compression bags can be reused many times, and you can clean them in a suitable place when you are next using them.

[Bizroma Vacuum Storage Bags: Use and Care Manual](#)

Comprehensive guide for using and storing Bizroma vacuum storage bags. Learn how to maximize compression, prevent damage, and ensure the longevity of your space-saving storage solutions.

USEE Compatibility List

001	Power Meter
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008	Power Meter
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[USEE Compatibility List: ANT+ Profiles for Cycling and Fitness](#)

A comprehensive compatibility list detailing ANT+ enabled products for various cycling and fitness profiles, including power, heart rate, shifting, controls, core temperature, foot speed, bike speed, bike cadence, and bike speed & cadence.

Documents - EZON – L008

no relevant documents