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lowell PL3300

Lowell JM Plus PL3300 Digital Watch User Manual

Model: PL3300

1. INTRODUCTION

Thank you for choosing the Lowell JM Plus PL3300 Digital Watch. This watch is designed to provide accurate timekeeping along with advanced fitness tracking features, including optical heart rate monitoring, a pedometer, and calorie calculation. This manual will guide you through the setup, operation, and maintenance of your new watch.

2. SAFETY INFORMATION

- Do not attempt to open or modify the watch. This may damage the device and void the warranty.
- Keep the watch away from extreme temperatures, direct sunlight for prolonged periods, and strong magnetic fields.
- Clean the watch with a soft, dry cloth. Avoid using chemical cleaners.
- The watch is water resistant to 3 ATM (30 meters). This means it is suitable for daily use, splashes, and brief immersion in water. It is not suitable for swimming, diving, or showering with hot water.
- If irritation occurs from wearing the watch, discontinue use and consult a physician.

3. PACKAGE CONTENTS

Please check that your package contains the following items:

- Lowell JM Plus PL3300 Digital Watch
- User Manual (this document)

4. WATCH OVERVIEW

Familiarize yourself with the watch's display and button functions.



Figure 4.1: Lowell JM Plus PL3300 Digital Watch Display and Buttons

This image displays the Lowell JM Plus PL3300 digital watch. The watch features a black plastic case and strap. The digital display shows the time as 12:34, a heart rate reading of 165 beats per minute, and a 'P' indicator, likely for Pedometer or Pulse. Buttons are labeled 'LIGHT' on the top left, 'MODE' on the bottom left, 'ST./STP.' on the top right, and 'VIEW LAP/RESET' on the bottom right. The phrase 'OPTICAL HEART METER' is visible at the bottom of the display.

Button Functions:

- **LIGHT:** Activates the EL backlight for the display.
- **MODE:** Cycles through different operating modes (Time, Heart Rate, Pedometer, Training, Stopwatch, Countdown, Alarm).
- **ST./STP. (Start/Stop):** Starts or stops functions like stopwatch, countdown, or training mode.
- **VIEW LAP/RESET:** Views lap times in stopwatch mode or resets values. Also used for setting adjustments.

5. SETUP

5.1 Initial Power On

The watch typically comes pre-charged or with a battery installed. If the display is blank, press any button to activate it.

5.2 Setting Time and Date

1. From the Time display mode, press and hold the **MODE** button until the time digits begin to flash.
2. Press the **VIEW LAP/RESET** button to adjust the flashing value (e.g., hours, minutes, year, month, day).
3. Press the **ST./STP.** button to move to the next setting item.
4. Repeat steps 2 and 3 until all desired settings (time, date, 12/24-hour format) are configured.
5. Press the **MODE** button again to exit the setting mode.

5.3 User Profile Setup (for accurate fitness tracking)

For accurate heart rate, calorie, and distance calculations, it is recommended to set up your personal profile. This typically includes age, gender, height, and weight. Refer to the watch's on-screen prompts or specific menu options accessed via the **MODE** button to enter these details.

6. OPERATING MODES

6.1 Time Mode

This is the default display mode, showing the current time and date. Press **LIGHT** to illuminate the display.

6.2 Heart Rate Monitoring

The watch features an optical heart rate sensor.

1. Ensure the watch is worn snugly on your wrist, with the sensor making good contact with your skin.
2. Press the **MODE** button until you reach the Heart Rate mode (indicated by a heart icon or "HR").
3. The watch will begin to measure your heart rate. Your current heart rate in beats per minute (BPM) will be displayed.

6.3 Pedometer (Step Counter)

The integrated pedometer tracks your daily steps.

1. Press the **MODE** button to navigate to the Pedometer mode (often indicated by a 'P' or a step icon).
2. Your current step count for the day will be displayed.
3. The watch automatically resets the step count at midnight.

6.4 Training Mode (Calories, Distance, Pace)

This mode allows you to track specific workout sessions.

1. Press the **MODE** button until you reach the Training mode.
2. Press **ST./STP.** to start a new training session. The watch will begin recording duration, heart rate, speed, pace, distance, and estimated calories burned.
3. During a session, press **VIEW LAP/RESET** to view lap data if applicable.
4. Press **ST./STP.** again to pause or end the training session.
5. To reset the training data, press and hold **VIEW LAP/RESET** after stopping the session.

6.5 Stopwatch

1. Press the **MODE** button to enter Stopwatch mode.
2. Press **ST./STP.** to start the stopwatch.
3. Press **ST./STP.** again to pause. Press again to resume.
4. Press **VIEW LAP/RESET** to record a lap time while the stopwatch is running.

5. When paused, press and hold **VIEW LAP/RESET** to reset the stopwatch to zero.

6.6 Countdown Timer

1. Press the **MODE** button to enter Countdown Timer mode.
2. To set the countdown time, press and hold **VIEW LAP/RESET** until the digits flash. Use **VIEW LAP/RESET** to adjust values and **ST./STP.** to move between hours, minutes, and seconds.
3. Press **MODE** to confirm the setting.
4. Press **ST./STP.** to start the countdown.
5. An alarm will sound when the countdown reaches zero.

6.7 Alarm

1. Press the **MODE** button to enter Alarm mode.
2. To set the alarm time, press and hold **VIEW LAP/RESET** until the digits flash. Use **VIEW LAP/RESET** to adjust values and **ST./STP.** to move between hours and minutes.
3. Press **MODE** to confirm the setting.
4. To activate or deactivate the alarm, press **ST./STP.** while in Alarm mode. An alarm icon will appear on the display when activated.

7. MAINTENANCE

7.1 Cleaning

Wipe the watch case and strap regularly with a soft, slightly damp cloth. For the optical sensor on the back, ensure it is clean and free of debris for accurate readings. Avoid using harsh chemicals or abrasive materials.

7.2 Battery Replacement

The watch uses a standard watch battery. When the display dims or functions become erratic, it may be time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is maintained.

8. TROUBLESHOOTING

- **Watch not turning on / Display blank:** Press any button. If still blank, the battery may be depleted. Refer to Section 7.2 for battery replacement.
- **Inaccurate Heart Rate Readings:** Ensure the watch is worn snugly on your wrist, not too loose or too tight. Clean the optical sensor on the back of the watch. Avoid excessive movement during measurement.
- **Inaccurate Pedometer Readings:** Ensure your user profile (height, weight) is correctly set up. Arm movements can sometimes affect step counting; try to keep your arm relatively still during walking for best accuracy.
- **Water Resistance Concerns:** Always ensure the watch's back cover is securely fastened after any maintenance. Avoid pressing buttons underwater.
- **Buttons unresponsive:** Try pressing firmly. If unresponsive, the watch may require a reset (consult support) or battery replacement.

9. SPECIFICATIONS

Feature	Detail
Model Number	PL3300
Display Type	Digital, EL Backlit
Movement Type	Quartz
Case Material	Plastic (40 x 35 mm)
Crystal Type	Plexi (Plastic)
Strap Material	Plastic
Strap Color	Black
Water Resistance	3 ATM (30 Meters)
Weight	42 g
Special Features	Optical Heart Rate Monitor, Pedometer, Calorie Counter, Training Mode, Stopwatch, Countdown Timer, Alarm, Calendar

10. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation provided at the time of purchase or visit the official Lowell website. Keep your proof of purchase for warranty claims.