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findtime MS1

findtime Men's Digital Pedometer Sport Watch User Manual

Model: MS1

INTRODUCTION

This manual provides comprehensive instructions for the operation, maintenance, and troubleshooting of your findtime Men's Digital Pedometer Sport Watch, Model MS1. Please read this manual carefully to ensure proper use and to maximize the lifespan of your watch.



Figure 1: Front view of the findtime Men's Digital Pedometer Sport Watch. This image displays the watch's digital display, buttons, and red silicone band.

PRODUCT FEATURES

- **Pedometer Function:** Accurately records steps and calorie consumption.
- **Digital Display:** Clear FSTN semitransparent mirror for easy readability.
- **Water Resistance:** 50M (164FT) water resistant, suitable for hand washing, cold showering, and swimming. *Not suitable for hot water or steam. Do not press buttons underwater.*
- **Sport Functions:** Includes alarm, stopwatch, countdown timer, EL backlight, 12/24 hour format, calendar, and

shockproof design.

- **Durable Construction:** ABS case and stainless steel bottom cover with a comfortable TPU watch band.

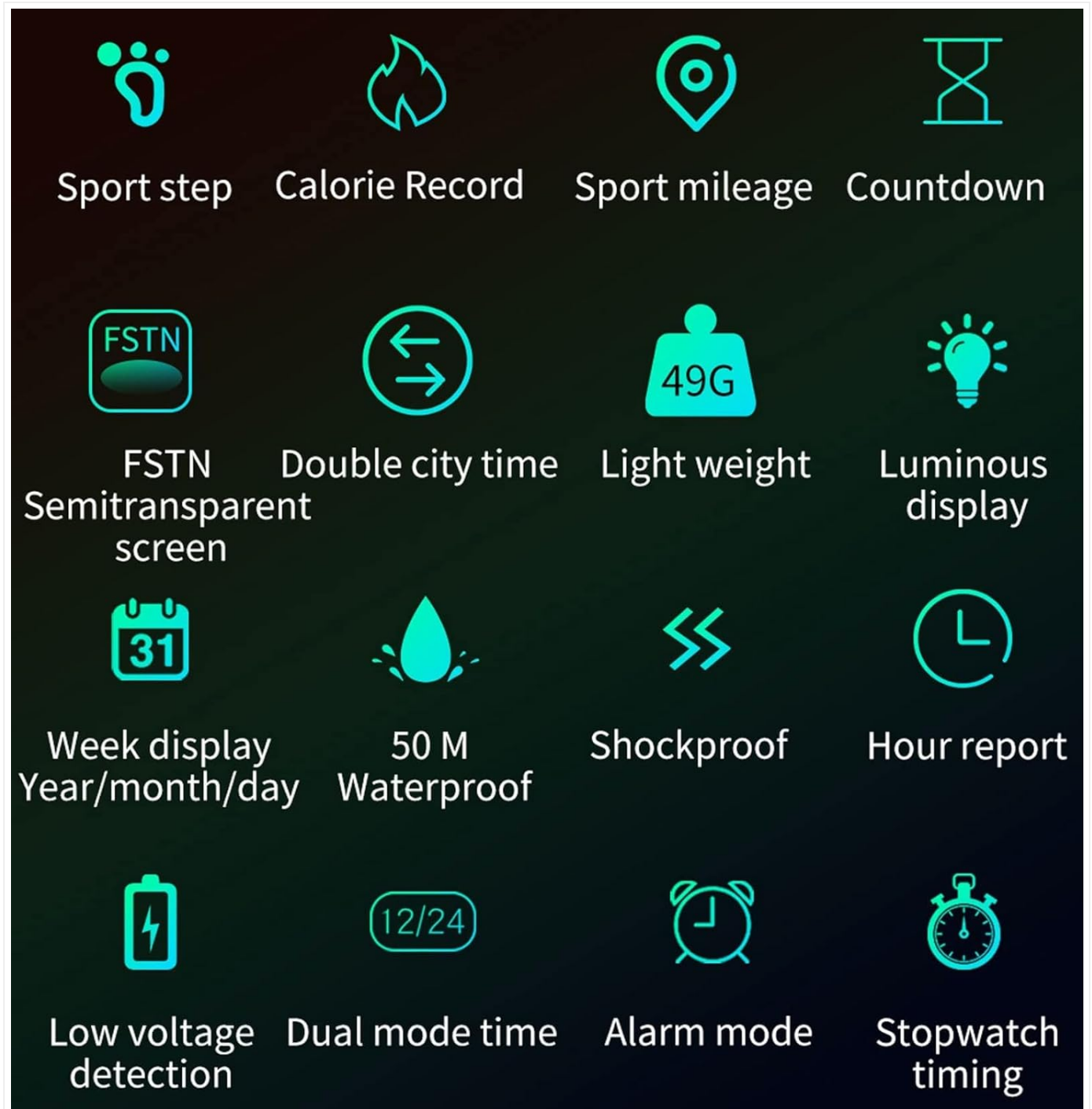


Figure 2: Visual representation of key features including sport step, calorie record, sport mileage, countdown, FSTN screen, dual city time, lightweight, luminous display, week display, 50M waterproof, shockproof, hour report, low voltage detection, dual mode time, alarm mode, and stopwatch timing.

SETUP AND INITIAL USE

1. Unpacking

Carefully remove the watch from its packaging. Ensure all components are present: 1x Digital watch, 1x User manual, 1x Watch Box.

2. Time Setting

1. Press the **MODE** button repeatedly until the time setting mode is displayed (usually indicated by flashing digits).

2. Use the **SET** button to cycle through hours, minutes, seconds, year, month, and day.
3. Use the **UP** and **DOWN** buttons to adjust the values.
4. Press **MODE** again to confirm and exit time setting.

3. Pedometer Calibration (if applicable)

Some models may require initial calibration for step accuracy. Refer to the specific instructions in the included paper manual for detailed steps on setting stride length or weight if your model supports it. This watch automatically tracks steps and calories.



Figure 3: The watch being worn by a runner, demonstrating its non-Bluetooth pedometer function for tracking steps, calories, and distance.

OPERATING INSTRUCTIONS

Mode Navigation

Press the **MODE** button to cycle through different functions: Time Mode, Pedometer Mode, Alarm Mode, Stopwatch

Mode, Countdown Mode.

Pedometer Mode

- In Pedometer Mode, the watch displays your current step count and estimated calorie burn.
- The watch automatically resets daily.

Stopwatch Mode

1. Enter Stopwatch Mode by pressing **MODE**.
2. Press **START** to begin timing.
3. Press **START** again to pause.
4. Press **RESET** to clear the stopwatch.

Alarm Mode

1. Enter Alarm Mode by pressing **MODE**.
2. Use **SET** to select the hour or minute to adjust.
3. Use **UP** and **DOWN** to set the alarm time.
4. Press **MODE** to confirm.
5. To activate/deactivate the alarm, press **UP** while in Alarm Mode.

Countdown Mode

1. Enter Countdown Mode by pressing **MODE**.
2. Use **SET** to select the hour, minute, or second to adjust.
3. Use **UP** and **DOWN** to set the countdown duration.
4. Press **START** to begin the countdown.
5. Press **START** again to pause.
6. Press **RESET** to reset the countdown.

EL Backlight

Press the **LIGHT** button to illuminate the display in low-light conditions.

MAINTENANCE AND CARE

- **Cleaning:** Clean the watch strap regularly with a soft, damp cloth. Avoid harsh chemicals.
- **Water Resistance:** While the watch is 50M water resistant, avoid exposing it to hot water or steam (e.g., hot showers, saunas) as this can compromise the seals. Do not press any buttons while the watch is submerged in water.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures.
- **Battery:** The watch uses a standard watch battery. When the display dims 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 water resistance is maintained.



Figure 4: The watch submerged in water, illustrating its 50M water resistance suitable for hand washing, cold baths, and rain exposure.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is dim or blank.	Low battery.	Replace the battery.
Watch not keeping accurate time.	Incorrect time setting; low battery.	Reset the time; replace the battery.
Pedometer not counting steps accurately.	Watch not worn correctly; unusual movement patterns.	Ensure watch is worn snugly on the wrist; walk naturally.
Mist or droplets inside watch surface.	Moisture ingress.	Contact manufacturer immediately for maintenance to prevent corrosion.

SPECIFICATIONS

Feature	Detail
Model Number	MS1
Case Diameter	44mm / 1.73 inches
Case Thickness	15mm / 0.59 inches
Weight	48g / 1.69oz
Movement	Quartz
Band Material	Silicone (TPU)
Body Material	ABS
Water Resistance Depth	50M / 164FT
Clasp Type	Buckle
Display Type	Digital (FSTN Semitransparent Screen)

PARAMETER



Case diameter:
45MM

Band Width: 22MM

Total length: 262MM

Perimeter: (MIN)145MM
(MAX) 255MM

Figure 5: Detailed dimensions of the watch, including case diameter (45mm), total length (262mm), band width (22mm), and perimeter (min 145mm, max 255mm). Note: Case diameter in product description is 44mm, image says 45mm. The table uses 44mm as per product description.

WARRANTY AND SUPPORT

The findtime Men's Digital Pedometer Sport Watch comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use.

For warranty claims, technical support, or any questions regarding your watch, please contact findtime customer service through the retailer where you purchased the product or visit the official findtime store on Amazon: [findtime Amazon Store](#). Please retain your proof of purchase for warranty validation.

