BIOS living™

FP600
ALL SPORTS STOP WATCH INSTRUCTIONS

NORMAL TIME DISPLAY MODE

Shows hour, minute, second, and day of the week. It also allows you to turn the alarm on or off (see **Alarm On/Off**).

When you are in Normal Time Display mode (Figure 1), press the
- **A button** to see the Alarm Time
- **B button** to change the mode to stopwatch mode
- **C button** to show the month and day of the week



Figure 1

STOPWATCH FUNCTION

Make sure stopwatch is in Normal Time Display mode. If the current display is not in the Normal Time Display mode, press the **B button** until SU, FR and SA starts flashing together along the top of the LCD (Figure 2).

Accumulated elapsed time measurement:
Make sure the timer is reset back to 0:00'00 by pressing the **A button**.
1. Press the **C button** to start and stop the timer.
2. Press the **A button** to reset the timer back to 0:00'00.

Split time measurement:
Make sure the timer is reset back to 0:00'00 by pressing the **A button**.
1. Press the **C button** to start the timer.
2. Press the **A button** for split time.
3. Press the **A button** again to release the split.
4. Press the **C button** to stop the timer.
5. Press the **A button** to reset the timer back to 0:00'00.

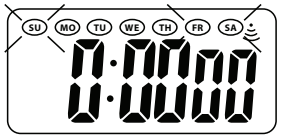


Figure 2

Measurement between two competitors:
Make sure the timer is reset back to 0:00'00.
1. Press the **C button** to start the timer.
2. Press the **A button** to start the split time.
3. Press the **C button** to stop the split time.
4. Press the **A button** to view the split time.
5. Press the **A button** again to reset the timer back to 0:00'00.

ALARM ON/OFF

To turn the alarm on, press the **B button** until the display returns to the Normal Time Display mode. Once the Normal Time Display appears, press the **A button** and hold, then press the **C button** simultaneously. The icon will appear which means the alarm is turned on.

To turn the alarm off, follow the same procedure as turning the alarm on until the icon disappears.

Alarm Setting:
1. Press the **B button** until MO and the hour digit(s) start flashing on the display.
2. Press the **C button** to change the hour digit(s).
3. Press the **A button** to confirm the hour selected. The minute digits will flash.
4. Press the **C button** to change the minute digits.
5. Press the **B button** to go back to the Normal Time Display.

SNOOZE FUNCTION

Snooze Function ON:
When the alarm is activated, press the **A button** to turn the alarm OFF.
After 5 minutes, the alarm will activate again.

Snooze Function OFF:
To deactivate snooze function, press the **C button** when the alarm goes off.
This turns the alarm and snooze function OFF.
The alarm and snooze functions will turn OFF after one minute if no button is pressed.

SETTING NORMAL TIME DISPLAY

1. Press the **B button** until you see TU and the second digits flashing (Figure 3).
2. Press the **C button** to set the second digits back to 00. To select the minute digit(s), press the **A button** once, then press the **C button** to set the desired minutes.
3. Press the and hold the **C button** to scroll through the minutes (Figure 4).
4. Press the **A button** to confirm the selected minutes and change the hour digit(s). You will see the hour digit(s) flashing and one of the following letters on the right side of the LCD (where the seconds digits used to be) (Figure 5):

- A – 12 hour clock, AM time
- P – 12 hour clock, PM time
- H – 24 hour clock

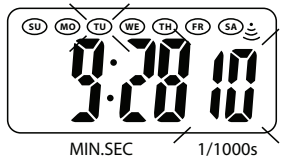


Figure 3

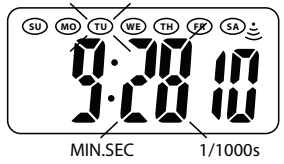


Figure 4

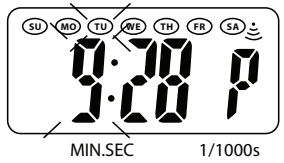


Figure 5

Changing the HOUR digit(s):
1. Press the **C button** or press and hold the **C button** to scroll to the desired hour digit.
2. For 12 hour format, press the **C button** and set desired hours in AM (A) or PM (P).
3. For 24 hour format, press the **C button** until 12 "P" has passed, and an "H" appears on the right side of the LCD. Continue to press the **C button** and change hour figure.

SETTING THE DATE AND DAY OF THE WEEK

To change the day figure:
After setting the hour, press the **A button** again. The day will flash; change the day digit(s) by pressing the **C button**.

To change the month figure:
Press the **A button** again. The month figure will flash; change the month digit(s) by pressing the **C button**.

To change the day of the week:
Press the **A button** again.The day of week figure will flash; change the letter configuration by pressing the **C button**. (Starting with "SU" – Sunday, at the very top left of the LCD).

TO CONFIRM ALL TIME AND DATE SETTINGS, PRESS THE B BUTTON.

NOTE: To change any of the above, press the **A button** and follow all of the above procedures.

TO VIEW THE DATE

Go back to the Normal Time Display mode by pressing the **B button**. Press the **C button** to view the date.

HOURLY CHIME

To activate the Hourly Chime function, ensure the stopwatch is in Normal Time Display mode, then press and hold the **A button** and press the **B button**. The icons for SU, MO, TU, WE, TH, FR, and SA will appear. When these icons disappear, the Hourly Chime function will be deactivated.

ONE YEAR WARRANTY

The BIOS Living™ Stopwatch has a one year warranty to be free of manufacturing defects in materials and workmanship under normal applications, for the original owner. If this product becomes inoperable due to defect, return the product with all components and proof of purchase to the address listed below. This warranty does not cover any shipping/transport costs. This warranty does not apply to normal wear and tear or if the product is subject to misuse, neglect, rough handling or damage.

Ship the unit prepaid and uninsured (at owner's option) to:
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Attn: Returns Department
16975 Leslie Street
Newmarket, ON L3Y 9A1

www.biosmedical.com
Email: support@biosmedical.com

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