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## Book Descriptions:

# casio bm-100wj user manual

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This new model reduce the overall case size to approximately 90% of previous models, while incorporating existing layer guard structure and functions. If you want to find official representatives, you are welcome to our list of Casio Official Sites all over the World. As an Amazon Associate CasioWatchParts.com earns a commission from purchases from its links to Amazon. Rotate the Crown to change the time setting. When the second hand is at 12 o'clock, pull the Crown out to Click 2. Rotate the Crown to set the day. Note Take care that you set the correct AM x or PM time. When changing the time, move the x minute hand four or. Note The day indicator setting uses a 31 x day month. Make adjustments for months of shorter lengths. Avoid changing the day indicator x setting between the hours of 9 p.m. and 1 a.m. Otherwise, the day indicator may not change correctly at midnight. When you need to perform a crown operation, rotate it towards you to unscrew it. Then pull the crown out. Avoid applying undue force when pulling. The watch loses its water resistance while the crown is unscrewed. After performing a crown operation, fully screw the crown back in. Crown Loosen If your watch has a rotary bezel. Start Elapsed time Current Your watch may differ somewhat from the one shown in the illustration. The word "hand" in this section is used to mean both analog hands and rotating disks. Using the Stopwatch Elapsed time A A A B Start Stop Restart Stop Reset Split time A B B A B Start Split Split release Stop Reset Two. Reset Important! Do not operate the stopwatch with the crown pulled out. Holding down x A will move the hand at high speed. Press B to move the Stopwatch Second Hand clockwise. Holding down x B will move the hand at high speed. The x Stopwatch Minute Hand is synchronized with the Stopwatch Second Hand.

After all of the hands are the way you want, push the Crown back in. Important! Timekeeping stops while the crown is pulled out. Ask your question

here. <http://www.ctpublicschooljal.com/userfiles/buick-lucerne-2009-manual.xml>

Provide a clear and comprehensive description of the issue and your question. The more detail you provide for your issue and question, the easier it will be for other Casio BEM512D1AV owners to properly answer your question. Ask a question About the Casio BEM512D1AV This manual comes under the category Watches and has been rated by 1 people with an average of a 9.5. This manual is available in the following languages English. Do you have a question about the Casio BEM512D1AV or do you need help. Ask your question here Casio BEM512D1AV specifications Brand Is the device still safe to use Remove the battery with gloves and clean the battery compartment with a toothbrush and vinegar. After drying, new batteries can be inserted into the device. ManualSearcher.com ensures that you will find the manual you are looking for in no time. Our database contains more than 1 million PDF manuals from more than 10,000 brands. Every day we add the latest manuals so that you will always find the product you are looking for. Its very simple just type the brand name and the type of product in the search bar and you can instantly view the manual of your choice online for free. ManualSearcher.com If you continue to use this site we will assume that you are happy with it. Read more Ok. Please check your inbox, and if you can't find it, check your spam folder to make sure it didnt end up there. Please also check your spam folder. Further details and technical information can be found in the "Reference" section. T1 is your Home City Time, and T2, T3, and T4 are Local Times. Local Times are kept in synchronization with your Home City Time T1. For details on reading the map and digital dial, see "Map and Digital Dial" page E30. Remember that not all countries or even local areas use Daylight Saving Time. When you press B, the illumination will remain on for about 1.5 seconds or 3 seconds, depending on the current illumination duration setting. Other city codes are not affected.

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Operation is subject to Note This equipment has been tested and found to comply with the limits This equipment generates, uses If this equipment does cause harmful Caution. Changes or modification to the product not expressly approved by CASIO L'utilisation de ce dispositif est autorisee seulement

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When putting on or taking off the chest strap, make sure you do Take care not to drop the product or otherwise subject it to strong To avoid unexpected accidents, always check around you to Takes care to avoid running into others. Should the watch stop running, have the battery replaced as Take care to avoid breaking your fingernails when fastening and Particular care is required by people with To avoid skin irritation due to unexpected injury or allergy, do not When picking up or otherwise coming into contact with a child, Never try to take the watch apart! Never try to take the watch apart. Doing so creates the risk of Battery Replacement. When the watch's battery is replaced, foreign matter adhering to In order to Keep backup copies of data! Make sure you always keep separate written copies of important Malfunction, repair, and battery Keeps track of your heart rate, exercise intensity, and Measurement system. Constant monitoring of electrocardiogram by strap Transmission method. Heartbeat picked up by the sensor bar is calculated and Total exercise time, exercise time within target heart rate range, exercise Number of timers 2. Measurement range 100 hours. Setting unit 10 seconds. Number of repeats 1 to 99, endless. For easy reading in the dark A lap time is the time that elapses during a specific portion of the Lap 1. Start. Lap 2. Lap 3. Stop. Split 1. Split 2. Split 3. Lap Time Example. Measuring the lap time for one lap of a track event, car race, etc. Split Time Example. Measuring the split at the 5 km and 10 km points of a marathon. Introduction. E1. Safety Precautions. E2. Features. E8. Read this first!. E12. Display Illumination. E13. General Guide. E14. Modes and Display Screen. E15. Using the Stopwatch. E16. Configuring Personal Information. E20. Monitoring Your Heart Rate During Exercise. E24. Memory. E32. Using the Timer. E39. Using World Time. E44. Using the Alarms and Hourly Time Signal. E47. Configuring Home Time Settings. E50. Specifications. E53. User Maintenance.

E55 This following is a handy reference list of all the operational procedures To use the stopwatch. E16. To switch between lap time and split time. E18. To display the heart rate screen. E19. To switch between graph types. E19. To configure personal data settings. E21. To attach the chest strap to your chest. E24. To eliminate signal interference. E28. To recall memory contents. E34. To clear a specific exercise record. E38. To clear all data in memory. E38. To select the timer type. E39. To configure timer settings. E40. To use the timer. E42. To stop the alarm beeper. E43. To search for a city code. E44. To turn summer time on and off. E45. To display an alarm screen. E47. To set an alarm time. E48. To turn an alarm or the hourly time signal on or off. E49. To stop the alarm beeper. E49. To test the alarm. E49 This product is intended for use as an exercised support tool only. It is not a medical device. Doing so creates The water resistance of the Communication Never use thinner, benzene, alcohol, or any other volatile agent to In any mode, press the F button to illuminate the

display for easyYou can specify 1.5 seconds or 3 seconds as the duration of displayImportant!Watch. Button. ButtonButtonButton. Each press of the B or E button toggles the timekeeping formatChest Strap. Back. Sensor bar. Sensor Bar, Inside Surface. Sensor padsTimekeeping Mode. Day of the week. Hour, minute, second. Month, day, year. Personal Data Mode. Stopwatch Mode. Alarm Mode. Data Recall Mode. World Time Mode. Timer ModeThis section provides information about the stopwatch, and some basicUsing the Stopwatch. Cumulative Exercise Time 9,999 hour, 59 minutes. Cumulative Consumed Energy 239,005 kcal 999,999 kJ. To use the stopwatch. Before measuring heart rate and exercise intensity, be sure to firstTo enter the Stopwatch Mode, press the D buttonReset. Whenever you press the B button to resetPressing the E button to restart theStop. ResetReset Screen. Elapsed Time Screen. Number of remaining laps.

Current time. Lap timeSeconds. Number of laps. Split time. To switch between lap time and split time. Each press of the A button switches the display between lap time andLap time. Lap timeHold down the A button for about two seconds to switch from the lapIntensity. Heart rate. Graphic area. Number of lapsTo switch between graph types. While the heart rate screen is on the display, hold down the F button asThis will cause the graph at the top of theHeart rate graph. Exercise intensity graphBefore the watch can calculate the energy you consume and yourWhen configuring personal information, you canPersonal information settings are configured in the. Personal Data Mode, which you enter by pressingMode. Personal Data. Data Setting Mode Screen. Important! Stopwatch Mode is not reset to all zeros. If you have troubleE16 and press the B button to reset it to all zeros.OFF or On flashing at the bottom of thePress the E button to toggle the targetUse the E or B button to toggle between. MALE and FEMALE. Use the E or B button to toggle between. KCAL kilocalories and KJ kilojoules. Use the E or B button to toggle betweenExercise. This section explains what you need to do to monitor your heart rateGetting Ready. Before exercising, you need to attach the chest strap to your chest andTo attach the chest strap to your chestMoistenSecure the tab inTabFasten the strap securely to ensure that itBefore you start exercising, make sure that the watch is receivingSee "Antiinterference. Code" on page E27 for more information.While you are wearing the chest strap, press the C button while theAfter synchronization is complete, the watch will receive the signal fromTimekeeping Mode. Heart symbol. Heart symbolDoing so createsThe water resistance of theCommunicationAntiinterference Code.

The antiinterference code is a special unique code the sensor bar sendsIf there are peopleIn some rare cases, two watches that are near each other may end upWhen this happens, you couldIf this is impossible for someIf someone is, move away from them toIf this happens. Check this. No heart rate appears onNever use thinner,Check this. No heart rate appears onHeart rate measurementInterference in the signalRECOV indicator is not displayed, it couldImportant!E27 for more information.Check this. The watch does notThe energy consumedThe watch maintains exercise records that contain a wealth ofAn exercise record is created for yourThe following will give you some idea about how much memory capacityReset, you can store up to 62 records. Memory Data. The following details the contents of each type of record that can beThe following shows what data is stored in memory when you perform aThe following data items are also updated when you reset the stopwatchMemory Full. Storing data when memory is full automatically deletes the oldest recordExample 1 When the exercise record currently being created is theExample 2 When there are already exercise records in memory. All of the data of the oldest exercise record is cleared to make roomRecall Mode.Title Screen. Newest. Exercise RecordExercise Time. Exercise Start DateTitle Screen. Lap 1Graph. Heart Rate Screen. Final lap. Stopwatch Mode page E19, it will also appear in the Data Recall. Mode.Title ScreenExercise time in excess ofAverage heart rateBest lapCumulative exercise time. Cumulative energy consumedRecord Data. Average heart rate. Heart. Rate Graph. Average intensityClearing Memory Data. To clear a specific exercise record. Confirmation messageTo clear all data in memoryThe twin timer supports interval training by letting you use one timer forTo enter the Timer Mode, press the D buttonTo select the timer typeTo reset theTwin

Timer. Single Timer. Timer 1. Timer 2 On. Timer 2 Off Range 0 to 99. Range 0 to 59.

Range 0 to 50 10second increments. Range 0 to 99. Range 0 to 50 10second increments Before measuring heart rate and exercise In the Timer Mode, press the E button to To start heart rate reception from the chest Timer Mode Screens. Countdown Screen. Countdown Screen with. Heart Rate Monitor. Intensity. Number of repeats. Remaining time. Time remaining until auto start The alarm sounds for five seconds when the end of each countdown is To stop the alarm beeper. Press any button. Pressing a button will stop the alarm only, without World time lets you display the current time in any one of 31 cities 29 Timekeeping Mode seconds count. Mode time is also applied in the World Time Mode. Important! To enter the World Time Mode, press the D To search for a city code. In the World Time Mode, use the E westward and B eastward World Time. City code. Current time B buttons to select the city whose Time Mode city. Note, however, that you cannot change the summer Home Time city, summer time is also turned on in the Timekeeping. Mode. Summer time, or Daylight Saving Time DST as is it is called in City. Code. City Name Differential Code City Name Time Coordinated UTC. Your watch comes with three alarms and an hourly time signal. Daily Alarms AL 1, AL 2, AL 3. The watch beeps for about 10 seconds when an alarm time is reached. Hourly Time Signal. The hourly time signal causes the watch to beep every hour on the hour. Alarm and hourly time signal settings are Timekeeping Mode. To display an alarm screen Alarm 1. Alarm 2. Alarm time. Alarm number. Alarm 3 Alarm Mode. Mode is the same one you select for the Timekeeping Mode page While the screen for an alarm or the hourly time signal is on the display, Alarm. Alarm on indicator. Hourly time signal on indicator. To stop the alarm beeper. Press any button. To test the alarm. In the Alarm Mode, hold down the C button to sound the alarm. A button for about two seconds until Illumination Duration Press the B button. Settings On, OFF.

Use the E westward and B eastward See page E46 for city codes. Range 00 to 59 Range 00 to 99 2000 to 2099 Range 1 to 12 Range 1 to 31 auto month length setting December 31, 2099. Accuracy. Basic Functions. Year, month, day, day of the week, hour, minute, second. Full Auto Calendar 2000 to 2099. Stopwatch. Cumulative Consumed Energy 239,005kcal 999,999kJ. Heart Rate Signal System Wireless transmission Heart rate presettable target range, exercise intensity Timer. Countdown timers 2. Setting range 100 hours. Number of repeats 1 to 99, unlimited. Timer Alarm Duration 5 seconds, 10 seconds for final countdown. World Time Hour, minute, second second count coordinated with Timekeeping. Mode time Daily alarms 3. Settings Hour, minute. Beeper 10 seconds. Beeps twice every hour on the hour. Settings Other Batteries. Watch CR2025 sold separately. Chest strap CR2032 sold separately. Battery Life. Watch Approximately 2 years Chest strap Approximately 500 hours Battery You should have battery that is loaded at the factory replaced Water Resistance This watch will withstand the ingress of water at the Note, however, that Note the following. Snorkeling, Scuba No. No. No. No. No. Yes. Yes. Yes I Not water resistant. Avoid all moisture. III Do not operate buttons underwater. IV If watch is exposed to salt water, wash thoroughly and wipe dry. V Usable while scuba diving except at depths that require helium oxygen gas. International Organization for Standardization regulations ISO2281 Because of this, This does not have any effect on You should be able to insert your Contact with such Whenever the watch comes into contact with these or other toiletries, Chemical reactions with such If a battery is For watches equipped with resin bands. For watches equipped with fluorescent bands and cases. Be sure to keep moisture Caution.