

## GETTING STARTED

## Buttons


**1**  
view

- Press and hold for backlight.
- Press to scroll through data pages in Train or History mode.
- Press to confirm and advance to the next setting.

**2** mode

- Press to change modes.
- Press to exit a menu or page.
- Press and hold to jump back to the Time page.

**3** lap/reset/-

- Press to create a new lap.
- Press and hold to save your workout in Train mode.
- Press to decrease value for settings.

**4** start/stop/+

- Press to start or stop the timer.
- Press and hold to customize settings.
- Press to increase value for settings.