## WELCOME

Congratulations on the purchase of your TIMEX® IRONMAN® Classic 50 Move+!  In this Quick Start Guide we will introduce you to your new device and walk you through the first steps in starting to use your Classic 50 Move+.  We designed the TIMEX® IRONMAN® Classic 50 Move+ so that it can be used by itself, but you'll get even more out of it when you use it with the free TIMEX Connected mobile app (available on iTunes and Google Play).

## TIMEX CONNECTED MOBILE APP

- View your Chrono Workouts, Interval Workouts & All-Day Activity data in one convenient location
- Loads appointment reminders to your Classic 50 Move+
- Set three independent goals (steps, distance and calorie burn) and track your progress against those goals
- Access and adjust watch settings
- Upload data to your favorite training sites

## TIMEX® IRONMAN® CLASSIC 50 MOVE+

With an integrated 3D accelerometer, the Classic 50 Move+ not only provides the classic TIMEX timing functions you have grown to love (Indiglo® night-light, stopwatch/chrono, intervals, multiple alarms and hourly chimes), but your Classic 50 Move+ will also provide you with all-day activity tracking (steps, distance moved and calories burned).

Download the full Owner's Manual and the latest version of this Quick Start Guide at: www.timex.com/classic50move.

## GET TO KNOW YOUR CLASSIC 50 MOVE+

Browse through the menu options by pushing the Mode button.  If additional pages are available, flags will illuminate next to the appropriate buttons.  Push the Mode button to exit out of settings or back out of menus to the Time of Day screen.



SET · RECALL (DONE)

INDIGLO® BUTTON

MODE (NEXT)

STOP · RESET (−)

START · SPLIT (+)

## GET STARTED

Your Classic 50 Move+ was designed to be used with the free TIMEX Connected app; for easy watch setup please install the TIMEX Connected mobile app on a compatible device and connect your new Classic 50 Move+.  If you are in a hurry for your first activity with your Classic 50 Move+, let's walk through a quick setup to get you going:

## SETTING THE TIME/DATE

1. From the Time of Day screen, press and hold the Set/Recall button.
2. Push the Start/Split button to select first or second time zone.
3. Push the Mode button, use the Start/Split and/or Stop/Reset buttons to adjust the hours digits (pay attention to the AM/PM designation).
4. Repeat Step 3 to adjust the minutes, seconds, month, day, year, 12 or 24 hour and date formats.
5. Push the Set/Recall button when done to confirm and exit or push the Start/Split button to change to Time 2 settings.

NOTES:

- Setting the Time/Date manually on the watch will automatically turn on the all-day activity tracking function.
- When on Time of Day screen, press and hold the Start/Split button to peek at the second time zone.

## QUICK VIEW OF ALL-DAY ACTIVITY DATA

Your all-day activity data is always easily accessible from the Time of Day screen.  Simply tap the Stop/Reset button to scroll through the available data.
Steps>Distance>Calories Burned>Date

## TRAINING WITH YOUR CLASSIC 50 MOVE+

While using the Chrono and/or Interval Workout functions, your Classic 50 Move+ uses the built-in 3D accelerometer to provide steps, distance and calorie expenditure information.

1. From the Time of Day screen, push the Mode button until you see CHRONO.
2. Push the Start/Split button to start the workout.
3. To take a split, push the Start/Split button.  Lap and split times will be displayed with the lap number.
4. Repeatedly pushing the Set/Recall button during the workout will display the following data (lap timer, steps, distance and calorie expenditure) on the top banner.
5. To stop or to pause the workout, push the Stop/Reset button.
6. To resume the workout, push the Start/Split button.
7. After completing the workout, push the Stop/Reset button to stop the workout.
8. Push and hold the Set/Recall button to save the workout or push and hold the Stop/Reset button to discard the workout.

## FCC Notice (U.S.) / IC Notice (Canada)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Under Industry Canada regulations, this radio transmitter may only operate using an antenna of a type and maximum (or lesser) gain approved for the transmitter by Industry Canada.
To reduce potential radio interference to other users, the antenna type and its gain should be so chosen that the equivalent isotropically radiated power (e.i.r.p.) is not more than that necessary for successful communication.
Conformément à la réglementation d'Industrie Canada, le présent émetteur radio peut fonctionner avec une antenne d'un type et d'un gain maximal (ou inférieur) approuvé pour l'émetteur par Industrie Canada.
Dans le but de réduire les risques de brouillage radioélectrique à l'intention des autres utilisateurs, il faut choisir le type d'antenne et son gain de sorte que la puissance isotrope rayonnée équivalente (p.i.r.e.) ne dépasse pas l'intensité nécessaire à l'établissement d'une communication satisfaisante.

Note:  This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the receiving antenna.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
4. Consult the dealer or an experienced radio/TV technician for help.

### DECLARATION OF CONFORMITY

**Manufacturers Name:**    Timex Group USA, Inc.
**Manufacturers Address:**

555 Christian Road
Middlebury, CT 06762
United States of America

Declares that the product:

**Product Name:**
Timex® Ironman® Classic 50 Move+

**Model Numbers:**                M049 & M053

Conforms to the following specifications:

**RED: 2014/53/EU**
Standards:
ETSI EN 301 489-1
ETSI EN 301 489-3 and -17 (EMC)
ETSI EN 300 440-2 (Bluetooth)
ETSI EN 300 330-2 (NFC)

**LVD: 2006/95/EC**
Standards:
IEC 60950-1

**Digital Device Emissions**
Standards
FCC 47CFR 15C (Bluetooth & NFC)
FCC 47CFR 15B Unintentional Radiators
IC RSS 210
IC RSS-GEN

Agent: ——————————————————
Sam Everett
Quality Regulatory Engineer
Date: 20 January, 2015,
Middlebury, Connecticut, U.S.A.