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Page 1 BOWFLEX
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PAGE) ; Page 3
Watch Activation
Before using your
watch, remove the

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LCD display sticker that is affixed to the watch face. For shipping purposes, the watch has been set to Power Off Mode. To activate the watch, simply press any button (except the Light button).

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(2008 model)

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If the battery in your timex indiglo WR 30M watch needs to be replaced, you will need to reset the time on your watch. You

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may also be able to change the time when traveling or to adjust for daylight saving time. What to Look For. Locate the MODE button, the SET/INDIGLO button and the START/STOP button on the side of your Timex Indiglo WR 30M. Setting the Hours. Press down the MODE button until

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*How Do I Change the
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Indiglo WR 30M? |
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1) Press and hold mode for about 2 seconds and then release. You will now be in the alarm edit mode. 2) Press mode once more and now you are in time edit

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mode. 3) Use the stop button to select what to edit, i.e. hour minute, etc. 4) Use the reset ...

*How to set a watch,
model WR30M -
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The Timex WR 30m watch I bought cause it is about the only slim watch out there in a man's watch, the

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indiglo was a bonus. Since misplacing my instructions, I remembered the technique. Pull stem all the way out to adjust date, it will advance 1 day ever time the hands go around 24 hours. Don't do what I did, which was advancing it a day past the today's day, which

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