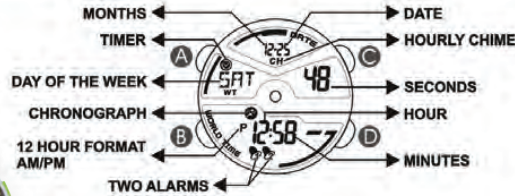


X1453L1 X1453L3  
X1453L2 X1215L2



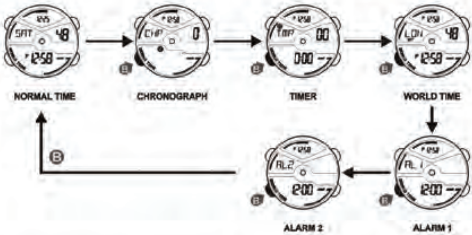
## REGULAR DISPLAY AND BUTTON OPERATION

E-01



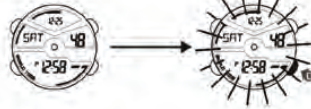
## HOW TO CHANGE THE DISPLAY MODE

E-02



## HOW TO USE EL LIGHT

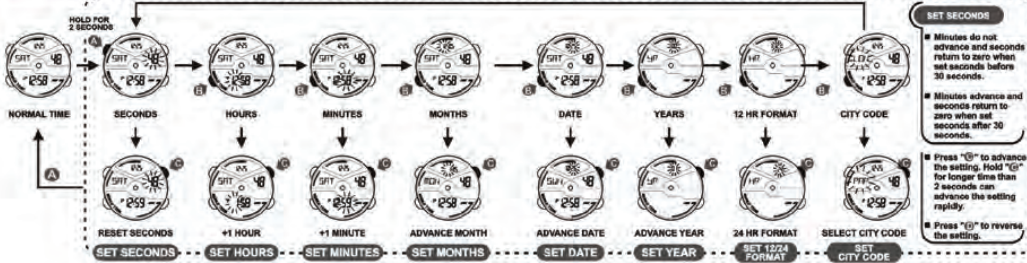
E-03



**NOTE:**  
1. This watch features an electro-luminescent (EL) backlight, watch tends to lose illuminating power after very long use.  
2. The illumination provided by backlight may hard to see under direct sunlight.

## HOW TO SET NORMAL TIME

E-04

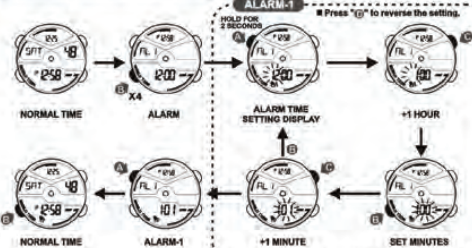


## HOW TO SET NORMAL TIME

E-05

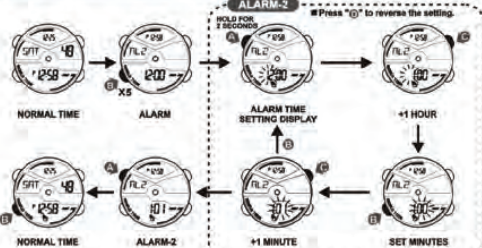
## HOW TO SET ALARM TIME

E-06



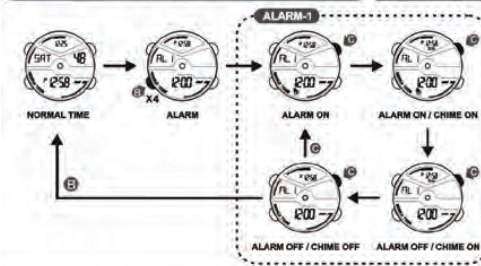
## HOW TO SET ALARM TIME

E-07



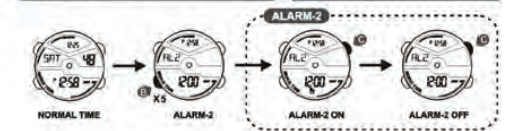
## HOW TO USE ALARM-1 AND CHIME DISPLAY

E-08



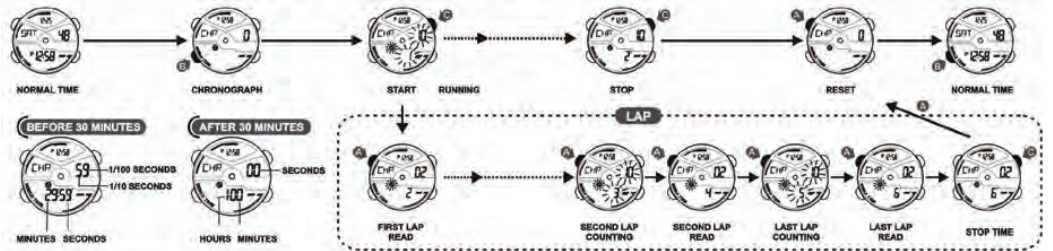
## HOW TO SET ALARM-2 DISPLAY

E-09



## HOW TO SET THE CHRONOGRAPH

E-10

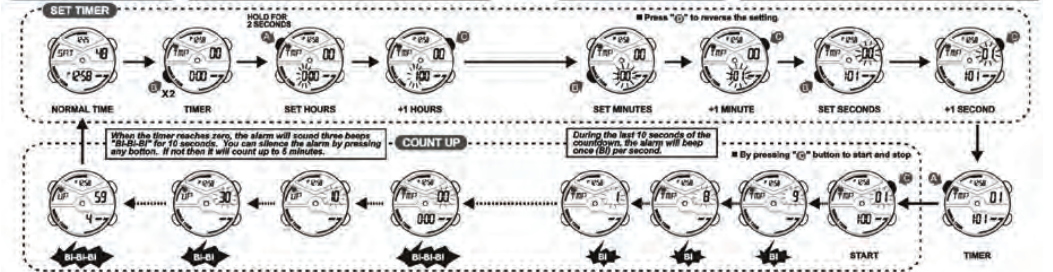


## HOW TO SET THE CHRONOGRAPH

E-11

## HOW TO SET TIMER

E-12

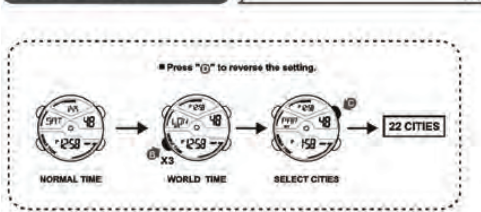


## HOW TO SET TIMER

E-13

## HOW TO SET WORLD TIME

E-14



## HOW TO SET WORLD TIME

E-15

GMT Difference	-11	-10	-09	-08	-07	-06	-05	-04	-03	-02	+01	+02	+03	+04	+05	+06	+07	+08	+09	+10	+11	+12
CITY CODE	PPG	HIL	ANL	LAK	DEX	MEX	NYC	CCS	RO	PAR	PAR	CM	MOH	DXB	KH	DAR	BKK	HKG	TYO	SYD	WOU	WLG
CITY NAME	Sarina	Honolulu	Los Angeles	Honolulu	Darwin	Mexico	New York	Caracas	Rio De Janeiro	London	Paris	Cairo	Moscow	Dubai	Karachi	Dacca	Bangkok	Hong Kong	Tokyo	Sydney	Wellington	Wellington

## FEATURES AND SPECIFICATIONS

E-17

- Standard display mode: Hours, Minutes, Seconds, Day of the week, Date, Months.
- Function:
  - \* Year, Month, Date AM/PM and Electro-Luminescent light.
  - \* Alarm function with buzzer signal output.
  - \* Chronograph function with lap operation.
  - \* Hourly chime.
  - \* 12/24 hour format switch option.
- \* World Time.
- \* Timer.
- \* Second time zone.
3. Accuracy at normal temperature (25°C): ±30 seconds a month.
4. Normal operating temperature range: 10°C - 40°C.