

Simple Usage Tips for your Executive or Casual Pro Watch:

CHARGING: Connect your watch to your USB port or your optional charging adapter and charge for at least 2-3 hours prior to using.

POWER ON: Press and hold “PLAY” for 2 or more seconds to turn the watch ON or OFF.

- The GREEN light is for MP3, and the YELLOW light is for Voice Recording. Press the FF or REW buttons to switch between modes.

MP3 MUSIC: If the GREEN light is on, press and release the PLAY button to hear your MP3 music. Push PLAY again to PAUSE your music; HOLD the button longer to STOP your music. Press and HOLD VOL + or – to adjust your volume while playing music. PRESS AND RELEASE the FF/REW buttons to switch between songs. Press and release the REC button while playing to cycle between EQ modes.

VOICE RECORDING: The same steps apply to your voice recordings when the YELLOW light is ON.

Example: As stated in both sets of instructions - Green is for music and Yellow is for recording. A flashing red light means that you need to charge your watch. /// Press and hold the PLAY/Power button at the 7 O'clock position - the watch turns on and defaults to the GREEN/MUSIC light. Press and release either the FF or REW button at the 2 or 4 O'clock positions and the light changes to Yellow. Then just press the REC button at the 10 O'clock position and you're now recording. To stop the recording - quickly press and release the same REC button and your file will be saved.

You can playback your recordings from the watch (with the headphones) or from your computer - we still recommend headphones for the best sound clarity.

FILE TRANSFER: The watch will be recognized by all Windows Operating Systems newer than WIN 98; you should only use the driver from the CD if you are using WIN 98. Otherwise, connect the Line IN/OUT cable into your watch and connect the other end into your USB port. Turn the watch ON, and then simply drag and drop files to or from your watch as you normally would for a USB Memory Stick.

That's it! After just a few uses, the watch will become second nature to you. Enjoy!

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