

Simple Usage Tips for your Sonic MP3 Watch

* When learning to use your watch - it helps greatly to use your headphones while learning the various modes and features.

MOST IMPORTANT: Always **connect the cable to the watch before** you connect the other end to your USB port or to any other wall charger or power source....**or your watch will be damaged by excess voltage.**

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 RED light is for Voice Recording. Press the FF or REW buttons to switch between modes.

MP3 MUSIC: Your watch defaults to the MP3 Mode with only the Green light ON STEADY. Press and release the PLAY button to hear your MP3 music. Push PLAY again to PAUSE your music; HOLD the PLAY button slightly 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. Quickly PRESS AND RELEASE the REC button while playing to cycle between the five EQ modes.

VOICE RECORDING: The same steps apply to your voice recordings when the RED light is ON. The only exception is that the actual use of the REC button will start and stop your recordings.

TO ENTER THE RECORD MODE: Your MP3 Music must be paused or stopped as explained above. Then, PRESS AND HOLD the REC button for 2 or more seconds....the RED LIGHT will illuminate. Then, quickly press and release the REC button to begin recording.

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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