



This unit is operated by four keys:

- MODE / SET
- NEXT/ -
- START/ STOP/+
- EL backlight

REMINDER

1. The daily alarm, pills alarm, hydration alarm and interval alarm timer should only be used when necessary, as heavy usage will shorten battery life.
2. For energy saving purposes, the watch will be switched off automatically at (00:00/12:00am). Users can press the MODE key to activate the watch.
3. If the watch detects inactivity for 1 minute in any mode, the watch will automatically return to the default time mode.
4. Any changes made in alarm mode, will automatically enable the alarm function.
5. The maximum time of the stopwatch function is 99hr59min59secs, if the maximum time limit is exceeded, a "beeping" sound, will be repeated 3 times. The stopwatch will then be stopped.
6. When the countdown time has been successfully completed, the alarm will have a "beeping" sound for 30 seconds, users can press any key to stop the alarm. It will automatically reset to present day.
7. At 12am, the step count data will be reset to zero, data for the previous day will be saved automatically.
8. Whilst using the step counter, inactivity for 1 minute will trigger the watch to automatically return to default time mode.
9. It is recommended that all users take the necessary precautions to prevent the watch from sea-water or concentrated salted liquids, as it can damage the sensitive components of the watch.
10. While in Timer Mode, Interval Timer Mode or Stopwatch Mode, the user can only go to Time Mode & Pedometer Mode.
11. The stop watch and the interval timer cannot be used concurrently.

PERSONAL TRAINER

Thank you for choosing ANYRUN as your personal trainer. We want you to make the most out of your new gadget, so please read the instruction manual carefully, and keep the manual for future reference.
Important: Please note that the watch is NOT a medical device and is not to be used as such.

The ANYRUN requires one CR2032 lithium battery. When replacing the battery, the following are to be strictly observed.

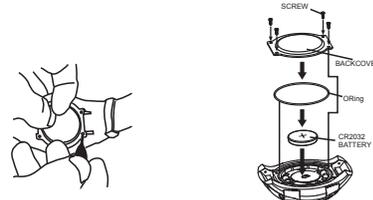
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- Only the recommended batteries are to be used.
- Only adults should install and replace the battery.
- DO NOT use rechargeable battery, and DO NOT recharge non-rechargeable battery.

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INSTALLING THE BATTERY



Note:

- The battery compartments are located at the back of the watch.
- To install or replace the battery, unscrew the back cover carefully.
- Take out the old battery and dispose responsibly.
- Gently place a new battery into the battery slot of the battery compartment, making sure that the poles are correctly placed, and screw the back cover on.

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3D SENSOR - MEASURES YOUR MOVEMENT ACCURATELY

The 3D technology uses an accelerometer sensor that detects and measures acceleration in walking or running. It has an intelligent step filter function, which only counts steps after an initial detection of continuous steps.

USING THE WATCH FUNCTIONS IMPORTANT!

- Prior to your purchase of the watch, the watch is switched off for energy saving purposes, and you can turn it on by pressing the MODE key.
- For energy saving purposes, the watch unit will switch off automatically at midnight (00:00 / 12:00am) every night. Press the MODE key to turn it on.

PEDOMETER MODE

- There may be a delay between the start of your walk and the counting of steps.

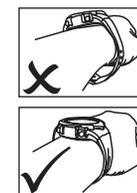
- This intelligent filter acts to maximize accuracy, and exclude movements outside of a normal walking motion. Once the watch has recognized your walking activity, it will take into account the initial steps taken during the delay

NOTE

- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode. In order to maximize the accuracy of the step counting feature of the watch, please wear the watch as shown in the diagram (straps of the watch must be fastened tightly around the wrist; display must also be perpendicular to the forearm and wrist; the watch must only be worn on the left wrist and not the right to maximize the accuracy of step counting) as the design and accuracy of the watch for step counting is based on the positioning of the watch.

SYMBOL ON LCD

- ♪ Chime
- 🔔 KeyTone
- 🔊 Alarm
- SNZ Snooze
- DST Daylight SavingTime



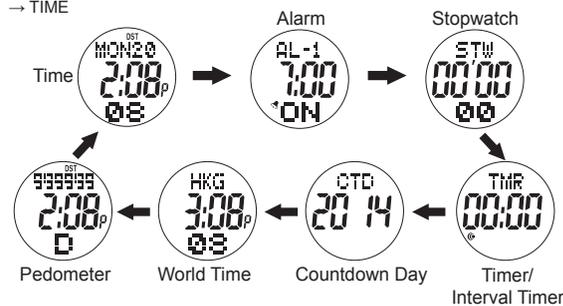
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FEATURES:

- Time & Date
- Daily Alarm include Pills Alert Alarm
- Stopwatch with Hydration Alarm
- Timer
- 8 x Interval Timer
- Countdown Day
- World Time
- Pedometer
- EL Back Light
- Key tone
- Energy Saving Function

MODE FLOW

TIME → ALARM / SNOOZE / PILLS ALARM → STOPWATCH → TIMER / 8 INTERVAL TIMER → COUNTDOWN DAY → WORLD TIME → PEDOMETER → TIME



SETTING THE TIME AND DATE

- Press the MODE button to scroll through the features until you locate the time mode, which displays the time and date.

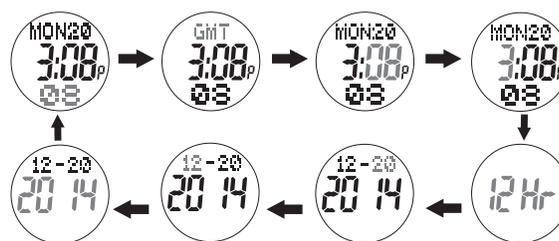


- Hold MODE button for 3 seconds to enter the TIME SETTING MODE and the seconds' digits should flash.
- Press START/STOP/+ button or NEXT/- button to reset to zero.
- Press MODE button to set the City Code.
- Press START/STOP/+ button or NEXT/- button to select your City.
- Press MODE button to set the Minute.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/SAVE/- button to decrement the number.

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- Press MODE button to set the hour.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/SAVE/- button to decrement the number.
- Press MODE button to choose either the 12-hour or 24-hour format for the time by pressing the START/STOP/+ or NEXT/- button to toggle between the two options
- Press MODE button to set the date.
- Press or hold either the START/STOP/+ button to increment the date's digits or NEXT/- button to decrement the number.
- Press MODE button to set the month.
- Press or hold either the START/STOP/+ button to increment the month's digits or NEXT/- button to decrement the number.
- Press MODE button to set the year.
- Press or hold either the START/STOP/+ button to increment the year's digits or NEXT/SAVE/- button to decrement the number.
- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.

Note :At anytime, to exit the time and date setting mode, hold the MODE button for 3 seconds and all revised changes will be saved.

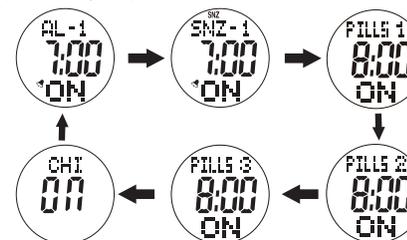


ALARM MODE

- Press the MODE button to scroll through the features until you locate the alarm mode, displaying "AL-1".
- To turn the alarm on or off, press the START/STOP/+ to activate the alarm.
- Users can set up to five independent Alarms.
- The allocation for the five independent alarms is, one for time alarm, one for snooze alarm, whilst the remaining three are for pills alarms.

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- There are six screens in the Alarm Mode. The first screen is for time alarm (indicated by AL-1), second is for snooze alarm (indicated by SNZ 1), the 3rd to 5th is Pills alarms (indicated by PILLS 1-3) and the last one is for the Chime (indicated by CHI).



Note:

- If the watch is inactive for longer than 1 minute in any modes, the main screen will automatically return to time mode.

SETTING THE DAILY ALARM

- In the Alarm Mode, press Next/- button to scroll through the alarm screens until you reached your desired alarm you want to set.
- To set the snooze alarm, press NEXT/- button and the screen indicated by SNZ-1, the snooze alarm repeats every 5 minutes.
- After you select an alarm, hold the MODE button for 3 seconds to set the alarm, and the hour' digits will flash.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/- button to decrement the number.
- Press MODE button to set the minute and confirm the hour's input.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/- button to decrement the number.
- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, 1 minute of inactivity will trigger the watch to return to the default TIME mode.



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SETTING THE PILLS ALARM

- In the Alarm Mode, press Next/- button to scroll through the alarm screens until you reached PILLS 1 – 3 alarm setting.
- Press MODE button for 3 seconds to confirm your selection and the hours' digits will flash.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/- button to decrement the number.
- Press MODE button to set the minute.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/- button to decrement the number.
- Press MODE button to set the repeat time. (Max 4 times per day)
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/- button to decrement the number.
- Press MODE button to set the frequency.
- Press or hold either the START/STOP/+ button to increment the frequencies' digits or NEXT/- button to decrement the number.
- To save and exit setting mode, hold the MODE button for 3 seconds or alternatively, 1 minute of inactivity will trigger the watch to return to the default TIME mode.
- Screen "HR" 01 - 23 to set intervals by the hour(s) between pills throughout the day, e.g. "04" means every four hours
- Screen " TM" 01 - 04 to set how many times to take pills a day, e.g. "03" means three times.

Note:

- Any changes made in the alarm mode will automatically trigger the alarm.
- Inactivity for 60 seconds will trigger the watch to automatically return to time mode.
- If the alarm is triggered, the alarm mode screen will automatically be displayed, the alarm will sound for 30 seconds. Users can press any key to stop the alarm's noise transmission.
- For the snooze alarm, the alarm is transmitted a total of 3 times, at 5 minute intervals. User's can choose to deactivate alarm or wait for the 3 cycles to finish.
- Turning on the time alarm, will display an alarm mode icon.
- Turning on snooze alarm, will display an alarm icon + snz icon.
- In all modes, the alarm icon will be displayed, when an alarm is set.
- The alarm icon will flash when an alarm is activated.
- The snooze icon will flash during the 5 minutes intervals between alarms.

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TURN ON THE CHIME

- In the Alarm Mode, press Next/- button to scroll through the alarm screens until you reached CHIME (CHI).
- Press START/STOP/+ button to activate or deactivate the CHIME (ON / OFF).

STOPWATCH MODE



- The stopwatch lets you measure elapsed time, split times and 2 finishing times.
- Press the MODE button until the screen shows 'STW'.

Elapsed Time

- Press START/STOP/+ button to start or stop the stopwatch.
- Press NEXT/- button to reset the stopwatch to zero.

Split Time

- Press START/STOP/+ button to start and press NEXT/- button to split.
- Press NEXT/- button to release and press START/STOP/+ button to stop.
- Press NEXT/- button to reset the stopwatch to zero.



Two Finishes

- Press START/STOP/+ button to start and press NEXT/- button to split (display time of first runner).
- Press START/STOP/+ button to stop and press NEXT/- button to release (display time of second runner).
- Press NEXT/- button to reset the stopwatch to zero.

Hydration Alarm

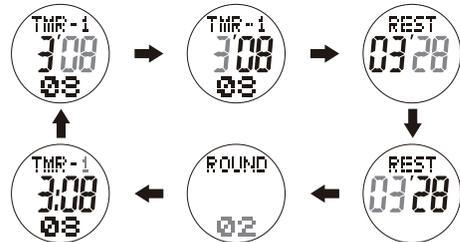
- The optional hydration timer will prompt you when's to hydrate and it will repeat and run concurrently with the stopwatch.

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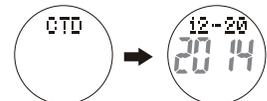
Alert Sound – A 2 seconds long beep sound
Resting time with a 2 beep alert sound x 3 times.
Finish time with a 3 beep alert sound x 5 times.

Restart the Timer - Press START/STOP/+ button to stop and hold the START/STOP/+ button for 3 seconds.

- While in Interval timer mode, the user can only go to Time Mode & Pedometer/Sleeping Mode



COUNTDOWN DAY



- Press MODE button until the Screen displays the matrix CTD.
- Press START/STOP/+ button to start and press again to stop the countdown day.
- Once the countdown day function starts, the display will only show how many days left from the countdown.
- Hold NEXT/- button for 3 seconds to cancel and reset.

SETTING COUNTDOWN DAY

- Press MODE button to set the countdown day and years' digits will flash
- Press or hold either the START/STOP/+ button to increment the year's digits or NEXT/- button to decrement the number.
- Press MODE button to set the month.
- Press or hold either the START/STOP/+ button to increment the month' digits or NEXT/- button to decrement the number.

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- Hold NEXT/- button for 3 seconds in stopwatch mode and the (WATER) matrix will appear on the screen.
- Press ST/SP/+ to activate or deactivate the Hydration alarm
- While using hydration, you must activate stopwatch.

Setting the Hydration Alarm (Range 1min – 23hrs 59mins)

- Hold MODE button for 3 seconds to confirm the input & the minutes' digits will flash.
- Press or hold either the START/STOP/+ button to increment the seconds' digits or NEXT/- button to decrement the number.
- Press MODE button to set the hour.
- Press or hold either the START/STOP/+ button to increment the hour' digits or NEXT/- button to decrement the number.
- Hold MODE button for 2 seconds to confirm the setting, and the alarm will be automatically activated.
- Press NEXT/- button or wait 60 seconds to return to Stopwatch mode.
- There will be 8 x beeps transmitted, when an alarm is triggered.

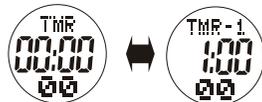


Note:

The maximum time of the stopwatch is 99hr59min59sec, if it is reached, 3 beeps is outputted and the stopwatch is stopped automatically.

TIMER / INTERVAL TIMER MODE

- Press the MODE button until screen shows TMR.
- Hold NEXT/- button for 3 seconds to select the Timer (TMR) or Interval Timer (INT).



TIMER

- Press START/STOP/+ button to start and press again to stop the timer.
- Press NEXT/- button back to start time.

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- Press MODE button to set the date.
- Press or hold either the START/STOP/+ button to increment the day's digits or NEXT/- button to decrement the number.
- Hold the MODE button for 2 seconds to confirm and exit the setting.
- Press ST/SP/+ button to start the countdown day.
- The countdown day will flash once activated.

Note:

- If countdown day has been completed, the initial date will be displayed and a beeping noise will sound for 30 seconds. Users can press any button to stop the noise transmission.
- The countdown timer automatically reset's to present day, after the alarm is deactivated.
- If there is no activity for 60 seconds, it will automatically return to the default time mode.



WORLD TIME SETTING

- World time shows the current time in 48 cities (29 time zones) around the world.
- Press MODE button until the screen displays the city code (NYC).
- Press START/STOP/+ button or NEXT/- button to scroll the city's code (for full information about the city's code, please see the City Code Table).
- If the current shown for a city is wrong, check your Time and Home setting and make the necessary changes.



CHANGE DST

- Press START/STOP/+ button or NEXT/- button to scroll through the cities' codes.
- Hold the MODE button for 3 seconds to toggle between DST ON or OFF
- Note that the DST displays the selected city code, other city codes are unaffected.

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SETTING THE TIMER

- Press MODE button for 3 seconds to confirm the setting & the second digit will flash.
- Press or hold either the START/STOP/+ button to increment the seconds' digits or NEXT/- button to decrement the number.
- Press MODE button to set the minute.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/- button to decrement the number.
- Press MODE button to set the hour.
- Press or hold either the START/STOP/+ button to increment the hours' digits or NEXT/- button to decrement the number.
- To save and return to Timer mode, hold the MODE button for 3 seconds or alternatively, 1 minute of inactivity will trigger the watch to return to the default TIME mode.

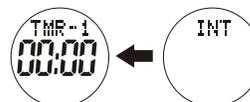
Note:

When the end of the countdown time is reached, the alarm will sound a beeping sound for 30 seconds. Users can press any key to stop it. The countdown time is reset automatically to its starting value after the alarms stops.



INTERVAL TIMER

- Press START/STOP/+ button to start the timer and press again to pause.
- Hold MODE button for 3 seconds to configure interval timer settings.
- Press or hold either the START/STOP/+ button to increment the digits or NEXT/- button to decrement the number. (TMR - 1 - 8)



- Hold MODE button for 3 seconds to confirm the Timer.
- Resting Time – need to set a minimum of 2 rounds.

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CITY CODE TABLE

Code	City	GMT Differential	Other major cities in same time zone
---		-11	Pago Pago
HNL	Honolulu	-10	Papeete
ANC	Anchorage	-9	Nome
LAX	Los Angeles	-8	San Francisco, Las Vegas, Vancouver, Seattle/ Iacoma, Dawson City
DEN	Denver	-7	El Paso, Edmonton
CHI	Chicago	-6	Houston Dallas/Fort Worth, New Orleans, Mexico City, Winnipeg
NYC	New York	-5	Montreal, Detroit, Miami, Boston, Panama City, Havana, Lima, Bogota
CCS*	Caracas	-4	La Paz, Santiago, Port Of Spain
RIO	Rio De Janeiro	-3	Sao Paulo, Buenos Aires, Brasilia, Montevideo
---		-2	
---		-1	Praia
GMT		0	Dublin, Lisbon, Casablanca, Dakar, Abidjan
LON	London	0	
PAR	Paris	+1	Milan, Rome, Madrid, Amsterdam, Algiers, Berlin, Hamburg, Frankfurt, Vienna, Stockholm
CAI	Cairo	+2	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape town
JRS	Jerusalem	+2	
JED	Jeddah	+3	Kuwait, Riyadh, Aden, Addis Ababa, Nairobi, Moscow
THR	Tehran	+3.5	Shiraz
DXB	Dubai	+4	Abu Dhabi, Muscat
KBL	Kabul	+4.5	
KHI	Karachi	+5	Male
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
DAC	Dhaka	+6	
RGN	Yangon	+6.5	
BKK	Bangkok	+7	Jakarta, Phnom Penh, Hanoi, Vientiane
HKG	Hong Kong	+8	Singapore, Kuala Lumpur, Beijing, Taipei, Manila, Perth, Ulaanbaatar
TYO	Tokyo	+9	Seoul, Pyongyang
ADL	Adelaide	+9.5	Darwin
SYD	Sydney	+10	Melbourne, Guam, Rabaul
NOU	Noumea	+11	Port Vila
WLG	Wellington	+12	Christchurch, Nadi, Nauru Island

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SETTING THE INTERVAL TIMER (Range:1 sec– 59mins 59secs)

- Hold MODE button for 3 seconds to Timer setting
- Press or hold either the START/STOP/+ button to increment the digits or NEXT/- button to decrement the number. (TMR - 1 - 8)
- Press MODE button to set or reset the timer and the minute digit will flash.
- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/- button to decrement the number.
- Press MODE button to set the seconds.
- Press or hold either the START/STOP/+ button to increment the seconds' digits or NEXT/- button to decrement the number.
- Press MODE button to set the RESTING TIME (REST) & the minute digit will flash



- Press or hold either the START/STOP/+ button to increment the minutes' digits or NEXT/- button to decrement the number.
- Press MODE button to set the second.
- Press or hold either the START/STOP/+ button to increment the seconds' digits or NEXT/- button to decrement the number.
- Press MODE button to set the ROUND (ROUND) and the round's digits will flash (RANGE: round 1– 99)



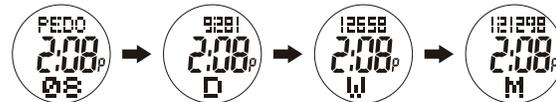
- Press or hold either the START/STOP/+ button to increment the round' digits or NEXT/- button to decrement the number.
- To save and return to Timer mode, hold the MODE button for 2 seconds or alternatively, one minute of inactivity will trigger the watch to return to the default TIME mode.

Note:

Min Exercise Time:1 minute
Min Resting Time:15 seconds

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PEDOMETER MODE



- Press MODE button until the Screen displays Pedometer mode (PEDO).
- Display will show the steps after 2 seconds.
- Press NEXT/- button to view yesterday's record (a " D " icon will display).
- Press NEXT/- button again or wait 3 seconds to view the last 7-day record (a " W " icon will display).
- Press NEXT/- button or wait 3 seconds to view the last 30-day record (a " M " icon will display).
- Press NEXT/- button return to Pedometer mode.

Note:

- While in data record mode, hold NEXT/- button for 3 seconds to reset the pedometer values on present day to zero, and holding START/STOP/+ button for 3 seconds will reset all the data record to zero.
- At 12am, the step count will reset to zero and the previous day's data is saved automatically.
- If step count mode is running, the screen will be kept on for five minutes, if there is undetectable movement during this period, the screen will automatically return to time mode.
- At 0:00/12:00am, all display will be switched off for battery conservation. When an alarm is activated, the alarm display will show the alarm time and the "beeping" function will only be deactivated after 30 seconds or when the user presses a key.
- " W " icon means total weekly steps.
- " M " icon means total monthly steps.

CAUTION

Should you encounter any problems with the watch (e.g. malfunctioning of a param eter, static electricity, interferences within the product or the need to re-set the device), please press four buttons at the same time to reset the watch. All data previously input into the device will be erased and you can then/will need to re-set the watch all over again. Should this fail to revive the situation, remove the batteries and then place them back into the battery compartment. Then follow the instruction manual and follow all the steps to input all necessary data. The content of this manual is subject in order to change without further notice. Due to illustration limitations, the displays shown in this manual may differ from the actual display. The manufacturer and its suppliers hold no responsibility to you or any other persons for any damage expenses, lost- profits, or any other claims arisen by using this product. The contents of this manual may not be reproduced without the permission of the manufacturer.

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