



## Setup Video 1 Setting the Time and Date

- To begin Date and Time Setup wake up the stat by tapping any button. then press and hold the **CONFIRM** button for 3 seconds

Hold down for 3 seconds
- The Programme (**Pr o9**) screen will then appear
- Press the **RIGHT** arrow button once so you see the the **hr** screen, then press **CONFIRM**

Press

Then
- Press **or**

to select a 12 or 24 hour clock. When your chosen clock is flashing press to make your selection
- Press **or**

to choose the **HOUR**

Then press
- Press **or**

to choose the **MINUTES**

Then press



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