

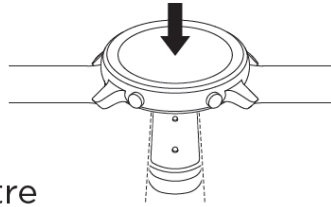


Metropolitan R



Charge your Watch

Your watch should be charged for at least two hours before first use.



Chargez votre montre

Votre montre doit être chargée pendant au moins deux heures avant la première utilisation.

Download the App & Connect the Watch



Before pairing, make sure your phone's Bluetooth® is turned on in the phone settings.

1. Install the Timex Smart App and register an account / log in
2. Select your device, then pair watch by scanning the QR Code on your watch screen
3. On the watch, accept the pairing request
4. Once paired, the Timex Smart App will update your watch



Side Buttons Boutons de côté



- TOP**
Press once to awake / sleep
10 second hold to shut off
- HAUT**
Appuyez une fois pour vous réveiller / dormir
10 secondes d'attente pour arrêter
- BOTTOM**
Function Menu
- BAS**
Menu de fonction

Using your Watch Utilisation de votre montre

For full operating instructions visit:
www.Timex.com/MetroRuserguides

Pour des instructions d'utilisation complètes, visitez:
www.Timex.com/MetroRguidesd'utilisation



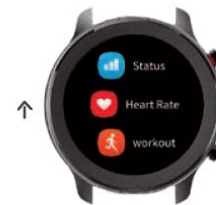
Swipe Left
Steps, Distance,
and Calories

Balayez vers
la gauche
Pas, distance,
et calories



Swipe Right
Heart Rate

Balayez vers
la droite
Rythme cardiaque



Swipe Up
Function Menu

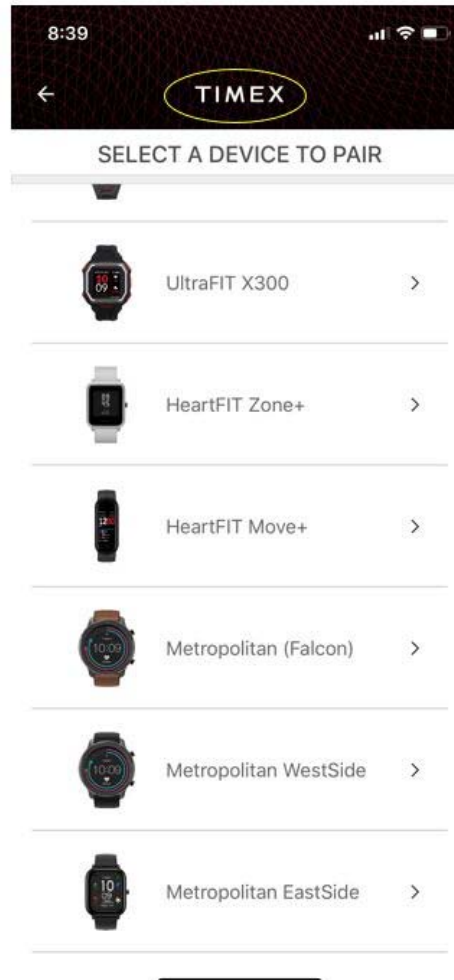
Balayez vers
le haut
Menu de fonction



Swipe Down
Control Menu

Balayez vers
le bas
Menu de contrôle

When synching the watch to your App, you must “Unlock” the Metropolitan style since it is not yet available for sale. Please follow the below instructions;



← Tap on the TIMEX logo 10 times, and it will allow you to view/select your Metropolitan style below