



LARMES

TRANSFORMERS
USER MANUAL

LARMES

TRANSFORMERS

USER MANUAL

LM-TF001, LM-TF002, LM-TF003, LM-TF004, LM-TF005, LM-TF006

USER MANUAL - ENGLISH

P. 1 - P.46

用户说明书 - 简体中文

P. 47 - P.92

Visit LARMES official website to browse more information about all of the watch's model and function. The right of guarantee will be honored by any official LARMES Customer Services Center, accounting to the stipulations described in LARMES official website.

WWW.LARMESWATCHES.COM

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LM-TF001

USER'S GUIDE

USER'S GUIDE

LM-TF001(Seconds Cartoon, Multifunction Sport Watch)



Synchronize Movement



Stopwatch



EL Backlight



Countdown Timer



World Time



5 Alarms



Low Power Indicator



Chime



100 Year Calendar



Battery(CR2025)



200M Water Resistant

BUTTONS

- Button operation are indicated using the letters shown in the illustration.



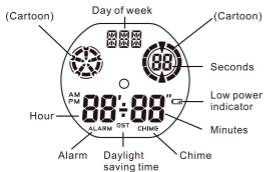
- A -- Reset
- B -- Mode
- C -- EL backlight / -
- D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:



BACKLIGHT

- The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



LOW POWER

- If the battery voltage level is insufficient, the icon "⏻" will appear to remind to replace a new battery.



LARMES

TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode → Stopwatch Mode → Countdown Mode → Alarm Mode → World Time Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds,
Day of week, Month, Date;
- 100 years Calendar
(2000 ~ 2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range:
0'00"00 ~ 99:59'59".



c COUNTDOWN

- Countdown range:
99:59'59" ~ 0'00"00.



d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the
preset time each day.



e WORLD TIME

- The time for other
time zone.



a TIMEKEEPING

Time Setting

1. In the timekeeping mode, press and hold "A" until the city code will flash (flashing is indicated in the setting mode);



2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;



3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.



5. Repeat steps 3 and 4, the selection in the following sequence:
City code - Daylight Saving Time - Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - Date Format - Key Tone(ON/OFF);

6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).

• When the digital time and hands they are not the same, please conduct the hands calibration function.

Calendar

• In the timekeeping mode, press and hold "D" to display: Month, Date.

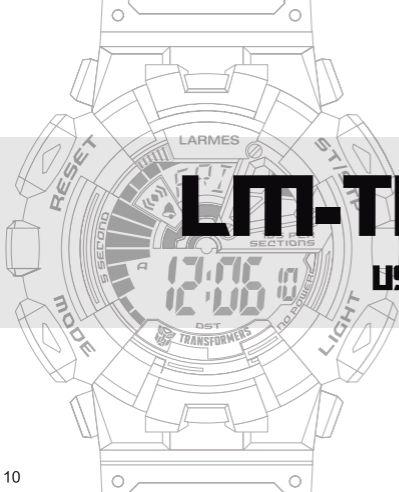


World Time Form

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF001



LM-TF002

USER'S GUIDE

USER'S GUIDE

LM-TF002 (Seconds Cartoon, Multifunction Sport watch)



EL Backlight



Stopwatch



World Time



Countdown Timer



Low Power Indicator



5 Alarms



100 Year Calendar



Chime



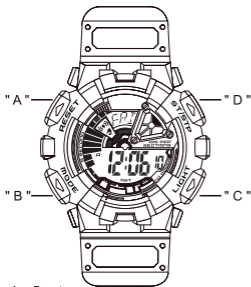
200M Water Resistant



Battery(CR2025)

BUTTONS

- Button operation are indicated using the letters shown in the illustration.



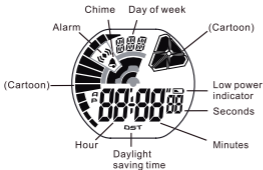
- A -- Reset
B -- Mode
C -- EL backlight / -
D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:



BACKLIGHT

- The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



LOW POWER

- If the battery voltage level is insufficient, the icon "⚡" will appear to remind to replace a new battery.



LARMES

TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode – Stopwatch Mode – Countdown Mode – Alarm Mode – World Time Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Day of week, Month, Date;
- 100 years Calendar (2000 – 2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 – 99:59'59".



c COUNTDOWN

- Countdown range: 99:59'59" – 0'00"00.



d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.



e WORLD TIME

- The time for other time zone.



a TIMEKEEPING

Time Setting

1. In the timekeeping mode, press and hold "A" until the city code will flash (flashing is indicated in the setting mode);
2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;
3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.



5. Repeat steps 3 and 4, the selection in the following sequence:
City code - Daylight Saving Time - Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - Date Format - Key Tone(ON/OFF);
6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).

Calendar

- In the timekeeping mode, press and hold "D" to display: Month, Date.

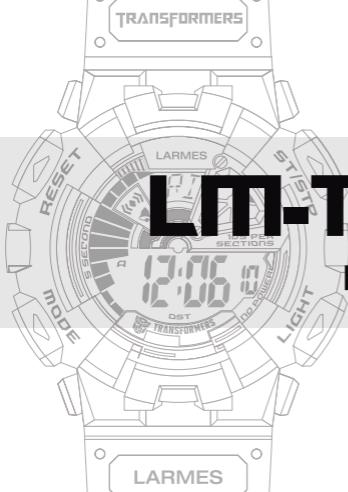


World Time Form

City code	City	GMT Differential	Other major cities in same time zone
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BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
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JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF002



LM-TF003

USER'S GUIDE

USER'S GUIDE

LM-TF003(Seconds Cartoon, Multifunction Sport Watch)



EL Backlight



Stopwatch



World Time



Countdown Timer



Low Power Indicator



5 Alarms



100 Year Calendar



Chime



200M Water Resistant



Battery(CR2016)

BUTTONS

- Button operation are indicated using the letters shown in the illustration.



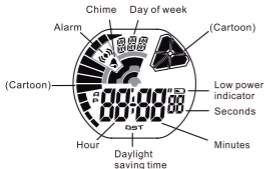
- A -- Reset
- B -- Mode
- C -- EL backlight / -
- D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:



BACKLIGHT

- The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



LOW POWER

- If the battery voltage level is insufficient, the icon "⚡" will appear to remind to replace a new battery.



LARMES

TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode – Stopwatch Mode – Countdown Mode – Alarm Mode – World Time Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Day of week, Month, Date;
- 100 years Calendar (2000 – 2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 ~ 99:59'59".



c COUNTDOWN

- Countdown range: 99:59'59" ~ 0'00"00.



d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.



e WORLD TIME

- The time for other time zone.



a TIMEKEEPING

Time Setting

1. In the timekeeping mode, press and hold "A" until the city code will flash (flashing is indicated in the setting mode);



2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;



3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.



5. Repeat steps 3 and 4, the selection in the following sequence:
City code - Daylight Saving Time - Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - Date Format - Key Tone(ON/OFF);

6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).

Calendar

- In the timekeeping mode, press and hold "D" to display: Month, Date.

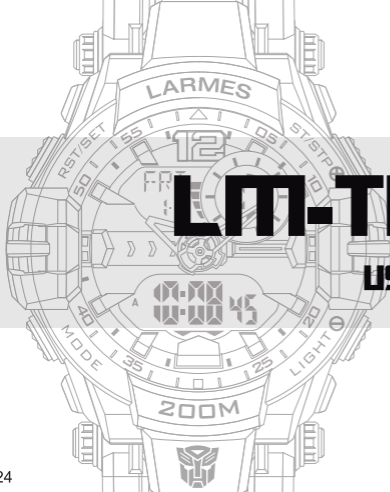


World Time Form

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF003



LM-TF004

USER'S GUIDE

USER'S GUIDE

LM-TF004(Seconds Cartoon, Multifunction Sport Watch)



Synchronize Movement



Stopwatch



LED Backlight



Countdown Timer



World Time



5 Alarms



Low Power Indicator



Chime



100 Year Calendar



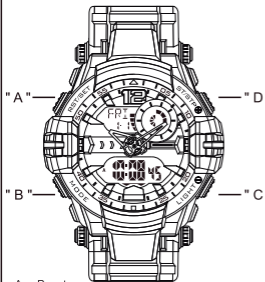
Battery(SR1130W)*2



200M Water Resistant

BUTTONS

- Button operation are indicated using the letters shown in the illustration.



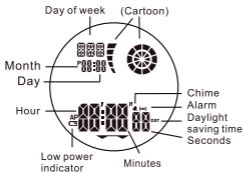
- A -- Reset
B -- Mode
C -- LED backlight / -
D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:

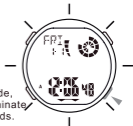


LED BACKLIGHT

- The backlight that uses an LED, cause the display to glow for easy reading in the dark.

Use Backlight

- In the timekeeping mode, quick press "C" to illuminate the LED about 3 seconds.



LOW POWER

- If the battery voltage level is insufficient, the icon "⚡" will appear to remind to replace a new battery.



LARMES

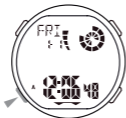
TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode – Stopwatch Mode – Countdown Mode – Alarm Mode – World Time Mode.

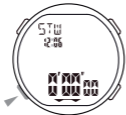
a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Day of week, Month, Date;
- 100 years Calendar (2000 – 2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 ~ 99:59'59".



c COUNTDOWN

- Countdown range: 99:59'59" ~ 0'00"00.



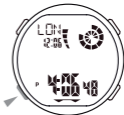
d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.



e WORLD TIME

- The time for other time zone.



a TIMEKEEPING

Time Setting

1. In the timekeeping mode, press and hold "A" until the city code will flash (flashing is indicated in the setting mode);
2. Press "C" or "D" to select the city code, press and hold to adjust at high speed;
3. Press "B" to select the Daylight Saving Time;



4. Press "C" or "D" to turn ON/OFF the Daylight Saving Time.



5. Repeat steps 3 and 4, the selection in the following sequence:
City code - Daylight Saving Time - Seconds - Hour - Minutes - 12/24H Format - Year - Month - Date - Date Format - Key Tone(ON/OFF);
 6. Press "A" to exit the set state after setting (The day of week is automatically displayed in accordance with year, month and date setting).
- When the digital time and hands they are not the same, please conduct the hands calibration function.

Calendar

- In the timekeeping mode, press and hold "D" to display: Month, Date.

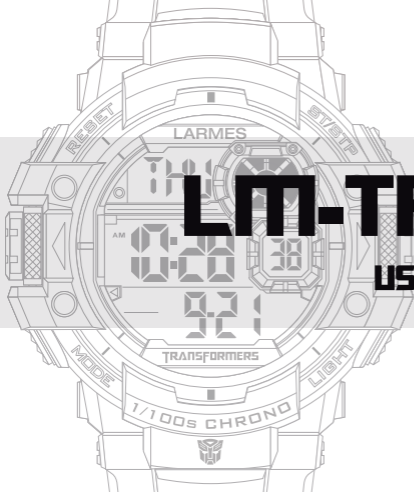


World Time Form

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BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
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CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF004



LM-TF005

USER'S GUIDE

USER'S GUIDE

LM-TF005(Seconds Cartoon, Multifunction Sport Watch)



EL Backlight



Stopwatch



Dual Time



Countdown Timer



100 Year Calendar



5 Alarms



Pacer



Chime



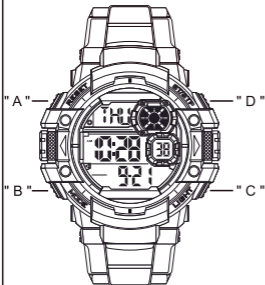
100M Water Resistant



Battery(CR2025)

BUTTONS

- Button operation are indicated using the letters shown in the illustration.



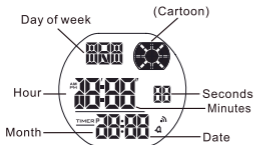
- A -- Reset
- B -- Mode
- C -- EL backlight / -
- D -- Start / Stop / +

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:



BACKLIGHT

- The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In the timekeeping mode, press "C" to illuminate the display about 3 seconds.



LARMES

TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode → Stopwatch Mode → Countdown Mode → Alarm Mode → Dual Time Mode → Pacer Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds, Day of week, Month, Date;
- 100 years Calendar (2000 ~ 2099).



b STOPWATCH

- 1/100 second unit;
- Measuring range: 0'00"00 ~ 23:59'59".



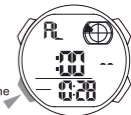
c COUNTDOWN

- Countdown range: 23:59'59" ~ 0'00"00.



d ALARM

- 5 Alarms;
- Hourly time signal;
- The alarm sounds at the preset time each day.



e DUAL TIME

- The time for other time zone.



f PACER

- 10 tempo.



a TIMEKEEPING

Time Setting

1. In the timekeeping mode, press "A" the seconds to flash (flashing indicated in set mode);



2. Press "D" to reset the seconds;



3. Press "B" change to the next selection;



4. Press "D" to increase the number, press and hold to change at high speed;



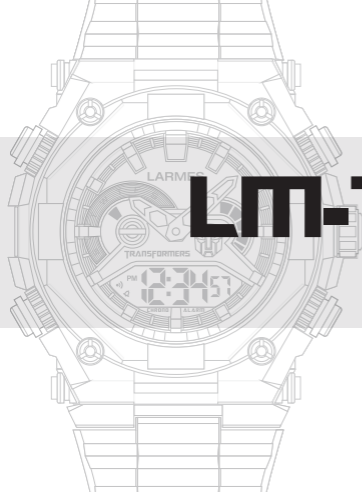
5. Repeat step 3 and 4, the selection in the following sequence:
Seconds - Hour - Minutes - Year - Month - Date;

6. Press "A" to exit the set state, after you set (The day of week is auto displayed in accordance with year, month and date setting).

12/24H Format

- In the timekeeping mode, press "D" to switch between 12/24H formats.





LM-TF006

USER'S GUIDE

USER'S GUIDE

LM-TF006(Multi Function Sport Lcd Watch)



Quartz Movement



EL Backlight



Dual Time



Stopwatch



Alarm



Chime



100M Water Resistant



Battery(CR2025
+SR626SW)

BUTTONS

- The operation of buttons are indicated by using the letters shown in the illustration.



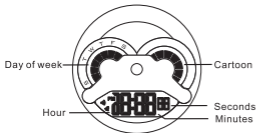
- A -- Reset
- B -- Mode
- C -- EL backlight
- D -- Start / Stop

ATTENTION

1. Never try to open the case or remove its back cover.
2. Do not operate buttons underwater.
3. Should moisture appear inside the watch, have it checked immediately by your dealer. Otherwise it can cause erosion of the metal parts of the watch.
4. Though the watch is designed to withstand normal use, you should avoid rough use or dropping the watch.
5. Avoid exposing the watch to temperature extremes.
6. Wipe the watch with dry, soft cloth only. Avoid allowing it to come into direct contact with chemical materials, which can cause deterioration of the plastic parts of the watch.
7. Avoid to wear the watch in electromagnetic, static conditions.

DISPLAY

- The screen shown in below:



BACKLIGHT

- The backlight that uses an EL (electroluminescent) cause the display to glow for easy reading in the dark.

Use EL Backlight

- In any mode, press "C" to illuminate the display about 3 seconds.



LARMES

TRANSFORMERS

MODE SELECTION

- Press "B" to change mode to mode in the following sequence:
Timekeeping Mode → Stopwatch Mode → Countdown Mode → Alarm Mode → Dual Time Mode → Pacer Mode.

a TIMEKEEPING

- 12/24H Format;
- Hour, Minutes, Seconds,
Day of week;
- Build in Date.



b ALARM

- Hourly time signal;
- The alarm sounds at the
preset time each day.



c STOPWATCH

- 1/100 second unit;
- Measuring range:
0'00"00 ~ 23:59'59".



d DUAL TIME

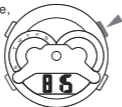
- The time for other
time zone.



a TIMEKEEPING

Calendar

- In the timekeeping mode, press and hold "D" to display: Month, Date.

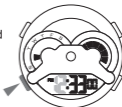


Time Setting

- In the timekeeping mode, press and hold "A" until the seconds to flash (flashing indicated in set mode);
- Press "D" to reset the seconds ;
- Press "B" change to the next selection;



- Press "D" to increase the number, press and hold to increase at high speed;



- Repeat step 3 and 4, the selection in the following sequence:
Seconds – Hour – Minutes –
Month – Date – Day of week –
12/24H Format;
- Press "A" to exit the set state, after you set.



STATEMENT OF STANDARD WARRANTY CONDITIONS

1. The LARMES watch warranty card provides services by the terms of the warranty during the warranty period. If the customer needs warranty service, please show the original warranty card. If the original warranty card is not provided upon request, our brand reserves the right to refuse to provide free services.
2. The model, date of purchase, and stamp must be completed on the warranty card. LARMES will provide 12 months warranty service for this product from the date of purchase. If alteration of the card is suspected the warranty conditions are deemed invalid. Such conditions may include but are not limited to: typeface is ambiguous; card does not conform to the real thing; missing or incomplete fields or holographic logo.
3. The warranty card will not be reissued if the warranty card is lost. Any service request without a warranty card will be charged separately.
4. If warranty service is required, please return the faulty watch in-person to the repair center listed on the official website by LARMES or the authorized repair center that is transferred from the original purchase agency to the agent.
5. The repair center only provides brand-new finished parts. If product parts are out of stock, customers can use substitute parts with consistent quality and consistent functions as recommended by the repair center.

STATEMENT OF STANDARD WARRANTY CONDITIONS

6. The following conditions cannot provide free warranty service during the valid guarantee period:
 - Damage caused by natural disasters, natural loss, improper use, and other factors.
 - Fade and damage caused by improper storage or use.
 - Faults and damage caused by extreme environment and excessive impact.
 - The warranty does not include the materials such as consumables, straps, buckles, glass, and/or batteries.
 - Malfunctions caused by the installation or modification of equipment other than this watch.
 - Repair, modification, and disassembly by non-original or unauthorized maintenance centers.

7. For maintenance service methods and procedures, please refer to the official website of LARMES.

Disclaimer: The above information is intended to be for reference only and is subject to change at any time without prior notice. Please contact the LARMES Customer Service for the latest information. In case of any dispute, the decision of LARMES shall be final.

LARMES CUSTOMER SERVICE AND REPAIR CENTERS

LARMES WATCH (SWITZERLAND)

JUNKHOLZWEG 1, CH - 4303 KAISERAUGST

Tel: +41 61 811 55 90

LARMES COMPANY LIMITED (HONG KONG)

Room 2103, 21/F, Peninsula Square, 18 Sung On Street,
Hung Hom, Kowloon, Hong Kong

Tel: +852 2356 9300

LARMES WATCH (TAIWAN)

ZETA JEWELRY CO.,LTD

374-376 ZhōngZhèng 1st Road,
Lingya District, Kaohsiung City, Taiwan 802

Tel: +886 07 725 2330

LARMES CUSTOMER SERVICE AND REPAIR CENTERS

LARMES WATCH (MALAYSIA)

146-03, 3rd Floor Patent House
Jalan Bukit Bintang 55100 Malaysia
Tel: +65 84886811

LARMES WATCH (SINGAPORE)

DELASAS PTE LTD
20 Maxwell Road, # 01-01 Maxwell House
Singapore 069113.
Tel: +65 6226 4226

LARMES China After-Sales Services Agency (Customer Service & Repair)

ZHUHAI ZHOUYUZAN WATCH INDUSTRY CO., LTD.
Service Hours: Monday to Saturday 9:00 am to 12:00 am,
1:00 pm to 5:30 pm, except public holidays
Customer Service Hotline: +86 400 8833 299

LARMES

TRANSFORMERS

用户说明书

LM-TF001, LM-TF002, LM-TF003, LM-TF004, LM-TF005, LM-TF006

用户说明书 - 英文

P. 1 - P.46

用户说明书 - 简体中文

P. 47 - P.92

查阅LARMES纳万官方网站，以浏览有关所有手表型号和功能的更多信息。保养的权利将由LARMES官方客户服务中心提供，并遵循LARMES纳万官方网站中所描述的规定。

WWW.LARMESWATCHES.COM

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LM-TF001

用户说明书

用户说明书

LM-TF001(秒动画，多功能运动型手表)



同步机芯



跑表



背景冷光



倒计时



世界时间



5组闹钟



低电量指示



整点报时



100年日历



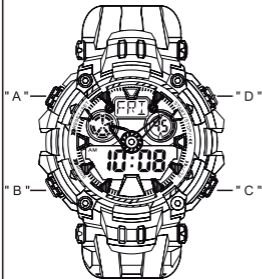
电池(CR2025)



200米防水

按键功能

• 在本说明书中，按键会以图中所示的字母表示



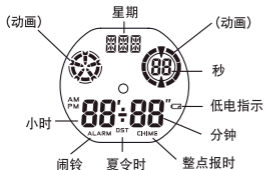
- A-- 设置
- B-- 模式
- C-- 冷光 / -
- D-- 运行 / 停止 / +

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:



冷光

- 本表有EL(电子萤光)功能,即使在黑暗中亦可使画面清晰易见。

使用冷光
使用冷光

- 在时间模式,按“C”可点亮EL约3秒



低电指示

- 本表亦有低电量指示功能,当电池电量不够时(“K”)会提示更换电池。



LARMES

TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 跑表模式 - 倒计时模式 -
闹铃模式 - 世界时间模式

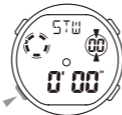
a 时间

- 12/24 时制；
- 时·分·秒，星期·月·日期；
- 100年日历(200~2099)。



b 跑表

- 1/100秒精度；
- 计时范围：
0'00"00 ~ 99:59'59"。



c 倒计时

- 倒计时范围：
99:59'59" ~ 0'00"00。



d 闹铃

- 五组闹；
- 整点报时；
- 每日按设定时间响闹。



e 世界时间

- 另一时区之时间。



a 时间

设置时间

1. 在时间模式，按住“A”直至城市代码闪烁(闪烁表示已进入设置画面)；



2. 按“C”或“D”选择城市代码，按住可快速调整；



3. 按“B”选择夏令时；



4. 按“C”或“D”开启/关闭夏令时；



5. 重复步骤3及4，依下列顺序设置项目：
城市代码 - 夏令时 - 秒 - 时 - 分 - 12/24时制 - 年 - 月 - 日 - 日期格式 - 键音(ON/OFF)；

6. 设置完毕，按“A”退出设置状态(当年/月/日期调节后，星期会自动校正)。

查看日历

- 在时间模式，按住“D”显示日期。

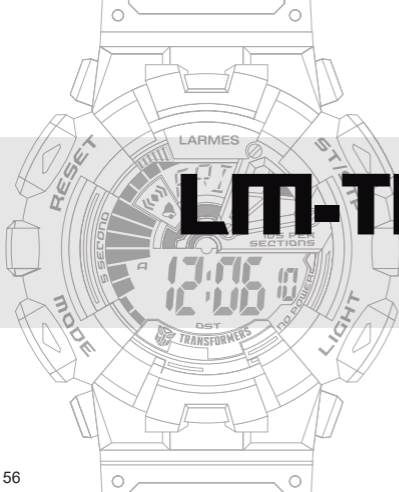


世界时间表

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF001



LM-TF002

用户说明书

用户说明书

LM-TF002(秒动画，多功能运动型手表)



背景冷光



跑表



世界时间



倒计时



低电量指示



5组闹钟



100年日历



整点报时



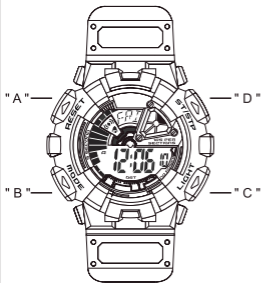
200米防水



电池(CR2025)

按键功能

• 在本说明书中，按键会以图中所示的字母表示。



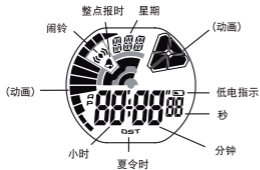
- A-- 设置
- B-- 模式
- C-- 冷光 / -
- D-- 运行 / 停止 / +

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:



冷光

- 本表有EL(电子萤光)功能，即使在黑暗中亦可使画面清晰可见。

使用冷光

- 在时间模式，按“C”可点亮LED约3秒



低電指示

- 本表亦有低电量指示功能，当电池电量不够时(“LO”)显示会提示更换电池。



LARMES

TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 跑表模式 - 倒计时模式 -
闹铃模式 - 世界时间模式

a 时间

- 12/24 时制；
- 时·分·秒·星期·月·日期；
- 100年日历(200~2099)。



b 跑表

- 1/100秒精度；
- 计时范围：
0'00"00 ~ 99:59'59"。



c 倒计时

- 倒计时范围：
99:59'59" ~ 0'00"00。



d 闹铃

- 五组闹；
- 整点报时；
- 每日按设定时间响闹。



e 世界时间

- 另一时区之时间。



a 时间

设置时间

1. 在时间模式，按住“A”直至城市代码闪烁(闪烁表示已进入设置画面)；



2. 按“C”或“D”选择城市代码，按住可快速调整；



3. 按“B”选择夏令时；



4. 按“C”或“D”开启/关闭夏令时；



5. 重复步骤3及4，依下列顺序设置项目：
城市代码 - 夏令时 - 秒 - 时 - 分 - 12/24时制 - 年 - 月 - 日 - 日期格式 - 键音(ON/OFF)；
6. 设置完毕，按“A”退出设置状态(当年/月/日期调节后，星期会自动校正)。

查看日历

- 在时间模式，按住“D”显示日期。

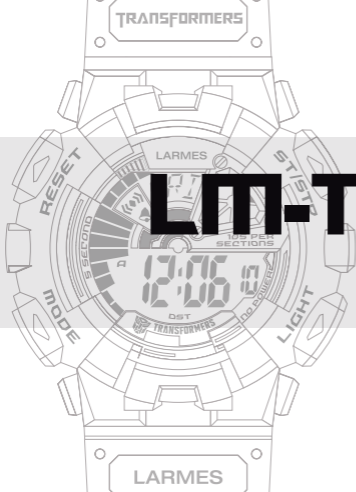


世界时间表

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF002



LM-TF003

用户说明书

用户说明书

LM-TF003(秒动画，多功能运动型手表)



背景冷光



跑表



世界时间



倒计时



低电量指示



5组闹钟



100年日历



整点报时



200米防水



电池(CR2016)

按键功能

• 在本说明书中，按键会以图中所示的字母表示。



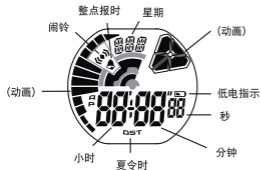
- A-- 设置
- B-- 模式
- C-- 冷光 / -
- D-- 运行 / 停止 / +

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:



冷光

- 本表有EL(电子萤光)功能,即使在黑暗中亦可使画面清晰易见。

使用冷光

- 在时间模式,按“C”可点亮EL约3秒



低电指示

- 本表亦有低电量指示功能,当电池电量不够时(“K”)显示)会提示更换电池。



LARMES

TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 跑表模式 - 倒计时模式 - 闹铃模式 - 世界时间模式

a 时间

- 12/24 时制；
- 时·分·秒，星期·月·日期；
- 100年日历(200~2099)。



b 跑表

- 1/100秒精度；
- 计时范围：
0'00"00 ~ 99:59'59"。



c 倒计时

- 倒计时范围：
99:59'59" ~ 0'00"00。



d 闹铃

- 五组闹；
- 整点报时；
- 每日按设定时间响闹。



e 世界时间

- 另一时区之时间。



a 时间

设置时间

1. 在时间模式，按住“A”直至城市代码闪烁(闪烁表示已进入设置画面)；



2. 按“C”或“D”选择城市代码，按住可快速调整；



3. 按“B”选择夏令时；



4. 按“C”或“D”开启/关闭夏令时；



5. 重复步骤3及4，依下列顺序设置项目：
城市代码 - 夏令时 - 秒 - 时 - 分 - 12/24时制 - 年 - 月 - 日 - 日期格式 - 键音(ON/OFF)；

6. 设置完毕，按“A”退出设置状态(当年/月/日期调整后，星期会自动校正)。

查看日历

在时间模式，按住“D”显示日期。

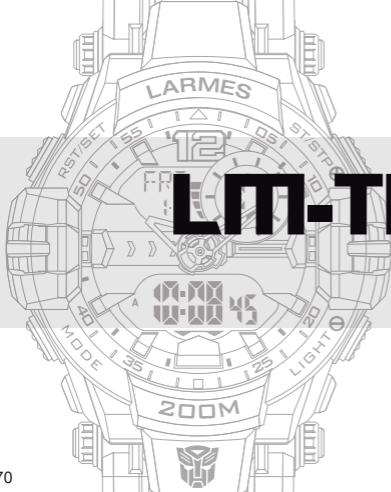


世界时间表

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF003



LM-TF004

用户说明书

用户说明书

LM-TF004 (秒动画，多功能运动型手表)



同步机芯



跑表



LED背光



倒计时



世界时间



5组闹钟



低电量指示



整点报时



100年日历



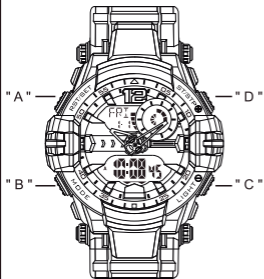
电池(SR1130W)*2



200米防水

按键功能

• 在本说明书中，按键会以图中所示的字母表示。



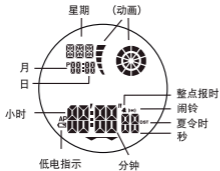
- A-- 设置
- B-- 模式
- C-- 冷光 / -
- D-- 运行 / 停止 / +

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:

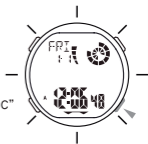


LED背光

- 本表有背光功能，即使在黑暗中亦可使画面清晰易见。

使用背光

- 在时间模式，按“C”可点亮LED约3秒



低電指示

- 本表亦有低电量指示功能，当电池电量不够时(“CB”显示)会提示更换电池。



LARMES

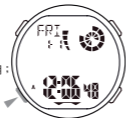
TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 跑表模式 - 倒计时模式 -
闹铃模式 - 世界时间模式

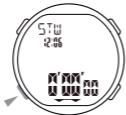
a 时间

- 12/24 时制；
时·分·秒，星期·月·日期；
100年日历(200~2099)。



b 跑表

- 1/100秒精度；
计时范围：
0'00"00 ~ 99:59'59"。



c 倒计时

- 倒计时范围：
99:59'59" ~ 0'00"00。



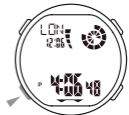
d 闹铃

- 五组闹；
整点报时；
每日按设定时间响闹。



e 世界时间

- 另一时区之时间。



a 时间

设置时间

1. 在时间模式，按住“A”直至城市代码闪烁(闪烁表示已进入设置画面)；



2. 按“C”或“D”选择城市代码，按住可快速调整；



3. 按“B”选择夏令时；



4. 按“C”或“D”开启/关闭夏令时；



5. 重复步骤3及4，依下列顺序设置项目：
城市代码 - 夏令时 - 秒 - 时 - 分 - 12/24时制 - 年 - 月 - 日 - 日期格式 - 键音(ON/OFF)；

6. 设置完毕，按“A”退出设置状态(当年/月/日期调整后，星期会自动校正)。

查看日历

在时间模式，按住“D”显示日期。

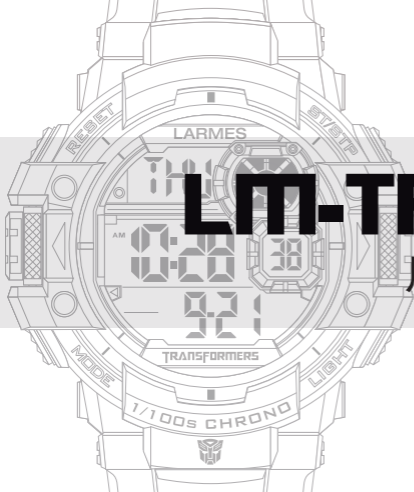


世界时间表

City code	City	GMT Differential	Other major cities in same time zone
WLG	Wellington	+12	Christchurch, Nauru Island, Nadi
NOU	Noumea	+11	Port Vila
SYD	Sydney	+10	Melbourne, Guam, Rabaul
ADL	Adelaide	+9.5	Darwin
TYO	Tokyo	+09	Seoul, Pyongyang
HKG	Hong Kong	+08	Singapore, Kuala Lumpur, Beijing, Taipei, Manila
BKK	Bangkok	+07	Jakarta, Phnom Penh, Hanoi, Vientiane
RGN	Yangon	+6.5	
DAC	Dhaka	+06	Colombo
DEL	Delhi	+5.5	Mumbai, Kolkata, Colombo
KHI	Karachi	+05	Male
KBL	Kabul	+4.5	
DXB	Dubai	+04	Abu Dhabi, Muscat
THR	Tehran	+3.5	Shiraz

City code	City	GMT Differential	Other major cities in same time zone
JED	Jeddah	+03	Kuwait, Aden, Addis Ababa, Nairobi, Moscow
CAI	Cairo	+02	Athens, Helsinki, Istanbul, Beirut, Damascus, Cape Town
JRS	Jerusalem	+02	
PAR	Paris	+01	Milan, Rome, Amsterdam, Madrid, Algiers
LON	London	+00	Dublin, Lisbon, Casablanca, Dakar, Abidjan
RIO	Rio de Janeiro	-03	Sao Paulo, Buenos Aires, Brasilia, Montevideo
CCS	Caracas	-04	La Paz, Santiago, Port Of Spain
NYC	New York	-05	Montreal, Detroit, Miami, Boston, Panama City,
CHI	Chicago	-06	Houston, Dallas/Fort Worth, New Orleans,
DEN	Denver	-07	El Paso, Edmonton
LAX	Los Angeles	-08	San Francisco, Las Vegas, Vancouver, Seattle
ANC	Anchorage	-09	Nome
HNL	Honolulu	-10	Papeete
PPG	Pago Pago	-11	Pago Pago

LM-TF004



LM-TF005

用户说明书

用户说明书

LM-TF005(秒动画，多功能运动型手表)



背景冷光



跑表



两地时间



倒计时



100年日历



5组闹钟



节拍器



整点报时



100米防水



电池(CR2025)

按键功能

• 在本说明书中，按键会以图中所示的字母表示。



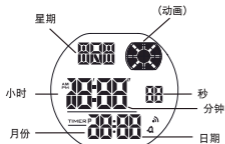
- A-- 设置
- B-- 模式
- C-- 冷光 / -
- D-- 运行 / 停止 / +

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:



冷光

- 本表有EL(电子萤光)功能,即使在黑暗中亦可使画面清晰易见。

使用冷光

- 在时间模式,按“C”可点亮EL约3秒



LARMES

TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 跑表模式 - 倒计时模式 -
闹铃模式 - 第二时间模式 - 节拍器模式。

a 时间

12/24 时制；

时·分·秒·星期·月·日期；
100年日历(200~2099)。



b 跑表

- 1/100秒精度；
- 计时范围：
0'00"00 ~ 23:59'59"。



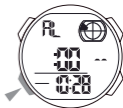
c 倒计时

- 倒计时范围：
99:59'59" ~ 0'00"00。



d 闹铃

- 五组闹；
- 整点报时；
- 每日按设定时间响闹。



e 第二时间

- 另一时区之时间。



f 节拍器

- 10种节拍器。



a 时间

设置时间

1. 在时间模式，按住“A”秒闪烁(闪烁表示已进入设置画面)；



2. 按“C”秒归零；



3. 按“B”选择下一个设置项目；



4. 按“D”增加数值，按住可快速增加；



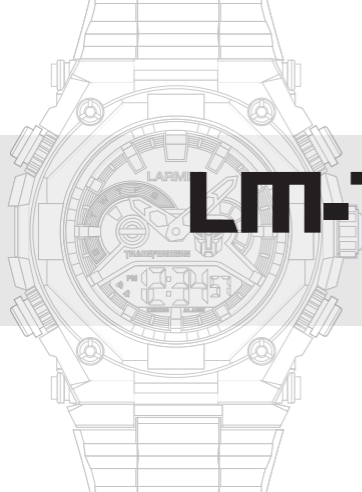
5. 重复步骤3及4，依下列顺序设置项目：
秒 - 小时 - 分钟 - 年 - 月 - 日；

6. 设置完毕，按“A”退出设置状态
(当年/月/日期调整后，星期会自动校正)。

12/24 时制

- 在时间模式，按“D”可进行12/24时制转。





LARMIA TF006

用户说明书

用户说明书

LM-TF006 (多功能运动型液晶显示手表)



石英机芯



背景冷光



两地时间



跑 表



闹 铃



整点报时



100米防水



电池(CR2025
+SR626SW)

按键功能

• 在本说明书中，按键会以图中所示的字母表示。



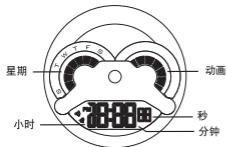
- A -- 设 置
- B -- 模 式
- C -- 冷 光
- D -- 运 行/ 停 止

注意事项

1. 由于电子表使用精密电子零件组成，除了指定专家外不能任意拆卸。
2. 凡游泳，潜水时不能在水面下按键操作。
3. 如发现表面内有水雾或水滴，应立刻找指定专家拆修，以防止水腐蚀内部电子零件。
4. 避免强烈震动。本表可承受普通震动，但重力冲击粗暴使用或跌落在坚硬场地则例外。
5. 避免在酷热或严寒中使用。
6. 忌用化学品洗涤表面，只可用软布清水清洗，尤忌用肥皂液会腐蚀表内橡皮防水圈导致漏水。
7. 避免在强力电场，静电，高周波等环境下佩戴使用。

标准字幕

- 显示画面简介如下:



冷光

- 本表有EL(电子萤光)功能,即使在黑暗中亦可使画面清晰易见。

使用冷光

- 在任何模式,按“C”可点亮EL约3秒



LARMES

TRANSFORMERS

模式选择

- 按“B”依下列顺序进行模式选择：
时间模式 - 闹铃模式 - 跑表模式 -
第二时间模式

a 时间

- 12/24 时制；
- 时·分·秒·星期；
- 内置日历



b 闹铃

- 整点报时；
- 每日按设定时间响闹。



c 跑表

- 1/100秒精度；
- 计时范围：
0'00"00 ~ 23:59'59".



d 第二时间

- 另一时区之时间。



a 时间

日历

- 在时间模式，按住“D”
显示：月·日·

设置时间

1. 在时间模式，按住“A”
直至秒闪烁(闪烁表示已
进入设置画面)；



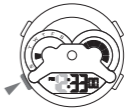
2. 按“D”秒归零；



3. 按“B”选择下一个设置
项目；



4. 按“D”增加数值，按住可
快速增加；



5. 重复步骤3及4，依下列
顺序设置项目：
秒 - 小时 - 分钟 - 月 -
日期 - 星期 - 12/24 时制；



6. 设置完毕，按“A”退出设置状态。

保修条款声明

1. LARMES 腕表保修卡于保修期内，跟据保修条款规定提供服务，顾客如需保修服务，请出示正本保修卡，如未能提供，我们品牌保留拒绝提供免费服务的权利。
2. 保修卡内必须填写型号、购买日期及盖印，期限，LARMES 品牌对该产品，自购买日起提供12个月品质保养服务。如怀疑经涂改、字体模糊不清或与现物不符，则视为保修条件无效。
3. 遗失保修卡，本品牌恕不补发，凡无有保修卡的服务请求，需另行收费。
4. 如需保修服务，请将故障腕表亲自送交LARMES 公司在网上列明的维修中心或由原购店转送代理经销之授权维修中心。
5. 维修中心只提供完厂全新零件，如产品配件缺货，客人可按照维修中心建议，使用品质完好功能一致之代用零件。

保修条款声明

6. 下列状况，在有效保证期内无法提供免费保修服务：

- 天灾、自然损耗、不当使用等因素所引致的损坏。
- 保管、存放不当而引致的退色及损坏。
- 极端环境及过度撞击的发生而引致的故障及损坏。
- 保修范围不包括外观材料的耗损，例如表带、表扣、玻璃、电池等消耗品。
- 因本腕表以外的其他设备搭载或改装所引发的故障。
- 经非原厂或授权维修中心进行修理、改装的拆修。

7. 需要维修的腕表内如储存的资料，在请送修前请自行备份保存。我们对修理手表来的资料遗失，不会负责任。

有相关维修服务办法及流程，请参考LARMES 纳万表官网。

免责声明：以上内容只供参考，资料如有更改，恕不作另行通知。
欢迎向LARMES纳万客服查询最新资讯。LARMES纳万
保留所有条款之最终决定权。

纳万表客户服务及维修中心

纳万表(瑞士)

JUNKHOLZWEG 1, CH - 4303 KAISERAUGST

Tel: +41 61 811 55 90

纳万有限公司(中国香港)

香港九龙红磡崇安街18号半岛广场21楼2103室

电话: +852 2356 9300

纳万表(台湾)

捷达事业股份有限公司

高雄市苓雅区中正一路374号

电话: +886 07 725 2330

纳万表客户服务及维修中心

纳万表(马来西亚)

146-03, 3rd Floor Patent House
Jalan Bukit Bintang 55100
Malaysia
Tel: +65 84886811

纳万表(新加坡)

利达珠宝有限公司
20 Maxwell Road, # 01-01 Maxwell House Singapore 069113.
电话: +65 6226 4226

纳万手表(中国客户服务及维修)

珠海市周玉赞表业有限公司
服务时间：星期一至六上午9:00至12:00
下午1:00至5:30，公众假期除外
维修热线：+86 400 8833 299

LARMES

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