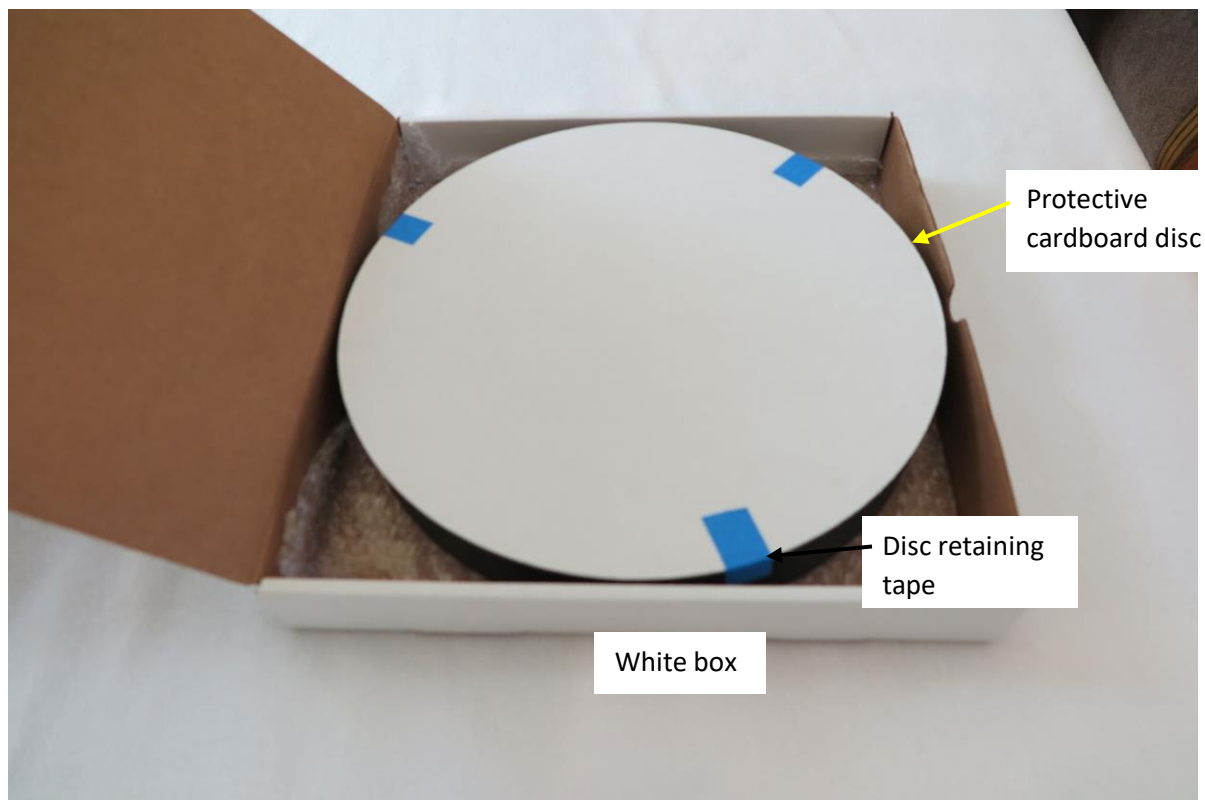


Conceptual Polymer Fitness Clock – Unboxing and Setup

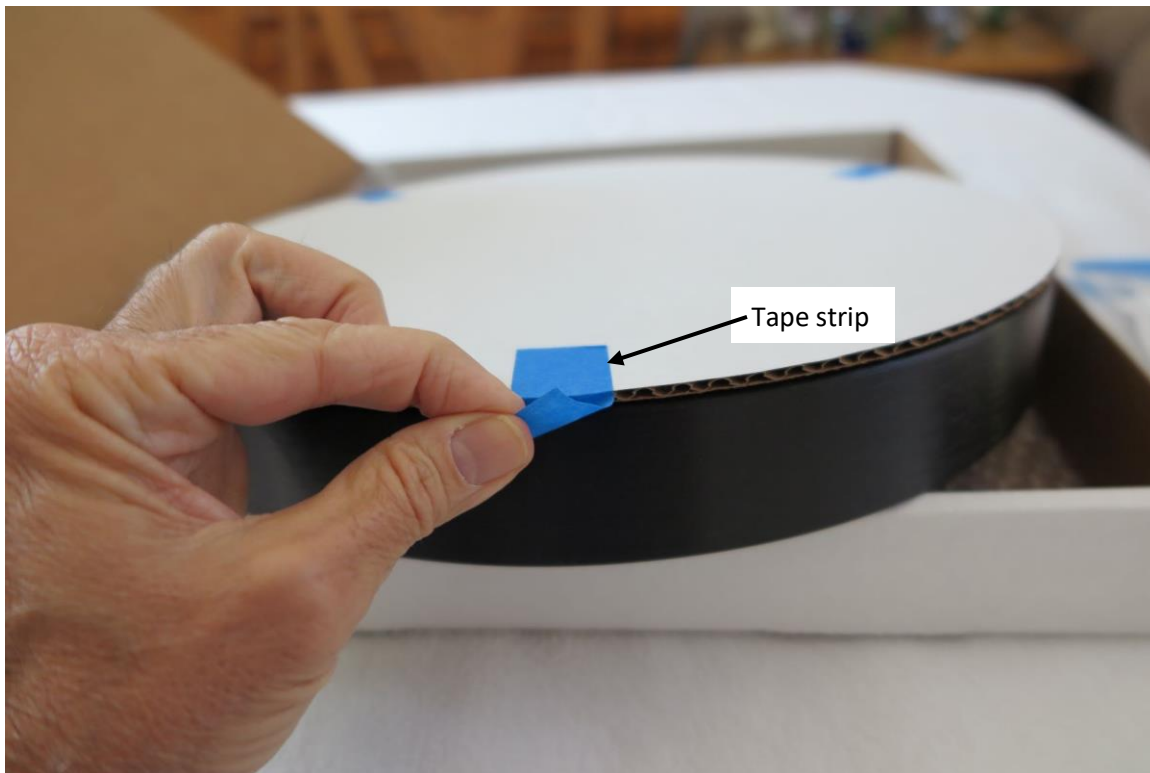
1.0 Remove white box from shipping box and open lid.



2.0 Turn the clock over and remove the bag containing the lithium AA battery.

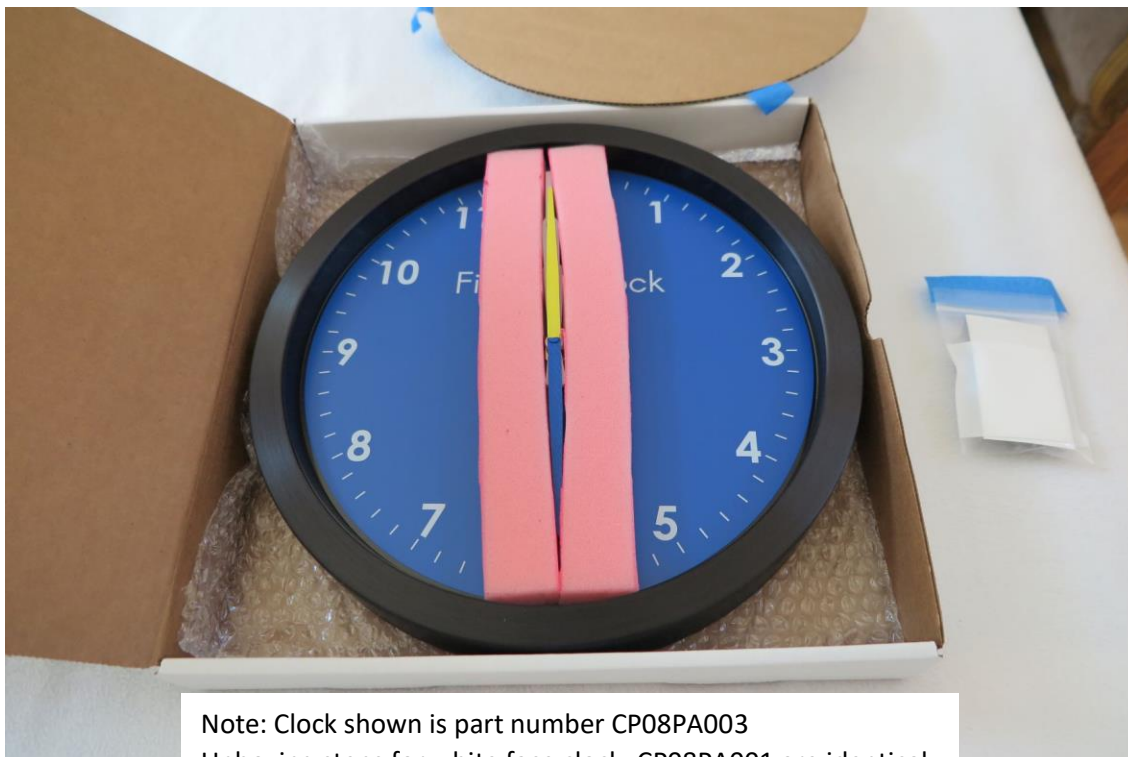


3.0 Separate the cardboard disc from the clock ring by peeling up each of the tape strips as shown.



4.0 Carefully remove the foam strips away (outward and upward) from the clock hands.

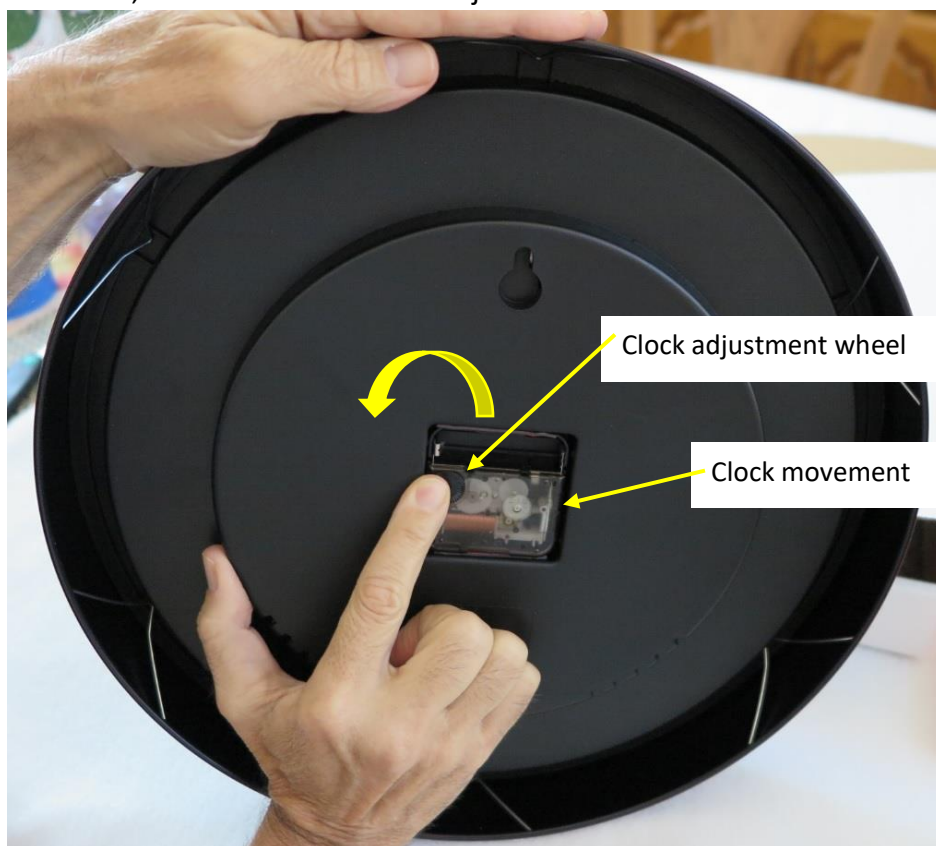
Note: Refer to special instructions if clock is ordered with glass lens.



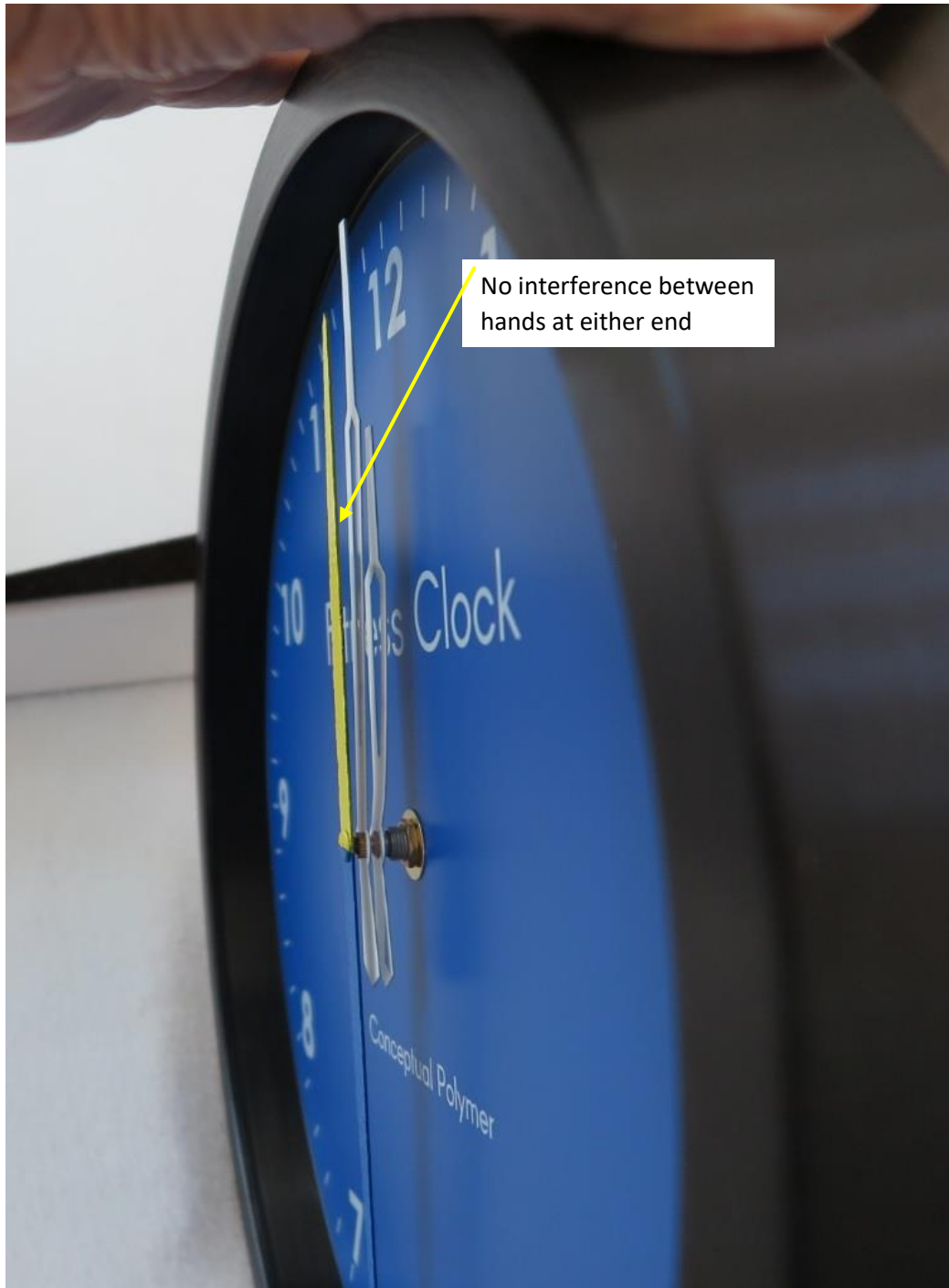
Note: Clock shown is part number CP08PA003
Unboxing steps for white face clock, CP08PA001 are identical.



5.0 Check the current time and set the clock to one minute ahead of that time by rotating counter-clockwise, the clock movement's adjustment wheel on the back of the clock.



6.0 As you are forwarding the clock hands, turn the clock so that you can see the hands from the side. Observe clearance between the second and minute hands, and the minute and hour hands. Listen carefully for any interference clicks as a hand is passing over the one below it.

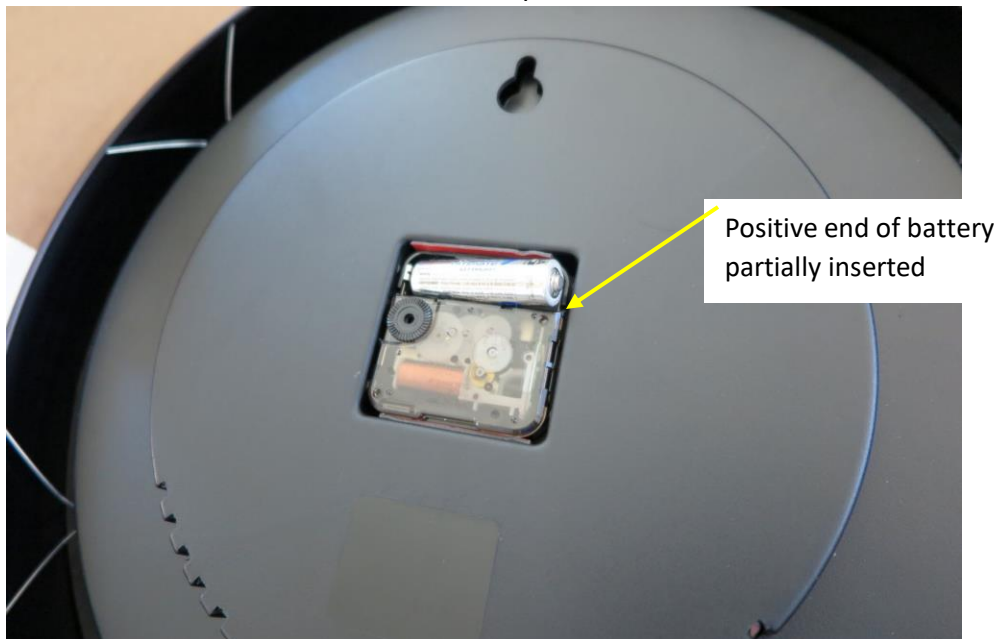


7.0 If any interference is seen or heard between the second and minute hands, carefully bend the minute hand when it is not directly underneath the second hand or above the hour hand.

8.0 If interference is detected between the minute and our hand, you may tilt the hour hand, slightly. **Do not bend the hour hand.**



9.0 When you have set the time to one minute ahead of current time, insert the lithium AA battery into the clock movement as shown with the positive end the metal contact below it.



- 10.0 When your reference time display changes to match your Fitness Clock setting, fully insert the battery by pushing it to the left and downward.
- 11.0 You are now ready to hang up your Fitness clock. Note: Consider applying a strip of painter's or masking tape to the back of the clock and writing the present date on it. Typically, your lithium battery will last a minimum of one year. Slowing, stopped, or erratic movement indicates that the battery needs to be changed. Replace with a quality lithium battery to prevent leakage into the clock's movement.