



# **CREST CR-5**

## **English User Guide**

Applicable SW version: CR5040

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# CR-5 English User Guide








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## 1. Diving Safety Guide

-  1.1 Please ensure that you fully understand how to use your dive equipment and the CR-5 dive function and what the information displayed on this product means. If you have any questions about this product, please always contact your CREST dealer for answers prior to your diving activity and use. Remember, your safety is your responsibility, so please pay attention to all details and do not ignore any signs of discomfort!
-  1.2 Please be sure to read and thoroughly understand the entire contents of the CR-5 Diving Instruction Manual. Any confusion or negligence, failure to follow the contents of the Instruction Manual, or failure to follow normal operating practices may result in serious injury to life or even death.
-  1.3 The CR-5 diving function is designed for recreational diving use only, and CREST strongly advocates that this device should not be used for commercial or professional diving activities. Anyone engaged in commercial or professional diving is often exposed to depths and conditions beyond those for which the watch was designed, which may result in the occurrence of Decompression Illness (DCI).
-  1.4 This product is not a substitute for formal diving education and training. Only divers who have received formal training from a professional dive operator and know how to operate the dive equipment should use this product.
-  1.5 Each dive may carry a risk of decompression sickness and even if you follow your dive plan or the calculations of the dive plan and dive information shown on this product, the product cannot anticipate and measure changes in individual physiology. Therefore, divers should try to stay within the limits indicated by the product.
-  1.6 It is recommended that you seek the consent of your physician before engaging in diving activities. There is no algorithm, formula, theorem, dive computer or dive program that can completely eliminate the chance of decompression sickness or oxygen toxicity. Individual physiology varies depending on environmental factors and therefore this product cannot fully protect you from injuries associated with diving activities.  
**"The best way to completely avoid injuries associated with diving activities is not to engage in them."**
-  1.7 This product is not guaranteed to be in full functional condition at all times. Always carry a depth gauge, pressure gauge, timer and hand gauge

as backup instruments and always compare your dive plan and check the remaining residual pressure.

- ⚠ 1.8 This product is factory tested to a depth of 100 m/330 ft and is intended for recreational diving only. CREST strongly recommends that recreational divers do not exceed the maximum depth of 40 m/131 ft specified for recreational diving (air diving), or the maximum depth allowed by your dive training, and do not use it in diving environments where you are not trained to dive within the depth limits of your training.

**"Your safety is your own responsibility, and to challenge risk is to challenge your luck."**

- ⚠ 1.9 CREST strongly discourages recreational divers from engaging in diving activities that require the performance of decompression, or diving above the No Decompression Limit (NDL). Decompression diving activities require specialist training and an adequate air supply.





As soon as you exceed the NDL or the product signals that you are recommended to perform a decompression dwell, you should immediately stop diving and begin a slow rise and decompression procedure. Please pay close attention to the flashing digits, warning tone and vibration warning, and pay attention to the ascent speed, dwell depth and time of the product, there may be multiple recommended dwell depths and times, we suggest you follow the instructions and complete the dwell.

- ⚠ 1.10 This product can assist in calculating dive no-decompression limits etc., but it does not mean that you can skip the dive planning process etc. If your dive plan is more conservative, please always give priority to your dive plan.

- ⚠ 1.11 To ensure that the display of the product is correct and complete, before each dive, you should start the product correctly and check its functions, and make sure that the battery power is sufficient, the oxygen concentration setting, the personalization setting, and adjust other settings to make sure they are compatible with your dive plan.

- ⚠ 1.12 Any diving activity undertaken prior to the first activation of this product may result in misleading information. If the product is left on the surface and not dived with the diver, the dive computer meter will not provide accurate dive planning and dive information calculations for subsequent dives.

- ⚠ 1.13 Divers must not exchange or share this product with each other, and their internal dive information must match the original user in order to ensure the correctness of the dive plan and dive information displayed subsequently; their internal information cannot be transferred to divers who do not wear it in its entirety, and it cannot be used for subsequent repeat dives.

-  1.14 Before diving, please make sure that the settings of this product are correct and fit your dive plan, e.g. the oxygen ratio of the gas to be used, and input them into this product. Failure to personally confirm the contents of the oxygen cylinder, or to set the correct personalized adjustment settings, may result in incorrect calculation of the dive plan and dive information, and in severe cases may result in the diver's life being in danger.
-  1.15 The input value of the oxygen concentration percentage of this product is only accepted as an integer, please do not remove the decimal point by yourself when inputting. The recommended input method is the unconditional rounding method, for example, if your cylinder measurement is 31.8%, please input the oxygen concentration value: 32%. The decimal point will be underestimated and will result in incorrect calculation of the dive information, which may lead to life threatening divers.
-  1.16 Divers should avoid flying during the period when this product shows the proposed no-fly countdown. You should also check that the ban is lifted before flying. Flying or travelling to high altitude areas during the no-fly period may significantly increase the risk of developing decompression sickness. Please review the recommendations of the Diver Alert Network (DAN).
-  1.17 This device contains a lithium battery. To avoid the risk of fire or combustion, do not attempt to disassemble, crush, puncture, or throw the device into a fire or leave it in water for a long period of time. If the device is damaged and you wish to dispose of it, please dispose of it properly or recycle it in accordance with the regulations in your area.

## 2. Getting Started Guide

### 2.1 Maintenance

1. Storage: Please keep this product in a cool place, do not place it in a dangerous environment, squeeze, heavy pressure, high temperature, low temperature, high humidity, easy to drop, heavy impact, etc. If the product is not used for a long time, please make sure that the power supply is at least 50%, and check and charge it regularly. If the battery capacity and voltage are not used for a long time, it may cause irreversible damage to the battery.
2. Do not disassemble the body or case of this product by yourself.
3. After use: Make sure to soak and rinse the product with water after use, especially underwater or in seawater.

The recommended cleaning method is.

- Remove the watch from your hand and gently grasp it by the strap to place the entire product in the water.
- Soak in water for about three to five minutes and then shake gently in the water to allow water to flow into the crevices to clean the salt.
- Please do not hit the water vigorously.
- Do not use strong water jets to rinse.
- Do not use any cleaning solvent other than water to clean.
- After cleaning, put it back on your hand or leave it in the shade to dry naturally.
- After cleaning, please make sure that the charging hole is free of water and completely dry before charging, otherwise there will be a risk of short circuit or electric shock.

## 2.2 Charging

1. Please install the charging clip and charging cable to a USB output power source, such as a mobile phone charger, mobile power, etc.
2. Please make sure that your power output device is a safe and qualified product. Do not use a product from an unknown source or without safety certification regulations.
3. After confirming that the charging clip is connected to the power source, open the charging clip and confirm the direction of the charging point.
4. When the device is connected to the power source, the battery status will be displayed on the screen.
5. Charging time is recommended to be about one to three hours, and may take longer for weaker transformers.

## 2.3 Wearing CR-5

1. The GPS antenna is hidden underneath the screen. It is recommended to keep the antenna pointing upwards to get a better signal when wearing it.
2. Because of the correctness of the optical heart rate component, please wear it 1-2cm behind the wrist joint.
3. Avoid wrist rotations and palm opening and closing movements that will tug on the wrist muscles at the beginning of the measurement.

## 2.4 Forced Shutdown

When your CR-5 is off, just press and hold the power button at the bottom left corner for about 15-20 seconds, the CR5 will turn off forcibly, press the power button again and it will turn on normally. If there is no response, it is possible that your CR-5 has run out of power. Please connect the charging clip to your watch and let it charge for about 5 minutes and try again.



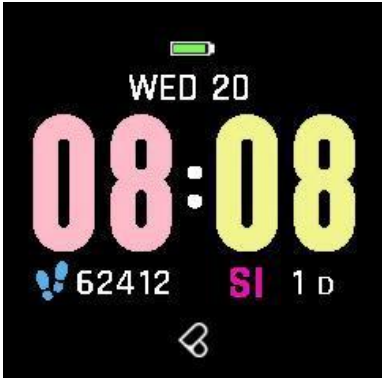
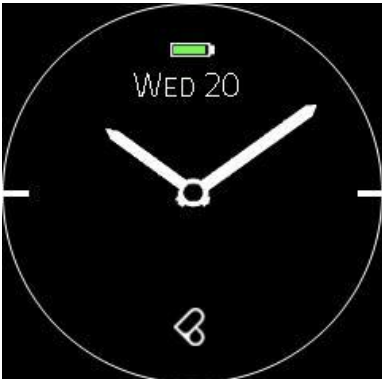

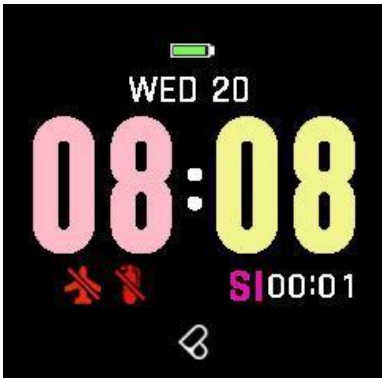

## 2.5 Buttons

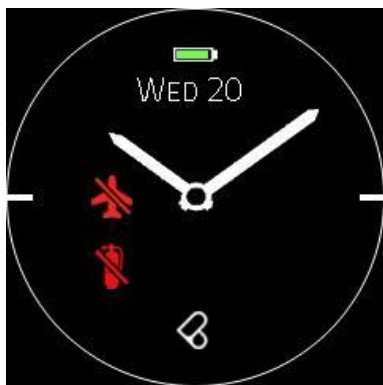


Button	Function
① Backlight	-backlight On/Off -press and hold for two seconds for the backlight to stay on
② Back	-return -power switch
③ Up	-move up
④ Mode	-mode selection -confirm selection -pause (sport mode)
⑤ Down	-move down

## 3.Watch Mode

### 3.1 Screen and Function

3.1Screen Functions	
 <p>Digital time screen (start screen)</p>  <p>Pointer time screen (start screen)</p>	<p><b>Time Screen (Start Screen)</b></p> <p>Start screen, the watch-face can enter the settings to change. (Path: Settings &gt; Set System &gt; Watch Face)</p> <p><b>Access:</b> Power on or press the back button on any screen to exit to the top level.</p> <p><b>Icon:</b></p> <p>1.Pedometer:  Shows the current step count.</p> <p>2.Surface interval: <b>SI</b> Shows the current surface interval time.</p> <p><b>Please note:</b> <b>Before starting the diving activity, please make sure that the required setting information of this product has completed the relevant settings, and return to the watch mode, to confirm that the product has been correctly powered on and then enter the water, in order to correctly enter the water and automatically start.</b></p>
 <p>Digital time screen (start screen): After Scuba and Gauge Mode</p>	<p><b>Time Screen (Start Screen) After Scuba and Gauge Mode</b></p> <p><b>Icon:</b></p> <p>1.Surface interval: <b>SI</b> Shows the current surface interval time.</p> <p>2.No-fly time:  If this symbol appears, you are still within the no-fly time after a dive, so do not travel by air or go to higher altitudes.</p>



Pointer time screen (start screen):  
After Scuba and Gauge Mode

Please refer to historical records and version information for exact no-fly times.

3.No-dive time :



If this symbol appears, it means you are still in the no-dive time after the dive, please do not dive again.

Please refer to your dive history and version information for the exact no-dive time.

**Meanwhile, you will not be able to use the following functions:**

**Scuba Mode, Freediving Mode, Plan Mode.**

## 3.2 History Record

### 3.2 History Record



Last Dive Log

#### Last Dive Log

**Access :** Press the DOWN button once in watch mode to access.

**Icon :** (Hours: Minutes)

1. **Year, month and day:** the last dive log out of the water
2. **SI:** Surface interval time accumulation
3. **No Fly:** No-fly time countdown
4. **NO Dive:** No-dive time countdown




Scuba History

#### Scuba History

**Access :** Press the DOWN button twice in watch mode to access.

**Icon :**

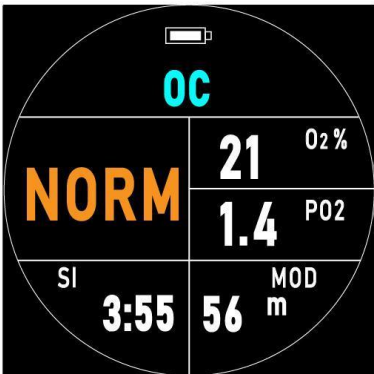
1. **Dives :** All scuba logs accumulation
2. **TTL Time :** The cumulative time log of all scuba dives
3. **Max Depth :** the maximum depth in all scuba diving logs

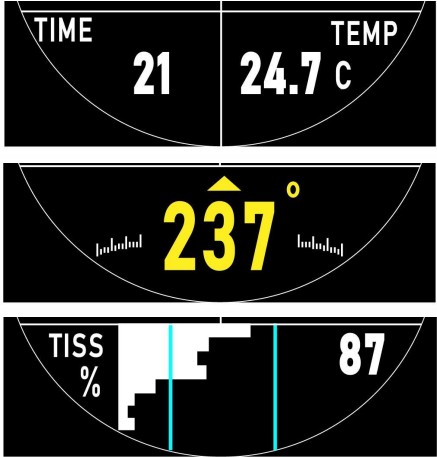

 <p>Free History</p> <p>Dives 12</p> <p>Max Time 1:35</p> <p>Max Depth 10.5 m</p> <p>Freediving History</p>	<h3>Freediving History</h3> <p><b>Access</b> : Press the DOWN button three times in watch mode to access.</p> <p><b>Icon</b> :</p> <ol style="list-style-type: none"> <li>1. <b>Dives</b> : All freediving logs accumulation</li> <li>2. <b>Max Time</b> : The longest time in all freediving logs</li> <li>2. <b>Max Depth</b> : The maximum depth in all freediving logs</li> </ol>
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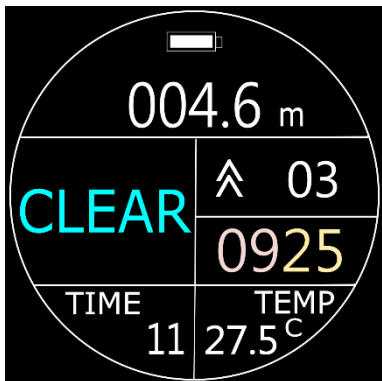
## 4. Diving Mode




### 4.1 Scuba Mode

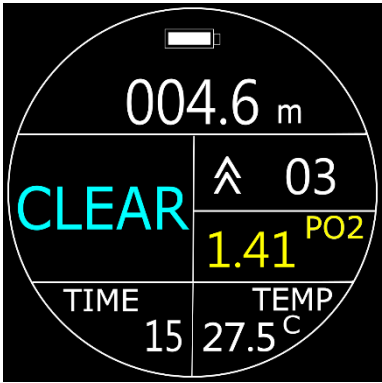

#### 4.1.1 Scuba Mode Screen and Function

4.1.1 Scuba Mode Screen and Function	
 <p>Scuba Mode - Surface Preview</p>	<h3>Scuba Mode - Surface Preview</h3> <p><b>Icon</b> :</p> <p>OC: abbreviation of Scuba mode, open-circuit Scuba.</p> <p>237° : the current pointing direction.</p> <p>NORM: Conservatism level Default: Normal (NORM). Available values: conservative (CONS), normal (NORM), and aggressive (AGGR).</p> <p>PO2: Current setup of PPO2 (partial pressure of oxygen). Default: 1.4. Setup range: 1.2 - 1.6</p> <p>MOD: Maximum Operating Depth suggestions. Based on the set PO2 and the oxygen concentration value of the gas used, the maximum depth that the diver is allowed to dive to is calculated.</p> <p>O2%: Oxygen percentage value.</p>



	<p>SI: current surface interval time. (less than 10 hours: HOUR:MINUTE After 10 hours: HOUR After 24 hours: --)</p>
 <p>Scuba Mode - Twist-to-next information</p>	<p><b>Scuba Dive Mode - Surface Preview, Underwater Twist-to-next information</b></p> <p><b>Twist-to-next:</b> This feature detects a rotation of your wrist and helps you turn the page automatically without pressing a button while diving.</p> <p>This feature is on by default and can be turned off. (Path: Settings&gt;Set dive&gt;Twist to next)</p> <p>Surface preview information: SI/MOD, bearing, tissue concentration.</p> <p>Underwater information: dive time/temperature, position, tissue concentration.</p>
 <p>Scuba Mode - Underwater</p>	<p><b>Scuba Mode - Underwater</b></p> <p><b>Description:</b></p> <p>020.6m: Current Depth</p> <p><b>NDL: The Non-Decompression Limit time in minutes, will show 99 when NDL exceeds 99 minutes.</b></p> <p>⬆ : Ascent speed (03 means 3 m/min).</p> <p><b>If it exceeds 10 meter/minutes, there will be an alarm warning (short beeping repeated) with vibration.</b></p> <p>⬇ : Descent speed (03 means 3 m/min)</p> <p>NO arrow icon: Diver is stationary.</p> <p><b>09:25: Current time.</b> <b>TIME: Dive time.</b></p> <p>TEMP: Water temperature.</p>

<div data-bbox="202 389 585 768" data-label="Figure">  </div> <p>Scuba Mode – Safety stop (When the NDL has not been exceeded)</p>	<p><b>Scuba Mode – Safety stop (When the NDL has not been exceeded)</b></p> <p><b>Description :</b></p> <p>004.6m : Current Depth</p> <p><b>STOP:</b> When divers ascend to 5m (16.4 ft), the diver computer will start a Safety Stop countdown of 5 minutes automatically. <b>If the diver does not complete Safety Stop and ascent, there will be an alarm warning (short beeping repeated) with vibration, and this dive will end according to Log Stop settings.</b></p> <p>TIME: Dive time.</p> <p>CEILING: The depth at which divers should ascend to and remain.</p> <p>TEMP : Water temperature.</p>
<div data-bbox="202 1191 585 1570" data-label="Figure">  </div> <p>Scuba Mode – Safety stop finished (When the NDL has not been exceeded)</p>	<p><b>Scuba Mode – Safety stop finished (When the NDL has not been exceeded)</b></p> <p><b>Description :</b></p> <p><b>CLEAR:</b> When divers finish Safety Stop at the CEILING depth, the dive computer will show the word CLEAR indicating that it is OK to perform a slow ascent to the surface.</p> <p>: ^ Ascent speed (03 means 3 m/min).</p> <p>: v Descent speed (03 means 3 m/min)</p> <p>NO arrow icon: Diver is stationary.</p> <p><b>09:25: Current time.</b> <b>TIME: Dive time.</b></p> <p>TEMP : Water temperature.</p>

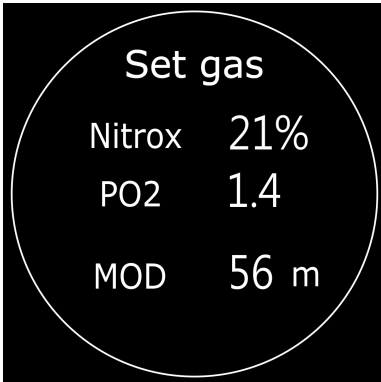
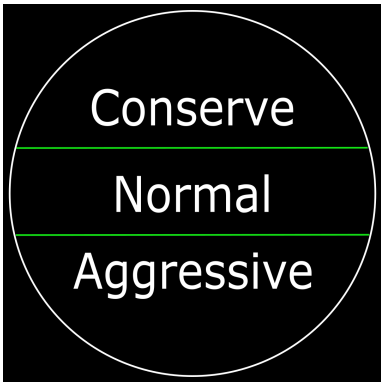
 <p>Scuba Mode – Underwater When the NDL has been exceeded (first three minutes)</p>	<p><b>Scuba Mode – Underwater</b> <b>When the NDL has been exceeded</b> <b>(first three minutes)</b></p> <p><b>Description :</b></p> <p><b>NDL:</b> The Non-Decompression Limit time in minutes, will show 99 when NDL exceeds 99 minutes.</p> <p><b>If it reaches 4 minutes remaining, there will be an alarm warning (short beeping repeated) with vibration. Divers should ascend slowly and end your dive.</b></p> <p><b>When exceeds NDL time, the first 3 minutes will be shown in:</b> <b>- minutes: seconds</b></p> <p><b>CEILING:</b> The depth at which divers should ascend to and remain when they are required to perform decompression stops.</p>
 <p>Scuba Mode – Underwater When the NDL has been exceeded (after three minutes)</p>	<p><b>Scuba Mode – Underwater</b> <b>When the NDL has been exceeded</b> <b>(after three minutes)</b></p> <p><b>Description :</b></p> <p><b>DECO:</b> The time has exceeded the NDL.</p> <p><b>DECO:</b> <b>When time passes over 3 minutes, it will show in: - minutes.</b></p> <p><b>CEILING:</b> The depth at which divers should ascend to and remain when they are required to perform decompression stops.</p>
 <p>Scuba Mode – Underwater When exceeding the NDL and ascent to ceiling depth.</p>	<p><b>Scuba Mode – Underwater</b> <b>When exceeding the NDL and ascent to ceiling depth.</b></p> <p><b>Description:</b></p> <p><b>STOP: (Decompression Stop)</b> <b>After reaching CEILING depth, the remaining amount of time indicated on the screen will be displayed as a countdown timer. Please remain at the ceiling depth the entire duration indicated by the countdown timer if you have enough air and no other potential risks are evident.</b></p>





	<p>If you do not remain at the ceiling depth for the entire duration indicated by the countdown timer, there will be an alarm warning (short beeping repeated) with vibration.</p> <p><b>CEILING:</b> The depth at which divers should ascend to and remain when they are required to perform decompression stops.</p>
 <p>Scuba Mode – Underwater When exceeding the NDL, and Decompression stop at CEILING has ended.</p>	<p><b>Scuba Mode – Underwater</b> <b>When exceeding the NDL, and Decompression stop at CEILING has ended.</b></p> <p><b>Description:</b></p> <p><b>CLEAR:</b> When divers finish decompression stop at ceiling depth, dive computer will show CLEAR and indicate divers can now slowly ascend to the surface.</p> <p><b>PO2: when accumulated PO2 calculation exceeds your PO2 setting, it will show the current accumulated PO2 value.</b> <b>If accumulated PO2 calculation does not exceed your PO2 setting, it will show current time.</b></p>
 <p>Scuba Mode – Underwater When reaching the depth indicated for Safety Stop or Decompression Stop but no Stops are performed</p>	<p><b>Scuba Mode – Underwater</b> <b>When reaching the depth indicated for Safety Stop or Decompression Stop but no Stops are performed</b></p> <p><b>Description:</b></p> <p><b>OVER:</b> After reaching the depth indicated for Safety Stop/Decompression Stop but divers do not perform Stops, it will blink and there will be an alarm warning (short beeping repeated) with vibration.</p> <p><b>Please remain at the ceiling depth the entire duration indicated by the countdown timer if you have enough air and no other potential risks are evident.</b></p>



 <p>Scuba Mode – Scuba End</p>	<p><b>Scuba Mode – Scuba End</b></p> <p>Screen will show Dive Profile of current dive for approximately 1 minute.</p> <p>To check entire history dive logs and dive profiles, select the log and press the DOWN button to go to the second page to view.</p>
 <p>Scuba Mode – No Diving</p>	<p><b>Scuba Mode – No Diving</b></p> <p><b>If NO DIVE recommendation time countdown shows on the screen, DO NOT continue diving activities.</b></p> <p>For an exact NO DIVE recommendation time countdown please check the Dive History page.</p> <p><b>Note:</b>  <b>Scuba Mode, Freediving Mode and Plan Mode will remain locked during NO DIVE time.</b></p>
<p><b>Decompression Diving Warning for Recreational Divers:</b></p> <p>Decompression options provided by dive computer and presented in this user manual should only be used as emergency procedures when a NDL limit has been accidentally surpassed.</p> <p>It is important to remember that decompression stops are driven by both depth and NDL violations. It is possible to see several decompression stop indications at different CEILING depths and different times depending how severe the depth and NDL violations have been.</p> <p>Decompression diving is not an activity that should be performed by recreational divers as a standard practice. Decompression diving requires extensive training, deep knowledge of diving physics and diving physiology and several pieces of extra gear and sufficient gas supply to safely perform the required decompression stops.</p> <p>We strongly discourage recreational divers from performing decompression diving.</p>	


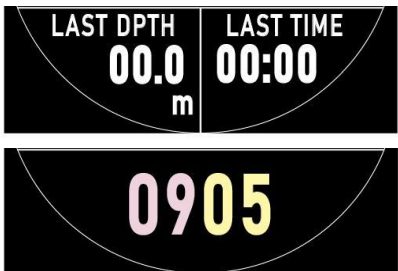

## 4.1.2 Scuba Mode Settings

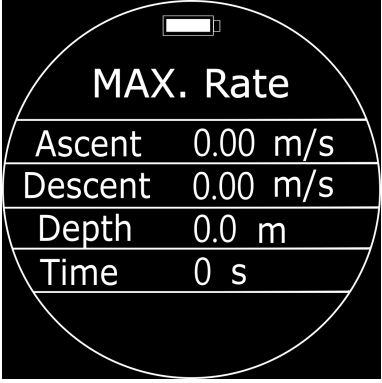
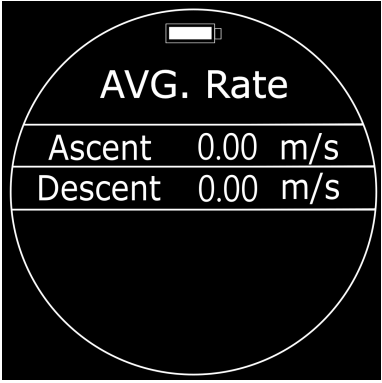

4.1.2 Scuba Mode Settings	
<b>Path:</b> <ol style="list-style-type: none"> <li>1. Menu &gt; Settings &gt; Set Dive &gt; Scuba</li> <li>2. Menu &gt; Diving &gt; Scuba &gt; Press the UP button &gt; Scuba Quick Setup</li> </ol>	
 <p>Set Gas</p>	<p><b>Set Gas</b></p> <p>After entering this setting, press the up/down button to select the O2 value after it blinks, then press the mode button to confirm the setting value and stop blinking to set the PO2 value.</p> <p>After the PO2 value blinks, press the up/down button to select the setting value, then press the mode button to confirm the setting value and stop blinking to complete the setting.</p> <p><b>Please note:</b></p> <ol style="list-style-type: none"> <li>1. To change this O2 value, please make sure to measure and confirm the oxygen percentage of the gas cylinder you are using. You need to have the relevant license and professional training in the use of high oxygen gas, and understand the risks of using high oxygen gas.</li> <li>2. Before changing the PO2 value, please make sure you understand the possible risks associated with the change.</li> </ol>
 <p>Conservatism</p>	<p><b>Conservatism</b></p> <p>A conservativeness scale can be selected here.</p> <p><b>WARNING:</b></p> <p>Please make sure you fully understand that changing this setting will affect algorithm calculations and the related risks.</p>

 <p>Scuba Depth Alarm</p>	<h3>Scuba Depth Alarm</h3> <p>After entering this setting, press the up/down button to select on after the blinking, then press the mode button to confirm the setting value and stop blinking to set the depth; if you select off, the depth cannot be set.</p> <p>After the depth blinks, press the up/down button to set value, then press the mode button to confirm the set value and stop blinking to complete the setting.</p>
 <p>Scuba Time Alarm</p>	<h3>Scuba Time Alarm</h3> <p>After entering this setting, press the up/down button to select on after the blinking, then press the mode button to confirm the setting value and stop blinking to set the time; if you select off, the depth cannot be set.</p> <p>After the time blinks, press the up/down button to set value, then press the mode button to confirm the set value and stop blinking to complete the setting.</p>
 <p>Sampling</p>	<h3>Sampling</h3> <p>Set the dive log sampling frequency. Default: 10 seconds</p> <p><b>Please note:</b> This setting will be automatically synchronized to the Gauge Mode.</p>
 <p>Log stop</p>	<h3>Log stop</h3> <p>Set the dive log end time. Default: 1 minute</p>




## 4.2 Freediving Mode (Free Mode)

### 4.2.1 Freediving Mode Screen and Function

4.2.1 Freediving Mode Screen and Function	
 <p>Freediving Mode - Surface preview</p>	<p><b>Freediving Mode - Surface preview</b></p> <p><b>Description :</b></p> <p>FD : abbreviation of Freediving mode.  <b>The Freediving Sampling Rate is 0.5 seconds fixed by default.</b></p> <p>00 : Total freediving counts within 12 hours</p> <p>TEMP : Water temperature</p> <p>SI : Surface Interval (MINUTE : SECOND)</p> <p>LAST DPTH : Max Depth of previous dive  LAST TIME : Dive Time of previous dive</p>
 <p>Freediving Mode - Surface Preview Twist-to-next information</p>	<p><b>Freediving Mode - Surface Preview Twist-to-next information</b></p> <p><b>Twist-to-next :</b>  This feature detects a rotation of your wrist and helps you turn the page automatically without pressing a button while diving.</p> <p>This feature is on by default and can be turned off.  (Path: Settings &gt; Set dive &gt; Twist to next)</p> <p>Surface preview information: last depth/ last time, current time.</p>
 <p>Freediving Mode - Underwater</p>	<p><b>Freediving Mode - Underwater</b></p> <p><b>Description :</b></p> <p>012.5m : current depth</p> <p>27.5c : water temperature</p> <p>TIME : dive time</p>

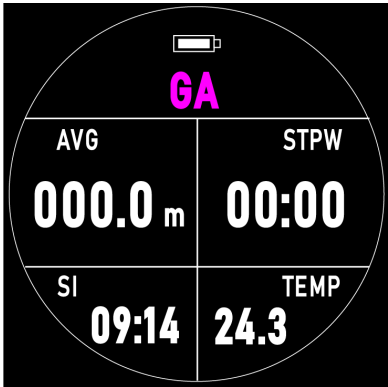

 <p>MAX. Rate</p> <table border="1"> <tr> <td>Ascent</td> <td>0.00 m/s</td> </tr> <tr> <td>Descent</td> <td>0.00 m/s</td> </tr> <tr> <td>Depth</td> <td>0.0 m</td> </tr> <tr> <td>Time</td> <td>0 s</td> </tr> </table> <p>Freediving Mode - Maximum Rate</p>	Ascent	0.00 m/s	Descent	0.00 m/s	Depth	0.0 m	Time	0 s	<p><b>Freediving Mode - Maximum Rate</b> (Maximum Rate calculations are based on total freediving history executed with this dive computer within 11 hours.)</p> <p><b>To Access:</b> Press DOWN Button under Freediving Mode.</p> <p>Ascent: MAX Ascent Speed Descent: MAX Descent Speed Depth: MAX Depth Time: MAX Descent time</p>
Ascent	0.00 m/s								
Descent	0.00 m/s								
Depth	0.0 m								
Time	0 s								
 <p>AVG. Rate</p> <table border="1"> <tr> <td>Ascent</td> <td>0.00 m/s</td> </tr> <tr> <td>Descent</td> <td>0.00 m/s</td> </tr> </table> <p>Freediving Mode - Average Rate</p>	Ascent	0.00 m/s	Descent	0.00 m/s	<p><b>Freediving Mode - Average Rate</b> (Average Rate calculations are based on total freediving history executed with this dive computer within 11 hours.)</p> <p><b>To Access:</b> Press DOWN Button twice times under Freediving Mode.</p> <p>Ascent: Average Ascent speed Descent: Average Descent speed</p>				
Ascent	0.00 m/s								
Descent	0.00 m/s								
 <p>NO DIVING</p> <p>02:59</p> <p>Freediving Mode – No Diving</p>	<p><b>Freediving Mode – No Diving</b></p> <p>If NO-DIVE recommendation time countdown shows on the screen, DO NOT continue diving activities.</p> <p>For an exact NO-DIVE recommendation time countdown please check the Dive Log page.</p> <p><b>Note:</b> Freediving Mode, Scuba Mode and Plan Mode will remain locked during NO DIVE time.</p>								

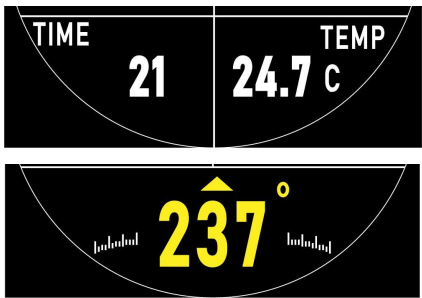
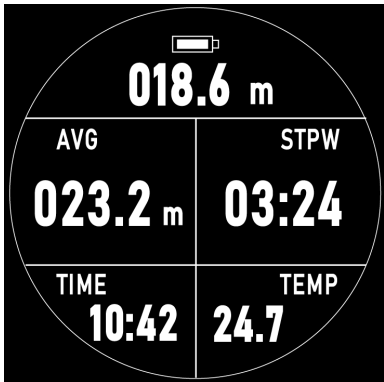
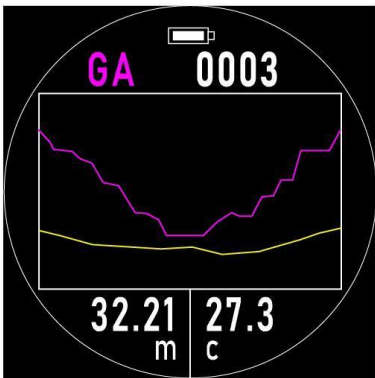
## 4.2.2 Freediving Mode Settings

4.2.2 Freediving Mode Settings	
<b>Path:</b> <ol style="list-style-type: none"> <li>1. Menu &gt; Settings &gt; Set Dive &gt; Free</li> <li>2. Menu &gt; Diving &gt; Free &gt; Press the UP button &gt; Freediving Quick Setup</li> </ol>	
 <p>Freediving Depth Alarm</p>	<p><b>Freediving Depth Alarm</b></p> <p>1. After entering this setting, press the up/down button to select on after the blinking, then press the mode button to confirm the setting value and stop blinking to set the depth; if you select off, the depth cannot be set.</p> <p>After the depth blinks, press the up/down button to set value, then press the mode button to confirm the set value and stop blinking to complete the setting.</p> <p>2. The dive depth alarm setting can be set in three groups, alarm-1 to alarm-3.</p>
 <p>Freediving Time Alarm</p>	<p><b>Freediving Time Alarm</b></p> <p>1. After entering this setting, press the up/down button to select on after the blinking, then press the mode button to confirm the setting value and stop blinking to set the time; if you select off, the time cannot be set.</p> <p>After the time blinks, press the up/down button to set value, then press the mode button to confirm the set value and stop blinking to complete the setting.</p> <p>2. The dive time alarm setting can be set in three groups, alarm-1 to alarm-3.</p>
 <p>Freediving Surface Interval Alarm</p>	<p><b>Freediving Surface Interval Alarm(SI)</b></p> <p>1. After entering this setting, press the up/down button to select on after the blinking, then press the mode button to confirm the setting value and stop blinking to set the SI time; if you select off, the SI time cannot be set.</p> <p>After the SI time blinks, press the up/down button to set value, then press the mode button to confirm the set value and stop blinking to complete the setting.</p> <p>2. The dive SI time alarm setting can be set in three groups, alarm-1 to alarm-3.</p>


## 4.3 Gauge Mode

### 4.3.1 Gauge Mode Screen and Function

4.3.1 Gauge Mode Screen and Function	
 <p>Gauge Mode - Surface Preview</p>	<p><b>Gauge Mode - Surface Preview</b></p> <p><b>Description :</b></p> <p> : Battery Indication  GA: abbreviation of Gauge mode.  000.0 m: Current depth  <b>AVG: Average Depth</b>  <b>STPW: Stop Watch</b>  SI: current surface interval time.  (less than 10 hours: HOUR:MINUTE  After 10 hours: HOUR  After 24 hours: --)  TEMP: Water temperature</p> <p>Press <b>DOWN Button</b> to calculate Average Depth automatically. STPW will Return-to-Zero and start calculating dive time in the current stage.</p> <p><b>WARNING:</b>  Gauge Mode is only a bottom timer. It will only indicate the depth and time parameters during a dive. It will NOT provide NDL calculations. Please make sure you receive proper training and have adequate dive equipment with you. You will need to execute dive plans strictly and understand the related risks using Gauge Mode.</p>

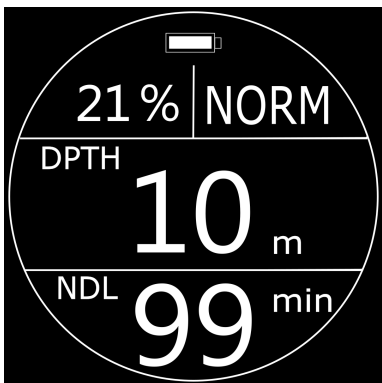
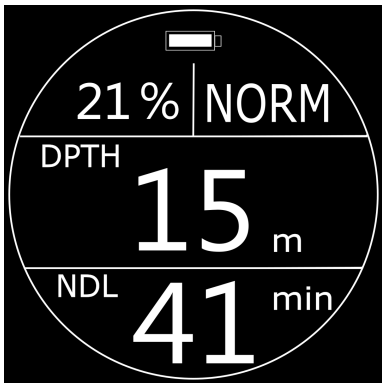
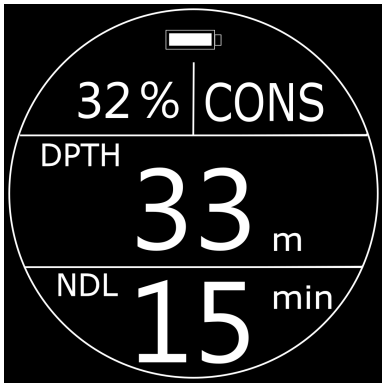

 <p>Gauge Mode - Surface Preview, Underwater Twist-to-next information</p>	<p><b>Gauge Mode - Surface Preview, Underwater Twist-to-next information</b></p> <p><b>Twist-to-next:</b> This feature detects a rotation of your wrist and helps you turn the page automatically without pressing a button while diving.</p> <p>This feature is on by default and can be turned off. (Path: Settings &gt; Set dive &gt; Twist to next)</p> <p>Twist-to-next information: dive time/temperature, position.</p>
 <p>Gauge Mode - Underwater</p>	<p><b>Gauge Mode - Underwater</b></p> <p><b>Description :</b></p> <p>018.6 m : Current depth</p> <p><b>AVG: Average Depth</b></p> <p><b>STPW: Stop Watch</b></p> <p>TIME: Dive Time</p> <p>TEMP: Water temperature</p>
 <p>Gauge Mode - Dive End</p>	<p><b>Gauge Mode - Dive End</b></p> <p>Screen will show Dive Profile of current dive for approximately 1 minute.</p> <p><b>No FLY Reminder and NO DIVE Reminder countdown will start with 24 hours after dives executed under GAUGE Mode.</b></p> <p>To check entire history dive logs and dive profiles, select the log and press the DOWN button to go to the second page to view.</p>





 <p>Gauge Mode – No Diving</p>	<p><b>Gauge Mode – No Diving</b></p> <p>If <b>NO DIVE</b> recommendation time countdown shows on the screen, <b>DO NOT</b> continue diving activities.</p> <p>For an exact NO DIVE recommendation time countdown please check the Dive History page.</p> <p><b>Note:</b>  <b>Scuba Mode, Freediving Mode and Plan Mode will remain locked during NO DIVE time.</b></p>
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## 4.4 Plan Mode

### 4.4.1 Plan Mode Screen and Function

4.4.1 Plan Mode Screen and Function	
<div data-bbox="231 622 614 1003">  <p>Plan Mode</p> </div> <div data-bbox="231 1075 614 1456">  <p>Plan Mode</p> </div> <div data-bbox="231 1527 614 1908">  <p>Plan Mode</p> </div>	<p style="text-align: center;"><b>Plan Mode</b></p> <p><b>Description :</b></p> <p> Battery Indication</p> <p>Up Left Corner (O2%): Oxygen percentage value.</p> <p>NORM: Conservatism level Default: Normal (NORM). Available values: conservative (CONS), normal (NORM), and aggressive (AGGR).</p> <p><b>DEPTH (MOD): Maximum Operating Depth suggestions.</b> The dive plan you can refer to will not exceed the following limits: Recommended maximum depth for recreational diving: (40 m / 131 ft).</p> <p><b>NDL: The Non-Decompression Limit time in minutes, will show 99 when NDL exceeds 99 minutes.</b></p> <p><b>Description :</b></p> <p>Under Plan Mode, divers can check NDL values and MOD limits and plan future dives.</p> <p><b>After O2% and CF values are set, Press UP Button to change MOD, and NDL values will vary accordingly.</b></p> <p>Once you reach the depth limit for recreational diving activities (40 m / 131 ft.), the dive computer will not show further values; once the preset PO2 value is reached, there will be a warning.</p> <p>To change related settings, please refer to: Scuba Mode and Settings.</p>

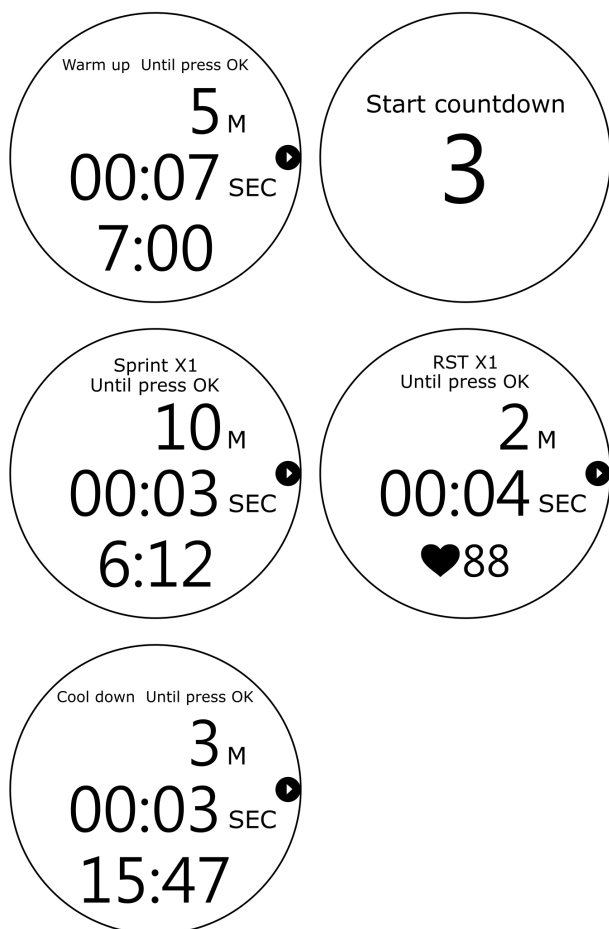
	<p>Please note:</p> <ol style="list-style-type: none"> <li>1. Changing settings of Scuba mode such as: <b>O2%, CF values and PO2 will affect the calculation of NDL and MOD values shown in Plan Mode.</b></li> <li>2. <b>Previous dives executed on this dive computer and its residual nitrogen calculation will be taken into account.</b></li> <li>3. Please make sure you receive proper training and have adequate dive equipment with you. You will need to execute dive plans strictly and understand the related risks using Plan Mode.</li> </ol>
 <p>Plan Mode – Warning</p>	<p><b>Plan Mode – Warning</b></p> <p>When you reach the preset PO2 value, alarm warning will activate; <b>long beeping one time with vibration and displayed PO2 value will blink.</b></p> <p><b>Note:</b> Once there is a warning, adjusting your dive plan accordingly is highly recommended.</p>
 <p>Plan Mode – No Diving</p>	<p><b>Plan Mode – No Diving</b></p> <p>If <b>NO DIVE</b> recommendation time countdown shows on the screen, <b>DO NOT</b> continue diving activities.</p> <p>For an exact NO DIVE recommendation time countdown please check the Dive History page.</p> <p><b>Note:</b> <b>Scuba Mode, Freediving Mode and Plan Mode will remain locked during NO DIVE time.</b></p>

## 5. Sports Mode

### 5.1 Run Mode

5.1 Run Mode	
Path : Menu > Sports > Run	
<p><b>View Page:</b> Page 1&gt;Page 2&gt;Page 3&gt;Page 4</p> <div> <div> <div>Time</div> <div>01:25</div> <div>Distance   Pace</div> <div>28   6:13</div> </div> <div> <div>Avg pace   HR</div> <div>5:11   92</div> <div>Calories   Clock</div> <div>35   08:30</div> </div> </div> <div> <div> <div>Lap time</div> <div>01:27</div> <div>Lap distance   Lap pace</div> <div>35   5:03</div> </div> <div> <div>Lap</div> <div>2</div> <div>Cadence   ALT</div> <div>155   6</div> </div> </div>	<p><b>Road Running</b></p> <p>Start your running training.</p> <p><b>Race</b></p> <p>The race mode can be selected from "Full Marathon", "Half Marathon", "10km" and "Custom Mileage".</p> <ol style="list-style-type: none"> <li>1. When you are set to run a race, you can choose any race mode to record your race according to your mileage.</li> <li>2. This mode will help you calculate your estimated finish time based on your pace.</li> </ol>

**IT Setting Page :**  
**Warm-up > Countdown > Sprint**  
**> Rest > Cool-down**



## IT (Interval Training)

1. CR-5 provides interval training (IT) mode to help you train alternating short, high intensity bursts of activity with periods of rest and recovery in between. You can set the warm-up distance, sprint distance, rest time, and repetitions to meet your training needs.
2. Please follow the watch instructions to set the data.
3. After the training starts, follow the instructions on the watch for warm-up, sprint, rest, etc.



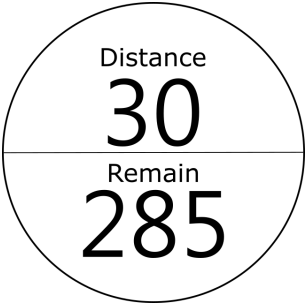
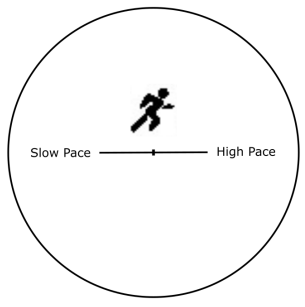

## Distance Run

Use "Distance Run" to help you complete your running training with a distance goal. Please follow the watch instructions to set the expected number of mileage.

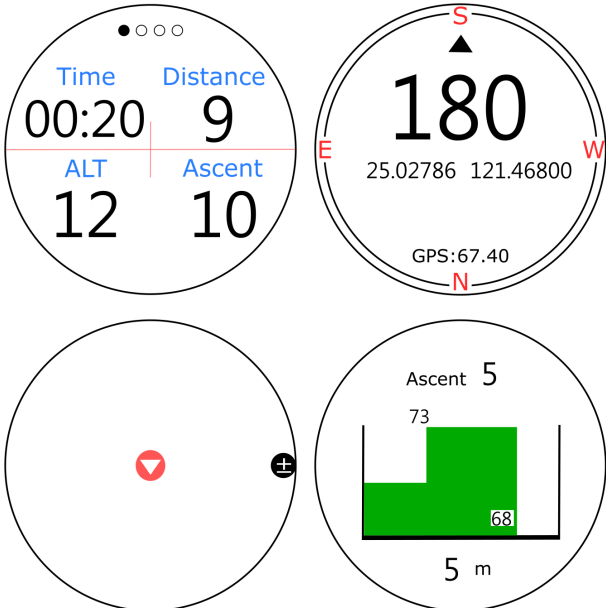


## Time Run




Use "Time Run" to help you complete your training with a time goal. Please follow the watch instructions to set the estimated duration.

	<p><b>Calorie Run</b></p> <p>Use "Calorie Run" to help you complete your training with a calorie burn goal. Please follow the watch instructions to set the expected calorie burn.</p>
	<p><b>Pace Run</b></p> <p>Use the "Pace Run" to help you complete your running training at a fixed pace. Please follow the watch instructions to set the expected pace to maintain.</p>
	<p><b>Indoor</b></p> <p>Use "Indoor" to start recording exercise indoors.</p>

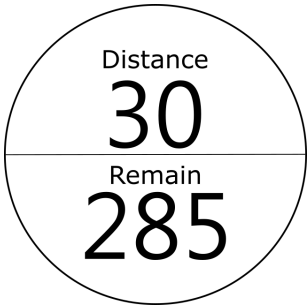
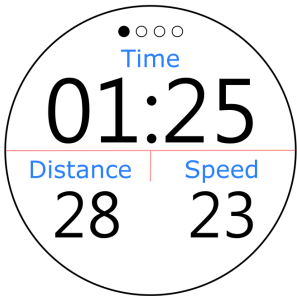
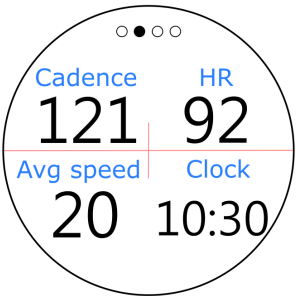
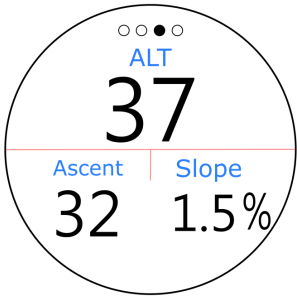
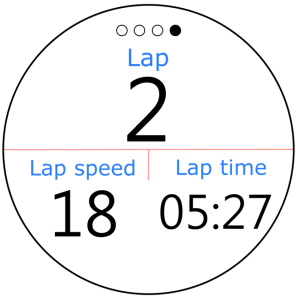
## 5.2 Hiking Mode

5.2 Hiking Mode	
Path : Menu > Sports > Hiking	
<p><b>View Page:</b> Page 1&gt;Page 2&gt;Page 3&gt;Page 4</p> 	<p><b>Hiking</b></p> <p>Use hiking mode for hiking or walking exercise. During exercise, you can view the trail map, compass, altitude table and other information on the page.</p>
<p><b>Navigation (Use Marathon World App to import hiking trails)</b>  <b>* This function will be available soon*</b></p> <p><b>Description :</b>          Use the app to import hiking routes into the navigation.</p> <p><b>The instructions for using APP:</b></p> <ol style="list-style-type: none"> <li>1. Start the Marathon World APP and enter [More] &gt; [CR-5].</li> <li>2. Select your computer watch for Bluetooth connection</li> <li>3. Enter the hiking route page to select the route you need and click to download to your watch, wait for the synchronization to be completed.</li> </ol>	

## 5.3 Bike Mode

5.3 Bike Mode	
Path : Menu > Sports > Bike	
<p><b>View Page:</b> Page 1&gt;Page 2&gt;Page 3&gt;Page 4</p> 	<p><b>Training</b></p> <p>1.Start your biking training.</p>
	<p><b>Race</b></p> <p>1. The race mode can set the mileage and start a race. 2. The race mode will help you calculate your estimated finish time based on your cadence.</p>
	<p><b>Distance mode</b></p> <p>Use "Distance Mode" to help you complete your biking training with a distance goal. Please follow the watch instructions to set the expected number of mileage.</p>
	<p><b>Time mode</b></p> <p>Use "Time Mode" to help you complete your training with a time goal. Please follow the watch instructions to set the estimated duration.</p>

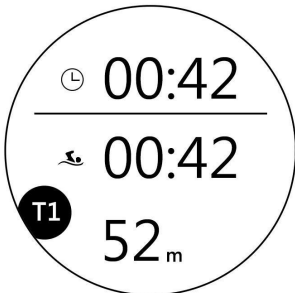
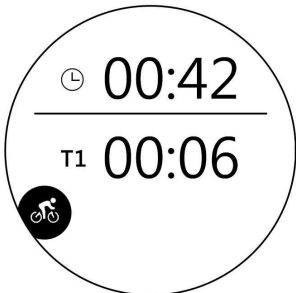

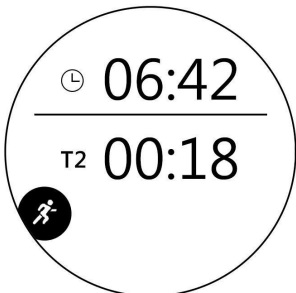



	<b>Calorie mode</b>  Use "Calorie mode" to help you complete your training with a calorie burn goal. Please follow the watch instructions to set the expected calorie burn.
<p><b>View Page:</b>  <b>Page 1&gt;Page 2&gt;Page 3&gt;Page 4</b></p> <div data-bbox="167 745 464 1039">  </div> <div data-bbox="480 745 777 1039">  </div> <div data-bbox="167 1061 464 1355">  </div> <div data-bbox="480 1061 777 1355">  </div>	<b>Indoor</b>  If you want to do indoor training, you can choose "Indoor" mode. It is recommended to pair with a speed sensor or cadence sensor to get a more accurate calculation. In this mode, you can also check time, distance, speed, heart rate, cadence and other data.

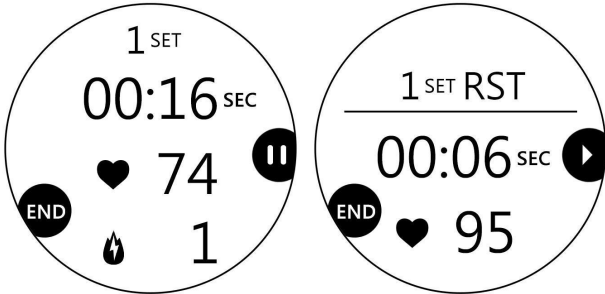
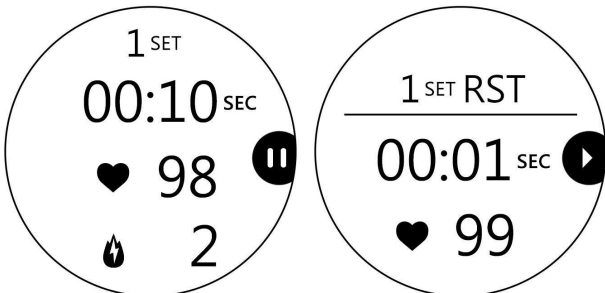
## 5.4 Swim Mode

5.4 Swim Mode	
Path : Menu > Sports > Swim	
<div>View Page: Page 1&gt;Page 2&gt;Page 3&gt;Page 4</div> <div><div><div><div>●○○○</div><div>Time</div><div>01:25</div><div>Distance   Avg strks</div><div>28   5</div></div><div><div>○●○○</div><div>Last time</div><div>01:58</div><div>Last speed   Lap strks</div><div>0:37   5</div></div></div><div><div><div>○○●○</div><div>Avg speed</div><div>01:27</div><div>Lap   Avg lap time</div><div>2   00:51</div></div><div><div>○○○●</div><div>Avg swolf</div><div>12</div><div>HR   Calories</div><div>115   19</div></div></div></div> <div><div>Pool 50m</div><div>If you are in an indoor 50m pool, you can use "Pool 50m" to record your swim training.</div></div> <div><div>Pool 25m</div><div>If you are in an indoor 25m pool, you can use "Pool 25m" to record your swim training.</div></div> <div><div>Set Pool</div><div>Use "Set pool" to set your pool length to record your swim training.</div></div> <div><div>Open Water</div><div>If you are training for open water swimming, you can use "Open water" to record your swimming trace.</div></div>	

## 5.5 Triathlon Mode

5.5 Triathlon Mode	
Path : Menu > Sports > Triathlon	
<p><b>View Page :</b>  <b>Swim &gt; Rest(T1) &gt; Bike &gt; Rest(T2)</b>  <b>&gt; Run</b></p> <div>   </div> <div>   </div> <div>  </div>	<p><b>Triathlon / Duathlon / Set Item</b></p> <ol style="list-style-type: none"> <li>1. Select “Triathlon” or “Duathlon” to start training or select "Set item" to set two or three combinations and order.   The default triathlon training order is:  swimming - bicycle - running   The default duathlon training order is:  running - bicycle - running</li> <li>2. If the training combination includes swimming items, choosing the swimming style is needed.</li> <li>3. When a stage is completed, please follow the instructions on the watch to move on to the next stage (includes the rest stage).</li> </ol>

## 5.6 Work Out Mode

5.6 Work Out Mode	
Path : Menu > Sports > Work out	
	<b>Timer Mode</b> <ol style="list-style-type: none"> <li>1. You can use the "Timer" mode without setting it to start work-out.</li> <li>2. When finishing a set of actions, press the MODE button to enter the rest period, then press the MODE button to enter the next set.</li> <li>3. Press the RETURN button to end the exercise and save.</li> </ol>
	<b>Action Mode</b> <ol style="list-style-type: none"> <li>1. You can set the number of sets for each action, the rest time in between each set, and will automatically enter the next stage when the time is up.</li> <li>2. If you choose the "Open" WEGT, you have to press the MODE button to enter the next set.</li> </ol>

## 6. Settings

### 6.1 Diving Settings

6.1 Diving Settings	
Path : Menu > Settings > Set dive	
<b>Scuba</b>	For Scuba Diving related settings, please refer to <b>4.1.2 Scuba Mode Settings</b> .
<b>Freediving</b>	For Freediving related settings, please refer to <b>4.2.2 Freediving Mode Settings</b> .
<b>Auto mode</b>	<p>Choose Scuba, Freediving or Gauge mode as your default automatic dive mode.</p> <p><b>Description :</b>            After entering this setting, press the UP/DOWN button to set value after the dive mode blinks, then press the MODE button to confirm the set value until it stops blinking to set the depth.            After the depth value blinks, press the UP/DOWN button to set value, then press the MODE button to confirm the setting value and stop blinking to complete the setting.</p>
<b>Twist to next</b>	<p><b>Twist-to-next:</b>            This feature detects a rotation of your wrist and helps you turn the page automatically without pressing a button while diving.</p> <p><b>Please note:</b>            To use this function, please calibrate the compass first to ensure the correct direction information.</p>
<b>Tissue Clear</b>	<p><b>Clear residual nitrogen calculation (TISSUE CLEAR):</b>            You can use this function to reset the residual nitrogen calculated in the watch.</p> <p><b>WARNING:</b>  <b>1. Please make sure you fully understand that changing this setting will affect algorithm calculations and the related risks. DO NOT USE this function if you are not a certified diving instructor or you are not suggested to do so by a certified diving instructor or facility.</b>  <b>2. If you are an instructor or you need to rent this dive computer to different students or customers, please make sure they DO NOT have diving activities within the past 72 hours for maximum safety control.</b></p>

	<p>3. If you are the person who is receiving this dive computer after using the “Tissue Clear” function, please make sure you <b>DO NOT</b> have diving activities within the past 72 hours for maximum safety control.</p> <p>4. Do not use this function if you are not sure with related results. You are responsible for your own safety.</p>
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## 6.2 Sports Settings

6.2 Sports Settings		
Path : Menu > Settings > Set sports		
<b>Run Settings</b>	<b>Auto pause</b>	<ol style="list-style-type: none"> <li>1. Use this function to automatically pause the timer function when you stop moving.</li> <li>2. When you stop, the data will not be recorded, so that the speed (pace) and other information can be calculated more accurately.</li> </ol>
	<b>Auto lap</b>	<ol style="list-style-type: none"> <li>1. Use this function to automatically count the laps at a specific distance, time or location. This allows you to analyze your performance in each zone with the same distance or time.</li> <li>2. You can set "by distance", "by time", "by location" or "off". Use the up and down buttons to switch the options and the mode button to select.</li> <li>3. By distance: Whenever the total mileage reaches a multiple of the value you set, the watch will automatically mark one lap.</li> <li>4. By time: Whenever the total time reaches a multiple of the value you set, the watch will automatically mark one lap.</li> <li>5. By location: The watch will automatically record your starting location. Whenever you pass the starting point, the watch will automatically mark one lap, which is suitable for training such as running the playground or route repetition.</li> </ol>
	<b>Metronome</b>	<ol style="list-style-type: none"> <li>1. Use this function to train with regular step frequency and stride with a fixed frequency sound from the watch to achieve the training goal.</li> <li>2. Set the value of the unit: steps / minutes.</li> </ol>
	<b>Set page</b>	<ol style="list-style-type: none"> <li>1. Set up the display of the information you want to check in the sport according to your preference.</li> <li>2. The three sports modes of run, bike and swim are set separately, and each mode has four pages to display the information you need.</li> <li>3. Enter the information page you want to adjust, use the UP and DOWN button to switch different information fields, then press the MODE button to select.</li> </ol>

<b>Run Settings</b>	<b>Alarm</b>	<p>1. Heart rate alarm: you can set a heart rate alarm according to your heart rate data which is too high or too low.</p> <p>2. Pace alarm: you can set a pace alarm according to whether the pace is too fast or too slow.</p> <p>3. Distance alarm: Automatic alarm according to your set distance.</p> <p>4. Time alarm: Automatic alarm according to your set time.</p>
	<b>Auto backlight</b>	This feature detects when the watch is raised and automatically illuminates the backlight to help you exercise more conveniently at night.
	<b>Twist to next</b>	This feature detects a rotation of your wrist and helps you turn the page automatically without pressing a button while exercising.
<b>Bike Settings</b>	<b>Auto pause</b>	Same as the running settings instructions.
	<b>Auto lap</b>	Same as the running settings instructions.
	<b>Metronome</b>	Same as the running settings instructions.
	<b>Set page</b>	Same as the running settings instructions.
	<b>Alarm</b>	<p>1. Heart rate alarm: you can set a heart rate alarm according to your heart rate data which is too high or too low.</p> <p>2. Speed alarm: you can set a speed alarm according to whether the speed is too fast or too slow.</p> <p>3. Distance alarm: Automatic alarm according to your set distance.</p> <p>4. Time alarm: Automatic alarm according to your set time.</p>
	<b>Sensor</b>	<p>Three sets of bicycle data can be set.</p> <p><b>Set sensors:</b> This allows you to set three different bike models with speed sensor, cadence sensor and speed+cadence sensor.</p> <p><b>Set wheel circumference:</b> Set the wheel circumference of your bike. If your training has a speed sensor or speed+cadence sensor, please make sure to set this value before the watch to calculate the correct speed value.</p>
	<b>Auto backlight</b>	Same as the running settings instructions.



<b>Swim Settings</b>	<b>Set page</b>	Same as the running settings instructions.
	<b>Alarm</b>	1. Heart rate alarm: you can set a heart rate alarm according to your heart rate data which is too high or too low. 2. Distance alarm: Automatic alarm according to your set distance. 3. Time alarm: Automatic alarm according to your set time.
<b>Hiking Settings</b>	<b>Auto pause</b>	Same as the running settings instructions.
	<b>Auto lap</b>	Same as the running settings instructions.
	<b>Set page</b>	Same as the running settings instructions.
	<b>Alarm</b>	1. Heart rate alarm: you can set a heart rate alarm according to your heart rate data which is too high or too low. 2. Distance alarm: Automatic alarm according to your set distance. 3. Time alarm: Automatic alarm according to your set time.
	<b>Auto backlight</b>	Same as the running settings instructions.

## 6.3 System Settings

6.3 System Settings	
Path : Menu > Settings > Set system	
<b>GNSS</b>	<p><b>"GNSS Global Navigation Satellite System"</b> is the collective name of the U.S. Global Positioning System (GPS), Russia's GLONASS, China's BeiDou satellite navigation system (BDS) and the European Union's Galileo.</p> <p>This product supports the three positioning systems of GPS (USA), GLONASS (Russia) and Galileo (EU).</p> <p><b>The default value of this product is to use the U.S. GPS fixed on and as the main positioning.</b></p> <p><b>Please note:</b></p> <p><b>When you are not in Russia, the EU and nearby areas, this option is recommended to be selected "Off" to improve search speed and save power consumption.</b></p> <p><b>When you are in Russia, the EU and nearby areas, this option is recommended to be selected as "On" to improve the accuracy of location.</b></p>
<b>Backlight</b>	<p>The lower the number, the darker the backlight will be, and the higher the number, the brighter the backlight will be.</p> <p><b>Please note:</b> Changing this setting will affect the power consumption and standby time of this product.</p>
<b>Buzzer</b>	<p>Set whether to turn on the button sound or not.</p> <p><b>Please note:</b> Changing this setting only affects the operation in watch mode; the warning alarm setting in each dive/sports mode will not be affected.</p>
<b>Vibrator</b>	<p>Set whether to turn on button vibration or not.</p> <p><b>Please note:</b> Changing this setting only affects the operation in watch mode; the warning alarm setting in each dive/sports mode will not be affected.</p>

<b>Time</b>	You can set the time related settings here, press the <b>MODE</b> button to enter the sub options for each setting.	
	<b>UTC</b>	Set time zone.  <b>Please note:</b> This product is not an automatic time zone setting, please be sure to adjust the time zone according to the conditions of use.
	<b>Format</b>	Set the date format.
	<b>DST</b>	<b>Daylight Saving Time:</b>  If this setting is required, you must select your local time zone and use daylight saving time. The system will display the corrected time.
	<b>Set time</b>	Synchronize the correct time by satellite positioning, please stay outside in the open area when positioning.
	<b>24H</b>	Set 12 hour or 24 hour clock systems.
<b>Alarm clock</b>	Set a maximum of five clocks, one-time, daily, or workday clocks.	
<b>Language</b>	Set language.	
<b>Unit</b>	Set unit.	
<b>Heartbeat</b>	Set the settings for the heartbeat-related options.	
	<b>HR Measure</b>	Select the heart rate detection method, the built-in optical heart rate sensor (PPG) or an additional pair of heart rate measurement bands.
	<b>MHR Measure</b>	1. Please follow the instructions given by the watch to perform the test. Each lap is 400 meters, 8 laps in total. 2. The measurement of heart rate may be inaccurate depending on the color of your skin and subcutaneous tissue or the way you wear your watch...etc. The measurement results are for reference only.

<b>Heartbeat</b>	<b>Resting HR</b>	<ol style="list-style-type: none"> <li>1. Please follow the instructions given by the watch to perform the test.</li> <li>2. The measurement of heart rate may be inaccurate depending on the color of your skin and subcutaneous tissue or the way you wear your watch...etc. The measurement results are for reference only.</li> </ol>
	<b>MHR</b>	<ol style="list-style-type: none"> <li>1. Set your maximum heart rate. Choose "Auto" or "User definition" as the setting method.</li> <li>2. "Auto" is calculated by 220-age.</li> </ol>
	<b>HR Monitor</b>	The watch will automatically measure your heartbeat every 5 minutes when you turn on this function, and can monitor the change of heartbeat within 4 hours.
<b>Watch PSM</b>	<b>Power saving mode of the watch.</b>	
	<b>Auto Backlight</b>	Turn on or off the automatic backlight function in watch mode.
	<b>Pedometer</b>	Turn on or off the pedometer function in watch mode.
<b>Compass CAL</b>	<b>Compass Calibration:</b> Follow the instructions on the watch to calibrate the compass.	
<b>Watch face</b>	Set the face of your watch in watch mode.	

## 6.4 User Settings

<b>6.4 User Settings</b>	
<b>Path : Menu &gt; Settings &gt; Set user</b>	
<b>Gender</b>	Set the gender.
<b>Birthday</b>	Set your birthday.
<b>Weight</b>	<ol style="list-style-type: none"> <li>1. Set your weight.</li> <li>2. The watch will calculate the calories based on this value, please make sure to enter the correct value.</li> </ol>

## 6.5 Delete

6.5 Delete	
Path : Menu > Settings > Delete	
<b>Delete</b>	<ol style="list-style-type: none"> <li>1. Performing this action will clear all records in this product. There is no way to retrieve them.</li> <li>2. Clear logs won't affect any existing settings and residual nitrogen calculation of previous dives existing in this product and will still be calculated.</li> <li>3. Downloading your dive logs using our application service before clearing all dive logs is recommended.</li> </ol>

## 6.6 Reset

6.6 Reset	
Path : Menu > Settings > Reset	
<b>Reset</b>	<ol style="list-style-type: none"> <li>1. By resetting the system, all the custom settings will be erased and all settings will be reset as default.</li> <li>2. Residual nitrogen calculations will still be calculated and will NOT be cleared and reset; Dive and sports logs will NOT be cleared and reset either.</li> </ol>

## 6.7 About

6.7 About	
Path : Menu > Settings > About	
<b>About</b>	<p>Display firmware version and the serial number of your watch.</p> <p><b>SN:</b> Serial number of the dive computer</p> <p><b>VER:</b> Software version information</p>

## 7. Logs

7. Logs	
Path : Menu > Logs	
<b>Logs</b>	<p>View all detailed dive and sport records.</p> <ol style="list-style-type: none"> <li>1. Press the UP/DOWN button to select a record and press the MODE button to enter the record.</li> <li>2. Use the UP/DOWN button again to switch pages and view detailed information.</li> </ol> <p>Please note:</p> <ol style="list-style-type: none"> <li>1.Sports log: If you need to delete a single sports log, please go to "Any Page" in the details of the log and press the MODE button to select YES or NO to confirm whether to delete this single log.</li> <li>2.Dive log: If you want to delete a single dive log, please go to the last page of the log and press the MODE button, then select YES or NO to confirm the deletion of the single log.</li> <li>3.If you want to delete all logs at once, please refer to 6.5 Delete instructions.</li> </ol>

## 8. Navigation

8. Navigation
<b>Path :</b> <ol style="list-style-type: none"> <li>1. Menu &gt; Navigate</li> <li>2. Menu &gt; Sports &gt; Hiking &gt; Navigate</li> </ol>
<b>Navigation (Use Marathon World App to import hiking trails)</b> <b>* This function will be available soon*</b>
<b>Description :</b> Use the app to import hiking routes into the navigation.
<b>The instructions for using APP:</b> <ol style="list-style-type: none"> <li>1. Start the Marathon World APP and enter [More] &gt; [CR-5].</li> <li>2. Select your computer watch for Bluetooth connection</li> <li>3. Enter the hiking route page to select the route you need and click to download to your watch, wait for the synchronization to be completed.</li> </ol>

## 9. Timer

9. Timer	
Path : Menu > Timer	
<b>Countdown</b>	<ol style="list-style-type: none"> <li>1. After the time setting is completed, press "Start", the set time will start timing.</li> <li>2. If necessary, please turn on "Repeat", the timer will restart automatically after it expires.</li> </ol>
<b>Stopwatch</b>	<ol style="list-style-type: none"> <li>1. After entering the stopwatch, press the MODE button to start.</li> <li>2. When the stopwatch starts, press the RETURN button to count the laps. Press the MODE button to stop, then you can choose to continue or "Down" to finish, and view the lap time as well.</li> <li>2. After completing the stopwatch, no history will be generated.</li> </ol>
<b>Alarm clock</b>	<p>Set a maximum of five clocks, one-time, daily, or workday clocks.</p> <p><b>Same as : Menu &gt; Settings &gt; Set system &gt; Alarm clock</b></p>

## 10. Heart Rate Watch

10. Heart Rate Watch
Path : Menu > HR watch
<p><b>Heart rate watch</b></p> <p>It can be used for current heart rate measurement and simple timing functions, or as a heart rate band to transmit heart rate to your other devices by using Bluetooth.</p>

## 11. Synchronization and APP

### 11. Synchronization and APP

It is recommended that you connect to the following APP before using this product or once a week. The APP will quickly and automatically update the built-in ephemeris information of your CR-5 within seconds, and dramatically increase the speed and accuracy of GPS positioning.

**Please note:**

**If you have not used the exclusive app connection for a long time, the GPS positioning searching speed will be slowed down, and the system will prompt you to connect.**



**Divestory+**

**Upload dive logs via the APP :**

1. Please download Divestory+ APP from App Store or Google Play and register/login your account.
2. Turn on the Bluetooth of your mobile phone.
3. Enter the APP, go to the "Dive Log" page, click "Watch" to connect and then click "Read Log".

**Update the firmware via the APP :**

1. Please download Divestory+ APP from App Store or Google Play and register/login your account.
2. Turn on the Bluetooth of your mobile phone.
3. Enter the APP, go to the "Dive Log" page, click "Watch" to connect and then click "Firmware Update".

**The watch will be updated automatically after the firmware file is transferred, do not turn off the watch during the update.**



**Marathon World**  
(馬拉松世界)

**Upload sports logs via the APP :**

1. Please download Marathon World APP from App Store or Google Play and register/login your account.
2. Turn on the Bluetooth of your mobile phone.
3. Enter the APP, go to the "More" page, click "CR-5" to connect and then click "Read Log".



## 12. Disclaimer

### 12.1 User's Responsibility

This device is intended for recreational use only.

CREST CR-5 is not applicable for measurement data or use specifications that require compliance with occupational or industrial requirements.

### 12.2 About Flying After Diving

The no-fly time is displayed in watch mode, with an icon of the aircraft at the bottom of the screen. The no-fly time is shown in the history and version information. Once the no-fly time icon shows up, no flights or travel to high altitudes are allowed.

No-fly times are usually longer than 12 hours.

The Divers Alert Network (DAN) recommends the following on no-fly times:

- A minimum surface interval of 12 hours would be required in order to be reasonably assured a diver will remain symptom free upon ascent to altitude in a commercial jetliner (altitude up to 2,400 m (8,000 ft)).
- Divers who plan to make daily, multiple dives for several days, or make dives that require decompression stops, should take special precautions and wait for an extended interval beyond 12 hours before a flight. Further, the Undersea and Hyperbaric Medical Society (UHMS) suggests divers using standard air cylinders and exhibiting no symptoms of decompression sickness wait 24 hours after their last dive to fly in an aircraft with cabin pressure up to 2,400 m (8,000 ft).

The only two exceptions to this recommendation are:

- If a diver has less than two (2) hours total accumulated dive time in the last 48 hours, a 12 hour surface interval before flying is recommended.
- Following any dive that required a decompression stop, flying should be delayed for at least 24 hours, and if possible, for 48 hours.

CREST recommends that flying is avoided until all the DAN and UHMS guidelines, as well as the dive computer's no-fly conditions, are satisfied.

## 13. Limited Liability Warranty

**CREST Dive Computer is covered by CREST's limited warranty.**

- CREST provides a limited product warranty to the purchaser of a dive computer watch and dive computer watch accessories (hereinafter referred to as the Product).
- During the period of the Product Warranty, improvements will be made at CREST or CREST authorized distributor or dealer location for possible defects in the hardware of the Product in accordance with the terms of this Warranty. These improvements may include free repair, replacement of the whole or part of the Product and repair at a charge, the details of which shall be at the sole discretion of CREST. This provision shall not apply where local regulations govern the rights of consumers.
- This warranty is valid only for the country in which the Product was originally purchased and where the Product is duly authorized by CREST to be legally distributed for sale and service.
- The Product Warranty Period shall commence on the date of purchase by the Consumer and the provision of official proof of purchase and the determination of the criteria shall be at the sole discretion of CREST. If the product meets the warranty conditions and free repair and replacement criteria within the warranty period, the original manufacturer will provide free repair and parts replacement and return the product to the consumer within a reasonable period of time. The consumer is still responsible for shipping charges to CREST authorized dealer locations or other service charges that may be incurred.

Details are as follows:

- The main body of the dive computer is covered by a one-year conditional factory warranty.
- The original warranty period will not be extended if the product is returned to the original factory for repair, replaced by a new/good product after repair, or resold.
- If the repaired product is returned within three months after the warranty period, CREST will provide one free repair to protect the consumer's rights and interests if the repaired product is in the same condition as the requested repair.

### Exclusions and Limitations

This limited warranty does not cover:

1. wear and tear arising from normal use.
2. problems caused by collision with sharp objects, bending, crushing or dropping and other improper handling.
3. damage or malfunction of the product caused by improper use in violation of the CREST factory rules/instructions (e.g. not following the product manual), and other actions beyond reasonable use.

4. damage to the internal settings, data content or other data of the Dive Computer Meter. Whether it is the user's manual that comes with the product or obtained by download, or software supplied by a third party, or even the user's own data; problems arising from installation, assembly, or transportation.
5. any failure caused by the use of services, software, accessories or any related products not provided by the original manufacturer; or any failure caused by the use of CREST products for purposes other than those for which they were originally designed.
6. any failure caused by replacing the battery, disassembling and assembling the CREST Product by yourself.

### **The warranty shall automatically be terminated in the event that**

1. the serial number of the Product has been manually removed, altered, worn or defaced to the point of being unrecognisable
2. the Product itself has been disassembled, altered, modified, or referred to a non-CREST authorized distributor or dealer for testing and repair.
3. the product has been repaired with parts or consumables not supplied by the original manufacturer.
4. the product has been exposed to chemicals, such as computer watches sprayed with mosquito repellent, chemical sprays containing ammonia or alcohol with solvents.

### **How to obtain CREST warranty service**

To obtain warranty service, please review the customer service information in the manual or visit the original manufacturer's website for assistance resources. The manufacturer's website is [www.crestdiving.com](http://www.crestdiving.com). To claim your warranty rights, please contact your local CREST authorised agent and distributor.

If the product meets the warranty conditions and free repair and replacement criteria within the warranty period, the original manufacturer will provide free repair and parts replacement and return the product to the consumer within a reasonable period of time. The decision to offer a product for repair or replacement shall be at the sole discretion of CREST or a CREST Authorized Dealer. If the warranty period has expired or the warranty conditions are not met or the free repair and replacement criteria are not met, the product will no longer be entitled to free service and CREST or a CREST Authorized Dealer reserves the right to charge a discretionary repair handling fee.

If a consumer finds a problem with a product, he or she must make a warranty claim within a reasonable period of time and request warranty repair rights by bringing the product to a CREST dealer location and requesting warranty repair. The consumer must provide: the name of the purchaser, contact telephone number, and proof of purchase. The proof of purchase must clearly state the product model number, product serial number, purchaser's name, contact number, date of purchase, dealer information and other detailed



information. If the consumer wishes to send the product by post for repair, please send the product together with the above information to the local CREST authorized distributor at your own cost.

In any circumstances, all warranty claims must be made prior to the expiration of the warranty period in order to claim warranty rights, and CREST cannot guarantee that the product will operate uninterrupted or error-free, or that the product will be compatible with hardware or software supplied by other vendors.

## **14. Contact CREST**

EMAIL : [info@crestdiving.com](mailto:info@crestdiving.com)

WEBSITE : [www.crestdiving.com](http://www.crestdiving.com)

## **15. Copyright Statement**

**The contents of this document are the property of CREST, including the words and graphics CR-5, which are registered or unregistered trademarks of the Company. Although every effort has been made to ensure the completeness and correctness of the contents of this document, we cannot guarantee 100% accuracy. Accordingly, the contents of this document may be revised at any time without notice.**

## 16. Appendix

### 16.1 Product Specifications

<b>Size &amp; Weight</b>	Diameter of the watch face: 51.7 mm / 2.03 inches Thickness: 14.77 mm / 0.58 inches Weight: 65 g
<b>Depth Meter</b>	Temperature-compensated pressure sensor: Calibration based on seawater, within 3% reduction in freshwater reading (in accordance with EN 13319) Maximum operating depth: 100 m / 328 ft (in accordance with EN 13319) Accuracy: Full display $\pm 1$ %; or best at 20°C / 68°F, 0 m / 0 ft to 80 m / 262 ft Depth display range: 0 m / 0 ft to 100 m / 328 ft Resolution: 0.1m from 0 m to 100 m, or 1 ft from 0 ft to 328 ft
<b>Temperature display interval</b>	Resolution: 1 °C / 1 °F Display range: 0 °C to 40 °C / 32 °F to 104 °F Accuracy: $\pm 2$ °C / $\pm 3.6$ °F (within 20 minutes of temperature change)
<b>Calendar Clock</b>	Accuracy: $\pm 25$ sec/month (at 20 °C / 68 °F) 12/24 Switching
<b>NITROX</b>	Oxygen concentration: 21 % to 99 % Oxygen partial pressure display: every 0.01 bar Oxygen Exposure Limit Section: 1 % to 100 %, display resolution 1 %
<b>Working Environment</b>	Operating temperature: -5 °C to 40 °C / 23 °F to 104 °F Recommended storage temperature: 0 °C to 40 °C / 32 °F to 104 °F
<b>Low Temperature Attention</b>	If you use the battery in low temperature for a long time, it will cause more charge and discharge cycles. The low battery warning means that there is still enough power available. In this case, the warning symbol will usually disappear automatically when the dive mode is activated.
<b>Algorithm</b>	The CREST Decompression Algorithm is computed using 16 tissue intervals. The tissue intervals are based on the half-time tissue table of Bühlmann ZH-L16C. The "M" value for nitrogen emissions is related to diving habits and whether the dive warning was violated. The computer continues to track the "M" value even after the dive has ended. The calculation of enriched oxygen and oxygen exposure is based on the NOAA (National Oceanic and Atmospheric Administration) Exposure Schedule and Limitation Principles.

## 16.2 Diving Terms and Explanations

Terms	Explanations
<b>Ascent Rate</b>	The rate at which a diver rises through the water.
<b>CNS toxicity</b>	High partial pressure oxygen is toxic to the human body, and the toxicity from over-breathing can lead to various neurotoxic symptoms. The most serious of these is a convulsive neurotoxic reaction similar to epilepsy, which can lead to uncontrollable convulsions that affect the diver's breathing and result in drowning.
<b>CNS</b>	The abbreviation for the central nervous system.
<b>Decompression</b>	The decompression of a diver is the reduction in ambient pressure experienced during ascent from depth. It is also the process of elimination of dissolved inert gases from the diver's body, which occurs during the ascent, largely during pauses in the ascent known as decompression stops, and after surfacing, until the gas concentrations reach equilibrium.
<b>DSC</b>	Decompression sickness (abbreviated DCS; also called divers' disease) is a medical condition caused by dissolved gases emerging from solution as bubbles inside the body tissues during decompression. DCS most commonly occurs during or soon after a decompression ascent from underwater diving, but can also result from other causes of depressurisation. DCS and arterial gas embolism are collectively referred to as decompression illness.
<b>Dive Time</b>	The time from the start of the dive until the end of the dive when you return to the surface again.
<b>NDL</b>	The "no-decompression limit" (NDL) or "no-stop limit" , is the time interval that a diver may theoretically spend at a given depth without having to perform any decompression stops while surfacing. The NDL helps divers plan dives so that they can stay at a given depth for a limited time and then ascend without stopping while still avoiding an unacceptable risk of decompression sickness.
<b>EAN</b>	Abbreviation for Enriched Air Nitrox (high oxygen nitrogen oxygen mixture). Abbreviated as high oxygen or written as EANx, x represents the percentage increase in the proportion of oxygen. For example, the ratio of high oxygen mixture EAN32 (NOAA I) and EAN36 (NOAA NN II) is a mixture of 32% and 36% of oxygen.
<b>NITROX</b>	Nitrox refers to any gas mixture composed (excepting trace gases) of nitrogen and oxygen.

## **16.3 NCC Warning**



### **Regulations for low-power radioelectric motors**

The company, firm or user shall not change the frequency, increase the power or change the features and functions of the original design of the certified low power RF equipment without approval. The use of low-power RF equipment shall not affect flight safety or interfere with legal communications; if interference is found, it shall be immediately discontinued and improved until there is no interference before continued use. The aforementioned legal communication refers to the radio communication operated in accordance with the Telecommunications Control Law. Low-power RF equipment shall tolerate interference with legal communications or radioelectric electrical equipment for industrial, scientific and medical use.

## **16.4 FEDERAL COMMUNICATIONS COMMISSION INTERFERENCE STATEMENT**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/ TV technician for help.

### **CAUTION:**

**Any changes or modifications not expressly approved by the grantee of**



**this device could void the user's authority to operate the equipment.**

#### **RF Exposure warning**

**The equipment complies with FCC RF exposure limits set forth for an uncontrolled environment.**

**The equipment must not be co-located or operating in conjunction with any other antenna or transmitter.**

**This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:**

- (1) this device may not cause harmful interference, and**
- (2) this device must accept any interference received, including interference that may cause undesired operation.**