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Luminox 3001

Luminox Men's 3001 Quartz Navy Seal Dive Watch Instruction Manual

INTRODUCTION

This manual provides essential information for the proper use and care of your Luminox Men's 3001 Quartz Navy Seal Dive Watch. Please read these instructions carefully to ensure optimal performance and longevity of your timepiece.

PRODUCT OVERVIEW



Figure 1: A clear front view of the Luminox Men's 3001 watch, highlighting the black dial, luminous markers, and unidirectional rotating bezel.





Figure 2: This image shows the Luminox Men's 3001 Quartz Navy Seal Dive Watch worn on a wrist, providing a perspective of its size and fit.

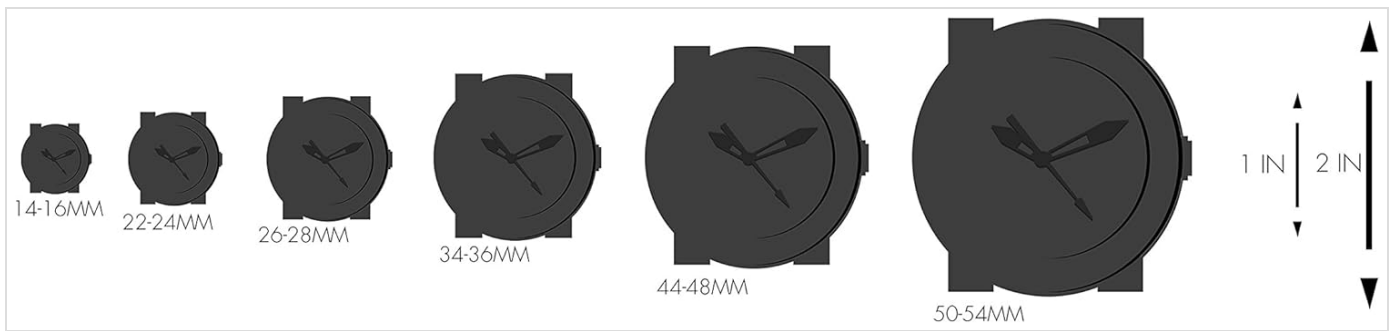


Figure 3: A visual guide illustrating various watch case sizes, from 14-16mm up to 50-54mm, to help understand the relative dimensions of the Luminox 3001 watch.

SETUP

Setting the Time

To set the time:

1. Gently pull the crown (the small knob on the side of the watch) out to the second click position. The second hand will stop.
2. Turn the crown clockwise or counter-clockwise to move the hour and minute hands to the desired time.
3. Once the time is set, push the crown back in to the first click position to restart the second hand.

Setting the Date

To set the date:

1. Gently pull the crown out to the first click position.
2. Turn the crown counter-clockwise to adjust the date. Avoid setting the date between 9 PM and 3 AM, as this can interfere with the automatic date change mechanism.
3. Once the date is set, push the crown back in completely to ensure water resistance.

OPERATION

Unidirectional Rotating Bezel

The Luminox 3001 features a unidirectional rotating bezel, designed for timing events, particularly useful for diving. The bezel rotates only counter-clockwise to prevent accidental increases in timed duration, which is a critical safety feature for divers.

To use the bezel:

1. Align the luminous marker on the bezel with the minute hand at the start of the event you wish to time.
2. As time progresses, the minute hand will indicate the elapsed time against the bezel's scale.

Luminox Light Technology (LLT)

Your Luminox watch is equipped with a self-powered illumination system, utilizing tiny micro gas lights (borosilicate glass capsules). These lights provide continuous illumination for over 25 years without requiring an external light source to charge or a button press to activate.

The hands and hour markers on the dial, as well as the turning ring of the bezel, contain these self-powered lights, ensuring visibility in low-light conditions.

Your browser does not support the video tag.

Video 1: This video provides a 360-degree view of the Luminox Men's 3001 Quartz Navy Seal Dive Watch, showcasing its design and features from all angles.

MAINTENANCE

Cleaning

Regularly clean your watch with a soft, damp cloth. For dive watches, rinse thoroughly with fresh water after exposure to saltwater or chlorine to prevent corrosion and maintain the integrity of the seals.

Battery Replacement

The watch operates on a quartz movement with an approximate 4-year battery life. When the battery needs replacement, it is highly recommended to have it performed by an authorized Luminox service center or a qualified watchmaker. This ensures proper sealing and maintains the watch's water resistance.

Water Resistance

The Luminox 3001 is water resistant to 200 meters (660 feet), suitable for recreational scuba diving. Ensure the crown is fully pushed in before any water exposure. Avoid operating the crown while the watch is wet or submerged.

TROUBLESHOOTING

Watch Not Keeping Accurate Time

If the watch is not keeping accurate time, the battery may be low and require replacement. Consult an authorized service center.

Condensation Under Crystal

If condensation appears under the crystal, it may indicate a breach in the water resistance. Immediately take the watch to an authorized service center to prevent further damage.

Illumination Dimming

The Luminox Light Technology (LLT) is designed for long-term illumination. If the illumination appears significantly dimmer than expected, contact Luminox customer support or an authorized service center.

SPECIFICATIONS

Feature	Detail
Brand Name	Luminox
Model Name	3001 Quartz Navy Seal Dive Watch
Item Model Number	XS.3001
Watch Movement Type	Swiss Quartz
Display	Analog
Case Material Type	Polyurethane

Feature	Detail
Case Diameter	43 Millimeters
Case Thickness	23 Millimeters
Band Material Type	Polyurethane
Band Color	Black
Band Width	22 Millimeters
Band Length	9 Inches
Dial Color	Black
Crystal	Mineral
Water Resistance Depth	660 Feet (200 Meters)
Power Source	Battery Powered
Closure Type	Buckle
Item Weight	0.31 Pounds
Date First Available	August 10, 2008

WARRANTY AND SUPPORT

Warranty Information

This Luminox watch comes with a 1-year Luminox warranty. For specific terms and conditions, please refer to the warranty card included with your purchase or visit the official Luminox website.

Customer Support

For any questions, service, or repair needs, please contact Luminox customer support or an authorized service center. You can also refer to the [Luminox Store on Amazon](#) for additional information.