Armitron 40/8159BLK

Armitron Sport Men's 40/8159BLK Chronograph Digital Watch Instruction Manual

Model: 40/8159BLK

INTRODUCTION

This manual provides detailed instructions for the setup, operation, and maintenance of your Armitron Sport Men's 40/8159BLK Chronograph Digital Watch. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your timepiece.

PRODUCT OVERVIEW

The Armitron Sport 40/8159BLK is a digital chronograph watch designed for active lifestyles. It features a black resin case, a digital display with orange accents, and a comfortable slip-through nylon band. Key functions include timekeeping, alarm, chronograph (stopwatch), countdown timer, dual time, and military time display.

Image 1: Front view of the Armitron Sport 40/8159BLK digital watch, showing the digital display with time, day, and date, surrounded by a black resin case with orange accents.

Watch Components

- **Display:** Digital display showing time, date, and other functions.

- **Buttons:** Typically located on the sides for mode selection, setting adjustments, and function activation. (*Note: Specific button functions will be detailed in the 'Operating Modes' section.*)
- **Case:** Black resin case providing durability.
- **Band:** Slip-through nylon band with textured rubber accents and buckle closure for a secure fit.
- **Crystal:** Acrylic crystal dial window protecting the display.
- **Water Resistance:** Rated for 100 meters (330 feet).

SETUP

Initial Time and Date Setting

Upon first use or after a battery change, you will need to set the time and date. The exact procedure may vary slightly, but generally involves the following steps:

1. **Enter Setting Mode:** Press and hold the **MODE** button (usually bottom left) until the display flashes, indicating it's in setting mode.
2. **Select Item to Adjust:** Use the **RESET/STP** button (usually top right) to cycle through the settings (seconds, hour, minute, year, month, day).
3. **Adjust Value:** Use the **START/LAP** button (usually top left) to increase the flashing value. Hold the button to advance rapidly.
4. **Confirm and Exit:** Once all settings are correct, press the **MODE** button again to exit the setting mode.

Note: Some models may have a dedicated **SET** *button. Refer to the on-screen prompts if available.*

Battery Information

The watch requires 1 Lithium Metal battery (included). When the display dims or functions become erratic, it indicates a low battery. Battery replacement should ideally be performed by a qualified watch technician to ensure water resistance is maintained. The slip-through band design may require careful handling during battery access.

OPERATING MODES

Your Armitron Sport watch features multiple operating modes accessible via the **MODE** button. Pressing the **MODE** button cycles through the following functions:

- **Time Mode (Main Display):** Displays the current time (hour, minute, second), day of the week, and date (month, day). It also indicates AM/PM for 12-hour format.
- **Chronograph (Stopwatch) Mode:**

  This mode measures elapsed time. It typically includes lap time functionality.

  a. Press **START/LAP** to start the stopwatch.
  b. Press **START/LAP** again to pause.
  c. Press **RESET/STP** to reset the stopwatch to zero.
  d. To record lap times, press **RESET/STP** while the stopwatch is running. The lap time will display briefly, and the stopwatch continues running in the background.

- **Alarm Mode:**

  Set a daily alarm to sound at a specific time.

  a. In Alarm Mode, press **RESET/STP** to select the hour or minute to set.
  b. Press **START/LAP** to adjust the value.

    c. Press **MODE** to confirm and exit.

    d. To activate/deactivate the alarm, press **START**/**LAP** (or a dedicated alarm button) in Alarm Mode. An alarm icon will appear when active.

- **Countdown Timer Mode:**

  Set a timer to count down from a specified duration.

  a. In Countdown Timer Mode, press **RESET**/**STP** to select the hour, minute, or second to set.

  b. Press **START**/**LAP** to adjust the value.

  c. Press **START**/**LAP** to start/pause the countdown.

  d. Press **RESET**/**STP** to reset the timer.

- **Dual Time Mode:**

  Allows you to track a second time zone simultaneously.

  a. In Dual Time Mode, press **RESET**/**STP** to select the hour or minute to set.

  b. Press **START**/**LAP** to adjust the value for the second time zone.

  c. Press **MODE** to confirm and exit.

- **Military Time (24-Hour Format):**

  The watch supports displaying time in 24-hour format. This setting is usually toggled in Time Mode by pressing a specific button (often **RESET**/**STP** or **START**/**LAP**) while the hour is flashing during time setting, or by a dedicated button press in Time Mode.

- **Backlight:**

  Press the **LIGHT** button (usually top right or bottom right) to illuminate the display for easy viewing in low-light conditions. The backlight typically uses EL (Electroluminescent) technology and will automatically turn off after a few seconds.

MAINTENANCE

Water Resistance

Your Armitron Sport 40/8159BLK watch is water resistant to 100 meters (330 feet). This rating makes it suitable for snorkeling and swimming. However, it is **not** suitable for scuba diving.

Image 2: A chart illustrating different levels of water resistance for watches. The 100M (330FT) rating indicates suitability for swimming and snorkeling, but not scuba diving.

Important Water Resistance Guidelines:

- Do not operate buttons while the watch is submerged in water.
- Avoid exposing the watch to extreme temperature changes (e.g., hot showers followed by cold water), as this

can compromise seals.

- After exposure to saltwater, rinse the watch with fresh water and dry it thoroughly.
- Water resistance is not a permanent condition and may weaken over time due to wear and tear or impact. Have the water resistance checked periodically, especially after battery replacement.

Cleaning

To clean your watch, wipe the case and band with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with fresh water (for water-resistant models) and thorough drying. Avoid harsh chemicals or abrasive materials.

TROUBLESHOOTING

- **Watch not displaying time or functions:** The battery may be depleted. Replace the battery.
- **Time is inaccurate (losing or gaining time):** This could indicate a low battery or a need for internal adjustment. If a new battery does not resolve the issue, professional servicing may be required.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable) or that it is not submerged in water. If the issue persists, the internal mechanism may require inspection.
- **Condensation under the crystal:** This indicates a breach in the water resistance. Avoid further water exposure and seek professional repair immediately to prevent internal damage.

SPECIFICATIONS

Feature	Detail
Model Number	40/8159BLK
Movement	Quartz
Display Type	Digital
Case Material	Resin
Band Material	Nylon with rubber accents
Crystal Material	Acrylic
Water Resistance	100 meters (330 feet)
Functions	Alarm, Lap, Chronograph, Countdown Timer, Dual Time, Military Time
Battery Type	1 Lithium Metal battery (included)
Product Dimensions	0.59 x 0.59 x 0.59 inches
Item Weight	8.82 ounces

WARRANTY AND SUPPORT

Armitron watches typically come with a limited warranty covering manufacturing defects. For specific warranty details, service, or support, please refer to the official Armitron website or contact their customer service directly. Keep your proof of purchase for warranty claims.

You can visit the official Armitron store for more information: [Armitron Store](#)