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› Armitron Sport Unisex Digital Chronograph Nylon Strap Watch, 45-7004 Blue Instruction Manual

## Armitron 45-7004BLU

# Armitron Sport Unisex Digital Chronograph Watch Instruction Manual

Model: 45-7004BLU

Brand: Armitron

## INTRODUCTION

This manual provides comprehensive instructions for the operation, maintenance, and care of your Armitron Sport Unisex Digital Chronograph Watch, Model 45-7004BLU. Please read this manual thoroughly to ensure proper use and longevity of your timepiece.





Figure 1: Front view of the Armitron Sport Unisex Digital Chronograph Watch.

## KEY FEATURES

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- Black resin case with blue top ring; case diameter 1.5 inches (40mm)
- LCD display with time, seconds, day and date
- Functions include: chronograph, lap time, alarm, dual time, military time and backlight
- Adjustable black nylon strap with hook-and-loop closure; fits from 5.5 inch to 7 inch wrist circumference
- Water resistant to 330 feet (100M)

## WATCH COMPONENTS

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Figure 2: Side view of the watch highlighting the resin case and control buttons.

Your Armitron Sport watch features a durable resin case and a comfortable nylon strap. The digital display provides clear readability. Control buttons are located on the sides of the watch case for easy access to various functions.



Figure 3: Rear view of the watch, showing the stainless steel case back and the adjustable nylon strap.

## SETUP AND BASIC OPERATION

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### Setting Time and Date

1. Press the **MODE** button repeatedly until the time setting mode is displayed (usually indicated by flashing digits).
2. Press the **RESET** button to select the digit or segment you wish to adjust (e.g., hours, minutes, year, month, day).
3. Use the **ST/STP** button to increase the selected value. Hold the button to rapidly advance the digits.
4. Repeat steps 2 and 3 until all desired time and date settings are correct.
5. Press the **MODE** button to exit the setting mode and return to normal time display.

### Using the Backlight (EL)

To illuminate the display in low-light conditions, press the **EL** button. The backlight will typically stay on for a few seconds.

## OPERATING MODES

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Your watch features several operating modes accessible via the **MODE** button. Cycle through the modes by pressing **MODE** until the desired function appears.

- **Chronograph (Stopwatch)**: Used for timing events. Press **ST/STP** to start/stop, and **RESET** to clear.
- **Lap Time**: A function within the chronograph mode to record intermediate times.
- **Alarm**: Set a specific time for an audible alert. Use **RESET** and **ST/STP** to set the alarm time.
- **Dual Time**: Allows you to display a second time zone.
- **Military Time (24-hour format)**: The watch supports both 12-hour and 24-hour time formats. This setting can usually be toggled in the time setting mode.

## WATER RESISTANCE

This Armitron Sport watch is water resistant to 330 feet (100 meters). This rating indicates suitability for swimming and snorkeling, but it is not suitable for scuba diving. Avoid pressing buttons while the watch is submerged to prevent water ingress.



Figure 4: The watch worn on a wrist, suitable for active use.

WATER RESISTANT CHART	
	NOT WATER RESISTANT
	NOT WATER RESISTANT
	<b>WATER RESISTANT TO 30M (100FT):</b> In general, withstands splashes or brief immersion in water, but not suitable for swimming or bathing
	<b>WATER RESISTANT TO 50M (165FT):</b> In general, suitable for short periods of recreational swimming, but not diving or snorkeling
	<b>WATER RESISTANT TO 100 M (330 FT):</b> In general, suitable for swimming and snorkeling, but not scuba diving

Figure 5: Water Resistance Chart for reference.

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Video 1: A demonstration of the watch's water resistance capabilities, showing it submerged in water.

## MAINTENANCE

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- **Cleaning:** Wipe the watch case and strap with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and drying thoroughly.
- **Battery Replacement:** When the display dims or functions become erratic, the battery may need replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is maintained.
- **Storage:** Store your watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

## TROUBLESHOOTING

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Problem	Possible Cause / Solution
Display is blank or dim	Low battery. Replace battery.
Buttons are unresponsive	Try pressing all buttons firmly. If issue persists, battery may be very low or internal fault.
Time is incorrect	Refer to "Setting Time and Date" section to reset.
Condensation inside display	Water ingress. Stop using immediately and seek professional repair to prevent further damage.

## SPECIFICATIONS

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- **Model Number:** 45/7004BLU
- **Material:** Resin case, Nylon strap
- **Product Dimensions:** 7 x 27 x 11 inches; 3.17 ounces
- **Batteries:** 1 Product Specific battery (included)
- **Water Resistance:** 330 feet (100M)
- **Manufacturer:** Armitron Sport
- **Country of Origin:** China

## WARRANTY AND SUPPORT

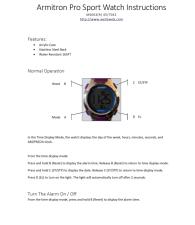
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Armitron watches are designed for durability and reliability. For detailed warranty information and support, please refer to the official Armitron website or the Limited Warranty & Instructions Manual that came with your product. You can visit the official Armitron store for more information: [Armitron Store](#).

Your browser does not support the video tag.

Video 2: An official product video showcasing the Armitron Sport Unisex Digital Chronograph Watch.

## Related Documents - 45-7004BLU

	<p><a href="#">Armitron Sport Circle Digi A (4 Button) Watch: Instructions and Limited Lifetime Warranty</a></p> <p>Comprehensive instructions manual and limited lifetime warranty details for the Armitron Sport Circle Digi A (4 Button) digital watch, covering features, operation, care, and service.</p>
	<p><a href="#">Armitron Sport Oval Digi B (4 Button) Watch Instructions Manual</a></p> <p>Comprehensive instructions for the Armitron Sport Oval Digi B (4 Button) digital watch, covering features, time and calendar setting, alarms, stopwatch functions, dual time, battery replacement, water resistance, and service information.</p>
	<p><a href="#">Armitron Pro Sport Watch Instructions MS063(R) 45/7042</a></p> <p>Complete instructions for operating the Armitron Pro Sport Watch, model MS063(R) 45/7042. Learn how to set the time, date, alarm, use the stopwatch, and understand the 24-hour clock feature.</p>
	<p><a href="#">Armitron Watch Instructions: Setting Time, Adjusting &amp; Changing Straps</a></p> <p>Comprehensive guide to setting the time, adjusting the size of steel and mesh bands, and changing straps for Armitron watches. Includes step-by-step instructions for operation and maintenance.</p>
	<p><a href="#">Armitron MD11239 Pro Sport Watch Instructions</a></p> <p>Comprehensive instructions for the Armitron MD11239 Pro Sport watch, covering features, time and calendar setting, alarms, pacer, split time, countdown timer, dual time zone, and EL light.</p>
	<p><a href="#">How to Replace the Battery in an Armitron All-Sport Watch</a></p> <p>A step-by-step guide on how to replace the battery in an Armitron All-Sport Watch, detailing the necessary tools, parts, and procedures.</p>