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> Armitron Sport Women's Digital Chronograph Resin Strap Watch, 45/7012 Pink/Silver Instruction Manual

Armitron 45/7012PNK

Armitron Sport Women's Digital Chronograph Watch

Model: 45/7012PNK

PRODUCT OVERVIEW

The Armitron Sport Women's Digital Chronograph Watch (Model 45/7012PNK) is a versatile and durable timepiece designed for an active lifestyle. Featuring a digital LCD display, this watch offers essential functions including an alarm, chronograph, and lap time. Its robust resin strap and water resistance up to 330 feet (100 meters) make it suitable for various activities, including swimming and snorkeling.





Front view of the Armitron Sport Women's Digital Chronograph Watch, showcasing its pink and silver design with a clear digital display.

SETUP

Before using your Armitron Sport watch, it is recommended to set the correct time and date. The watch features four buttons for navigation and setting: two on the left (MODE, RESET) and two on the right (ST/STP, EL).

Setting Time and Date:

1. Press the **MODE** button repeatedly until the time setting mode is displayed (usually indicated by flashing digits).
2. Use the **RESET** button to select the digit or setting you wish to adjust (e.g., hours, minutes, year, month, day).
3. Use the **ST/STP** button to increase the selected value.
4. Once all settings are correct, press the **MODE** button again to exit the setting mode.



Side view of the watch, highlighting the accessible buttons used for setting and operating functions.

OPERATING INSTRUCTIONS

Chronograph (Stopwatch) Function:

- From the normal time display, press the **MODE** button until the chronograph mode is shown (usually indicated by "CHRONO" or "STW").
- Press **ST/STP** to start the stopwatch. Press **ST/STP** again to pause.
- Press **RESET** to reset the stopwatch to zero.
- To record lap times, press **RESET** while the stopwatch is running. The lap time will display briefly before the stopwatch continues running.

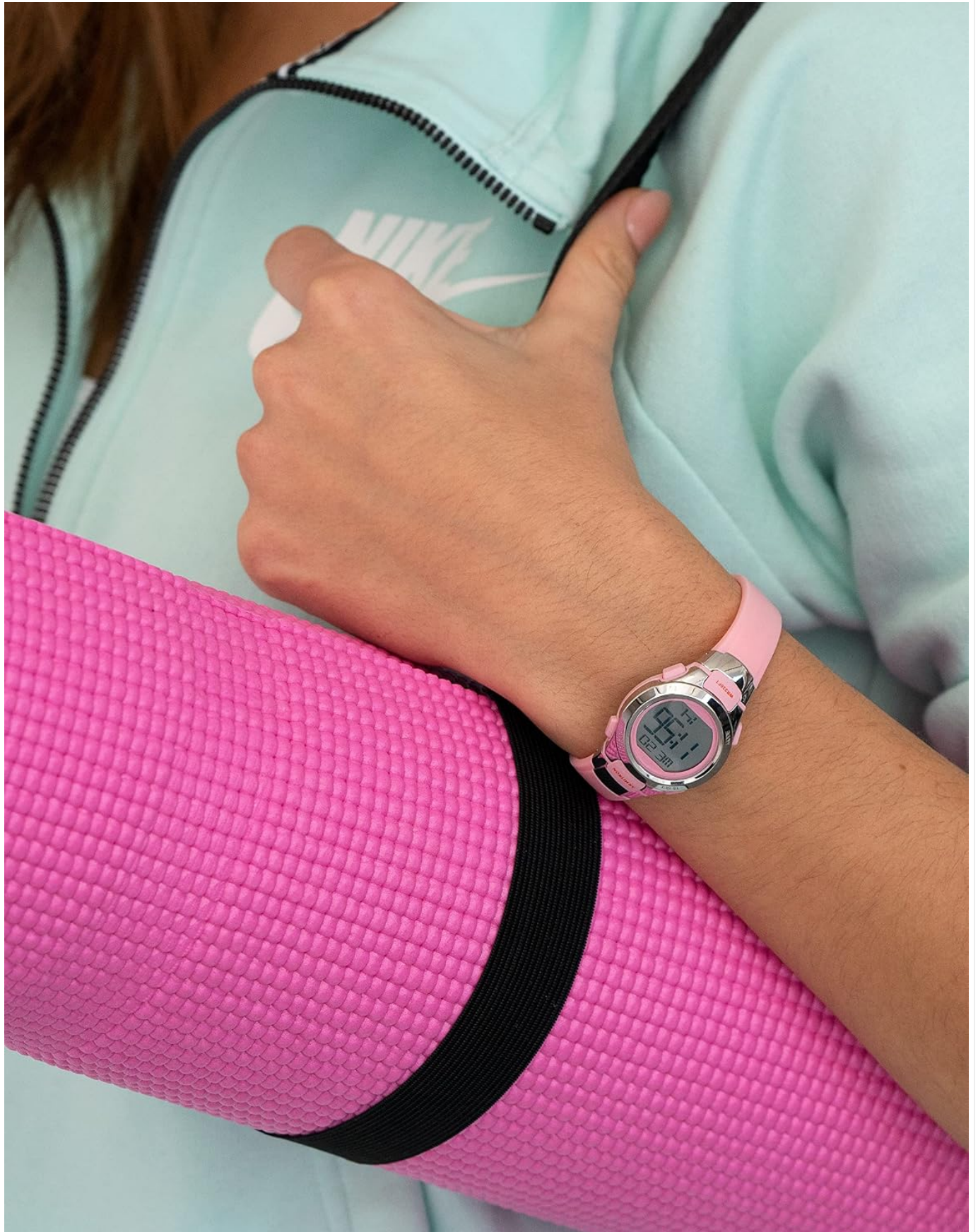
Alarm Function:

- Press the **MODE** button until the alarm setting mode is displayed (usually indicated by "ALARM").
- Use **RESET** to select the hour or minute digits, and **ST/STP** to adjust the values.

- Press **MODE** to confirm and exit.
- To activate/deactivate the alarm, press **ST/STP** while in the alarm display mode. An alarm icon will appear when active.

Backlight (EL):

Press the **EL** button (usually located on the top right) to illuminate the display for easy viewing in low-light conditions.



The watch comfortably worn on a wrist, demonstrating its practical size for active use.

MAINTENANCE

Water Resistance:

This Armitron Sport watch is water resistant to 330 feet (100 meters). This means it is suitable for swimming and snorkeling, but not for scuba diving. Avoid pressing buttons underwater to prevent water ingress.

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

A detailed chart explaining various levels of water resistance for watches, indicating suitability for different water activities.

Battery Replacement:

The watch uses 1 Lithium Metal battery (included). Battery life varies depending on usage. When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have battery replacement performed by a qualified watch technician to ensure proper sealing and maintain water resistance.

Cleaning:

Clean the watch and strap regularly with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with clean water and thorough drying. Avoid using harsh chemicals or abrasive materials.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.

Problem	Possible Cause	Solution
Time is incorrect.	Time not set properly or accidental button press.	Re-set the time and date following the "Setup" instructions.
Buttons are unresponsive.	Possible water damage or internal malfunction.	Ensure buttons were not pressed underwater. If issue persists, contact customer support.
Water inside the watch.	Water resistance compromised (e.g., buttons pressed underwater, seal damage).	Immediately take the watch to a qualified technician for inspection and repair. Do not attempt to dry it yourself.

SPECIFICATIONS

- **Model Number:** 45/7012PNK
- **Case Diameter:** 27 mm
- **Product Dimensions:** 7 x 27 x 11 inches; 1.59 ounces
- **Material:** Resin (case and strap)
- **Display:** LCD Digital
- **Functions:** Time, Date, Alarm, Chronograph, Lap Time, Backlight (EL)
- **Water Resistance:** 330 feet (100 meters)
- **Battery:** 1 Lithium Metal battery (included)
- **Manufacturer:** Armitron Sport



A diagram illustrating the watch's fit on a wrist, providing a visual reference for its size and appearance when worn.

WARRANTY AND SUPPORT

Armitron products are manufactured to high-quality standards. For information regarding warranty coverage, please refer to the warranty card included with your purchase or visit the official Armitron website. For technical support, troubleshooting assistance beyond this manual, or service inquiries, please contact Armitron customer support directly.

Note: Unauthorized repairs or modifications may void your warranty.

ARMITRON

The official Armitron brand logo, representing the manufacturer of this product.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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