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› Armitron Sport Digital Chronograph Watch 45/7012 Instruction Manual

Armitron 457012

Armitron Sport Digital Chronograph Watch 45/7012 Instruction Manual

Model: 45/7012

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, maintenance, and troubleshooting of your Armitron Sport Digital Chronograph Watch, model 45/7012. Please read this manual thoroughly to ensure proper use and to maximize the functionality of your watch.

PRODUCT OVERVIEW

The Armitron Sport Digital Chronograph Watch 45/7012 is a digital timepiece designed for active use. It features a digital display with various functions including time, date, chronograph, dual time, and a backlight for visibility in low light conditions. The watch is constructed with a durable resin case and strap.





Image: Front view of the Armitron Sport Digital Chronograph Watch, model 45/7012, in purple and silver. The digital display shows the time, day, and date, with four control buttons visible around the bezel.

Key Features

- Digital display with time, day, and date.
- Chronograph (stopwatch) function.
- Dual time zone display.
- Backlight for enhanced visibility.
- Water resistant to 100 meters (330 feet).

- Durable resin case and strap with buckle closure.
- Acrylic dial window.

Watch Components

Your watch features four control buttons located around the watch case:

- **MODE:** Used to cycle through different operating modes (Time, Chronograph, Alarm, Dual Time).
- **RESET:** Used to reset values or move to the next setting option during adjustment.
- **STOP:** Used to start/stop functions in Chronograph mode or adjust values during setting.
- **EL (Electroluminescent):** Activates the backlight for the display.



Image: The Armitron Sport Digital Chronograph Watch, model 45/7012, worn on a wrist, demonstrating its size and fit. The purple resin strap and silver-tone case are visible.

SETUP

Initial Time and Date Setting

To set the current time and date on your watch:

1. From Time Mode, press and hold the **MODE** button until the seconds begin to flash. This indicates you are in setting mode.
2. Press the **RESET** button to cycle through the setting options: Seconds → Hours → Minutes → Year → Month → Day.
3. Use the **STOP** button to adjust the flashing value for each setting.
4. Once all settings are correct, press the **MODE** button again to exit setting mode and return to Time Mode.

12/24 Hour Format

While in Time Mode setting (seconds flashing), press the **STOP** button when the hour is flashing to toggle between 12-hour (with AM/PM indicator) and 24-hour (military) time formats.

OPERATING MODES

Press the **MODE** button repeatedly to cycle through the watch's various functions:

- Time Mode (default display)
- Chronograph Mode
- Alarm Mode
- Dual Time Mode

Time Mode

This is the default display, showing the current time, day of the week, and date. Ensure the time and date are set correctly as described in the "Setup" section.

Chronograph (Stopwatch) Mode

To use the stopwatch function:

1. Press **MODE** until "CHRONO" or "STW" appears on the display.
2. Press **STOP** to start the stopwatch.
3. Press **STOP** again to pause the stopwatch.
4. To resume, press **STOP**.
5. To reset the stopwatch to zero, ensure it is paused, then press **RESET**.

Alarm Mode

To set and activate the alarm:

1. Press **MODE** until "ALARM" or "AL" appears on the display.
2. Press and hold **STOP** until the alarm hours begin to flash.
3. Press **RESET** to switch between setting hours and minutes.
4. Use **STOP** to adjust the flashing value.
5. Press **MODE** to confirm the alarm time and exit setting mode.
6. To turn the alarm ON/OFF, in Alarm Mode, press **STOP** once. An alarm icon will appear/disappear on the display.
7. When the alarm sounds, press any button to silence it.

Dual Time Mode

To set a second time zone:

- 1. Press **MODE** until "DUAL TIME" or "DT" appears on the display.
- 2. Press and hold **STOP** until the hours begin to flash.
- 3. Press **RESET** to switch between setting hours and minutes.
- 4. Use **STOP** to adjust the flashing value.
- 5. Press **MODE** to confirm the dual time and exit setting mode.

Backlight Function

Press the **EL** button at any time to illuminate the watch display for a few seconds, improving visibility in dark environments.

MAINTENANCE

Water Resistance

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This means it is generally suitable for swimming and snorkeling. However, it is **not** designed for scuba diving. Avoid pressing buttons while the watch is submerged to prevent water intrusion.

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

Image: A chart illustrating different levels of water resistance for watches. It indicates that "Water Resistant to 100 M (330 FT)" is suitable for swimming and snorkeling, but not scuba diving.

Battery Replacement

The watch uses one Lithium Metal battery (included). 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 proper sealing and maintain water resistance.

Cleaning

Clean your watch regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the resin case and strap or the acrylic dial window. For resin straps, mild soap and water can be used, followed by thorough rinsing and drying.

TROUBLESHOOTING

Refer to the table below for common issues and their potential solutions:

Issue	Possible Cause	Solution
Display is blank or dim.	Low or depleted battery.	Replace the battery.
Time is incorrect.	Time not set properly or accidental adjustment.	Re-set the time and date according to the "Setup" section.
Buttons are unresponsive.	Temporary software glitch or low battery.	Try pressing all buttons simultaneously for a few seconds to reset (if applicable, consult manufacturer for specific reset procedures). If issue persists, replace battery.
Water inside the watch.	Buttons pressed underwater or seal compromised.	Immediately take the watch to a qualified watch technician for inspection and repair to prevent further damage.

SPECIFICATIONS

- **Model Number:** 45/7012 (also referred to as 457012)
- **Case Material:** Resin
- **Strap Material:** Resin
- **Dial Window Material:** Acrylic
- **Case Diameter:** Approximately 27 millimeters
- **Water Resistance:** 100 meters (330 feet)
- **Battery Type:** 1 Lithium Metal battery (included)
- **Product Dimensions:** 3.8 x 3.2 x 2.7 inches (packaging); Watch weight: 2.4 ounces

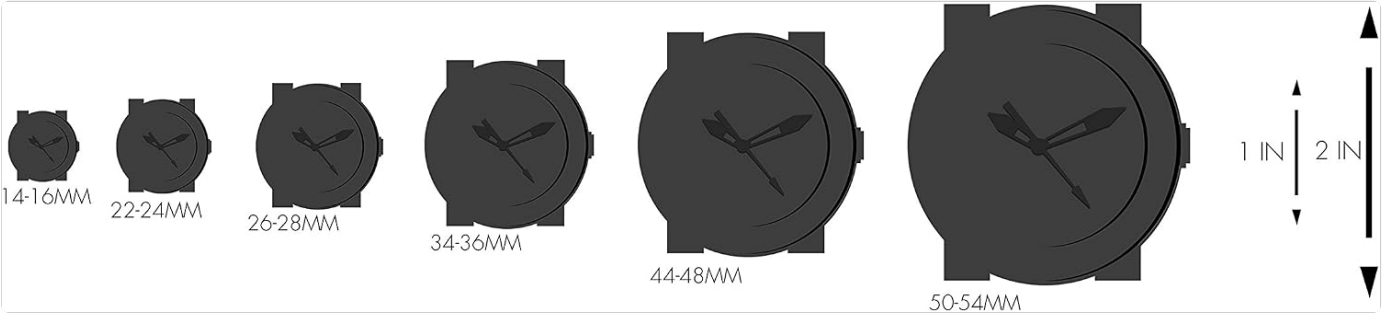


Image: A generic chart illustrating various watch case sizes in millimeters (14-16mm, 22-24mm, 26-28mm, 34-36mm, 44-48mm, 50-54mm) and their approximate visual scale. This model has a 27mm case.

WARRANTY AND SUPPORT

For detailed warranty information, product support, or service inquiries, please refer to the official Armitron website or contact their customer service directly. Keep your purchase receipt as proof of purchase for any warranty claims. You can visit the Armitron store for more information: [Armitron Store](#)

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