

## Timex TW5K94000

# Timex Men's Ironman Essential 10 Full-Size Watch

MODEL: TW5K94000

## Introduction

---

The Timex Men's Ironman Essential 10 Full-Size Watch is designed for active individuals, offering a lightweight and durable timepiece with essential features. This watch is resistant to water, making it suitable for swimming and snorkeling. Its robust construction ensures comfort and reliability during various activities.

Key features include:

- Adjustable black 17mm resin strap, fitting wrists up to 8 inches.
- 100-hour chronograph with 10-lap memory for tracking performance.
- 24-hour countdown timer for various timing needs.
- Customizable alarm function.
- 24-hour military time mode.
- Dual time zones for travel convenience.
- Day, date, and month calendar display.
- Black 42mm resin case with an acrylic lens and gray digital display.
- Indiglo light-up watch dial for visibility in low light.
- Water resistant to 100m (330ft).

## Setup

---

Before using your Timex Ironman Essential 10 watch, it is recommended to set the correct time, date, and any desired alarms or timers.

### Setting Time and Date

1. In Time mode, press and hold the **SET/RECALL** button (top left) until the display flashes.

2. Press the **MODE** button (bottom left) to cycle through settings: seconds, hours, minutes, year, month, date.
3. Use the **START/SPLIT** button (bottom right) to adjust the flashing value.
4. Once all settings are correct, press **SET/RECALL** to exit setting mode.

## Setting Alarm

1. From Time mode, press the **MODE** button repeatedly until you reach the Alarm mode (indicated by 'ALARM' or a bell icon).
2. Press and hold the **SET/RECALL** button until the alarm time flashes.
3. Use the **MODE** button to select hours or minutes.
4. Use the **START/SPLIT** button to adjust the flashing value.
5. Press the **STOP/RESET** button (top right) to toggle the alarm ON/OFF.
6. Press **SET/RECALL** to save and exit.

## Operating Instructions

---


### Indiglo Night-Light

To illuminate the watch face in low-light conditions, press the **INDIGLO** button (top right). The backlight will activate for a few seconds.

### Chronograph (Stopwatch)

The chronograph function allows you to measure elapsed time with lap and split capabilities.

1. From Time mode, press the **MODE** button once to enter Chronograph mode. The display will show 'CHRONO' and '00:00:00'.
2. Press **START/SPLIT** to begin timing.
3. To record a lap time while the chronograph is running, press **START/SPLIT**. The display will show the lap time for 10 seconds, then revert to the running total.
4. To pause the chronograph, press **STOP/RESET**. Press **START/SPLIT** to resume.
5. To stop and reset the chronograph, press **STOP/RESET** to stop, then press and hold **STOP/RESET** for 2 seconds until it resets to '00:00:00'.

  
Video: A detailed overview of the Timex Men's Ironman Essential 10 watch, demonstrating its features and functionality, including the Indiglo backlight and chronograph. This video provides a visual guide to the watch's design and basic operations.

### Countdown Timer

The 24-hour countdown timer is useful for various timed activities.

1. From Time mode, press the **MODE** button twice to enter Timer mode. The display will show 'TIMER'.
2. Press and hold **SET/RECALL** to set the countdown duration. Use **MODE** to select hours, minutes, or seconds, and **START/SPLIT** to adjust.
3. Press **SET/RECALL** to save the set time.
4. Press **START/SPLIT** to start the countdown.
5. The timer will beep when it reaches zero. Press **STOP/RESET** to silence the alarm and reset the timer.

## Maintenance

---

### Water Resistance

This watch is water resistant to 100 meters (330 feet). This means it is suitable for swimming, showering, and snorkeling. However, it is **not recommended for scuba diving**. Do not press any buttons while the watch is submerged in water to prevent water ingress.

### Battery Replacement

The watch uses 1 Lithium Metal battery (included). When the display dims or functions become erratic, it may be time to replace the battery. It is recommended to have the battery replaced by a qualified watch technician to ensure proper sealing and maintain water resistance.

### General Care

- Clean the watch regularly with a soft, damp cloth.
- Avoid exposing the watch to extreme temperatures or direct sunlight for prolonged periods.
- Avoid contact with harsh chemicals, solvents, or detergents, as these can damage the watch case or strap.

## Troubleshooting

---

### Watch Not Functioning / Blank Display

If the watch display is blank or not responding, the battery may need replacement. Refer to the 'Battery Replacement' section under Maintenance.

### Incorrect Time/Date

Ensure the time and date are set correctly by following the 'Setting Time and Date' instructions in the Setup section. Verify AM/PM settings.

### Water Inside Watch

If moisture appears inside the watch, it indicates a breach in the water resistance. Stop using the watch immediately and take it to a qualified service center for inspection and repair to prevent further damage.

## Specifications

---

Feature	Detail
Model Number	TW5K94000
Case Material	Resin
Case Diameter	42 Millimeters
Case Thickness	12 Millimeters
Band Material	Resin
Band Width	17 Millimeters
Band Length	8 Inches

Display Type	Digital
Movement Type	Quartz
Water Resistance Depth	100 Meters (330 Feet)
Power Source	Battery Powered (1 Lithium Metal battery included)
Special Features	Chronograph, Countdown Timer, Alarm, Indiglo Night-Light, Dual Time Zones



Video: A visual guide to Timex watch sizing, demonstrating how different case sizes appear on various wrist sizes. This helps in understanding the fit and proportion of the watch on the wrist.

## Warranty and Support

---

This Timex watch comes with a Manufacturer Warranty. For specific details regarding the warranty period, coverage, and claims process, please refer to the warranty information included with your purchase or visit the official Timex website. For additional support, frequently asked questions, or to locate an authorized service center, please visit [www.timex.com](http://www.timex.com).