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> Timex Men's Expedition Shock Digital Watch (Model TW4B029009J) User Manual

Timex TW4B029009J

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INTRODUCTION

This manual provides detailed instructions for the operation and maintenance of your Timex Men's Expedition Shock Digital Watch, model TW4B029009J. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your timepiece.



Front view of the Timex Men's Expedition Shock Digital Watch, displaying the time and date on its digital screen, with a camouflage patterned resin band.

KEY FEATURES

- **Shock Resistant to I.S.O. Standards:** Engineered for durability in demanding environments.
- **Digital Display:** Clear and easy-to-read digital time and information.
- **Multiple Functions:** Includes Stopwatch, Countdown Timer, Vibration Alarm, and Hydration Alerts.
- **Water Resistance:** Water resistant to 100 meters (330 feet), suitable for swimming and snorkeling.
- **INDIGLO Night-Light:** Provides illumination for visibility in low-light conditions.
- **Durable Construction:** Features a hardened resin case with a stainless steel top ring and a comfortable resin band.

WATCH OVERVIEW

Familiarize yourself with the watch's buttons and display elements.



Side view of the Timex Expedition Shock watch, highlighting the 'SET', 'MODE', 'START/SPLIT', and 'STOP/RESET' buttons.

SET Button: Used to enter and exit setting modes.

MODE Button: Cycles through different watch functions (Time, Chronograph, Timer, Alarm, Hydration).

START/SPLIT Button: Initiates or splits functions like stopwatch and timer.

STOP/RESET Button: Stops or resets functions.

INDIGLO Button: Activates the night-light (often integrated with another button, typically the 'SET' button or a dedicated button).

SETUP AND BASIC OPERATION

Setting Time and Date

1. In Time mode, press and hold the **SET** button until the display flashes.
2. Press the **MODE** button to cycle through the settings (seconds, hour, minute, year, month, day).
3. Use the **START/SPLIT** and **STOP/RESET** buttons to adjust the flashing value.
4. Once all settings are correct, press the **SET** button again to exit.

Activating INDIGLO Night-Light

Press the **INDIGLO** button (often the **SET** button or a dedicated button on the top left) to illuminate the watch face for a few seconds. This feature is useful in low-light conditions.

OPERATING MODES

Press the **MODE** button to cycle through the following functions:

Chronograph (Stopwatch)

- Navigate to Chronograph mode using the **MODE** button.
- Press **START/SPLIT** to begin timing.
- Press **START/SPLIT** again to record a split time without stopping the timer.

- Press **STOP/RESET** to pause the timer.
- Press **STOP/RESET** again (while paused) to reset the timer to zero.

Countdown Timer

- Navigate to Timer mode using the **MODE** button.
- Press and hold **SET** to enter timer setting mode.
- Use **MODE** to select hours, minutes, or seconds, and **START/SPLIT** or **STOP/RESET** to adjust values.
- Press **SET** to confirm and exit setting mode.
- Press **START/SPLIT** to start the countdown.
- An alert will sound/vibrate when the timer reaches zero.

Vibration Alarm

- Navigate to Alarm mode using the **MODE** button.
- Press and hold **SET** to enter alarm setting mode.
- Use **MODE** to select hours or minutes, and **START/SPLIT** or **STOP/RESET** to adjust values.
- Toggle the alarm ON/OFF using the **START/SPLIT** button.
- Press **SET** to confirm and exit setting mode.
- When the alarm activates, it will vibrate. Press any button to silence it.

Hydration Alerts

- Navigate to Hydration mode using the **MODE** button.
- Press and hold **SET** to enter hydration alert setting mode.
- Set the desired interval for hydration reminders using **START/SPLIT** or **STOP/RESET**.
- Toggle the hydration alert ON/OFF using the **START/SPLIT** button.
- Press **SET** to confirm and exit setting mode.
- The watch will provide a vibration alert at the set intervals to remind you to hydrate.

MAINTENANCE AND CARE

Water Resistance

Your Timex Expedition Shock watch is water resistant to 100 meters (330 feet). This means it is suitable for recreational swimming, showering, and snorkeling. **Do not press any buttons while the watch is submerged** as this can compromise the water resistance seal. Avoid exposure to hot water or steam, which can damage the seals.

Shock Resistance

The watch is designed to be shock resistant to I.S.O. standards. While durable, avoid unnecessary impacts to prolong its life.

Cleaning

Clean your watch regularly with a soft, damp cloth. For the resin band, mild soap and water can be used. Ensure the watch is completely dry before storing or wearing.

Battery Replacement

The watch uses 1 Lithium Metal battery (included). When the display dims or functions become erratic, it may be time for a battery replacement. It is recommended to have the battery replaced by a qualified watch technician to ensure the water resistance seal is properly maintained.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim.	Low battery.	Replace the battery.
Watch not keeping accurate time.	Low battery; incorrect time setting.	Replace the battery; reset time and date.
Buttons are unresponsive.	Watch may be in a locked mode; internal malfunction.	Try pressing and holding the MODE button for a few seconds to unlock. If issue persists, contact customer support.
Water inside the watch.	Water resistance compromised (e.g., buttons pressed underwater, damaged seal).	Immediately take the watch to a qualified service center. Do not attempt to open it yourself.

SPECIFICATIONS

Feature	Detail
Model Number	TW4B029009J
Display Type	Digital
Movement	Quartz
Case Material	Resin
Band Material	Resin
Case Diameter	50 mm
Water Resistance Depth	100 Meters (330 Feet)
Special Features	Alarm, Chronograph, Shock Resistant, Timer, Water-Resistant, Hydration Alerts, INDIGLO Night-Light
Battery Type	1 Lithium Metal (included)
Item Weight	75.78 Grams

OFFICIAL PRODUCT VIDEOS

Expedition SHOCK - All Activities

Your browser does not support the video tag.

Official video showcasing the Timex Expedition Shock watch in various outdoor activities, highlighting its durability and features.

Timex Men's Grid Shock

Your browser does not support the video tag.

Short official video demonstrating the Timex Men's Grid Shock watch, focusing on its design and key functionalities.

WARRANTY AND SUPPORT

This product is covered by a warranty provided by amazon.com. For specific warranty details and to initiate a support request, please refer to your purchase documentation or visit the Amazon product page for model TW4B029009J. For further assistance, you may also visit the official Timex website or contact Timex customer service.

Online Resources:

- [Timex Official Website](#)
- [Amazon Product Page](#)

