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Armitron 45/7012

Armitron Sport Women's Digital Chronograph Watch Model 45/7012SIL User Manual

Your guide to operating and maintaining your Armitron Sport Watch.

1. Introduction

Thank you for choosing the Armitron Sport Women's Digital Chronograph Watch, Model 45/7012SIL. This manual provides detailed instructions on how to set up, operate, and maintain your watch to ensure optimal performance and longevity. Please read this manual thoroughly before using your watch.

2. Product Overview

The Armitron Sport 45/7012SIL is a versatile digital watch designed for an active lifestyle. It features a durable resin case and strap, a clear digital display, and multiple functions including a chronograph, alarm, dual time, and backlight.

Key Features:

- Digital display with time, day, and date
- Chronograph (stopwatch) function
- Daily alarm
- Dual time zone display
- Electroluminescent backlight for low-light conditions
- Water resistant to 100 meters (330 feet)

Watch Components:

Familiarize yourself with the buttons on your watch:

- **Button A (Top Left):** Activates backlight.
- **Button B (Bottom Left):** Cycles through modes (Time, Chronograph, Alarm, Dual Time).
- **Button C (Top Right):** Starts/stops chronograph, sets values in setting mode.
- **Button D (Bottom Right):** Resets chronograph, adjusts values in setting mode.







Figure 2.1: Front view of the Armitron Sport 45/7012SIL watch, showing the digital display and button locations.

3. Setup: Initial Time and Date Setting

Follow these steps to set the current time and date on your watch:

1. From the normal time display mode, press **Button B** three times to enter the time setting mode. The seconds digits will begin to flash.
2. Press **Button D** to reset the seconds to zero.
3. Press **Button C** to move the flashing selection to the hour digits.
4. Press **Button D** to adjust the hour. Pay attention to AM/PM indicators if in 12-hour format.
5. Press **Button C** to move the flashing selection to the minute digits.
6. Press **Button D** to adjust the minutes.
7. Continue pressing **Button C** to cycle through setting the month, date, and day of the week. Use **Button D** to adjust each value.
8. Once all settings are correct, press **Button B** to exit the setting mode and return to the normal time display.

4. Operating Instructions

4.1 Mode Selection

Press **Button B** repeatedly to cycle through the different modes in the following order:

- Time Display Mode (shows time, day, date)
- Chronograph Mode (stopwatch)
- Alarm Mode
- Dual Time Mode

4.2 Chronograph (Stopwatch)

The chronograph measures elapsed time.

1. Enter Chronograph Mode by pressing **Button B** until 'CHRO' or 'STW' appears.
2. Press **Button C** to start the chronograph.
3. Press **Button C** again to stop the chronograph.
4. While the chronograph is running, press **Button D** to record a lap time. The display will show the lap time for a few seconds before returning to the running total.
5. With the chronograph stopped, press **Button D** to reset it to zero.

4.3 Alarm Function

To set and activate the daily alarm:

1. Enter Alarm Mode by pressing **Button B** until 'ALM' appears.
2. Press **Button C** once. The hour digits will flash.

3. Press **Button D** to adjust the alarm hour.
4. Press **Button C** to move to the minute digits.
5. Press **Button D** to adjust the alarm minutes.
6. Press **Button C** to confirm the alarm time.
7. To turn the alarm ON/OFF, in Alarm Mode, press **Button D**. An alarm icon will appear/disappear to indicate its status.
8. Press **Button B** to return to Time Display Mode.

4.4 Dual Time

Set a second time zone for easy reference.

1. Enter Dual Time Mode by pressing **Button B** until 'DT' or 'DUAL' appears.
2. Press **Button C** once. The hour digits will flash.
3. Press **Button D** to adjust the hour for the second time zone.
4. Press **Button C** to move to the minute digits.
5. Press **Button D** to adjust the minutes for the second time zone.
6. Press **Button C** to confirm the dual time.
7. Press **Button B** to return to Time Display Mode.

4.5 Backlight

To illuminate the display in dark conditions, press **Button A** (top left). The backlight will remain on for a few seconds.

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5. Water Resistance Guidelines

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This rating means the watch is suitable for swimming and snorkeling. It is **not** suitable for scuba diving or high-impact water sports.

- Do not operate buttons while the watch is wet or submerged.
- Avoid exposing the watch to hot water, steam, or extreme temperature changes, as this can compromise the water seals.
- After exposure to salt water, rinse the watch with fresh water and dry it thoroughly.



Figure 5.1: Water Resistance Chart illustrating suitable activities for different depth ratings. Your watch is rated for 100M (330FT), suitable for swimming and snorkeling.

6. Maintenance and Care

- **Cleaning:** Clean your watch regularly with a soft, damp cloth. For stubborn dirt, a mild soap solution can be used, followed by rinsing with fresh water and thorough drying.
- **Avoid Chemicals:** Do not expose your watch to solvents, detergents, perfumes, or cosmetic sprays, as these can damage the resin materials and seals.
- **Temperature Extremes:** Avoid prolonged exposure to very high or very low temperatures, which can affect battery life and watch accuracy.
- **Battery Replacement:** When the display becomes dim or functions become erratic, it's time to replace the battery. We recommend having the battery replaced by a qualified watch technician to ensure proper re-sealing and maintain water resistance. The watch uses 1 Lithium Metal battery.

7. Troubleshooting

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery.
- **Buttons do not respond:** Try pressing all buttons firmly. If unresponsive, the battery may be very low, or a reset might be needed (consult a technician).
- **Time is inaccurate:** Reset the time as per Section 3. If the problem persists, the battery may be low, or the watch may require servicing.
- **Condensation inside the watch:** This indicates a breach in the water resistance. Avoid further water exposure and have the watch inspected by a professional immediately.

8. Specifications

Model Number	45/7012SIL
Movement	Quartz Digital
Case Material	Resin
Band Material	Resin
Crystal Material	Acrylic
Case Diameter	27 millimeters
Case Thickness	11 millimeters
Band Width	14 millimeters
Water Resistance	100 meters (330 feet)
Battery Type	1 Lithium Metal battery (included)
Product Dimensions	9.4 x 8.38 x 6.6 cm; 45 g

9. Warranty and Support

Your Armitron Sport watch is covered by a manufacturer's warranty. Please refer to the warranty card included with your purchase for specific terms, conditions, and duration. For warranty claims or technical support, please contact Armitron customer service through their official website or the contact information provided with your purchase documentation.

For further assistance, visit the official Armitron website:www.armitron.com

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