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> Timex Ironman Original Shock Watch Instruction Manual TW5M09500

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Model: TW5M09500

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1. INTRODUCTION

Thank you for choosing the Timex Ironman Original Shock watch, model TW5M09500. This digital watch is designed for durability and functionality, featuring a chronograph, timer, multiple alarms, and Indiglo backlight. This manual provides essential information for proper setup, operation, and care of your watch.



Image: Front view of the Timex Ironman Original Shock watch, showcasing its digital display and robust design in black and gray.

2. SETUP

Before using your watch, it is important to set the time and date correctly.

2.1. Setting Time and Date

1. **Enter Time Set Mode:** Press and hold the **SET/RECALL** button (usually top left) until the time display flashes.
2. **Adjust Digits:** Use the **START/SPLIT** button (usually top right) to increase the flashing digit, or the **STOP/RESET** button (usually bottom right) to decrease it.
3. **Move to Next Digit:** Press the **MODE** button (usually bottom left) to move to the next digit (hours, minutes, seconds, month, day, year).
4. **Exit Time Set Mode:** Once all settings are adjusted, press the **SET/RECALL** button again to save and exit.



Image: Side view of the watch, illustrating the button layout for setting adjustments.

2.2. Setting Alarms

1. **Enter Alarm Mode:** Press the **MODE** button repeatedly until "ALARM" appears on the display.
2. **Set Alarm Time:** Press and hold the **SET/RECALL** button until the alarm time flashes. Adjust hours and minutes using the **START/SPLIT** and **STOP/RESET** buttons, and move between digits with the **MODE** button.
3. **Activate/Deactivate Alarm:** In Alarm Mode, press the **START/SPLIT** button to toggle the alarm on or off. An alarm icon will appear when active.
4. **Exit Alarm Mode:** Press the **MODE** button to return to the main time display.

3. OPERATING MODES

Your Timex Ironman watch offers several useful functions accessible via the **MODE** button.

3.1. Chronograph (Stopwatch)

1. **Enter Chronograph Mode:** Press the **MODE** button until "CHRONO" or "STOPWATCH" appears.
2. **Start/Stop:** Press **START/SPLIT** to begin timing. Press it again to pause.
3. **Lap/Split Time:** While the chronograph is running, press **SET/RECALL** to record a lap or split time. The main timer continues running in the background.
4. **Reset:** When paused, press **STOP/RESET** to clear the chronograph to zero.

3.2. Timer (Countdown)

1. **Enter Timer Mode:** Press the **MODE** button until "TIMER" appears.
2. **Set Countdown Time:** Press and hold **SET/RECALL** to set the desired countdown duration. Adjust digits using **START/SPLIT** and **STOP/RESET**, and move between digits with **MODE**. Press **SET/RECALL** to save.
3. **Start/Stop:** Press **START/SPLIT** to begin the countdown. Press again to pause.
4. **Reset:** When paused, press **STOP/RESET** to reset the timer to its set duration.

3.3. Indiglo Night-Light

The Indiglo night-light illuminates the watch display for easy reading in low-light conditions.

- **Activate:** Press the **INDIGLO** button (usually top left, often integrated with **SET/RECALL** or a dedicated button) to activate the backlight. It will remain lit for a few seconds.

4. MAINTENANCE

4.1. Battery Replacement

The watch is powered by one 'A' type battery. 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 water resistance.



Image: Rear view of the Timex Ironman Original Shock watch, showing the strap and buckle mechanism.

4.2. Water Resistance

This watch is water-resistant up to 100 meters (330 feet). This means it is suitable for swimming, showering, and snorkeling. **Do not press any buttons while the watch is submerged** as this can compromise the water seal. Avoid exposing the watch to extreme temperature changes, which can also affect water resistance.

4.3. Cleaning

Clean your watch regularly with a soft, damp cloth. For resin straps, mild soap and water can be used. Avoid harsh chemicals or abrasive materials that could damage the watch case or strap.

5. TROUBLESHOOTING

Problem	Possible Cause	Solution
Display is blank or dim	Low battery	Replace battery (recommended by professional).
Watch "freezes" or stops responding	Temporary electronic glitch	Press and hold all four buttons simultaneously for a few seconds to perform a soft reset. If the issue persists, replace the battery.
Water inside the watch	Buttons pressed underwater, damaged seal, or extreme temperature change	Immediately take the watch to a qualified service center for inspection and repair. Do not attempt to open it yourself.
Time/Date incorrect	Incorrect setting, or battery recently replaced	Refer to Section 2.1 "Setting Time and Date" to re-adjust.

6. SPECIFICATIONS

- **Model Number:** TW5M09500
- **Display Type:** Digital
- **Movement Type:** Quartz
- **Case Material:** Resin
- **Strap Material:** Resin
- **Case Diameter:** 40 mm
- **Case Thickness:** 13 mm
- **Water Resistance:** 100 Meters (330 feet)
- **Special Features:** Chronograph, Indiglo Night-Light, Timer, Alarm
- **Battery:** 1 'A' type battery (included)
- **Product Dimensions:** 6.8 x 12.8 x 7.4 cm; 45.3 g

7. WARRANTY AND SUPPORT

Your Timex Ironman Original Shock watch is covered by a manufacturer's warranty. For specific details regarding warranty coverage, duration, and terms, please refer to the warranty card included with your purchase or visit the official Timex website.

For technical support, service, or inquiries about your watch, please contact Timex customer service through their official website or the contact information provided in your product packaging.

Official Timex Website: www.timex.com