

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [Armitron](#) /

› [Armitron Sport Women's Digital Chronograph Watch 45/7086BLK Instruction Manual](#)

Armitron 45/7086BLK

Armitron Sport Women's Digital Chronograph Watch 45/7086BLK Instruction Manual

INTRODUCTION

This manual provides comprehensive instructions for the setup, operation, and maintenance of your Armitron Sport Women's Digital Chronograph Watch, model 45/7086BLK. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.

PRODUCT OVERVIEW

The Armitron Sport Digital Chronograph Watch 45/7086BLK is a versatile timepiece featuring a digital display, chronograph functions, an alarm, and water resistance. It is designed for active lifestyles, offering durability and clear readability.



Image 1: Front view of the Armitron Sport Women's Digital Chronograph Watch 45/7086BLK. The watch features a black resin case and strap, with a clear LCD display showing time, day, and date. Buttons are visible on both sides of the watch

face.

Watch Components

- **MODE Button:** Used to cycle through different watch modes (Time, Chronograph, Alarm).
- **RESET Button:** Used to reset values or select options during setting.
- **ST/STP Button:** Used to start/stop functions (e.g., chronograph) or adjust values during setting.
- **EL Button:** Activates the Electro-Luminescent (EL) backlight for illumination.



Image 2: The Armitron Sport Digital Chronograph Watch worn on a wrist, demonstrating its size and fit. The black resin strap and case are visible, along with the digital display.

SETUP: SETTING TIME AND DATE

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

1. From the normal time display, press the **MODE** button three times to enter the time setting mode. The seconds digits will begin to flash.
2. Press the **RESET** button to cycle through the setting options: Seconds → Hour → Minute → Month → Date → Day of Week. The currently selected digit or segment will flash.
3. While a digit is flashing, press the **ST/STP** button to adjust the value. Hold the button to advance rapidly.
4. Once all settings are correct, press the **MODE** button to exit the setting mode and return to the normal time display.

OPERATING MODES

Time Display Mode

This is the default mode, displaying the current time, day, and date. Press the **EL** button to activate the backlight for a few seconds.

Chronograph (Stopwatch) Mode

To use the stopwatch function:

1. From the normal time display, press the **MODE** button once to enter Chronograph mode. The display will show '00:00:00'.
2. Press the **ST/STP** button to start the stopwatch.
3. Press the **ST/STP** button again to stop the stopwatch.

4. Press the **RESET** button to reset the stopwatch to '00:00:00'.
5. Press the **MODE** button to return to the normal time display.

Alarm Mode

To set and activate the alarm:

1. From the normal time display, press the **MODE** button twice to enter Alarm mode. The alarm time will be displayed.
2. Press the **RESET** button to select the hour or minute digits for adjustment. The selected digit will flash.
3. Press the **ST/STP** button to adjust the flashing digit.
4. To activate or deactivate the alarm, press the **ST/STP** button while in Alarm mode (without any digits flashing). An alarm icon will appear/disappear on the display.
5. Press the **MODE** button to return to the normal time display.

Hourly Chime

To activate or deactivate the hourly chime, press the **RESET** button while in Alarm mode (without any digits flashing). A chime icon will appear/disappear on the display.

WATER RESISTANCE

Your Armitron Sport watch is water resistant to 100 meters (330 feet). This rating generally means it is suitable for swimming and snorkeling. However, it is **not** recommended for scuba diving.

- **Important:** Do not operate any buttons while the watch is submerged in water, as this can compromise the water resistance.
- Avoid exposing the watch to hot water or steam, as this can damage the seals.

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 3: A water resistance chart illustrating different levels of water resistance for watches. It shows that 100M (330FT)

is suitable for swimming and snorkeling, but not for scuba diving.

MAINTENANCE

Cleaning

To clean your watch, wipe it with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the resin case and strap.

Battery Replacement

The watch uses one 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 battery replacement performed by a qualified watch technician to ensure proper sealing and maintain water resistance.

Storage

Store your watch in a cool, dry place away from direct sunlight and extreme temperatures when not in use.

TROUBLESHOOTING

- **Display is blank or dim:** The battery may be low or depleted. Replace the battery.
- **Time is incorrect:** Re-set the time and date following the instructions in the 'Setup' section.
- **Buttons are unresponsive:** Ensure the watch is not in a locked mode (if applicable, though this model typically does not have a lock). If issues persist, a battery replacement or professional inspection may be required.
- **Water inside the watch:** If condensation or water appears inside the watch, stop using it immediately and take it to a professional for inspection and repair to prevent further damage.

SPECIFICATIONS

Model Number	45/7086BLK
Case Diameter	34 millimeters
Movement	Quartz
Water Resistance	100 meters (330 feet)
Case Material	Resin
Strap Material	Resin
Battery Type	1 Lithium Metal battery (included)

WARRANTY AND SUPPORT

Armitron watches typically come with a limited warranty covering manufacturing defects. For specific warranty details, duration, and terms, please refer to the warranty card included with your purchase or visit the official Armitron website. For technical support or service inquiries, please contact Armitron customer service directly.

