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## Armitron 45-7004

# Armitron Sport Unisex Digital Chronograph Watch 45-7004 User Manual

*Model: 45-7004*

## INTRODUCTION

This manual provides comprehensive instructions for the operation and maintenance of your Armitron Sport Unisex Digital Chronograph Watch, model 45-7004. Please read this manual thoroughly to ensure proper use and to maximize the lifespan of your watch.





Image: Front view of the Armitron Sport Digital Chronograph Watch, model 45-7004, displaying time, date, and day of the week.

## SETUP AND INITIAL CONFIGURATION

### Button Functions:

- **MODE:** Cycles through display modes (Time, Chronograph, Alarm, Dual Time).
- **RESET:** Used to reset values or select options during setting.
- **ST/STP (Start/Stop):** Used to start/stop functions or adjust values during setting.
- **EL (Electroluminescent):** Activates the backlight for illumination.

### Setting Time and Date:

1. Press the **MODE** button repeatedly until the time setting mode is displayed (often indicated by flashing digits).
2. Use the **RESET** button to select the digit or setting you wish to adjust (e.g., hours, minutes, year, month, day).
3. Use the **ST/STP** button to increase the selected value. Hold to advance rapidly.
4. Continue pressing **RESET** and **ST/STP** until all desired settings (time, date, day of week, 12/24-hour

format) are configured.

5. Press **MODE** to exit the setting mode and return to the normal time display.

### Battery Information:

The watch is powered by one Lithium Metal battery, which is included. Battery life varies based on usage, particularly backlight activation. When the display dims or functions become erratic, battery replacement may be necessary. It is recommended to have battery replacement performed by a qualified watch technician to maintain water resistance.

## OPERATING INSTRUCTIONS

### Chronograph Function:

1. Press **MODE** until "CHRONO" or a similar indicator appears.
2. Press **ST/STP** to start the chronograph.
3. Press **ST/STP** again to stop the chronograph.
4. Press **RESET** to clear the chronograph to zero.
5. To record lap times, press **RESET** while the chronograph is running to display the lap time. The chronograph continues to run in the background. Press **RESET** again to return to the running chronograph display.

### Alarm Function:

1. Press **MODE** until the alarm setting mode is displayed.
2. Use **RESET** to select hours or minutes.
3. Use **ST/STP** to adjust the alarm time.
4. Press **MODE** to confirm and exit.
5. To activate/deactivate the alarm, typically a combination of **RESET** and **ST/STP** or a dedicated button press in alarm mode is used. Refer to the on-screen indicators for alarm status.

### Dual Time Function:

The dual time function allows you to track a second time zone. Press **MODE** to navigate to the dual time display. To set the dual time, follow a similar procedure to setting the main time, usually by holding **RESET** in dual time mode to activate setting, then using **RESET** and **ST/STP** to adjust.

### Backlight (EL):

Press the **EL** button to illuminate the display for a few seconds in low-light conditions.

### Water Resistance:

This watch is water resistant to 100 meters (330 feet). This rating makes it suitable for swimming and snorkeling. It is not recommended for scuba diving. Avoid pressing buttons underwater to prevent water ingress.

## WATER RESISTANT CHART





	NOT WATER RESISTANT	<b>NOT WATER RESISTANT</b>
	ACCIDENTAL SPLASHES	<b>WATER RESISTANT TO 30M (100FT):</b> In general, withstands splashes or brief immersion in water, but not suitable for swimming or bathing
	SWIMMING	<b>WATER RESISTANT TO 50M (165FT):</b> In general, suitable for short periods of recreational swimming, but not diving or snorkeling
	SNORKELING	<b>WATER RESISTANT TO 100 M (330 FT):</b> In general, suitable for swimming and snorkeling, but not scuba diving

Image: A chart illustrating different levels of watch water resistance, indicating that 100m (330ft) is suitable for swimming and snorkeling but not diving.

## CARE AND MAINTENANCE

- **Cleaning:** Wipe the watch case and strap with a soft, damp cloth. For the nylon strap, mild soap and water can be used, ensuring it is thoroughly rinsed and dried.
- **Avoid Extreme Temperatures:** Do not expose the watch to extreme hot or cold temperatures, as this can affect battery life and internal components.
- **Chemicals:** Avoid contact with solvents, detergents, perfumes, and cosmetic sprays, as these can damage the case, strap, or seals.
- **Impact:** While durable, avoid strong impacts or dropping the watch to prevent damage to the crystal or internal mechanism.
- **Water Resistance:** Ensure the watch is dry before pressing any buttons after exposure to water. If the watch is exposed to saltwater, rinse it with fresh water and dry thoroughly.

## TROUBLESHOOTING

Problem	Possible Cause / Solution
Display is blank or dim.	Battery may be low or depleted. Replace the battery.
Time is incorrect.	Time settings may have been accidentally changed or reset. Refer to "Setting Time and Date" section to reconfigure.
Buttons are unresponsive.	Ensure the watch is not in a locked mode (if applicable, though not a common feature for this model). If wet, dry thoroughly before pressing buttons. If problem persists, a reset may be required (consult a technician).

Problem	Possible Cause / Solution
Water inside the watch.	Water resistance may have been compromised due to impact, aging seals, or buttons pressed underwater. Immediately take the watch to a qualified technician for inspection and repair.

## SPECIFICATIONS

- **Model Number:** 45-7004GBK
- **Case Diameter:** 40mm
- **Movement:** Quartz
- **Case Material:** Resin
- **Strap Material:** Nylon with hook-and-loop closure
- **Water Resistance:** 100m (330ft)
- **Functions:** Chronograph, Lap Time, Alarm, Dual Time, Military Time, Backlight
- **Battery:** 1 Lithium Metal battery (included)
- **Approximate Dimensions:** 3.86 x 3.5 x 3.31 inches (Package)
- **Approximate Weight:** 4 ounces



Image: The Armitron Sport Digital Chronograph Watch 45-7004 worn on a wrist, showcasing its size and fit.

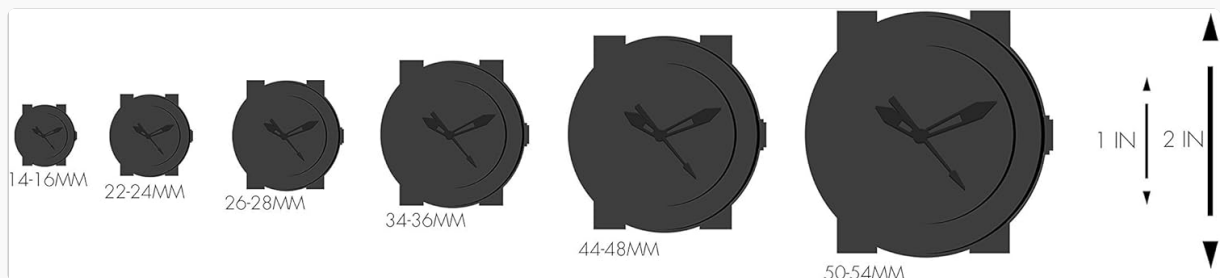


Image: A visual guide comparing different watch case diameters, from 14-16mm to 50-54mm, to help visualize the 40mm size of this watch.

## WARRANTY AND SUPPORT

Armitron watches are manufactured to high-quality standards. For information regarding warranty coverage, service, or support, please refer to the warranty card included with your purchase or visit the official Armitron website. You may also contact Armitron customer service directly for assistance. For additional product information or to explore other Armitron products, visit the [Armitron Store on Amazon](#).

